DOI: https://doi.org/10.68064/jshe.2021.jrwp7l5w

Personality Traits and Marital Stability among Couples in Uyo Metropolis of Akwa Ibom State

Usoroh, Comfort I. & Olumuyiwa, Bukola Opeyemi
Department of Home Economics Education, Faculty of Education

Abstract
Personality is how individuals tend to behave, think and feel in ways that are broadly consistent over time. The study focused on personality traits and marital stability among couples in Uyo metropolis of Akwa Ibom State, Nigeria. A survey research design was adopted, and the population of the study comprised of 153,011 couples. A sample size of 800 couples participated in the study and multi- stage procedure and random sampling technique was used in sample selection. Personality Traits Questionnaire (PTQ) and Marital Stability Questionnaire (MSQ) were used for data collection. The instruments were validated by three experts from various Departments related to the study in University of Uyo. The internal consistency of the instruments was determine using cronbach alpha statistical analyasis and the reliability coefficient of 0.95 and 0.91 were obtained respectively. Data obtained were analyzed using Mean and Standard deviation for the research questions while independent t-test was used to test the hypotheses at 0.05 level of significance. Findings revealed that extraversion and openness had significant influence marital stability (t- cal. 4.144, t- cal; 3.053, p= 0.000 and 0.02).While neuroticism revealed no significant influence (t-cal. 1.508, p=0.071). Based on the finding of the study the researchers concluded that personality traits (extroversion and openness) has significant influence on marital stability among couples in Uyo Metropolis of Akwa Ibom State while neuroticism revealed no significant influence. It was recommended that couples and intended couples should be opened to each other concerning marital issues to enhance marital stability also; extroversion personality trait should be encouraged by parents of both intending and married couples. However, neuroticism personality trait should be discouraged among couples and those who are high on this trait should strive to develop better personality traits that will enhance marital stability by seeking help from marriage counselors, psychologists and other relevant individuals.

Keywords: Extroversion, Neuroticism, Openness, Personality Traits, Marital Stability.

Introduction

Marriage as an institution is as old as man and dates to the time of Adam and Eve. It is an essential phenomenon in human life irrespective of tribe, society, and religious affiliations. Marriage gives legitimacy to sexual relationship and reproduction of legitimate children (Omoniyi-Oyafunke, Falola and Salau, 2014). Ghoroghi *et. al*. (2015) described marriage as a formally written, verbal or traditional long-term agreement between individuals for procreation as well as to meet other basic human needs. In marriage, the couples oftentimes are two different human beings with distinct character who must make adjustments that will guarantee success in the union. Marital relationship can be blissful or thorny depending on the character of the couple. However, all marriages are meant to be stable.

Marital stability is the likelihood of a marriage staying intact without dissolution. It focuses on the cognitions or thoughts about the marriage, affective state or feelings pertaining to the marriage, and behaviors taken to maintain permanency or move towards separation (Harman, 2005; Amato, 2010). It is an important requirement in marriage because couples are expected to keep reliable companionship through the formation and development of healthier lifestyles that would prevent their marital engagement from turbulence and crises (Laurie, 2007; Obiji, 2015). Marital stability occurs when married persons stay and cooperate consistently together, whereas marital instability occurs when married persons cannot consistently stay and work together (Haralambos and Heald, 2011).

The benefits of marital stability to the society cannot be over emphasized. According to Bir (2006) marital stability can been linked with economic, physical, emotional, health and wellbeing of the couples although, there is dearth of information about the factors that affect marital stability (Ojukwu, 2014). Despite the relevance of marital stability, couples still experience instability in marital relations resulting in conflicts and marital dissolution. Several factors have been identified to be responsible for the high rate of marital instability and later increase in the rate of divorce among couples. Some of these factors are social class, ethnicity, education, religion and age, culture, sterility, adultery, desertion and excessive cruelty among others (Omoniyi-Oyafunke *et. al*., 2014).

Marital instability and the breakdown of family and conjugal ties have relevant consequences of demographic, social and economic nature for the persons involved. There are negative consequences on the wellbeing of separated or divorced partners as well as on their children's, and the risks of poverty for women with children increase. When there is marital instability, there is a problem in raising and nurturing the children, which may lead to an increase in the rate of social vices such as armed robbery, rape, militancy, drug abuse amongst others.

There is a link between marriage and personality given the fact that marriage is a union between two different human beings with different perceptions, emotions and parenting and probably raised in different environments, thereby exhibiting differences in personality traits. These differences if not properly managed could result into marital instability especially when one of the partners is dissatisfied with the personality of the other. Nkechukwu & Anyikwa (2019) observed that the inability of couples to understand and appreciate the individual differences associated with personality traits which accounts for variation in behaviors tend to worsen the problem of adjustment in many marriages. Marriage is supposed to be for pleasure, happiness and peace of mind where the couples have understanding of their personality traits which could enable them make necessary adjustment in their marriage thereby fulfilling their social obligations harmoniously. On the contrary, where the couples are not appreciative of their personality traits, they would have constant conflict/violence such as nagging, quarrelling and fighting that could affect their marital stability. Children nurtured in such situation tend to copy from their parents and most likely becomes more aggressive with their peers and other people. Donnellan, Conger and Bryant (2014) observed that mate selection, relationship satisfaction, and marital stability have links with personality traits. The authors further

stressed that the ideal enduring marital relationship requires individuals to look beyond physical appearance and instead focus upon the personality of partners.

Personality traits refers to peoples characteristics, patterns of thoughts and behaviors, it implies consistency and stability (Ewen, 2018; Diener and Lucas, 2021). There are basically five dimensions of personality traits, often referred to as "BIG 5", which are extroversion, agreeableness, conscientiousness, neuroticism and openness. Extroversion is characterized by excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness. People who are high in extraversion are outgoing and tend to gain energy in social situations. Being around other people helps they feel energized and excited. People who are low in extraversion (or introverted) tend to be more reserved and have less energy to expend in social settings. Social events can feel draining, and introverts often require a period of solitude and quiet to "recharge."

Agreeableness is a personality trait that includes attributes such as trust, altruism, kindness, affection, and other pro-social behaviors. People who are high in agreeableness tend to be more cooperative while those low in this trait tend to be more competitive and sometimes manipulative. Conscientiousness personality trait possesses the following standard features; high levels of thoughtfulness, good impulse control, and goal-directed behaviors. Highly conscientious people tend to be organized and mindful of details. They plan ahead, think about how their behavior affects others, and are mindful of deadlines.

Neuroticism is characterized by sadness, moodiness, and emotional instability. Often mistaken for anti-social behavior, or worse a greater psychological issue, neuroticism is a physical and emotional response to stress and perceived threats in someone's daily life. Individuals who exhibit high levels of neuroticism tend to experience mood swings, anxiety and irritability. Some individuals who experience sudden change in character from a day-to-day perspective could be highly neurotic and respond to high stress levels in their work and personal lives. Openness however, is characterized by imagination, insight and creativity. People who are eager to learn and experience new things are particularly high on this personality trait. It leads to abstract and lateral thinking as well as having a broad range of interests and being adventurous when it comes to decision making. For this study, three of these personality traits (Extroversion, Neuroticism and Openness) will be considered.

Shiota and Levenson (2007) established that neuroticism appears to be problematic to relationships. They further stressed that spouses high in the trait of neuroticism are more likely to report dissatisfaction and to divorce compared with other personality traits. Extroversion in contrast to neuroticism is associated with positive emotions, yet little agreement exists as to whether this trait is beneficial to marriage. Barelds (2005) suggest positive links between extroversion and marital satisfaction and stability. Openness to experience, agreeableness and conscientiousness are generally, but inconsistently, associated with marital stability. In contrast to neuroticism, each is considered a positive trait (Watson and Humriehouse, 2006). The authors discovered that decreases in spouse ratings of openness, agreeableness and conscientiousness were associated with decreases in marital stability over the first two years of

marriage. All these findings point to the fact that personality traits play a crucial role in marital stability.

Claxton, Rourke, Smith and DeLongis (2011) examined the influence of personality traits on marital satisfaction and found that among the five personality traits, conscientiousness had the most significant association with marital satisfaction. Bankole and Arowosegbe (2014) established that two-personality traits, extroversion and agreeableness have significant influence on marital satisfaction among the married couples and that couples with extroversion and agreeableness personality characteristics were able to attain marital satisfaction. Nkechukwu and Anyikwa (2019) used two personality traits (extroversion and neuroticism) to predict marital adjustment among married teachers in public secondary schools in Awka Educational Zone in Anambra State using correlational research design. They established that extroversion and neuroticism personality traits are not significant predictors of married teachers' marital adjustment.

One of the integral parts of marital stability is communication, Usoroh, Ekot and Inyang (2010) examined spousal communication style and marital stability among civil servants in Akwa Ibom State and found significant relationship between spousal communication style and marital stability. Esere, Yusuf and Omotosho (2011) examined the influence of spousal communication on marital stability and its implications for conducive home environment and found that lack of effective communication is the bane to marital stability. Similarly, Ojukwu, Woko and Onuoho (2016) examined the impact of educational attainment on marital stability among couples in Imo State using a casual comparative design. The findings revealed positive relationship between married persons' low and high levels of educational attainment and marital stability while there was no significant relationship between those with medium level of educational attainment and their marital stability.

Omoniyi-Oyafunke, *et. al.* (2014) conducted a study on the effect of marital instability on children in Abeokuta Metropolis, findings revealed that children of divorced/separated parents were prone to drug addiction, armed robbery, commercial sex work and other forms antisocial behaviours. They also found that children who grew up in single parent families were more likely to be used for trafficking, rituals and house helps than the children who grew up in intact families. Ojukwu and Donatus (2014) examined the effect of socio-psychological factors on marital stability among married persons in Imo state, Nigeria and established that social belief, in law's inclusion effect, value orientation of married persons and emotional state are factors that related with marital stability and that negative forces of social belief, in-law's inclusion, value orientation and emotion could shape marital instability. Despite the multiplier effect of marital instability on the society particularly in Uyo metropolis, the nexus between personality traits and marital stability has not been given much research attention which is why this study examines the influence of personality traits on marital stability among couples in Uyo metropolis of Akwa Ibom State

.

Statement of the Problem

In Uyo Metropolis of Akwa Ibom State, families experience conflict because of various factors. Most families in the study area are confronted with marital stress occasioned by marital conflicts. These scenarios may be as a result of

socioeconomic variables (age, education, income), suspicion of the partner, history of divorce, substance abuse, infertility, children with special needs, infidelity, unemployment, lack of effective communication, inability to spend enough time together and individual differences amongst others. These challenges have debilitating effect on the couple, children, and family at large. Some of the causative factors of marital disharmony or instability can be traced to how individuals think, feel and behave which are components of personality traits however, there are no identified research on the influence of personality traits on marital stability in Uyo Metropolis of Akwa Ibom State. These observations and the dearth of research on the influence of personality traits on marital stability informed the researchers' quest to conduct this study on "Personality Traits and Marital Stability among Couples in Uyo Metropolis of Akwa Ibom State.

Research Questions: The study was guided by three research questions:

1. What is the influence of extroversion personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender?
2. What is the influence of neuroticism personality trait on marital stability among couples in the study area based on gender?
3. What is the influence of openness personality trait on marital stability among couples in the study area based on gender?

Research Hypotheses: Three null hypotheses were formulated for the study:

Ho_1: There is no significant influence of extroversion personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Ho_2: There is no significant influence of neuroticism personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Ho_3: There is no significant influence of openness personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Methodology

Research design: This study adopted a descriptive survey design**.** The design enables the researcher to elicit valid data using questionnaire and measures variables without manipulating any of them.

Area of the Study: The study was conducted in Uyo metropolis of Akwa Ibom State. The metropolis is marked by Oron, Aka, Wellington Bassey way and Ikot Ekpene Roads. The study is relevant to the study area due to the rate of marital instability occasioned by conflicts.

Population of the Study: The population of this study was estimated at 153,011 which comprised 57,011 males and 96,000 females' couples in Uyo metropolis of Akwa Ibom State. (Ministry of Women Affairs and Social Welfare, 2021)

Sample and Sampling Techniques: The sample size for the study comprised 800 respondents (400 males and 400 females). The sample size was derived using the Taro Yamane formula (n= N/ (1+N (e) 2). Where n is the sample size, N is the population, and e is the level of precision (Yamane, 1967). Multi-stage procedure was further used to select the sample size. Stage one involved clustering the population into streets and simple random sampling technique was

used to select 20 streets in the study area. Thereafter, 40 respondents were selected from each of the selected streets using stratified proportionate sampling technique to give 800 respondents required for the study.

Instrumentation: Two sets of structured instruments developed by the researchers were used for data collection. The instruments were titled: Personality Traits Questionnaire (PTQ) and Marital Stability Questionnaire (MSQ). The Personality Traits Questionnaire (PTQ) comprised of 15 items with five items each on extraversion, neuroticism and openness personality traits. All items on the Personality Traits Questionnaire (PTQ) were rated on a four-point scale of preference including -Very Strong Influence (VSI), Strong Influence (SI), Weak Influence (WI) and Very Weak Influence (VWI) which were scored as 4, 3, 2 and 1 respectively. The second instrument tagged: Marital Stability Questionnaire (MSQ) comprised of 25 items on marital stability and was rated on 4 points rating scale of Very Strong Influence (VSI), Strong Influence (SI), Weak Influence (WI) and Very Weak Influence (VWI).

Decision on research questions was based on real limit as follows:

Response Options	Values	Real Limit
Very strong influence (VSI)	4	3.50 – 4.00
Strong influence (SI)	3	2.50 – 3.49
Weak influence (WI)	2	1.50 – 2.49
Very weak influence (VWI)	1	1.00 – 1.49

The probability value (p) was used to test the null hypotheses; the calculated p-value was compared to the tabular value at 0.05 level of significance. When (p d" 0.05) is less than or equal to 0.05, the null hypothesis (H_o) is rejected. Whereas, when the p-value is greater than (p >0.05), the null hypothesis is retained.

Validation and Reliability of the Instrument: The instruments were validated by three experts one each from the Department of Home Economics, Psychology and Tests and Measurement all in University of Uyo. The reliability of the instrument was determined using Cronbach Alpha and the reliability coefficient of 0.95 and 0.91 were obtained for Personality Traits Questionnaire (PTQ) and Marital Stability Questionnaire (MSQ) respectively. Out of 800 copies of the questionnaire administered, 795 copies (397males and 398 females) were retrieved and properly filled indicating 96.5% retrieval rate. Hence, data analysis was based on 795 respondents.

Method of Data Analysis: Mean was used to answer the research questions while independent t-test was used to test the null hypotheses at the 0.05 level of significance.

Result

Research Question 1: What is the influence of extroversion personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender?

Table 1: Mean Analysis of the influence of extroversion personality trait on marital stability

Variable	Couples	N	SD	X	Remark
Extroversion	Male	397	0.819	3.36	Strong Influence
	Females	398	0.507	3.56	Very Strong Infl

Table 1 shows the Mean analysis of the influence of extroversion personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender. Findings indicated the Mean and standard deviation as 3.36 and 0.819 for male and 3.56 and 0.507 for females. The result showed that males indicated that extroversion personality trait has strong influence on marital stability while females indicated that it has very strong influence. This implies that extroversion personality trait has positive influence on marital stability among couples in Uyo metropolis of Akwa Ibom State, Nigeria.

Research Question 2: What is the influence of neuroticism personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender?

Table 2: Mean Analysis of the influence of neuroticism personality trait on marital stability

Variable	Couples	N	SD	X	Remark
Neuroticism	**Male**	**397**	**0.340**	**1.09**	**Very Weak Influen**
	Females	**398**	**0.287**	**1.00**	**Very Weak Influen**

Table 2 shows the Mean analysis of the influence of neuroticism personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender. Findings revealed the Mean and Standard Deviation as 1.09 and 0.340 for male and 1.00 and 0.287 for females'. The results indicate very weak influence of personality trait on marital stability in the study area.

Research Question 3: What is the influence of openness personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender?

Table 3: Mean Analysis of the influence of openness personality trait on marital stability

Variable	Couples	N	SD	X	Remark
Openness	Male	397	0.911	3.24	Strong Influence
	Females	398	0.796	3.43	Strong Influence

Table 3 shows the Mean analysis of the influence of openness personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender. Findings revealed Mean and Standard Deviation values of 3.24 and 0.911 for males and 3.48 and 0.796 for females'. The results indicate strong influence for both males and females. This implies that openness personality trait has strongly influence on marital stability among couples in the study area.

Hypothesis 1: There is no significant influence of extroversion personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Table 4: Independent t-test Analysis of the influence of extroversion personality trait on marital stability

Variable	Couples	N	SD	X	df	t-cal.	p-value	Remark
	Male	397	0.819	3.36				
Extroversion					783	.000	Significant	
	Females	398	0.507	3.56				

Table 4 shows the independent t-test analysis of the influence of extroversion personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender. The table indicates the degree of freedom as 783; t-cal as 4.144 and p-value value as 0.000. Since the calculated p value is higher, the null hypothesis is rejected, and the alternate accepted which implies that there is a significant influence of extroversion personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Hypothesis 2: There is no significant influence of neuroticism personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Table 5: Independent t-test Analysis of the influence of neuroticism personality trait on marital stability

Variable	Couples	N	SD	X	df	t-cal.	p-value	Remark
	Male	397	0.940	3.39				
Neuroticism					783	1.508	0 .071	Not Significant
	Females	398	0.587	3.58				

Table 5 shows the independent t-test analysis of the influence of neuroticism personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender. The table indicates the degree of freedom as 783; t-cal as 1.508 and a p-value value as 0.071. Since the p-value (0.071) is greater than 0.05. The null hypothesis is retained which implies that there is no significant influence of neuroticism personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Hypothesis 3: There is no significant influence of openness personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender.

Table 6: Independent t-test Analysis of the influence of openness personality trait on marital stability

Variable	Couples	N	SD	X	df	t-cal.	p-value	Remark
	Male	397	0.911	3.24				
Openness					783	3.053	0.002	Significant
	Females	398	0.796	3.43				

Table 6 shows the independent t-test analysis of the influence of openness personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender. The table further indicated the degree of freedom as 783, t-cal as 3.053 and a p-value value as 0.002. Since the p-value (0.002) is less than 0.05. The null hypothesis is rejected, and the alternate accepted which implies that there is a significant influence of openness personality trait on marital stability among couples in Uyo metropolis of Akwa Ibom State based on gender

Discussion of the Findings

Finding indicates that there is a significant influence of personality traits (extroversion/openness) on marital stability with extroversion and openness having significant positive influence on marital stability while neuroticism revealed no significant influence on marital stability. These findings revealed that extroversion, and openness stimulates better marital stability while neuroticism encourages marital instability. The study also found low level of marital stability among couples with neuroticism personality traits compared with couples with extroversion and openness personality traits. The very weak influence of neuroticism personality trait could be due to the fact that this personality trait is more likely to create anxiety, pity- seeking, show high hostility, impulsivity,

Low self-esteem, depression, negative interpretation, negative interaction with partner and more likely to put more emphasis on negative life events. Other feature of neuroticism personality trait that could be responsible for this finding is that a neuroticism personality trait is associated with higher aggressive externalization. The strong influence of extroversion and openness on marital stability as well as the significant influence on marital stability among extroversion and openness personality compared with that of neuroticism could be because extroverts are more likely to be positively assertive and one of the strong features of openness personality is that they are loving and are predictable which are very crucial elements in marital stability. This finding agrees with that of Shiota and Levenson (2007) which established that neuroticism personality is problematic to marital stability and that spouses who are high on this trait are more likely to report marital instability. This finding also corroborates Bankole and Arowosegbe (2014) which found that couples with extroversion personality are more able to attain marital stability compared with other personality traits. Similarly, the finding on the significant influence of openness on marital stability corroborates with Watson and Humriehouse (2006) who found that decrease in openness among couples is significantly associated with decrease in marital stability.

Conclusion and Recommendations

The study examined the influence of personality traits (extroversion, neuroticism and openness) on marital stability in Uyo metropolis of Akwa Ibom State, Nigeria. Findings revealed that couples with neuroticism personality trait had low levels of marital stability while couples high in extroversion and openness experienced greater marital stability. Based on the findings, the researchers conclude that personality traits have significant influence on marital stability among couples in the study area. Based on the findings, the following recommendations were made:

1. That couple and intended couple should be opened to each other in

their conversation concerning marital affairs to enhance marital stability which is the key to societal growth.

2. Neuroticism personality should be discouraged among couples and those who are high on this trait should make efforts to change their personality trait by seeking help from marriage counsellors, psychologists and other relevant individuals.
3. Extroversion personality trait should be encouraged by parents among both intending couples and married couples. However, this should be done with some cautions, given some of the demerit of this personality trait in marriage relationships.
4. The influence of personality traits (extroversion, neuroticism and openness) on marital stability should be taught to students at all levels of the educational system to appreciate the consequences of different emotional reactions in marriages.

References

Amato, P. R. (2010). Research on Divorce Continuing Trends and New Developments. *Journal of Marriage and Family 72(3), 650 -666.*

Bankole, E.T. and Arowosegbe, C.K. (2014). Influence of personality and self-efficacy on marital satisfaction among married couples. A case study of couples living in Ado- Ekiti, Ekiti State, Nigeria. *International Journal of Innovative Social Sciences and Humanities Research 2*(3), 11-18.

Barelds, D. P. H. (2005). Self and Partner Personality in Intimate Relationships. *European Journal of Personality, 19*, 501-518.

Bir, A.E. (2006). Marital satisfaction in Turkish remarried families: Comparison among marital status, effect of stepchildren and contributing factors. *Unpublished Master's Thesis*, Middle East Technical University, Ankara.

Claxton A, Rourke N, Smith J.Z. and DeLongis (2011). A personality traits and marital satisfaction within enduring relationships: An intra-couple discrepancy approach. *Journal of Sociology Personal Relation,3*(7), 5–9.

Diener, E. & Lucas, R. E. (2021). Personality traits. In R. Biswan-Diener& E. Diener (Eds), Noba textbook series: *Psychology* Champaign, IL: DEF publishers. Retrieved from http://noba.to196u8ecgw.

Donnellan, M. B., Conger, R. D., & Bryant, C. M. (2004). The Big Five and enduring marriages. *Journal of Research in Personality, 38,* 481–504.

Esere, M.O., Yusuf, J. and Omotosho, J.A. (2011). Influence of spousal communication on marital stability: Implication for conducive home environment. *Edo Journal of Counselling, 4*(1&2), 50-61.

Ewen, R. B. (2018). Personality: A topical approach. Mahweh, NJ: Erlbaum.

Ghoroghi, S., Hassan, S.A. and Baba, M. (2015). Marital adjustment and duration of marriage among postgraduate Iranian students in Malaysia. *International Education Studies*, *8*(2), 10-17.

Haralambos, M. and Heald, R.M. (2011). *Sociology: Themes and perspectives*. London: Oxford University Press.

Harman, A. L., (2005). "Correlates of Marital Stability in Utah" All Graduate Theses and Dissertations. 2650. https://

digitalcommons.usu.edu/etd/2650.

Laurie, P.U. (2007). Effect of Socio-Psychological Factors on Marital Stability of Married Persons in Imo State Nigeria. *Research Journal of Humanities and Cultural Studies, 2*(1), 1-10.

Nkechukwu, V. N and Anyikwa, N.E. (2019). Extraversion and Neuroticism Personality traits as Predictors of Marital Adjustment among Married Teachers in Awka Educational Zone. *International Journal of Research and Scientific Innovation (IJRSI), 6* (10), 141-145.

Obiji, D. (2015). Demographic and psycho-social factors as predictors of attitude of women towards malaria education in Cross River State, Nigeria. *An Unpublished Ph.D. Dissertation*. Department of Educational Foundations, University of Calabar, Cross River State.

Ojukwu, M.O. (2014). The impact of gender and mate selection preferences on marital stability. *International Journal of Emotional Psychology and Sports Ethics, 16,*117-1199.

Ojukwu, M.O. and Donatus, O. (2014). Effect of Socio-Psychological Factors on Marital Stability of Married Persons in Imo State Nigeria. *Research Journal of Humanities and Cultural Studies, 2* (1), 1-10.

Ojukwu, M.O., Woko, S.I. and Onuoha R.C. (2016). Impact of educational attainment on marital stability among married persons in Imo State, Nigeria. *International Journal of Education & Literacy Studies, 4*(3), 89-96.

Omoniyi-Oyafunke, C., Falola, H.O and Salau, O.P. (2014). Effect of marital instability on children in Abeokuta Metropolis. *European Journal of Business and Innovation Research, 2*(3), 68-77.

Shiota, M. N., and Levenson, R. W. (2007). Birds of a feather don't always fly farthest: Similarity in Big Five personality predicts more negative marital satisfaction trajectories in long-term marriages. *Psychology and Aging, 22*, 666-675.

Yamane, *Taro*. (1967). Statistics: *An Introductory Analysis*, 2nd Ed., New York: Harper and Row.

Usoroh, C., Ekot, M., and Inyang, E.S. (2010). Spousal Communication Styles and Marital Stability among Civil Servants in Akwa Ibom State. *JHER, 13*, 74-84.

Watson, D., and Humriehouse, J. (2006). Personality development in emerging adulthood: Integrating evidence from self-ratings and spouse ratings. *Journal of Personality and Social Psychology,* 91, 959-974.