



INFLUENCE OF RELATIONSHIP DYNAMICS ON MARITAL SATISFACTION AMONG COUPLES IN IBADAN, OYO STATE, NIGERIA

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Abstract

This study examined the influence of relationship dynamics on marital satisfaction among couples in Ibadan, Oyo State, Nigeria. It explores the interplay between various relationship dynamics and its impact on marital satisfaction. This study delves into the psychological, emotional, and social dimensions of marital relationships, aiming to identify the key dynamics that contribute to marital satisfaction. Descriptive research design was used for the study while purposive sampling technique was used to select 295 respondents. Chi-Square statistical method was used to analyse the data collected. Findings revealed that, there was significant association between levels of influence of relationship dynamics and marital satisfaction among couples (χ^2 -Crit=9.48, χ^2 -Cal = 16.09 df= 4, $P < .05$). The finding showed that there was significant association between result of relationship dynamics influence and marital satisfaction among couples (χ^2 -Crit=15.92 χ^2 -Cal = 18.15, df = 6, $P < .05$). Result also indicated that there was significant association between challenges faced by couples and marital satisfaction (χ^2 -Crit=16.91, χ^2 -Cal = 7.01, df = 9, $P < .05$). In conclusion, this study provides valuable insights into the relationship factors that influence marital satisfaction among couples in Ibadan, Oyo State. By identifying the dynamics that contribute to successful relationships, it offers practical recommendations for enhancing marital harmony and well-being.

Key Words: Influence of Relationship Dynamics, Marital Satisfaction and Couples in Ibadan, Oyo State, Nigeria.

Introduction

Marriage offers numerous economic, psychological, and social benefits. Economic scholars posit that when couples marry, each partner's utility level improves beyond that of



remaining single, constituting a strong motive for the transition to the married state. Led by Becker, economists believe that a household is both a consumption and production unit, producing shared goods such as companionship, happiness, good meals, a living space, the home itself, and children. Households consume these self-produced goods along with other market-produced goods (e.g., clothes, foods, durables, etc.) subject to income and time constraint (Kreider & fields, 2001). A central argument of the economic school is that these goods can be produced more efficiently in a union than individually because marriage offers greater room for specialization and division of labour.

Couples produce more and accommodate greater risks when they marry and combine individual resources than when they remain single. Some scholars also argue that both explicit and implicit costs of a single state may supersede those of being married when considering the economics of scale resulting from combined marital resources (Kohn (Avereh, 2014). From a psychological perspective, an individual's marital state is often associated with happiness, self-fulfillment, self-esteem, mental well-being, and life satisfaction. Being single, married, or divorced has been repeatedly linked to dietary habits, physical fitness, overall health, and longevity. Sociologists believe that marriage creates social ties that are beneficial in several ways (Lehner & Chen, 2013). For instance, emotional commitment to one's spouse can substantially decrease risky behaviours among married persons, whereas divorce or separation can have lasting negative implications for children and young adults.

These marriage-related benefits have been the subject of considerable research and policy debate over the years, mainly due to the global rise in divorce rates observed beginning in the mid-20th century (Ortega, Brow, Lee, Baruth, Sui & Blair, 2011). The role of age or marriage timing as a major determinant of union dissolution. According to the literature, there is the concept of a "marriage market" defined by the principles of exchange, sorting, and matching. Prospective mates seek spouses in this market based on the personal characteristics that they believe would complement those of their potential mates. When younger, individuals have unrealistic spousal expectations that decrease marital utility, given their actual experience in marriage Weaver (Schofield, 2015). As a



result, people who marry somewhat early may break up faster because their disutility from marriage could become unbearable earlier in marital life.

In contrast, older persons worry that they are getting past their "prime" marriage time and so are willing to trade down on spousal expectations in the marriage market. Depending on the size of the compromise between desired spousal traits and actual spousal traits, there is a tendency for marriage disutility to become too much, such that divorce is more beneficial in the utility sense. According to this explanation, the overall causal effect of marriage entry age on union stability should manifest in a U-shaped curve, with the likelihood of instability being high and declining at younger ages but low and rising after a certain age (Langer, Yi, Storer, & Syrjala, 2010). Some supporting studies have shown evidence of a U-shaped marriage age-divorce relationship, while others have found evidence of a positive association between marriage entry age and marital instability.

In addition to marriage timing, economic theory also postulates that prospective couples sort themselves characteristically in the marriage market, and that the outcome of this process has implications for marriage utility. For sorting to generate optimal marriage utility, mates must successfully match complementary traits (e.g., education, intelligence, race, religion) and substitute traits (e.g., complexion, height, temperament). When the sorting process is not optimal, emerging marriages exhibit lower utility and a higher instability risk Kennedy & Ruggles, (2014). The validity of this proposition on marital outcomes has been tested several times with much support from the evidence. However, reported a significantly reduced probability of marriage failure among Ouagadougou women who have partners of a different tribe.

Inefficient household division of labor and improper role specialization are key areas highlighted in the economic literature as causes of marital instability. Ideally, men must specialize in the breadwinner role, while women must specialize in home or non-market production for optimal marital utility (Lindstrom, Hernandez-Jabalara & Giorguli, 2012). Moreover, since women are highly vulnerable to union dissolution shocks, those who have attained a high socioeconomic status independent of their spouses are more resilient and view divorce less dismally. Based on these propositions, several studies have found that the



risk of union instability decreases substantially when household production follows the traditional pattern, and vice versa.

The sociological explanation of how union entry age influences union stability also acknowledges that young age expectations from marriage may be unrealistic, such that the likelihood of a breakup is relatively high when one marries young people. However, the nonlinear effect of marriage entry age on union instability is not supported. In his "maturity hypothesis," Rotz, (2016) proposed that one becomes more realistic and mature as one gets older and that the longer time spent in the marriage market imbibes one with better information about potential mates. Assuming the foregoing is true, then the effect of marriage entry age should be linear, negative, and not nonlinear, as proposed by Kennedy & Ruggles (2014).

Despite rising divorce rates, concerns, and theoretical explanations, empirical studies on its causes in places such as Africa remain scarce. 1 Few studies that investigate the issue within the context of Nigeria have been descriptive and thus offer little inferential insight into why marriages could fail in the country. In view of the paucity of research, our study conducted an inferential analysis of the causes of marital instability in Nigeria along theoretical lines. To achieve this, we emphasize three multinomial states of marital instability: divorced, separated, and widowed, following Ali & Ajilore (2011), and then apply logistic regressions to the multinomial data.

Jensen & Bowen, (2015) also examined these three states of marital instability, and their objective was to show trends in the data without looking at the underlying causes of the observed patterns. The advantage of our approach is that it compares how the proposed causal factors simultaneously influence these marital states. The remainder of this paper is organized as follows. Marriage is one of the most important institutions affecting people's lives and well-being. Marital institutions regulate sexual relations and encourage commitment between spouses. This commitment may have positive effects on spouses' health and their earnings in the labour market. Marriage as the union and cohabitation of two people of the opposite sex with a permanent commitment to each other and their children when they are born are dependent on them. Spouses expect some benefits from



their partners such as expressed love, gratitude and recognition as well as security and material rewards (Ogunrinde, 2011)).

People marry for many reasons, including one or more of the following: legal, social, libidinal, emotional, economic, spiritual and religious. A marriage bestows rights and obligations on the married parties, and sometimes on relatives as well, being the sole mechanism for the creation of affinal ties (in-laws). These rights and obligations vary considerably between societies and between groups within society (Binder & Lam, 2022). These may include giving a husband/wife or his/her family control over a spouse's sexual services, labor, and property; giving a husband/wife responsibility for the spouse's debts; giving a husband/wife visitation rights when his/her spouse is incarcerated or hospitalized; giving a husband/wife control over his/her spouse's affairs when the spouse is incapacitated; establishing the second legal guardian of a parent's child; establishing a joint fund of property for the benefit of children and establishing a relationship between the families of the spouses (Oyefara, 2018).

Weaver & Schofield, (2015) stated that health as a state of complete physical, mental, social wellbeing of an individual and not merely the absence of disease or infirmity. Marital satisfaction will increase the health of an individual. Marital distress and conflict are linked to poor physical health. In recent years, researchers have paid much attention to the role of marital quality in physical health. These studies generally have shown that positive marital satisfaction is beneficial to physical health, whereas negative marital processes (e.g., marital conflict) can have a detrimental impact on physical health and that higher levels of negative spousal behaviors uniquely contributed to poor physical health, predicting more physical symptoms, chronic health problems, physical disability, and poorer perceived health (Oladimeji & Onifade, 2017).

The incidence of all forms of mental and physical illness were reduced among married people compared with unmarried or divorced people; percentages of people engaging in unhealthy levels of alcohol or drug consumption were also significantly lower among married people than their non-married counterparts. Married people have sex twice as often as single people, and report deeper levels of satisfaction with their sexual relations (Wong, 2016). The author opined that unmarried couples who live together also have active



sex lives but get less emotional satisfaction from it than married people. Married people have more than twice as much total net asset, on average, as unmarried people. Married men and women report greater satisfaction with family life, report greater sexual satisfaction, higher levels of physical and psychological health and experience less depression than their never married counterparts. Women appeared to obtain greater health benefits from marriage than men (Chung & Kim 2015).

Married women are less likely to be victims of domestic violence, and married couples are more likely to be happy and less likely to attempt suicide. The studies also found many positive effects of marriage on children. Children in married families are less likely to suffer serious child abuse, less likely to end up in jail as adults, less likely to be depressed as adolescents and less likely to be expelled from school. Children in married families are less likely to repeat a grade in school, to have developmental problems, to have behavioural problems, to use drugs (marijuana, cocaine) and are less likely to be sexually active. Also, they are better off financially and are generally healthier physically and emotionally when they reach adulthood than children from other home situations (Oyefara, 2018).

Marital satisfaction represents a vital pillar in the architecture of both family stability and societal well-being. Within the intimate union of marriage, satisfaction acts as a barometer for the quality of the relationship, influencing not only the couple themselves but also the broader ecosystem that surrounds them. In harmonious marriages, partners often experience emotional fulfillment, mutual respect, and shared purpose, creating a nurturing environment that fosters personal growth and collective happiness. This harmony radiates outward, shaping the lives of children, extended families, and even the community at large (Williams, Zhang & Packard, 2017). At the family level, marital satisfaction serves as a foundation for effective parenting and the emotional development of children.

When couples maintain a supportive and content relationship, it sets a positive example for younger generations, teaching them the values of communication, compromise, and empathy. In contrast, marital discord can destabilize the family unit, potentially leading to strained parent-child relationships and long-term psychological effects on children. Expanding further, the impact of marital satisfaction transcends individual families and permeates society. Stable and fulfilling marriages contribute to reduced divorce



rates, lower instances of domestic conflicts, and the creation of cohesive communities. Couples who are satisfied in their relationships are more likely to participate actively in community activities, support social networks, and contribute to societal progress (Onyishi, Sorokowski & Pipitone, 2012). Conversely, widespread marital dissatisfaction can erode social structures, leading to increased social challenges such as strained support systems and heightened economic pressures.

Marital relationships are multi-faceted and deeply rooted in the unique interplay of various dynamics that define the connection between partners. At their core, these dynamics encompass psychological, emotional, and social components that collectively determine the quality and resilience of the marital union. (Chritianasen, Joeensen & Renguid, 2015) The complexities of marriage unfold through the ways couples navigate key elements like communication, emotional intimacy, conflict resolution, and cultural influences, each playing a significant role in shaping their experience of marital satisfaction. Effective communication serves as the foundation of a healthy marital relationship, enabling partners to express their needs, desires, and concerns openly. When communication is characterized by empathy and active listening, it fosters understanding and reduces the likelihood of misunderstandings. Couples who consistently engage in constructive dialogue are better equipped to address challenges and adapt to changes within their relations (Lawrence, Rogers, Zajacova & Wardsworth, 2019). Conversely, poor communication patterns—marked by criticism, defensiveness, or avoidance often led to unresolved issues that can erode trust and emotional connection.

Emotional intimacy is another pivotal dynamic, reflecting the depth of mutual vulnerability and affection shared by spouses. This dimension of marriage involves the ability to connect deeply on an emotional level, where both partners feel seen, valued, and supported. The cultivation of emotional intimacy requires intentional effort, such as spending quality time together, expressing appreciation, and nurturing shared experiences. The absence of emotional intimacy can create feelings of isolation, impacting the overall satisfaction within the relationship (Korporaal, Broesevan-Groenov, & Van-Tibung, 2013). Conflict resolution represents a crucial skill in managing marital disagreements and preserving relational harmony. All couples encounter conflicts, but the ways these disputes



are addressed differentiate successful relationships from strained ones. Effective conflict resolution strategies—such as compromise, negotiation, and seeking mutual understanding—help prevent conflicts from escalating into resentment or emotional damage. On the other hand, destructive conflict behaviors, like blame or contempt, can exacerbate issues and jeopardize marital satisfaction.

Cultural influences further add layers of complexity to marital dynamics, especially in culturally rich settings like Ibadan, Oyo State. Traditional gender roles, societal expectations, and extended family involvement often shape the behavior and perceptions of married couples. For instance, cultural norms may dictate expectations regarding financial responsibilities or decision-making within the household (Fapounda, 2018). While these norms can strengthen marital bonds by providing shared values and structure, they can also create tension if partners struggle to align their personal beliefs with societal pressures.

Couples navigate a range of challenges that both shape and test the fabric of their marital bonds. These challenges are deeply rooted in the socio-economic realities, cultural expectations, and evolving dynamics within the city, creating a mix of pressures and opportunities that influence the quality of marital relationships (Ononokpone, Adebola, Gayawan & Fagbamigbe. 2021). The economic landscape in Ibadan presents a complex set of challenges for married couples. While the city offers opportunities in sectors like trade, education, and public services, many couples face financial constraints that put strain on their relationships. Rising costs of living, unemployment, and job insecurity can lead to frustrations and stress, particularly in households where traditional roles designate men as the primary breadwinners. Financial struggles often spark conflicts regarding budgeting, debt management, and the distribution of financial responsibilities (Chiappor, 2022). In cases where both partners work, balancing professional obligations with family life can become an additional source of tension. Conversely, economic stability and collaborative financial planning can strengthen bonds by fostering teamwork and shared goals.

The weight of societal norms and expectations looms heavily over marital relationships in Ibadan. Traditional Yoruba culture places a high value on family unity, and marriages are often seen as unions not only between individuals but between extended families. Couples may experience pressure to conform to cultural ideals, such as maintaining



peace within extended family dynamics or upholding gender-specific roles (Leher & Son, 2017). For example, wives are often expected to excel in homemaking and caregiving, while husbands are tasked with providing financially and taking on leadership roles within the household. While adhering to these expectations can provide a sense of structure and identity, deviations from these norms such as unconventional career choices or modern household arrangements can provoke criticism or strain from relatives and the community (Ali & Ajilore, 2011). Modernization and globalization have introduced shifts in gender roles, adding both opportunities and challenges to marital dynamics. Increasingly, women in Ibadan are pursuing higher education and engaging in professional careers, which contributes to economic empowerment but also necessitates a reevaluation of traditional roles within marriages.

Couples may need to negotiate shared responsibilities for childcare, housework, and decision-making a departure from the historically male-dominant structure of many households (Adini, Sonofun, Odimegwu & Ntoimo, 2019). These transitions can lead to misunderstandings or resistance if partners are unable to align their expectations with evolving realities. However, when couples embrace these changes and support each other's aspirations, the process of redefining roles can enrich their relationship and lead to greater mutual respect and partnership. The challenges faced by couples' economic pressures, societal expectations, and evolving gender roles serve as both tests and opportunities for marital relationships (Rotz, 2016). While these factors can create stress and conflict, they also offer avenues for growth, resilience, and deeper connection when approached with understanding, adaptability, and collaboration. Recognizing and addressing these challenges is essential for fostering stronger and more satisfying marital bonds in the region.

Ibadan, the capital of Oyo State, Nigeria, boasts a rich socio-cultural and economic landscape that significantly influences the dynamics of marital relationships among its inhabitants. As one of the largest and most historically significant cities in West Africa, Ibadan is a melting pot of traditions, values, and modern influences. The interplay of these elements creates a unique context in which marital relationships are formed, maintained, and tested. Culturally, Ibadan is deeply rooted in the Yoruba heritage, which places a strong emphasis on family values, community cohesion, and respect for elders. Marriage is viewed



not merely as a union of two individuals but as the coming together of two extended families (Oladimeji & Onifade, 2017). This perspective often means that marital relationships are subject to the opinions and expectations of family members, sometimes creating additional pressures for couples.

Traditional gender roles also play a prominent role in shaping marital dynamics. Men are typically expected to be the primary providers, while women are often tasked with managing the home and nurturing the family. While these roles can offer structure and shared expectations, they may also lead to conflicts if partners' personal beliefs or modern influences differ from these traditional norms. Economically, Ibadan presents a landscape of both opportunities and challenges that influence marital relationships. As a growing urban center, the city offers a variety of job opportunities in sectors such as education, commerce, and public service (Kreider & Fields, 2001). However, economic disparities remain, with many couples facing financial strains that can put a significant strain on their marriages. For instance, unemployment or underemployment may lead to frustrations and tensions within a household, especially in contexts where financial provision is closely tied to societal perceptions of masculinity and marital success.

The city's socio-cultural dynamics are further influenced by its blend of traditional and modern lifestyles. While many residents still adhere to long-standing customs, urbanization and globalization have introduced new perspectives and challenges. Couples in Ibadan often find themselves navigating a delicate balance between honouring traditional values and adapting to contemporary realities (Binder & Lam, 2022). For example, the rise of dual-income households and shifting gender roles can lead to renegotiations of marital responsibilities, which may either strengthen the relationship or create friction, depending on how they are managed.

Furthermore, Ibadan's communal way of life means that marital issues often extend beyond the couple to involve extended family members, neighbors, and even religious leaders. This collective involvement can provide a support system for resolving conflicts but can also lead to external interference that complicates marital dynamics. The socio-cultural and economic landscape of Ibadan, Oyo State, provides a multifaceted backdrop for understanding marital relationships. The influence of traditional Yoruba values, economic



realities, and the interplay between modernity and tradition shapes the experiences of couples in the city. These factors highlight the importance of considering local contexts when examining marital satisfaction and relationship dynamics in Ibadan.

Given its profound significance, the study of marital satisfaction is not merely an academic endeavour but a practical necessity for ensuring the health and sustainability of both families and societies. By understanding the factors that contribute to marital satisfaction, stakeholders can develop targeted interventions and policies that promote stronger, happier unions, ultimately leading to a more harmonious and prosperous society. Thus, marital satisfaction is not just a private affair; it is a cornerstone of public well-being and societal advancement. It is against this background that, this study intended to examined the influence of relationship dynamic on marital satisfaction among couples in Ibadan, Nigeria

Objectives of the Study

The main objective of this study is to examined the influence of relationship dynamics on marital satisfaction among couples while the specific objectives are as follows; to investigate the interplay between various relational factors and the overall satisfaction experienced by married individuals; to assess effective or ineffective communication between couples contributes to their levels; to measure the role of emotional closeness, empathy, and mutual understanding in strengthening marital bonds and improving satisfaction; to assess how the distribution of household and financial responsibilities affects the perception of fairness and its subsequent influence on marital happiness; to examine cultural norms, traditions, and socioeconomic status shape relationship dynamics and marital satisfaction in the local context of Ibadan and to explore whether male and female partners perceive and experience relationship dynamics and marital satisfaction differently, considering unique societal expectations and roles.

Research Hypotheses

Ho1: There is no significant association between the levels of influence of relationship dynamics and marital satisfaction among couples in Ibadan.

Ho2: There is no significant association between result of dynamics relationship and marital satisfaction among couples in Ibadan.



Ho3: There is no significant association between marital challenges and marital satisfaction among couples

Methodology

Research Design

A descriptive survey design is used for this study, as it allows the researcher to collect data from a sample of couples to determine the relationship between various aspects of relationship dynamics and marital satisfaction. This design is beneficial for examining correlations and making generalizations about the target population.

Population of the Study

The population of the study includes married individuals residing in Ibadan, Oyo State. This diverse group include couples from various age ranges, socio-economic backgrounds, and lengths of marriage, ensuring the study captures a comprehensive understanding of relationship dynamics in the region.

Sample and Sampling Technique

Purposive sampling techniques was used for the study to select sample of married individuals. From each selected area, identify neighborhoods using cluster sampling. Within each neighborhood, use purposive sampling to select couples willing to participate in the study. Respondents were randomly selected in four (5) Local Government Areas within Ibadan. Fifty (60) respondents were selected from each LGA's namely; Ibadan North West LGA, Ibadan South East LGA and Akinyele LGA, Ibadan. The total number of respondent couples used for the study was two hundred (300).

Data Collection Instruments

The main data collection used for the study was well-structured questionnaire tagged "Influence of Relationship Dynamics on Marital Satisfaction among Couples Questionnaire (IRDMSCQ). The questionnaire consists of sections: Section A; Demographic information (age, gender, education, income, duration of marriage). Section B; Relationship dynamics (e.g., communication patterns, emotional intimacy, conflict resolution, shared responsibilities) and Section C; Marital satisfaction, measured using standardized scales like the Marital Satisfaction Inventory or a custom-developed scale validated for cultural relevance. Four-Likert scale was used to rate matrix form of questions which were in the



questionnaire. In addition to matrix questions, contingency questions were used to ensure that respondents gave relevant information in order to achieve the objectives of the study (Mugenda & Mugenda, 2003).

The respondents were to choose from “Strongly Agree” to “Strongly Disagree” depending on the extent to which they agreed or disagreed with the statements in the questionnaire. The 4-point Likert scale was used to give a range of responses from which the respondents choose and in order to assign numerical values or scores to the responses. The 4-point likert scale ranging from strongly disagree (1) to strongly agree (4) was used. The researcher ensured both face content and context validity of the instrument. Also, reliability of the instrument was ensured which yielded a coefficient of 0.52.

Validity and Reliability of Instruments

The researcher ensured that the study met the threshold of validity by representation of meaningful, accurate and correct data that reflected what was investigated. Mugenda and Mugenda (2003), posits that construct validity would be met by ensuring that data collected by the use of research instruments was meaningful and accurate to reflect the study findings. Content validity was the measure of data collected and it was ensured that the questions reflected the objectives exhaustively. Pilot study ensured that the items in the questionnaire and interview schedule were clear and in line with the purpose of the study.

To ensure the validity of the questionnaire, experts in Social Work, Psychology, Sociology, and marital Counseling reviewed the instrument to confirm it measures the intended constructs. Reliability was tested through a pilot study with a smaller group of (35) participants outside the study areas in Iddo LGA of Ibadan, using techniques like Cronbach’s alpha to assess internal consistency. 300 questions were distributed; only 295 were retrieved back from the field.

Data Analysis Techniques

Chi-Square statistics was used to the data collected to analyze differences in perceptions.

Ethical Consideration

Ethical approval was obtained from a relevant ethics committee. Participants provide informed consent and be assured of confidentiality and anonymity. The study avoid harm by



treating sensitive topics respectfully and providing participants with the option to withdraw at any time.

Results and Discussion of Findings

Ho1: There is no significant association between the levels of influence of relationship dynamics and marital satisfaction among couples in Ibadan.

Cross Tabulation Chi-Square Showing the Significant Association between the Level of Influence of Relationship and Marital Satisfaction among Couples in Ibadan

	Level of marital satisfaction among couples			Total	X ² Cal	X ² Crit	df	P
Level of influence of relationship dynamics and marital satisfaction among couples	Great needs	Moderate needs	Low needs					
Total	13(38.3)	12(32.5)	5(12.8)	30(27.3)				
Partial	13(38.3)	8(21.6)	7(17.9)	28(25.5)	16.09	9.48	4	0.05
Nil	8(23.5)	17(45.9)	27(69.3)	52(47.2)				
Total	34(30.9)	34(33.6)	39(35.5)	110				

$X^2 = 16.09$, $df=4$, $P<0.05$

Table 1 showed the cross-tabulation and chi-square analysis significant association between levels of influence of relationship dynamics and marital satisfaction among couples (X^2 -Crit=9.48, X^2 -Cal = 16.09 $df= 4$, $P < .05$). Hence, the null hypothesis is rejected. This indicated that the relationship dynamics have influence on marital satisfaction among couples. The implication of this is that a high level of influence of relationship dynamics will enhance more satisfaction among marital couples.

This finding is support of the study of Korporaal, Broesevan-Groenov, &Van-Tibung, 2013 who opined that emotional intimacy is another pivotal dynamic, reflecting the depth



of mutual vulnerability and affection shared by spouses. This dimension of marriage involves the ability to connect deeply on an emotional level, where both partners feel seen, valued, and supported. The cultivation of emotional intimacy requires intentional effort, such as spending quality time together, expressing appreciation, and nurturing shared experiences. The absence of emotional intimacy can create feelings of isolation, impacting the overall satisfaction within the relationship

Ho2: There is no significant association between result of dynamics relationship and marital satisfaction among couples in Ibadan.

Cross Tabulation and Chi-Square Showing the Significant Association between Result of Dynamics Relationship and Marital Satisfaction among Couples

	Satisfied couples from marital satisfaction			Total	X ² Cal	X ² Crit	df	P
result of relationship dynamics on marital satisfaction among couples	Successful	Not successful	Abandoned					
Very satisfy	7(20.0)	9(20.0)	4(13.4)	20(18.2)				
Satisfy	6(17.2)	10(22.3)	3(10.0)	19(17.3)	18.15	15.92	6	0.05
Not satisfy	10(28.5)	13(28.8)	1(3.4)	24(21.8)				
A failure	12(34.3)	13(28.8)	22(73.4)	47(42.7)				
Total	35(31.8)	45(40.9)	30(27.3)	110				

$X^2 = 18.15$, $df=6$, $P<0.05$

Table 2 revealed the cross-tabulation and Chi-square analysis of significant association between result of relationship dynamics influence and marital satisfaction



among couples (χ^2 -Crit=15.92 χ^2 -Cal = 18.15, df = 6, $P < .05$). Hence, the null hypothesis was rejected, meaning that there was significant significant association between result of dynamics relationship and marital satisfaction among couples. This implies that a positive result of the influence relationship dynamics will make couples have marital satisfaction.

The result is in line with the study of Onyishi, Sorokowski & Pipitone, (2012) who opined that, when couples maintain a supportive and content relationship, it sets a positive example for younger generations, teaching them the values of communication, compromise, and empathy. In contrast, marital discord can destabilize the family unit, potentially leading to strained parent-child relationships and long-term psychological effects on children. Expanding further, the impact of marital satisfaction transcends individual families and permeates society. Stable and fulfilling marriages contribute to reduced divorce rates, lower instances of domestic conflicts, and the creation of cohesive communities. Couples who are satisfied in their relationships are more likely to participate actively in community activities, support social networks, and contribute to societal progress.

Ho3: There is no significant association between marital challenges and marital satisfaction among couples

Cross Tabulation and Chi-Square Showing the Significant Association between Marital Challenges and Marital Satisfaction among Couples

	Level of marital satisfaction among couples				Total	χ^2 Cal	χ^2 Crit	df	P
Marital Challenges Faced by Couples	High	Moderate	Low	Nil					
Low trust level	4(16.6)	5(19.2)	7(20.5)	5(19.3)	21(19.0)				
Differential	6(25.0)	5(19.2)	8(23.5)	8(30.7)	27(24.5)	7.01	16.91	9	0.05
Capital inequality	5(20.8)	8(30.7)	7(20.5)	10(38.0)	30(27.0)				



				5)	3)				
Market related	9(37.5)	8(30.7)	12(35.3)	3(11.5)	32(29. 1)				
Total	24(21.8)	26(23.6)	34(30.9)	26(23. 6)	110				

$$\chi^2 = 7.01, df=9, P<0.05$$

The above table3, showed the cross-tabulation and Chi-square analysis of significant association between challenges faced by couples and marital satisfaction (χ^2 -Crit=16.91, χ^2 -Cal = 7.01, df = 9, P < .05). Therefore, the hypothesis is accepted. This showed that there was significant association between marital challenges faced by couples and marital satisfaction among couples. This implied that relationship dynamics adds to marital satisfaction among marital couples

The findings corroborate the study of Leher & Son, (2017) who stated that, the weight of societal norms and expectations looms heavily over marital relationships in Ibadan. Traditional Yoruba culture places a high value on family unity, and marriages are often seen as unions not only between individuals but between extended families. Couples may experience pressure to conform to cultural ideals, such as maintaining peace within extended family dynamics or upholding gender-specific roles. The result also agreed with the work of Ononokpone, Adebola, Gayawan & Fagbamigbe. (2021) who stated that, couples navigate a range of challenges that both shape and test the fabric of their marital bonds. These challenges are deeply rooted in the socio-economic realities, cultural expectations, and evolving dynamics within the city, creating a mix of pressures and opportunities that influence the quality of marital relationships

Conclusion

In conclusion, the dynamics of marital relationships are a delicate balance of interconnected elements that require attention and effort. Communication, emotional intimacy, conflict resolution, and cultural influences are not merely individual components; they interact continuously, shaping the quality and satisfaction of a marital union. Understanding these complexities is essential for addressing challenges, enhancing relational health, and fostering long-lasting marital satisfaction. This study also contributes to the growing body of



knowledge on marital satisfaction and provides practical insights for policymakers, counselors, and individuals seeking to strengthen marital bonds.

The study also highlights the influence of cultural norms and gender roles, noting that traditional expectations can either strengthen or strain marital bonds, depending on how they are navigated by the couple. The study underscores the importance of emotional intimacy and shared goals in maintaining a fulfilling marital relationship. It suggests that couples who prioritize emotional connection and work collaboratively towards common objectives are more likely to experience enduring satisfaction. Additionally, the study emphasizes the need for tailored interventions, such as counseling and educational programs, to address specific challenges faced by couples in the region.

Recommendations

The study underscores the importance of fostering healthy relationship dynamics to enhance marital stability and happiness. The following recommendations were made; targeted counseling programmes and workshops aimed at improving communication skills and conflict resolution among couples. Educational programmes should be developed on marriage to educate couples. . Pre-marriage counselling should be encouraged among young adults preparing for marriage. Continuous education after marriage in addressing couples' unique transitional needs in marital life should be instituted. Seminars and conferences should be organized for couples to help them overcome the challenges marriage.

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