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## **Communication styles and sexual behaviours as predictors of marital satisfaction among secondary school teachers in Kwara State, Nigeria**

### **Abstract**

*Marital satisfaction is an important aspect of peoples' well being. It deals with careful examination of individual's marriage and a reflection of marital happiness and functioning existing in a given society or among a group of people. Thus, this study examined the influence of communication styles and sexual behaviours on marital satisfaction of teachers in Kwara State. Correlational research design was adopted for the study using multi-stage sampling technique to select 670 married teachers from the three Senatorial Districts of Kwara State. The "Communication Styles, Sexual Behaviours and Marital Satisfaction Questionnaire (COSSBAMSQ)" was used to collect data for the study. One null hypothesis generated was tested at 0.05 level of significance. Frequency counts, percentages and ranking order, were employed to analyze the data collected while regression analysis was used to test the hypothesis generated. The findings revealed that married teachers adopted assertive communication style (discussing future plan with partners, revealing sexual feelings to partners, etc). The result also showed that sexual behaviours exhibited by married teachers include hugging, pecking, romancing, kissing, etc. Married teachers were satisfied with their marriages by stating that their spouses were loving and affectionate. There was a significant correlation among communication styles, sexual behaviours and marital satisfaction. It was recommended that marriage counsellors should educate married teachers on the need to ensure that they maintain their usage of assertive communication style to enhance marital satisfaction without relenting in their habit of free communication, without manipulation or deception, free expression of their sexual feelings and concerns with their partners.*

**Keywords:** *Communication styles, Sexual behaviours, Marital satisfaction*

### **Introduction**

Marriage is considered an essential phenomenon in human life by most tribes, societies and religious affiliations because it is the foundation of every society. Marriage can be described as a union between two biologically unrelated female and male (especially in the African context) who live together and seek to derive benefits from such union such as sexual gratification, love, companionship and also use such a union as a legitimate means to procreate (Abra, 2001). Marriage has also been defined as "a social contract

between two individuals that unite their lives legally, economically and emotionally” that gives legitimacy to sexual relations within the marriage (Panganiban, 2007; p.1-3). Healthy and satisfying marriage can boast of many benefits such as emotional, physical, financial, familial, cooperative and societal benefits. Also, scholars (Olayinka & Omoegun, 2002; Oniye, 2004) have enumerated several functions of marriage to include the procreation of children, consolidation of wealth, provision of security over property or to provide companionship for the couple.

Marital satisfaction is the goal and dream of every couple. Instead of marriage being pleasant, it has become the most disappointing and fragile relationship to a number of people (Olson & Olson, 2000). It has however, been observed that most people do not invest their time and energy before getting married. Some couples spend more time preparing for the marriage ceremony instead of building skills to sustain the marriage this buttressed by Eseré and Idowu (2000) who stated that good marriage does not just happen; it is deliberately built. It is therefore pertinent for spouses to be committed and dedicated towards building a happy home and achieving marital satisfaction.

In a general sense, satisfaction in life is grounded most of the time on the expectations that one has and how well these expectations match with what is being experienced by a person (Cox, 2006). However, the term marital satisfaction has proven to be rather elusive to define, often used interchangeably with the terms marital quality, marital success, marital happiness and dyadic adjustment (Harper, Schaalje, & Sandberg, 2000). Marital satisfaction can be viewed as a psychological state of regulated mechanisms that monitor the benefits and costs of marriage to a particular person (Schakelford & Buss, 2000). Also, Stone and Shackelford (2007) viewed marital satisfaction as a mental state that reflects the perceived benefits and costs of marriage to a particular person.

Marital success is an achievement of husbands and wives who commit themselves to discovering and applying the basic principles of a successful marriage. Marital success or satisfaction is the foundation of a peaceful and successful life (Knapp, 2006). Several factors are said to influence wives’ and husbands’ marital satisfaction. These factors include level of intimacy; expression of affection, amount of time spent together, communication styles, satisfaction with sexual relationship, division of household tasks or view of gender roles, the ability to self disclose with their spouses and perceiving their partners as responsive (Laurenceau, Barrett & Rovine, 2005). Other factors include feelings of love, trust, respect and fidelity, social support, commitment, equity of tasks, and sexual interaction (Bradbury, Thomas, Fincham, Frank, Beach, & Steven, 2000). Studies have also shown that marital satisfaction could be enhanced through communication and interpersonal processes (Bradbury et al., 2000; Greeff, 2000). In the opinion of Haller (2005), couples often find themselves struggling to communicate verbally and more importantly sexually.

Communication is often touted as the most important ingredient in a successful marriage (Oniye, 2015). It is, however, important to remember that many people have different communication styles. In marriage, communication can fall apart quickly if the different styles are not recognized and accommodated. Communication styles in an individual determines how s/he would talk to another person; it is the way in which messages are sent rather than their content. It is, therefore, important to understand how one’s communication styles are interpreted by others to avoid misinterpretation and misunderstandings (Idowu & Eseré, 2007). Those that grew up in dysfunctional families may have never learnt to communicate effectively in relationships. Effective communication among couples requires understanding one’s partner’s style of communication. Communication style has been defined as a way of verbally and non-verbally interacting to signal how literal meaning should be taken, interpreted, filtered or understood (Wylie & Baugh, 2013). According to Tannen (2013), communication style also known as conversational style is the way in which one shares information with others through language. He noted that individual has unique communication styles influenced by many factors such as age, culture, gender, etc. By becoming more aware of how others perceive one helps to adapt more readily to their style of communication. It is equally important to understand how one’s communication style can affect one’s ability to deal with stress and anger (Wylie & Baugh, 2013). However, when two people communicate their ideas and feelings on issues,

they consciously or unconsciously adopt different styles of communication that have been identified as dominant, submissive, friendly-hostile, attentive and non-attentive styles (Idowu & Esere, 2007).

It is pertinent to know that, there are different patterns of communication. When those patterns clash, it can wreck marital relationship. Studies such as those of Cohn (2009) and Wanger (2009) in recent years have identified different styles of communication among married couples. Cohn (2009) suggested that couples communication styles fall into four categories namely: emotive, supportive, directive and reflective communicators. Specifically, emotive communicators are people who are interested in dominance and sociability; they want to talk without being interrupted. Supportive communicators are interested in social life rather than being domineering; directive communicators want to be in charge, while reflective communicators are quiet and spend their time in thought rather than in conversation. According to Wanger (2009), one may use any one of the following four communication styles: assertive, aggressive, passive and passive-aggressive styles. Assertive style is a style in which individuals clearly state their opinions and feelings, and firmly advocate for their rights and needs without violating the rights of others. Assertive communication is borne out of high self-esteem. This is seen as the most effective and healthiest form of communication. It is how couple naturally express themselves when their self-esteem is intact, giving the confidence to communicate without game or manipulation. When couples are being assertive, they work hard to create their need clearly and forthrightly. They care about the relationship and strive for win/win situation. Surprisingly, assertiveness is the style most people use least.

Aggressive communication style is a style in which individuals express their feelings and opinions and advocate for their needs in a way that violates the rights of others. Aggressive communication is borne out of low self-esteem. This always involves manipulation. A couple may attempt to make his/her spouse do what he/she wants by inducing guilt (hurt) or by using intimidation and control tactics (anger) covert or overt. They simply want their needs met with immediate effect. It is difficult for aggressive communication to work positively in marital satisfaction. This style tends to result in a win-lose situation (Benedict, 2013).

Passive communication is a style in which individuals have developed a pattern of avoiding expressing their opinions or feelings, protecting their rights and identifying and meeting their needs. This communication is based on compliance and hope to avoid confrontation at all costs. In this mode, couples do not talk much, question even less and actually do very little. Couples in passive communication do not rock the boat, passive couples learned that it is safer not to react and better to disappear than stand to be noticed. This style tends to result in a lose-win situation, and results in feeling of victimization, resentment, and a loss of a sense of control. This according to Oniye (2015) is a reflection of passive-congenial spousal interaction mode or communication style.

The passive-aggressive communication style is a style in which individuals appear passive on the surface but are really acting out anger in a subtle, indirect or behind the scenes way. This is a combination of styles; passive-aggressive couple avoids direct confrontation (passive) but attempts to get what they need even through manipulation (aggressive). This style of communication often leads to family politics and suspicions. It tends to result in a win-lose situation. By implication, this communication style merely reinforces the submission of Wagner (2009) that each time couples communicate they are definitely using one of the so many communication styles available depending on their intent and purpose.

Human beings communicate on many levels in marriage but sex is the most intimate way of communication among spouses. Marriage is meant primarily for procreation of children and satisfaction of human sexual desire, at least in the contemporary African society. Thus, the role of sex as a major medium of spousal interaction in marriage cannot be over emphasized. However, studies have shown that sexual problems are the bane of many marital instabilities in Nigerian society (Maqsood, 2003; Olakunle, 2004). An individual's sexuality has to do with how s/he experience love, happiness, joy and sadness (Njoku, 2002). In the opinion of Leman (2005), sex life colours marriage from top to bottom and is the most powerful marital glue a couple can have. He opined further that a sexually fulfilled man will normally be a

better father and a better employee. A sexually fulfilled woman will have less stress and more joy in her life. Thus, to get married is to commit oneself to regular time of sexual intimacy.

Sexual satisfaction is a factor that could contribute to marital success. Eletu (2000) reported that a power exists in a woman's life to keep her marriage together and she must use it through love and not through obligation. She further explains that among couples, it is natural for them to have sex. Sex brings closeness in marriage which nothing else can bring; it creates tenderness in the heart of the husband that can be found in no other way. With understanding of the spouse's physical, psychological, emotional and sexual behaviours, the couple can have mutual agreement on the rate of occurrence. There is the need for couples to understand the sexual needs and behaviours of their partners if their marriage is to be successful (Oniye, 2015). However, the issue of sexuality in marriage and generally in human society has been full of controversies. This is because the topic of sexual behaviours between men and women has been handled in different societies and religious bodies in divergent ways (Ibrahim, 2011). Apparently, some cultural and religious upbringing affects the individual's attitude towards the issue of sexual behaviours before and after marriage. There have been a lot of taboos associated with sexual behaviours across several cultural and religious groups. In the past, people had conservative attitude to sex. It was simply seen as a marital duty. Nowadays, the story is different; sexually informed couples do not hit the bed sheet in a hurry, they take time to seduce their partners in a deliberately sensual manner that more often than not lingers in the memory for a long time (Akingbade, 2010).

According to Kaestle (2007), sexual behaviour is any behaviour that increases sexual excitement and sexual arousal or fulfils sexual desires. In the context of this study, sexual behaviours are ways by which couples communicate or express their sexual needs and desires to increase their sexual excitement. Sexual behaviour refers to the manner in which human experiences and expresses their sexuality. It encompasses a wide range of activities such as strategies to find or attract partners, interactions between individuals, physical or emotional intimacy, and sexual contact. Although, sexual behaviour plays an important role in reproduction; it equally serves other functional end points such as pleasure and reward. Sexual behaviours among couples include hugging, kissing, caressing, pecking, masturbating, petting, romancing, smooching and wearing sexy dresses. This possibly explains why Kirkendal (2008) viewed sexual behaviours from three perspectives: sexual capacity i.e. what the individual can do. Some men have the capacity to go for many rounds of love making while some do not have the capacity. Another perspective is the sexual motivation; that is, what the individual wants to do.

Munroe (2003) highlighted areas of differences in the emotional and sexual needs of men and women. Good sex involves finding out what our partners want to happen before, during and after love-making. The third perspective is sexual performance; that is, what the individual does. Specifically, it is noted that while women need love and affection, men need recreational companionship. Leman (2005) hinted that few women have the same conception of good sex. Ordinarily, the perception a woman has about sex is that of being held tightly and kissed over and over again. Her fantasy may include slowly and gently touching her breast and having intercourse. The total focus of her fantasy is after love making, when she imagine being held, comforted and told that sex has made the closeness and love between them much greater (Oniye, 2008).

### **Statement of the Problem**

Sexual activity has been capable of creating marital dissatisfaction according to Akinade and Sulaiman (2005). They asserted that the most serious one may be sexual behaviours and unwanted sex. Yahaya (2005) stated that more than 10% of marriages contracted every year in Nigeria eventually end up in divorce. He went further to identify poor communication between husband and wife as a key factor that causes divorce and marital instability.

A number of studies have been carried out on the determinants of marital satisfaction. For instance, Zainah, Nasir, Ruzy and Naroni (2012) investigated the effects of demographic variables on marital satisfaction. Golestani, Alireza and Hamdolla (2012) examined the relationship between personality traits and marital

satisfaction of women. Samaneh (2012) examined the role of personality types in estimating the level of marital satisfaction. Fawole (2011) worked on personality types and communication style of married adults in Kwara state, Nigeria. However, none of these studies has combined communication styles and sexual behaviours as correlates of marital satisfaction. Also, the assumptions made and conclusions reached in these researches cannot be assumed to be applicable to teachers in Kwara State context. Hence, there is the need to investigate this among teachers in Kwara State.

### **Research questions**

In view of the problem of this study, the following research questions were raised.

1. What are the communication styles adopted by married teachers in Kwara State?
2. What are the sexual behaviour indices of married teachers in Kwara State?
3. What are the marital satisfaction indices of married teachers in Kwara State?

### **Research Hypothesis**

The following research hypothesis was generated to guide this study:

1. There is no significant correlation among communication styles, sexual behaviours and marital satisfaction of married teachers in Kwara state.

### **Significance of the Study**

Communication styles and sexual behaviours are two essential elements of any successful marriage that require deep understanding and utmost attention by the couple and every stakeholder in any marriage relationship. The findings of this study would therefore be of immense benefit to couples, prospective couples, marriage/family counsellors, religious leaders and members of the society. Specifically, the findings of the study would enable married people to appreciate the role of effective communication styles and satisfactory sexual behaviour in fostering marital stability. It would equally serve as meaningful goal post to prospective couples who may be interested in making a success of their marriage by helping them to gain insight into the useful nature of communication styles and sexual behaviours as veritable tools for ensuring marital stability. Furthermore marriage/family counsellors would benefit maximally from the information to be gleaned via the findings of the study. Similarly, religious and community leaders would equally benefit from the findings of the study as it would enable them appreciate the prime of place occupied by these two variables in ensuring marital satisfaction.

### **Methodology**

The research design adopted for this study was a correlational design. This design attempted to compare the level of one variable with others to see if any relationship exists between the two (Mcleod, 2008). This design was considered most appropriate for this study because it tends to determine whether or not communication styles and sexual behaviours are the predictors or determinants of marital satisfaction of married teachers.

### **Population, Sample and Sampling Procedure**

The population for this study comprised all secondary school teachers in Kwara State. There are 6,473 teachers across 320 public secondary schools in Kwara State out of which 6,088 teachers are married and 385 are single (Kwara State Teaching Service Commission, 2014). The target population consists of married teachers in public secondary schools in the selected Local Government Areas of Kwara State. With due consideration of the stipulation of the Research Advisor (2006), for a population of less than 100,000 at 0.05 margin error, a sample of 600 is appropriate for generalization of the findings. However, the Researchers employed multi-stage sampling technique. At the first stage, stratified random sampling technique was adopted to select two Local Government Areas from each of the three Senatorial Districts of Kwara State, making six L.G. A.s. At the second stage, simple random sampling technique was employed to choose four (4) public secondary schools from each of the selected local government areas, which makes 24 secondary schools. At the third stage, purposive sampling procedure was used to select 30 respondents who were willing to participate in the study from each of the chosen schools. In all, a total of 720 married teachers were chosen to participate in the study.

### Instrumentation

The instrument used in collecting data for this study was tagged “Communication Styles, Sexual Behaviours and Marital Satisfaction Questionnaire” (COSSBAMSQ). The questionnaire was divided into four major sections. Section “A” elicited information on the biographical data of the respondents. Section “B” consisted of twenty items tapping information on communication styles adopted by married teachers. This instrument was adopted from Oyediji (1993) who worked on “Marital Adjustment and Styles of Communication of Educated Married Couples in Ogbomoso. The original version of this instrument was measured on 4-points Likert scale ranging from Strongly Agree to Strongly Disagree with a reliability coefficient of 0.82. Section C, with 20 items, focused on sexual behaviours of married teachers. It was a researcher’s developed instrument, and was constructed after a critical and thorough review of textbooks and related literature on sexual behaviours by various scholars and researchers.

Section D comprised 20 items measuring marital satisfaction of married teachers. The instrument was adapted from Blum and Mehrbian (1999) who worked on “Personality and temperament correlates of marital satisfaction.” The original version of this instrument, titled Comprehensive Marital Satisfaction Scale (CMSS), has 35 items measured on a 9-points Likert scale. Twenty items were adapted to form the current version of the instrument which suits the peculiarities of Nigerian couples.

### Validation of the Instrument

In order to ensure that the instrument has content and face validity, the instrument was given to the experts in the Department of Counsellor Educations, University of Ilorin. Their inputs, suggestions and corrections were taken into consideration while producing the final draft of the instrument. The experts’ views were that the instrument was suitable for this research, and was adjudged to have content and face validity. Test-retest method was used to determine the reliability of the instrument. The instrument was administered twice with an interval of four weeks to the same group of respondents. The scores from the two administrations were correlated using Pearson Product Moment Correlation Co-efficient method. The correlation co-efficient obtained were 0.72, 0.74 and 0.76 for communication styles (section B), sexual behaviours (section C) and marital satisfaction (section D) respectively. Based on this, the instrument was adjudged reliable for this study.

### Method of Data Analysis

The data obtained were subjected to statistical analysis. The statistical methods that were employed in this study were both descriptive and inferential statistics. Descriptive analysis was used to explain the data in the demographic section (i.e. frequency counts and percentages). Mean rating and rank order were used to provide answers to the research questions 1 to 3. In the process of testing the hypothesis, Stepwise Regression Analysis was employed to test the hypothesis at 0.05 level of significance.

### Results

This section presents the results.

**Research Question One:** *What are the communication styles adopted by married teachers in Kwara State?*

**Table 1:** Mean and Rank Order of Communication Styles of Married Teachers in Kwara State

S/N	Communication Styles	Percentage	Overall Mean Score
1	Assertive communication style	74%	3.05
2	Passive communication style	60%	2.84
3	Aggressive communication style	42%	2.05
4	Passive-Aggressive communication style	34%	1.98

As shown above, the most common communication style adopted by married teachers in Kwara State is the assertive communication style with 74% of the respondents adopting it. Next to assertive communication

style is the passive communication style with 60% of the respondents agreed to adopt the style. Again, this is followed by aggressive and passive-aggressive communication styles with 42% and 34% of the respondents adopting them respectively. This implies that majority of the married teachers are assertive and passive communicators.

**Research Question Two:** *What are the sexual behaviours indices of married teachers in Kwara State?*

**Table 2:** Descriptive Analysis of Sexual Behaviours Indices of Married Teachers in Kwara State

Items	My sexual behaviours include:	SD%	D%	A%	SA%
2	hugging my spouse	3.1	2.1	36.3	58.5
3	romancing my spouse	3.3	2.4	36.0	58.3
12	whispering love words	3.4	2.6	35.8	58.2
4	pecking my spouse	3.6	2.7	35.6	58.1
1	engaging in deep kissing	3.6	2.7	35.6	58.1
15	playing with my spouse around the house	3.8	2.8	35.4	58.0
11	caressing my spouse	4.3	3.3	35.1	57.3
16	having sex regularly with my spouse	4.6	3.4	35.0	57.0
13	holding eye contact with my spouse	4.8	3.6	34.8	56.8
17	manually stimulating my spouse before sex	5.5	4.0	34.4	56.1
18	engaging in cuddling	6.0	4.8	34.1	55.1
7	engaging in heavy petting	6.2	4.9	34.0	54.9
6	wearing sexy dresses in the presence of my spouse	9.2	6.0	31.0	53.8
19	engaging in smooching	9.7	6.7	30.5	53.1
20	taking a long bubble bath together	10.8	8.1	29.1	52.0
14	sending my spouse sexy text	11.8	9.1	28.1	51.0
8	holding my spouse's hand while walking	13.0	9.2	28.0	49.8
5	watching pornographic films together	14.0	12.0	26.0	48.0
10	reading pornographic magazine together	14.4	12.2	25.8	47.6
9	masturbating	14.7	12.5	25.3	47.3

Table 2 showed the percentages of sexual behaviours indices among married teachers in Kwara State. Item 2 ("hugging my spouse") have the highest percentage (58.5%) of the respondents agreeing with the statement. Item 3 ("romancing my spouse") have the second highest percentage (58.3%) of the respondents agreeing with the statement. As shown on the table, sixteen out of the twenty items with 'SA' have percentage scores of 50% and above. Therefore, it can be stated that the respondents expressed their sexual needs and desires through behaviours such as hugging, romancing, pecking, kissing, etc. However, the respondents showed low disposition to sexual behaviours of masturbating, reading and watching pornographic films in expressing their sexual desires having percentages of less than 50%. The serial numbers under the items column in the table represent the actual item placement on the questionnaire; this placement has been altered in this arrangement in view of the researchers' desire to show the participants responses to each item on the questionnaire.

**Research Question Three:** *What are the marital satisfaction indices of married teachers in Kwara State?***Table 3:** Descriptive Analysis of Marital Satisfaction indices of Married Teachers in Kwara State

Items	Marital Satisfaction Statements	SD%	D%	A%	SA%
1	My spouse is very loving and affectionate	3.6	2.1	34.8	59.5
3	I do not regret marrying my spouse	3.7	2.3	34.6	59.4
5	I get the love and affection I want from my spouse	3.9	2.5	34.4	59.2
7	If I were to marry again, I would pick my present spouse	4.0	2.6	34.4	59.0
14	I do not contemplate ending my marriage	4.1	3.2	34.3	58.4
9	I am very happy with my marriage	4.3	3.3	34.2	58.2
11	I am pleased with my relationship with my spouse	4.4	3.4	34.1	58.1
17	My spouse and I do not quarrel frequently	4.6	3.6	33.9	57.9
15	My spouse's habits do not annoy me	4.7	3.7	33.8	57.8
8	My spouse and I do communicate well with each other	5.1	3.9	33.5	57.5
2	My spouse and I agree on how we handle our finances	5.3	4.1	33.2	57.4
4	My spouse satisfies me sexually	6.2	5.0	32.1	56.7
18	My spouse and I settle our disagreements with mutual give and take	6.4	5.3	31.9	56.4
20	My spouse and I have similar ambitions and goals	6.6	5.5	31.8	56.1
6	My spouse and I share the same basic philosophy of life	7.0	5.7	31.3	56.0
13	My spouse and I agree on sexual matters	7.6	5.9	30.8	55.7
12	My spouse and I agree on household chores	7.9	6.2	30.5	55.4
16	My spouse and I agree on how to spend our leisure time	8.5	7.3	29.5	54.7
10	My spouse and I often agree about major decisions	9.5	7.5	29.3	53.7
19	My spouse and I always laugh together	10.2	8.2	28.0	53.6

Table 3 showed the percentages of the extent of marital satisfaction among married teachers in Kwara State. Item 1 (“my spouse is very loving and affectionate”) has the highest percentage (59.5%) of the respondents agreeing with the statement. Item 3 (“I do not regret marrying my spouse”) have the second highest percentage (59.4%) of the respondents agreeing with the statement. As shown on the table, all the twenty items with ‘SA’ have percentage scores of 50% and above. Therefore, it can be stated that the respondents expressed satisfaction with their marriage, through indices like my spouse is loving and affectionate, I do not regret marrying my spouse, we communicate well and do not fight frequently among others. The serial numbers under the items column in the table represent the actual item placement on the questionnaire; this placement has been altered in this arrangement in view of the researchers’ desire to show the participants responses to each item on the questionnaire.

**Hypothesis One:** *There is no significant correlation among communication styles, sexual behaviours and marital satisfaction of married teachers in Kwara state.*

The null hypothesis was analyzed using Stepwise Regression Analysis at 0.05 level of significance

**Table 4a:** Regression Model Summary of Communication Styles and Sexual Behaviours on Marital Satisfaction

Model	R	R Square	Adjusted R Square
1	0.544	0.296	0.294

a. Predictors: (constant), Communication styles, Sexual behaviours

As shown in Table 4a, the independent variables (communication styles and sexual behaviours) as a block yielded a coefficient of correlation (R) of 0.54 and co-efficient of ( $R^2$ ) of 0.296. This shows that 29.4% (adjusted  $R^2 = 0.294$ ) of the total variance in marital satisfaction of married teachers in Kwara State was accounted for by combination of communication styles and sexual behaviours.



- b. Dependent variable: Marital satisfaction
- c. Predictors: (constant), Communication styles, Sexual behaviours

**Table 4b:** ANOVA Summary of Communication Styles and Sexual Behaviours on Marital Satisfaction

Model	Sum of Squares	df	Mean Squares	F	Sig.
Regression	14067.864	2	7033.932	140.300	0.000
Residual	33439.963	667	50.135		
Total	47507.827	669			

The difference in the values of adjusted R square and R std estimate revealed that the linear combination of predictor variables (i.e. communication styles and sexual behaviours) significantly correlated with marital satisfaction of married teachers in Kwara State (140.300,  $p < 0.05$ ).

**Table 4c:** Relative Contributions of Communication Styles and Sexual Behaviours to Marital Satisfaction of Married Teachers in Kwara State

Model	Unstandardized Coefficients		Standardized Coefficients		Sig.
	B	Std. Error	Beta	t	
(Constant)	22.642	2.496		9.073	0.000
Comm styles	0.578	0.35	0.531	16.296	0.000
Sexual beh	0.069	0.27	0.081	2.540	0.011

- a. Dependent Variable: Marital Satisfaction
- b. Predictors: (constant), Communication styles, Sexual behaviours

From the results of table 4c, the two independent variables are significantly correlated with marital satisfaction of married teachers. Communication styles has positive and significant relationship with marital satisfaction ( $B = 0.578$ ,  $t = 16.30$ ,  $p < 0.05$ ). Sexual behaviours also has positive and significant correlation with marital satisfaction ( $B = 0.069$ ,  $t = 2.54$ ,  $p < 0.05$ ). Although the two predictor variables made significant relative contributions to the prediction of marital satisfaction of married teachers, communication styles was the most potent predictor ( $Beta = 0.531$ ). That is communication styles have relative contribution of 53.1% while sexual behaviours contributed 8.1% to the prediction of marital satisfaction.

The “constant” with a t-value of 9.073 at  $p < 0.05$  indicates that there are other variables which contribute to marital satisfaction but are not included in the study. The null hypothesis which states that there is no significant correlation among communication styles, sexual behaviours and marital satisfaction of married teachers in Kwara State is therefore rejected.

### Discussion of the Findings

Analysis of items in Table1 reveals that married teachers in Kwara State adopted assertive and passive communication styles this is based on their percentage scores of 74% and 60% respectively. According to them, they state their opinions and feelings without any pretense whenever they interact with their partners and they are found of advocating for their rights and needs without violating the right of other partner. This finding is not in tandem with the assertion of Wanger (2009) who opined that assertive communication style is the least style used by people. However, this outcome supports the opinion of Benedict (2013) who stated that assertive communicator will “express feelings clearly, appropriately and respectfully”. This result may however be true because the respondents were elites, and they might have probably studied their partners’ ways of expressing feelings, emotions, etc. They might have also taken their times to understand how, when and where their partners listen or pay attention to their feelings.

Table 2 reports on sexual behaviours exhibited by married teachers. The results revealed that the respondents expressed their sexual needs and desires through such behaviours as hugging, romancing, whispering, pecking, kissing, etc. This implies that for married teachers to increase their partners' sexual arousal or excitement, they hug, romance, kiss, whisper love words, peck, etc their partners. This outcome corroborates the assertion of Akingbade (2010) who said "sexually informed couples do not hit their bed sheet in a hurry, they take time to seduce their partners in a deliberately sensual manner that more often than not lingers in the memory for a long time". This result is probably so because majority of the respondents are in their active sexual age (31-40 years) and they are still bearing children which allows them to practice some of these sexual behaviours. However, the respondents had negative disposition toward behaviours such as masturbating, reading and watching of pornographic films, etc probably due to exposure and orientation, lack of sex education, etc.

Table 3 is dedicated to marital satisfaction indices of married teachers in Kwara State, and the results showed that married teachers were satisfied with their marriages given the indices of marital satisfaction they alluded to in their responses. They stated that "their spouses are very loving and affectionate; they do not regret marrying their spouses, they get the love and affection they want from their spouses, and they do not contemplate ending their marriages." The implication of this result is that married teachers have high sense of satisfaction in their marriages. This finding is in consonance with the views of Mirahmadizadeh, Nakhaii, Tabatabaai and Shafii (2003) who defined marital satisfaction as a state in which the couples are happy and satisfied with their marriage. This outcome may be due to the fact that marriage partners have understanding of their partners' communication styles and sexual feelings, and respond appropriately without any pretence.

Hypothesis one states that there is no significant correlation among communication styles, sexual behaviours and marital satisfaction of married teachers in Kwara State. The linear combination of communication styles and sexual behaviours was found to be significantly correlated with marital satisfaction. Hence, the hypothesis is rejected. This means that communication styles and sexual behaviours are important determinants of the extent to which one is satisfied with one's marriage or not. This result contradicts the opinion of Haller (2005) that couples often find themselves struggling to communicate verbally and more importantly sexually. This finding may be true because both communication styles and sexual behaviours are means of sending signals or conveying messages (love, emotions, affection, feelings, etc.) between couples. They tend to activate the mind of the marriage partners, create consciousness and make them to become aware of their partner's feelings, emotions, etc.

However, communication styles had highest relative contribution of 53.1% and sexual behaviours contributed 8.1% to the prediction of marital satisfaction. This lends credence to the assertions of Esere (2005), Olagunju and Eweniyi (2002) that communication is the life wire and elixir of marriage relationship. This may be possible as a result of the fact that communication styles are both verbal and non-verbal ways of interacting compared to sexual behaviours which are more of non-verbal interaction. Communication provides immediate feedback which maintains the structure of peaceful co-existence and mutual understanding. Without effective communication style, it is nearly impossible to resolve conflict or grow partnership.

### **Conclusion**

From the findings of this study and the discussion arising there from, the following conclusions were drawn:

Married teachers in Kwara State are using assertive and passive communication styles, engage in a number of romantic sexual behaviour including hugging, romancing, pecking, kissing of their spouses, etc. and are satisfied with their marriages (59.5, 59.4%). The result revealed that Communication styles and sexual behaviours correlate significantly (29.4% of variation) with marital satisfaction of married teachers in Kwara State.

### Recommendations

Based on the findings of this study, it was recommended that marriage counsellors should always orientate married teachers concerning the importance of assertive communication styles and positive sexual behaviours in marriage relationship. They should counsel married teachers to continue the usage of assertive and passive communication styles and positive sexual behaviours that will sustain marital satisfaction and long lasting marriage relationship so that they will be able to communicate freely to promote more intimacy in their sexual feelings and have genuine concerns with their partners.

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