



Marriage Counselling, Self-Disclosure and Commitment as Correlates of Marital Stability among Married Female Guidance and Counselling Post-Graduate Students in South-East Nigeria

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Abstract

In this study of relationship among Marriage Counselling, Self-Disclosure, Commitment and Marital Stability among Married Female Guidance and Counselling Post-Graduate Students in South-East Nigeria were examined. The correlation research survey design of ex-post facto type was adopted. The population for this study consisted of all Married Female Guidance and Counselling Post-Graduate Students in South-East Nigeria. Two hundred Married Female Guidance and Counselling Post-Graduate students were selected purposively from five randomly selected public Universities in South-East Nigeria. Four Standardized instruments were used for collection of research data. Pearson Product Moment Correlation and Multiple Regression Analysis statistical tools at 0.05 level of significance were used for data analysis. The result indicates that significant relationship exists between the independent variables and the dependent variable (marital stability) in order of magnitude as thus: marriage counselling ($R=0.446$, $p<0.05$), self-disclosure ($R=0.382$, $p<0.05$) and commitment ($R=0.293$, $p<0.05$). The three independent variables (marriage counselling, self-disclosure and commitment) made a joint correlational impact of 65.5% on marital stability among married female guidance and counselling post-graduate students. Also, the result of the analysis of multiple regression produced an F-ratio of: $F(3/196) = 69.21$; which was significant at $p<0.05$ alpha level on dependent variable (marital stability). Likewise, marriage counselling had the highest relative correlation impact on marital stability ($\beta=0.341$) followed by self-disclosure ($\beta=0.298$) and then commitment ($\beta=0.212$) made the least contribution. Marriage counselling significantly correlates with dependent variable, $r(198) = 0.446$, $p<0.05$. Also, self-disclosure significantly correlates with marriage stability, $r(198) = 0.382$, $p<0.05$. Likewise, commitment correlates significantly with marital stability, $r(198) = 0.293$, $p<0.05$. It was recommended that Married Female Guidance and Counselling Post-Graduate students should be exposed to counseling interventions that would help them develop the capacity for the level of resilience needed to maintain a stable and harmonious marriage.

Keywords: Commitment; Female; Guidance and Counselling; Marriage Counselling; Married Marital Stability; Self-Disclosure; South-East Nigeria.



Introduction

Marriage for centuries is seen as a divine and dignified phenomenon that helps to enhance the incidence of pleasant socio-cultural, religious, economic and procreation relationship and improved quality of life notwithstanding the society or country within which it is contracted. It is often associated with delightful memories. Thus, the beautiful memories attached to marriage have made it attain universal acceptance and increase the desire of people to get married globally with the consciousness that the pleasantries of marriage is much more than sexual pleasures, psycho-emotional gratifications, physical attraction and procreation (Onovo & Ani, 2021). With these conscious orientations, it would be expected that globally, married couples will be experiencing blissful, harmonious and stable marriages; but on the contrary, instability in marriages in present contemporary times have taken a devastating turn on human comprehension and has become a significant global health and mental issue of discussion due to its compounding negative damage on instituted marital and family relationships dynamics and overall quality of life of affected individuals and societal safety.

The unpleasant consequences of instability in marriage on the quality of life and general wellbeing of affected couples and family members often goes beyond the physical and psycho-socio emotional and spiritual realm as it can affect the overall life satisfaction of an individual (Abekhale, 2020). The existence of marital instability can have potent effects on people that could lead to the expression of worry, frustration, sadness, anxiety, disillusion mind-set and depression. And, if persistent, it could adversely affect an individual's health physically (Abekhale, 2020). The occurrence of marital instability could stem from challenges associated with poor intimacy, lack of trust, poor communication, financial constraint, unwillingness of couples to accommodate each other's deficiencies etc. Equally, the negative effect of social media on life in general cannot be ruled out (Anyanwu, Imiti & Anyanwu 2024; Anyanwu and Anyanwu 2023) And this has made the issue of marital instability a contemporary systemic social problem because it is observed to significantly affect a large proportion of families within Nigerian society and across the globe. This makes the investigation of marriage counselling, self-disclosure and commitment as correlates of marital stability among married female guidance and counselling post-graduate students in South-East Nigeria germane and a necessity.

It is of note that marital stability enhances the attainment of quality marital and sexual satisfaction, improved family social relationship, success at workplace and improved life quality, social and success in work and social relations (Aman et al, 2019). Likewise, marital instability decreases the attainment of marital and sexual satisfaction and increases married couples' decision to seek for divorce (Tavakol et al, 2017). Judging from the findings, counselling psychological research, marital counselling play significant positive role in helping couples build capacity to positively build their marriage, overcome challenges and live a happy life. For example, Bafrani, et al (2024) report affirmed that marital counselling enhances marital stability which is vital issues that helps to propels happiness, marital harmony, life satisfaction and reduce anxiety among married couples. Shehu (2023) study determined the impact that marriage counselling had on stability of family among married university lecturers in married Sokoto and found that marital counselling significantly enhanced sexual intimacy and family stability of married lecturers.

Likewise, Kaushik, et al (2022) posited that marital counselling is essentially needed as a mechanism to sustain a good and quality marital and family relationship among couples and other member of family. Also, it is seen as a helping facility that can facilitate increased marital adjustment within family, society, increase marital stability and reduce divorce among couples. Furthermore, they assert that marital counselling improves good communication and interpersonal relationships between married couples and families, increase intimacy and reduce mistrust. Marital counselling help married couples to experience a happy, healthy and well-adjusted family interpersonal relationship which result in a well-adjusted society (Kaushik, et al, 2022). Marital and family counselling has been found to help couples' clear issues of miscommunication and misunderstandings and making them to be fully conscious of themselves and the ways they react to their environment because one prime focus of marital counselling is to

help couples develop the ability to resolve family crisis, provide support for each other, respect and appreciate each other and depletion of marital distrust and disharmony (Siji & Rekha, 2018).

According to Faradina et al (2019), the expression of self-disclosure help build trust, intimacy and enhance stability in marriage as it enables married couples develop understanding relationship and manage conflict without external interference, because self-disclosure implies the ability of married couples to open up and disclose information about themselves to each other to achieve an enduring lasting close interpersonal relationship. Self-disclosure has a significant role in helping married couples develop functional communication and intimacy (Faradina et al., 2019). Self-disclosure enables married couples release negative repressed feelings and ill-tensions within themselves as well as share concerned family problems and a means to express their personal feeling and expectation concerning their marriage (Faradina et al., 2019). With self-disclosure, married couples have the tendency to share lots of information and make mutual decisions on how to manage their home affair and institute good line of communication which is an essential constituent of marital stability (Faradina et al., 2019).

Several researchers acknowledged that self-disclosure as a communication mechanism is significantly associated with couples expressed marital satisfaction and stability (Haris & Kumar, 2018; Lavner et al., 2016; Shafer et al., 2014). Generally, couples that experience satisfied and stable marital relationship revealed they engage more in constructive and systemic self-disclosure communication practice while more dysfunctional couples mainly adopt contentious styles of communication that frequently point at behavioural shortcomings and employ detrimental methods of problems resolution strategies, centering mostly on offenses and unresolved marital issues (Haris & Kumar, 2018; Lavner et al., 2016). Marital stability is predictable based on spousal adjustment and sexual self-disclosure by the mediating role of emotional intelligence (Mohammad et al, 2022). Couple self-disclosure fully mediates the relationship among marital cohesion, satisfaction and partner support (Pinar & Ibrahim, 2018). Married couples who self-disclose their life experience are more deeply and sincerely attached to their spouse and have a strong and more effective intimacy and support towards their marital mate and experience a more satisfied and stable marriage (Pinar & Ibrahim, 2018).

Also, commitment in marriage plays a significant role in maintaining the healthy continuity and stability of marriage and the absence creates instability in marriage, impair marital affection and may lead to crave for divorce among couples (Nemati et al, 2020). Couple's sense of commitment to one another, shows their desire to continue the marriage, have marital stability, express love and solve problems more appropriately. In this regard, Nemati et al, (2022) posited that the stability of a marriage is much more enhanced by the measure of commitment couples express towards each other. Marital commitment includes three dimensions: personal, moral, and structural. Personal commitment implies the measure of attention and enthusiasm couples express in readiness to continue their matrimonial relationship. This commitment is a reflection of couples understanding of each other and their relationship, as well as the extent they value of their marriage (Koraei et al, 2017). Moral commitment refers to the degree couples feels committed to continuing with their marital relationship and finally, structural commitment indicates the dispositions of couples to strive to maintain their conjugal relationship due to influence outside their control such as culture and custom (Koraei et al, 2017). Therefore, in relation to the above context, the theoretical framework of the study is anchored on the hypotheses of Social Exchange theory.

Social Exchange theory is a key psychological and sociological concept that views relationships as result-oriented in terms of its psycho-socio-emotional interactional beneficial value as people consider the need to engage in a relationship based on an analysis of costs and benefits prior to entering into a relationship and/or undertaking a task, while essentially assessing the risks and rewards that it might bring. Thus, the postulations of social exchange stipulate that people apply economic and psycho-socio-emotional principles when evaluating relationships, either consciously or unconsciously, conducting cost-benefit analysis while also comparing alternatives. For example, as expressed in this theory postulation, married couples will pursue and sustain their marital bonds when they are conscious that the rewards in the relationship are greater than the likely demands or cost and might abandon a turbulent marriage when they

observe that the costs of remaining in the marriage are greater than the benefits. This benefit can be evaluated in short- or long-term perceptual view based on individuals' expectations. For example, some couples might value their partners give them attention, be sexually active, give them gifts as occasion demands, show commitment, manage conflict appropriately, be considerate and understanding etc., (Nickerson, 2023) and the absence of these expectations can ignite marital instability and possible divorce. This makes the application of the theory of social exchange relevant and germane to this study.

Enduring marital instability can have compounding negative consequence on the marital satisfaction and general wellbeing of married couples as their daily life experience could be subjected to the feelings of frustration, anger, helplessness, negative self verbalization, marital anxiety, dejection and possible divorce. This makes the focus of this study: marriage counselling, self-disclosure and commitment as correlates of marital stability among married female guidance and counselling post-graduate students in South-East Nigeria a necessity.

Research Questions

The following research questions guided the study:

1. Does marriage counselling, self-disclosure and commitment correlate with marital stability among married female guidance and counselling post-graduate students in South-East Nigeria?
2. What joint correlation impact do marriage counselling, self-disclosure and commitment have on marital stability among married female guidance and counselling post-graduate students in South-East Nigeria?
3. What relative correlation impact do marriage counselling, self-disclosure and commitment have on marital stability among married female guidance and counselling post-graduate students in South-East Nigeria?

Research Hypotheses

The following hypotheses were tested in the study:

1. There is no significant correlation between marriage counselling and marital stability among married female guidance and counselling post-graduate students in South-East Nigeria
2. There is no significant correlation between self-disclosure and marital stability among married female guidance and counselling post-graduate students in South-East Nigeria
3. There is no significant correlation between commitment and marital stability among married female guidance and counselling post-graduate students in South-East Nigeria

Methods

The study adopted a correlation survey design of quantitative nature and utilized purposive sampling technique to select 200 married female guidance and counselling post-graduate students from Enugu State University of Science and Technology, Imo State University, Nnamdi Azikiwe University Awka, and University of Nigeria Nsukka which were purposively selected.

Family Stability Questionnaire (FSQ) was utilized to measure marital stability by Craigie et al (2012). It is a 56 items questionnaire scored using a 4-point scale measure as the following: completely agree=1, agree=2, disagree=3, and completely disagree=4. This questionnaire included ten categories: 9 items for communication, problem solving had 5 items, behavioral control consists of 5 items, affective responsiveness -5 items, roles -6 items, affective involvement -6 items, religious beliefs -4 items, general function -7 items, media -4 items, and superstitions -5 items. A high score on each component or for the whole questionnaire indicated

inappropriate family stability; hence, the items that indicated inappropriate family stability, were scored reversely. The internal consistency was determined to be 0.90 and 0.84, respectively.

Marriage Counselling Therapy Questionnaire was employed to measure the efficacy of marriage counselling on couples. It is a researcher made questionnaire with 15 items. For instance, it has items such as: I perceive my spouse as caring; I only entertain memories of good encounter with my spouse in my thinking; I feel emotionally close to my spouse; etc. It is a 4-point - rating response pattern questionnaire with a reliability coefficient of 0.85 gotten through a test-re-test method.

Marital Self-Disclosure Questionnaire (MSDQ) by Waring et al (1998) was used to measure couples' self-disclosure in marriage. The MSDQ consists of 40 true and false items with four dimensions to be measured, namely relationship, sex, money and imbalance. On this scale, the acquisition of a higher score shows that a higher level of self-disclosure of an individual, and a lower score obtained indicate lower level of individual self-disclosure. The range consistency score of the MSDQ is from 0.68 to 0.91.

Couple Scarifies Behaviour Scale (CSBS) (Lan, 2010) was used to measure sacrifice behaviour of couples an indication of their commitment to their marriage. It measured sacrificial behaviour in 3 dimensions, namely emotional support, action and compromise. Emotional support was the act of temporarily ignoring one's own likes and dislikes in order to satisfying emotional needs of one's spouse. Action was defined as efforts made to help a spouse achieve some realistic goals. Compromise was referred to the act of adjusting or changing one's attitude in order to conform attitudes or perceptions of his/her spouse. Participants rated their own sacrifice behaviour in parameters of frequency and degree. Thereafter, the respondents also rated their perception of sacrificial behaviours of their partners in measures of frequency and degree. Responses were rated on a 5-point Likert scale with frequency ranging from 1 (Never) to 5 (Always) and degree ranging from 1 (Not making sacrifice at all) to 5 (Make great sacrifice). The higher the score, the higher the frequency and degree of sacrifice behaviour rated. The Cronbach's alpha for the CSBS was .98 and this shows high internal reliability.

The researchers obtained the consent of the participants and having sought and obtained their consent, the researchers personally administered copies of the questionnaires with some explanation on how to complete them and the purpose of the research to the participants. Data were analyzed using Multiple Regression to answer the research question and Pearson Product Moment Correlation (PPMC) to test the hypotheses raised for the study at 0.05 alpha level of significance.

Results

Research question 1: Does marriage counselling, self-disclosure and commitment correlate with marital stability among married female guidance and counselling post-graduate students in South-East Nigeria?

Table 1: Showing Descriptive Statistics and Correlation Matrix of Relationship between marriage counselling, self-disclosure, commitment and marital stability among married female guidance and counselling post-graduate students

Variables	N	Mean	SD	1	2	3	4
Marital stability among married female guidance and counselling post-graduate students	200	74.41	11.42	1.000			
Marriage Counselling	200	66.03	9.13	.446	1.000		
Self-disclosure	200	61.48	8.66	.382	.424	1.000	
Commitment	200	58.38	7.03	.293	.341	.415	1.000

The result in table 1 gives description of measures of association and it indicates that significant correlation exists between the independent variables (marriage counselling, self-disclosure and commitment) and the dependent variable (marital stability among married female

guidance and counselling post-graduate students) in order of magnitude as thus: marriage counselling ($R=0.446$, $p<0.05$), self-disclosure ($R=0.382$, $p<0.05$) and commitment ($R=0.293$, $p<0.05$).

Research Question 2: What joint correlation impact do marriage counselling, self-disclosure and commitment have on marital stability among married female guidance and counselling post-graduate students in South-East Nigeria?

Table 2: Regression summary table showing the joint correlation impact marriage counselling, self-disclosure and commitment have on marital stability among married female guidance and counselling post-graduate students

R= .724					
$R^2=.655$					
Adj $R^2=.510$					
Std Error= 7.216					
Source	df	Sum Squares (ss)	Mean square	F-Ratio	Sig
Regression	3	15748.188	5249.396	69.21	.000
Residual	196	14866.402	75.85		
Total	199	30614.590			

Based on the result presented in table 2, the three independent variables (marriage counselling, self-disclosure and commitment) made a joint correlational impact of 65.5% on marital stability among married female guidance and counselling post-graduate students. The composite effect of the independent variables as jointly contributive on marital stability among married female guidance and counselling post-graduate students are revealed as thus, $R=.724$, $R^S=.655$, Adj. $R^S=.510$ and Std. error of estimate 7.216. The result of the multiple regression analysis produced an F-ratio ($3/196$) = 69.21 which was significant at $p<0.05$ alpha level.

Research Question 3: What relative correlation impact do marriage counselling, self-disclosure and commitment have on marital stability among married female guidance and counselling post-graduate students in South-East Nigeria?

Table 3. Relative correlation impact of marriage counselling, self-disclosure and commitment on marital stability among married female guidance and counselling post-graduate students

Variables	B	Std.Error	Beta	T	Sig
Marriage Counselling	.512	.063	.341	4.271	.000
Self-disclosure	.461	.049	.298	3.016	.000
Commitment	.425	.041	.212	2.794	.000

Table 3 highlights the relative correlation impact of the independent variables on the dependent variable. The table reveals in order of magnitude that marriage counselling had the highest relative correlation impact on marital stability ($\beta=0.341$) followed by self-disclosure ($\beta=0.298$) and then commitment ($\beta=0.212$) made the least relative correlation impact.

Ho1: There is no significant correlation between marriage counseling and marital stability among married female guidance and counselling post-graduate students in South-East Nigeria

Table 4: PPMC summary table showing significant correlation between marriage counseling and marital stability among married female guidance and counselling post-graduate students

Variables	N	Mean	SD	R	df	P
Marital stability among married female guidance and counselling post-graduate students	200	74.41	11.42	.496	198	Sig
Marriage counseling	200	66.03	9.13			

The table shows that the variable marriage counselling correlates significantly with marital stability among married female guidance and counselling post-graduate students: $r(198) = .496, p < .05$. The mean and standard deviation for marriage counselling was 66.03 and 9.13 respectively. With this result the H_0 : is thus, rejected.

Ho2: There is no significant correlation between self-disclosure and marital stability among married female guidance and counselling post-graduate students in South-East Nigeria

Table 5: PPMC summary table showing significant correlation between self-disclosure and marital stability among married female guidance and counselling post-graduate students

Variables	N	Mean	SD	R	df	P
Marital stability among married female guidance and counselling post-graduate students	200	74.41	11.42	.382	198	Sig
Self-disclosure	200	61.48	8.66			

The table shows that the variable self-disclosure positively and significantly correlates with marital stability among married female guidance and counselling post-graduate students: $r(198) = .382, p < .05$. The observed mean and standard deviation for self-disclosure was 61.48 and 8.66 respectively. With this result the H_0 : is thus, rejected.

Ho3: There is no significant correlation between commitment and marital stability among married female guidance and counselling post-graduate students in South-East Nigeria

Table 6: PPMC summary table showing significant correlation between commitment and marital stability among married female guidance and counselling post-graduate students

Variables	N	Mean	SD	R	df	P
Marital stability among married female guidance and counselling post-graduate students	200	74.41	11.42	.293	198	Sig
Commitment	200	58.38	7.03			

The table shows that the variable commitment correlates significantly with marital stability among married female guidance and counselling post-graduate students: $r(198) = .293, p < .05$ the mean and standard deviation for commitment was 58.38 and 7.03 respectively. With this result the H_0 : is thus, rejected.

Discussion

The findings of the first research question shows that significant correlation exist between the independent variables (marriage counselling, self-disclosure and commitment) and the dependent variable (marital stability among married female guidance and counselling post-graduate students) in order of magnitude as thus: marriage counselling ($R=0.446, p < 0.05$), self-disclosure ($R=0.382, p < 0.05$) and commitment ($R=0.293, p < 0.05$). This implies that the attendance of pre-marital or post-marital counselling services enables couples to appropriate manage their affairs and life challenges. Also, self-disclosure and commitment to spouse enhances positive communication and appreciable interpersonal relationship among couples. This development is in agreement with the findings of previous researchers, for example, Bafrani, et al (2024) report affirmed that marital counselling enhances marital stability which is considered to be among the most vital issues that helps to propels happiness, marital harmony, life satisfaction and reduce anxiety among married couples. Also, Self-disclosure has a significant role in helping married couples develop functional communication and intimacy (Faradina et al., 2019). Likewise, commitment in marriage plays a significant role in sustaining the healthy continuity and stability of marital partnership and the absence creates instability in marriage, impair marital affection and may lead to crave for divorce among couples (Nemati et al, 2020).

The answer of the second research question shows that the three independent variables (marriage counselling, self-disclosure and commitment) made a joint correlational impact of 65.5% on marital stability among married female guidance and counselling post-graduate students. This indicates that marriage counselling, self-disclosure and commitment are potent factors that can enhance the experience of marital stability among couples. This finding corroborates the report of other researchers. For example, Shehu (2023) study that found that marital counselling significantly and effectively enhanced sexual harmony and family stability of married lecturers. Also, with self-disclosure, married couples have the high tendency to share lots of information and make mutual decisions on how to manage their home affair and institute good line of communication which is an essential constituent of marital stability (Faradina et al., 2019). Furthermore, Nemati et al, (2020) averred that couple's sense of commitment to each other, shows their willingness to proceed with the marriage, have marital stability, express love and solve problems more appropriately.

The answer of the third research question points out that in order of magnitude that marriage counselling had the highest relative correlation influence on marital stability ($\beta=0.341$) followed by self-disclosure ($\beta=0.298$) and then commitment ($\beta=0.212$) made the least relative correlation impact. This suggests that marital counselling is a fundamental mechanism that can enhance positive marital relationship dynamics, facilitate compatibility and harmony among couples. In support, Kaushik, et al (2022) posited that marital counselling is essentially needed as a mechanism to sustain a good and quality marital and family relationship among couples and other components of the family. Also, it is viewed as a helping facility that can facilitate increased marital adjustment within family, society, increase marital stability and reduce divorce among couples. Furthermore, they assert that marital counselling improves good communication and interpersonal relationships between married couples and families, increase intimacy and reduce mistrust. Marital counseling help married couples to experience a happy, healthy and well-adjusted family interpersonal relationship which result in a well-adjusted society (Kaushik, et al, 2022).

The result of the first hypothesis shows that the variable marriage counselling correlates significantly with marital stability among married female guidance and counselling post-graduate students: $r(198) = .496, p < .05$. The calculated mean and its standard deviation for marriage counselling was 66.03 and 9.13 respectively. With this result the H_0 : is thus, rejected. This affirms that marriage counselling is essential for the continual experience of marital bliss and harmonious relationship among couples. For example, Marital and family counselling has been found to help couples' clear issues of miscommunication and misunderstandings and making them to be fully conscious of themselves and the ways they react to their environment because one of the prime focus of marital counselling is to facilitate couples' development of the ability to resolve family crisis, provide support for each other, respect and appreciate each other and depletion of marital distrust and disharmony (Siji & Rekha, 2018).

The result of the second hypotheses shows that the variable self-disclosure positively and significantly correlates with marital stability among married female guidance and counselling post-graduate students: $r(198) = .382, p < .05$. The mean and standard deviation for self-disclosure was 61.48 and 8.66 respectively. With this result the H_0 : is thus, rejected. The reason for this development could be that self-disclosure enables couples to be conscious of each other challenges, express empathy, build trust and be supportive. Likewise, several researchers acknowledged that self-disclosure as a communication mechanism is significantly associated with couples expressed marital satisfaction and stability (Haris & Kumar, 2018; Lavner et al., 2016; Shafer et al., 2014). Generally, couples that experience satisfied and stable marital relationship revealed they engage more in constructive and systemic self-disclosure communication practice while more high-conflict couples mainly adopt harmful styles of communication that frequently point at behavioural shortcomings and employ negative approaches of problems resolution strategies, centering mostly on offenses and unresolved marital issues (Haris & Kumar, 2018; Lavner et al., 2016).

The findings of the third hypotheses revealed that the variable commitment correlates significantly with marital stability among married female guidance and counselling post-graduate

students: $r(198) = .293, p < .05$ the mean and standard deviation for commitment was 58.38 and 7.03 respectively. With this result the H_0 is thus, rejected. This shows that for marriages to be stable and functionally fruitful, married couples need to intentionally commit themselves to their marital partners. In relation to this, Nemati et al, (2022) posited that the stability of a marriage is much more enhanced by the measure of commitment couples express and share. Marital commitment includes three dimensions: personal, moral, and structural. Personal commitment implies the measure of attention and enthusiasm couples express in readiness to continue their marital relationship. This commitment is a reflection of couples understanding of their relationship, and the extent they value of their marriage (Koraei et al, 2017). Moral commitment refers to the degree couples feels committed to continuing with their marriage bond and relationship. Finally, structural commitment indicates the dispositions of couples to strive to maintain their marital relationship due to influence outside their control such as culture and custom (Koraei et al, 2017).

Conclusion

This study established that marriage counselling, self-disclosure and commitment are effective constituent for marital stability. Therefore, couples should engage themselves with these factors in other to ensure the creation and enjoyment of a stable, viable and functional family and marriage.

Recommendations

1. Married couples should endeavour to utilize the prospective benefits of marriage counselling as a means to develop the capacity to understand themselves better to live happily together in a stable and functional marriage.
2. Married couples should make it a point of responsibility to self-disclose their challenges to each other to enhance purposeful communication and harmonious stable marital relationship
3. Married couples should endeavour to express commitment to each other in other to support the sustainability of their marriage and refine their quality of life.



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