

The Influence Of Age At Marriage And Year Of Marital Experience On Marital Satisfaction And Marital Conflict Among Normal And Shift Schedule Employees Of Ekiti State, Nigeria.

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ABSTRACT

The divorce rate is on the increase worldwide with resultant extreme pain, broken hearts and fractured Families. Both young and old people are not immune from this onslaught. On this premise the influence of age at marriage and your marital experiences on marital satisfaction and conflict among normal working hours and shift schedule employee of Ekiti state, Nigeria was investigated. A total of 700 staff(389 normal schedule and 381 shift schedules) sample were selected using slovin formula from the population of staff In Ekiti state, whose age ranged between <18->55 years participated in the study. Enrich Marital Satisfaction scale (EMSC) developed by Blaire et al {1987} and Kansas Marital Conflict scales (KMCS) {1985} were employed to assess marital satisfaction and marital conflict respectively. Data was analyzed using analysis of variance (Anova) result indicated there is no significant main influence of age at marriage ($F(3,756)=1.99, P >.05$) or years of marriage($F(2,756)=0.88, P >.05$) neither there is no interaction effect of the two on Marital Satisfaction .However there is significant influence of age at marriage on Marital Conflict($F(3,756)=2.93, p <.05$) but there is no significant main influence of years of marriage on marital conflict ($F(2,756)=2.44 p >.05$). There is no significant joint influence of age at marriage and years on marital conflict ($F(6,756)=0.73, p >.05$). Findings were discussed in relationship to existing literature on the influence of age at marriage and year of marital experience.

Keyword: Age at marriage, year of marital experience, shift work, normal working hour, Ekiti-state, Nigeria

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I. INTRODUCTION

One of the most crucial phases in an individual's personal and social growth is marriage. It is regarded as the most significant social unit, with several variables contributing to its stability and strength (Anyamene et al. 2020). The drama of love and connection is the greatest source of human delight and misery. The institution of Marriage has traditionally been the most prevalent setting for this drama (Myles 2017). It starts with a pledge between a man and a woman to respect and cling to each other for the rest of their lives.

Marriage, as an institution, is intended to meet people's physical/biological requirements in a legal, customary, and culturally determined manner. It also allows men and women to have families and establishes some rights and responsibilities for children born from their relationship (Babalola et al., 2020).The idea of marriage has many purposes, including meeting both the biological, social, psychological, and motivational demands of loving and being loved, creating a new generation, establishing oneself in society, feeling safe and protected, cooperating, being optimistic about the future, feeling proud of one another, and maintaining a healthy sexual life (Kocyigit 2017 in Canel, 2012). Marriage is seen in many civilisations as an institution in which closeness and fellowship exist, as well as being reared in safety, allowing persons to have sexual intercourse and providing a chance for emotional growth (Yavuser 2012) Marriage is regarded as a religious sacrament in certain societies, but a social compact in others. No difference applies to the case in Nigeria. Marriage is associated with several positive outcomes, including increased lifespan, less risky behaviour, more excellent sickness protection, higher income savings, higher social standing, healthier behaviours, and more satisfaction (Hemstrom 1996; Johnson, Backlund, Sorlie and Lovelees 2000, Roger, 1995 Wacte 1995).Married persons with stable lifestyles and sufficient marital satisfaction live longer and are more likely to survive cancer, have healthy and acceptable eating habits, and suffer from fewer diseases, depression, and mental health issues (Perman Pack 2013). In contrast, marital conflict leads to several aspect of complications in marital relationship such as lowering the cooperation, lowering the rate of sexual relationship, intensifying the excitement-related reactions, reducing the relationship of family with spouse'relative and friends, increasing the personal

relationship with ones and separating partners financial matters (Robert2018). marital conflict often led to the emergence of stress and can predict the beginning of the course of depression, anxiety and many physical and psychological diseases (Seyedeh et al 2016). In addition, marital conflict is associated with worse health and specific conditions such as: cancer, heart disease, and chronic pains, perhaps as a result of alterations in immunological, endocrine, and cardiovascular functioning during conflict (Fincham, 2012). Marital conflicts provide the ground for marital exhaustion (this is a bitter situation and dejects the ones who expect love to give them satisfaction to their life marital exhaustion emerges when two spouses realize that their relationship will not work, no matter how hard their try) which in turn distort the balance of life and affect marital satisfaction and compatibility (Seyedeh et al 2016). Marital conflict is a multifaceted aspect of human relationships. It encompasses a wide range of disagreements, disputes, or tensions that can occur within a marriage. These conflicts can emerge from various sources, including differences in values, expectations, communication styles, financial matters, and even external stressors such as work-related pressures. Marital conflicts can vary in intensity and nature, from relatively minor disagreements about household chores to more significant and emotionally charged disputes about fundamental issues like parenting, finances, or infidelity. These conflicts are a natural part of any relationship and can be both constructive, leading to growth and understanding, or destructive, if left unaddressed. Understanding the dynamics of marital conflict involves exploring how couples communicate during disagreements, their ability to resolve differences, and the impact of these conflicts on their emotional well-being and relationship satisfaction. Research has shown that a healthy approach to addressing conflicts is characterized by open communication, active listening, and compromise, can lead to constructive outcomes and enhance the overall quality of the marriage.

Bodily violence occurs in around 30% of married couples in the United States, leaving approximately 10% of married couples with substantial physical harm (Fincham, 2012). It is a known fact; that divorce may stem from marital discord. Studies of this nature need to provide some light on the global divorce rates so that an appropriate context would be provided for this study. For example, Denmark has the highest rate among the Nordic nations, with 3.4 divorces per 1000 residents. Sweden has the second highest divorce rate in the Nordic nations, with 2.6 divorces per 1000 people, followed by Finland (2.5), Norway (1.9), and Iceland (1.6 divorces per 1000 inhabitants) (Haagensen, 2017)

In Nigeria, the secondary data obtained from 2006 Nigeria national population census indicated that the crude rate of marital dissolution in Nigeria was 11% per 1000 population. Among ever married population, crude rate of marital dissolution was 29% per 1000.

Nigeria in recent years has witnessed a high rate of divorce as a result of urbanization and industrialization, the search for employment by family members in labour market, the nature of their work or their inability can be considered as a disruptive force in maintaining marital stability, (Adegoke (2010)

Work has been highlighted in the literature as one of the causes of divorce (which is a marital conflict) Rothman & Cilliers (2004). Although work is critical to human life, it is essential to achieving the human requirements described in Abraham Maslow's (1959) hierarchy of needs. Work, according to Omolayo (2005), is of major significance to humans and has served as a motivator physically, morally, and philosophically.

The nature of labour is determined by the kind of work that people excel at. This may pertain to both the essential daily chores done as part of a job and any extra non-routine tasks that may be required. A vocation is characterized by the production, acquisition, and sale of commodities and services. It involves offering customized and specialized services. A teacher's job includes creating lesson plans and instructing students at different levels. They are responsible for giving homework, grading tests, grading exams, and tracking progress. A nurse's job includes being responsible for the care, safety, and recovery of persons who are severely or chronically sick or wounded. Their responsibilities include maintaining the health of others and treating life-threatening situations in a variety of health care settings.

The essence of police job is to preserve law and order, as well as to protect lives and property, controlling traffic and arresting lawbreakers, among other things. Prison officers' duties include supervising convicts, instructing them, ensuring their safety and security, and trying to help them rehabilitate and prepare for the future. Their tasks include checking prison cells according to protocols and safety rules, overseeing convicts during meals and leisure time, settling inmates' problems to assist preserve peace and order, and escorting offenders to employment locations, medical facilities, or anywhere else they need to go.

Civil servants are professionals who work in ministries, parastatals, local governments, and federal government agencies. They recruit people, manage staff, establish employee rules, advise and support the environment to carry out public sector initiatives.

Shift employment necessitates persons being awake during a time of behavioural inactivity when our circadian rhythms prepare our bodies for sleep. sleeplessness and various health issues such as menstruation dissection and psychological issues and so on have negative effect on family. Aside from the previously mentioned negative impact, various researches have shown that shift employment interferes with family relationships.

Finally, marital conflict is linked to negative family outcomes such as poor parenting, poor child adjustment, and an increased chance of parent-child conflict and sibling conflict (Grych and Fincham, 2007). Marital disagreement has a negative impact on emotional, physical, and family health (Finchan, 2001).

Marital satisfaction on the other hand is a broad assessment of one's marriage or current long-term romantic relationship that brings fulfilment to the couple. Thus, a global assessment might be a reflection of how happy individuals are in their marriages in general, or it can be a composite of satisfaction with numerous particular marital impacts (Brockwood, 2007). The bigger the number of good behaviours or the lower the number of negative behaviours the better the marital satisfaction (Brandury, Finchan and Beach 2000). When spouses are happy in their marriage, their family strength is strong, and they can cope with challenges effectively (Mangli, Ramezani and Mangeli 2009).

STATEMENT OF THE PROBLEM

Marriage institutions have undergone a severe fall, owing in part to rising divorce. There has recently been a public outcry about the rising prevalence of divorce and marital instability among married individuals. It has been noted that the pace at which divorce cases are filed in customary courts, particularly in Ekiti State, is frightening. This was also supported by the headline of a report by the News Agency of Nigeria (NAN) on July 20, 2021, which says: "Ekiti Residents voice concern over High Divorce Rate." The increased desire for divorce by dissatisfied spouses is bad for society's harmony and the future of children from such shattered homes.

Hypotheses

The following hypotheses were evaluated in the research based on the stated objectives and literature review:

- (1) There will be a significant influence of age at marriage and years of marriage on marital satisfaction
- (2) There will be a significant influence of age at marriage and years of marriage on marital conflict

Aim and Objectives of the Study

Here, we aim to ascertain if individuals on regular work schedules vary considerably from their counterparts on work shifts in terms of marital conflict and satisfaction experiences. Specifically, the research intends to explore the following objective:

- (i.) determine if age at marriage and years of marriage will have effect on marital satisfaction and marital conflict.

II. METHODOLOGY

The study used and survey research design which employs multi-stage sampling techniques. The research participants in the study comprises of seven hundred and seventy (770) Staff in Ekiti State. Normal working hour schedule participant were three hundred and eighty-one (381) while shift work schedule participants were three hundred and eighty-nine (389). The participants were within the age range of eighteen (18) and fifty five (55).

The instrument employed to measure marital satisfaction is Enrich Marital Satisfaction Scale (EMSS) by Blaire et al (1992) and while Marital Conflict is measured by Kamsas Marital Conflict Scale (KMCS) by Eggerman et al. (1985)

III. RESULTS

Table .1: Distribution of social-demographics by gender

Social-demographics	n (%)	n (%)	N (%)
	Shift work	Normal work schedule	Total
	n = 389 (50.5)	n = 381 (49.5)	N= 770
Sex			
Male	254 (65.3)	208 (54.6)	462 (60)
Female	135 (34.7)	173 (45.4)	308 (40)
Age at marriage			
25 years	37 (9.5)	33 (8.7)	70(9.1)
26-35 years	202 (51.9)	158 (41.5)	360 (46.8)
36-45	139 (35.7)	175 (45.9)	314 (40.8)
Years of marriage			
1-10 years	166 (42.7)	131 (34.6)	297 (38.7)
11-20 years	190 (48.8)	192 (50.7)	382 (49.7)
21-30 years	33 (8.5)	56 (14.8)	89 (11.6)
Professions			
Police	243 (62.5)		243 (31.6)

Nursing	100 (25.7)	100 (13)
Prison Wardens	46 (11.8)	46 (6)
Civil servants	381 (100)	381 (49.5)

Table 2: Descriptive table showing the level of marital satisfaction and marital conflict as influenced by Age at Marriage & year of Marriage

Marital Satisfaction				Marital Conflict	
Age of marriage	N	Mean	SD	Mean	SD
<25	69	51.61	11.09	63.69	15.11
26-35	360	52.53	9.33	68.44	12.56
36-45	313	53.18	9.89	67.24	12.57
46-55	26	56	8.45	64.11	14.55
Year of marriage	N	Mean	SD	Mean	SD
1-10	297	53.75	9.39	68.67	12.37
11-20	382	51.99	9.72	66.95	13.16
21-30	89	53.37	10.49	64.89	13.48

Table 3: Two-way ANOVA table showing the influence of age of marriage and year of marriage on marital satisfaction.

Variable	SS	df	Ms	F	P
Age of marriage (AAM)	558.74	3	186.25	1.99	.114
Year of Marriage (YOM)	163.71	2	81.85	.88	.417
AAM & YOM	534.43	6	86.07	.95	.456
Error	70669.50	756	93.48		
Total	72390.68	767			

Table 3, there is no significant influence of year of marriage [$F(3,756) = 1.99, P > .05$] or age at marriage [$F(3,756) = 1.99, P > .05$] on marital satisfaction neither is there any interaction effect of the two [$F(6,756) = 0.95, P > .05$]

Table : Two-way ANOVA table showing the influence of Age at marriage and year of marriage on marital conflict.

Variable	SS	df	Ms	F	P
Age of marriage (AAM)	1454.82	3	484.94	2.93	.033
Year of Marriage(YOM)	805.83	2	402.92	2.44	.088
AAM & YOM	729.330	6	121.55	.733	.621
Error	124986.16	756	165.33		
Total	128384.25	767			

No significant main influence of year of marriage on marital conflict [$F(2,756) = 2.44, P > .05$] was reported, but age of marriage has significant influence on marital conflict [$F(3,756) = 2.93, P < .05$], However, there is no significant joint influence of age at marriage and year of marriage on marital conflict. [$F(6,756) = 0.73 P > .05$]

Hypothesis 1 states that there will be a significant influence of age at marriage and years of marriage on marital satisfaction.

Table 3 shows there is no significant influence of year of marriage [$F(3,756) = 1.99, P > .05$] or age of marriage [$F(3,756) = 1.99, P > .05$] on marital satisfaction neither is there any interaction effect of the two [$F(6,756) = 0.95, P > .05$]. However, the major influence of years of marriage on marital satisfaction and marital conflict was not significant. This was supported by Karney and Bradbury, 1995; Kurdek 1999, who said that the influence of marriage duration on marital satisfaction is negative (it dropped with a relationship line or U-shaped) and that it decreases at first and then increases. The interaction effects of marriage age and marriage years were not significant. The findings also reveal that age at marriage has a substantial impact on marital conflict but not marital pleasure. Those who marry at the age of 25 have a lower marital conflict score than those who marry at the ages of 25 - 35 and 35 - 45. It is the norm that in most African traditions, marriage is highly regarded and

that individuals who married before the age of 25 are subject to the monitoring, supervision, and counselling of both parents of the couple to make the marriage succeed since they perceive them as an immature pair. According to Kombalum (2001), half of the people who married in their thirties are likewise more likely to divorce than those who marry in their twenties. This notion was further validated by Justin et al 2011 study on the pattern of change in marital happiness throughout the newlywed years. According to the research, married couples would have high levels of pleasure early in their marriage, and some years later, the conflict will develop in, as predicted by Aron et al (2002) "honeymoon, then year of darkness" cycle. What Kurdek (1999) refers to as "honeymoon effects." This hypothesis has been confirmed.

Hypothesis 2 says that there will be significant influence of age at marriage and years of marriage on marital conflict.

There is no significant main influence of year of marriage on marital conflict [$F(2,756) = 2.44, P > .05$], but age at marriage has significant influence on marital conflict [$F(3,756) = 2.93, P < .05$] there is no significant joint influence of age at marriage and year of marriage on marital conflict. [$F(6,756) = 0.73 P > .05$].

Finally, hypothesis 2 is tested, which examines the effect of age at marriage and years of marriage on marital satisfaction. The main influence of years of marriage on marital conflict was not significant, but age at marriage has significant influence on marital conflict. According to studies, the majority of marriages end in divorce due to most people marry at young age and the ability to have patience, endurance and tolerance for each other is poor. When expectation is not met on time. (Schoer & Canudas-Romo, 2006),

The joint influence of age at marriage and marital years was likewise not significant. This finding implies that there is no interaction impact between age at marriage and years of marriage. This is because other unmentioned extraneous elements, such as socioeconomic situation, personality characteristics, communication, and social support, may interact with them to influence the behavioural result of the contact. This hypothesis has been confirmed.

IV. CONCLUSION

The aim of this study was to the influence of age at marriage and year of marital experience on marital satisfaction and marital conflict among normal and shift schedule employees of Ekiti state, Nigeria. The study find out that the age at marriage and the year of marriage does not have significant influence on marital satisfaction. However, the age at marriage has significant influence on marital conflict but year of marriage does not have any significant influence.

V. RECOMMENDATION

From the findings of this research study, it is recommended that adjustment between couples is important in mitigating the negative impact of work on marital satisfaction on marital stability. Also, married couples should learn how to cope and balancing demanding life roles which is skill to develop.

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