SOCIAL SKILLS AS PREDICTORS OF MARITAL SATISFACTION AMONG MARRIED SECONDARY SCHOOL TEACHERS IN RIVERS STATE, NIGERIA

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Abstract

The study investigated the extent to which social skills predict marital satisfaction of married secondary school teachers in Rivers State. Eleven research questions were answered and eleven corresponding hypotheses were tested at 0.05 level of significance. The study adopted a correlational research design. All the 2,071 married teachers in Etche, Obio-Akpor and Port-Harcourt local government areas made up the population. A sample of 1000 married teachers was drawn from the 96 public secondary schools in the three local government areas under study using proportional stratified random sampling. Two instruments were used to collect data from the married teachers. They included the social skills questionnaire (SSQ) and the marital satisfaction assessment questionnaire (MSAQ). The (SSQ) was used to predict the extent of marital satisfaction of married teachers from: love and expressiveness, communication, companionship and cooperation, intimacy, mutual respect, understanding, appreciation and reverence, tolerance and forgiveness and self-control. The (MSAQ) was used to determine the level of marital satisfaction of married teachers. The instruments were validated by experts in measurements and evaluation. The reliability of the instruments was determined using Cronbach Alpha technique and the coefficients were 0.76 and 0.83 respectively. The research questions were answered using simple and multiple linear regression analysis, as well as beta value method of analysis where applicable. The Hypotheses were tested with t-test associated with simple linear regression, ANOVA (Analysis of Variance) associated with multiple regression and t-test associated with multiple regression. Result revealed that there is a positive relationship between love and expressiveness, communication, companionship and cooperation, mutual respect, appreciation and reverence, tolerance and forgiveness and understanding, all at (p=0.0005) of marital satisfaction among married teachers. It is also noted that these social skills jointly predict marital satisfaction of married teachers significantly and relatively contributed to the marital satisfaction of the married teachers in Rivers State. Based on the findings, it was recommended that intending couples should base their choice of marriage partners on love/expressiveness, appreciation and reverence and on other lasting virtues other than on illusive patterns. Moreso, couples should continuously employ the use of social skills in their inter-personal relationships to accomplish their expected marital satisfaction.
Keywords: Social Sills, Marital Satisfaction, among Married School Teachers.

Introduction

Marriage is a covenant relationship with someone of the opposite sex as husband and wife. It involves the coming together of the two for cohabitation and procreation. Marriage is the first and oldest institution

ordained by God as "HE" clearly stated "It is not good for a man to be alone, I will make a suitable helpmeet for him" (Gen 2:18). Hence a woman was created to be a loving companion and a helper to the man. Araujo (2005) defined the marital relationship as an affective relationship between two people who maintain a commitment to live together and mutually enjoy their sexuality. Love is generally the basis for marriage, thus De Vries (2006) opines that, marriage is a communion of love relationship between a man and a woman. Apart from this heterosexualmarital relationship, there are other concepts of marriage namely, gay marriage, bestiality marriage and doll marriage. In all these marital concepts, the only one that its usefulness perpetuates the society through the formation of family and the rearing of offspring for continuity of human existence in addition to serving out other marital usefulness is the heterosexual marriage. Socially, marriage is legalized when it is celebrated traditionally, in the court and or in the church.

Marriage is the precursor to family system, whereby a man or woman chooses whom to live with for life. Couples should therefore observe closely the traits they desire in their partners because the choice of your partner determines your marital success.. The marriage Covenant entails a lot of faithfulness and commitments, offering marital satisfaction to couples till death do them part. Marital satisfaction is the subjective approval

and assessment of one's experiences in one's marriage. The marital joy of the couples depends largely on their extent of accomplishing their set goals of personal growth, instrumental growth and companionship. (Diener & Selignam, 2002) and also on their level of interaction based on the construct formed by three main points (as cited by Dela Coleta in Villa and Del Prette 2013): Interaction with the spouse, the partner's emotional aspects and the practical aspects of marriage.. Often times, couples discuss the qualities that endeared them to each other, they mention how they contribute to their satisfaction, for instance, the partner's tone of voice and manner of talking, acting, feeling, reacting, caring, cooking and serving, hospitality and so on. These are called social skills. They are acceptable societal norms and values usually displayed behaviourally, though some are coverts. It can as well be displayed verbally or non-verbally in a good firm voice, appropriate facial expression, body language, eye contact, and appropriate choice of words.

Pettry (2006) defined social skills as the skills that facilitate our interaction with people. This study is hinged on Del Prette and Del Prette (2001, 2013) social skills model which deals with interpersonal processes. Historically, different communities have different ways of preparing their young ones for marriage in order to equip them with the necessary skills. According to Nsofor (2000) and Kadunah (2009), the bridegroom would always arrange

for the bride's staying for some time with any, valued and happily married couple, to enable her acquire the acceptable social skills of care, love, peace, obedience, respect, hospitality, self-control, home management and other necessary virtues that a wife should have. At other times, the brides are sent to any vocational centre or mission to learn cookery, craft, bakery and other domestic chores.

According to Echebe (2010), one of the most popular methods of preparing intending couples for mutual relationship and its expectations is the fattening room practiced by the Efik/Ibibio speaking people of the South eastern Nigeria. Mba as cited in Echebe

1. Acquisition of satisfactory understanding of the meaning and expectations in marriage.

2. Distinguishing between marriage and friendship. One being temporary and changeable at intervals and the other being more or less permanent and hence, more lasting in nature.

3. Appreciate much more realistic qualities of a good partner for marriage such as patience, truthfulness, loving understanding, empathy and so on rather than such illusive attractions as wealth, facial beauty and so on. This is because marriage that is contracted on the former variable is likely to be much more peaceful, solidified and lasting than that contracted on the basis of the later.

(2010) hinted on what constitutes the training as it entails a good upbringing at home for the girls which included chastity before marriage, hospitality and kindness among others. This training was taken very seriously by their parents and significant others. Nowadays, such trainings are no more lucrative due to civilization. If there is any such training at all, it is on a personal ground. However, the church has deemed it necessary in its own charity to offer some pre-marital counseling services to the intending couples. Bruno and Ekechukwu as cited in Echebe (2010: 108) listed beneficiaries of pre-marital counseling services as follows:

4. Have an understanding of the meaning and task of parenthood so as to help them remain prepared to receive children from the marriage.

5. Help prospective couples understand the value of blood genotype determination to ensure that two sicklers, male and female, with SS genotype do not contract marriage as the chances of parents giving birth to such children are very rare and even where they survive, the cost of sustaining such survival remains very high.

Renowned Psychologists on personality development like: Freud, Erikson, Piaget and even Karen Horny on whose theory this study is anchored on held that a man's ultimate behaviour in life stems basically from his or her childhood experiences from parents and

significant others. These childhood experiences influence the child's later life as an adult and even in marriage and other areas of life. Parents are expected to raise their offsprings in a healthy manner so as to provide them with a safe, secured, and supportive environment which allows for a healthy and happy living. According to Omoegun in Odoemelam, Justin, Chima, Ikpeazu and Igboanusi (2003), a good family will produce responsible citizens who engage in happy communal life and prosper generally in peace as a result of good upbringing.

Omolua (2011), demonstrated five types of marital relationships with each of them yielding a different type of marital satisfaction. They are as follows: Master-servant relationship is a type of relationship where the husband plays the role of a boss in the home while the wife plays the role of the maid. The husband seems so bossy in all approaches towards the wife. In addition is the mistress/servant relationship. Here, the wife acts like a boss while the husband plays the role of a servant in the home. The husband takes instructions from the wife and she dictates who visits the home, most times, the door is shut against her in-laws. Furthermore, there is the master/servants relationship. In this type of relationship, a husband marries many wives and these wives tussle among their mates in their home, for instance, Sarah and Hagai type. Moreover, there is the master and mistress relationship, where both husband and wife claim the headship of the family.

There is every likelihood that they would break because they are just like two captains rocking a boat. Finally, is the ideal marital relationship in which there is trust, love, openness, sincerity, in fact, lots of social skills are in practice. It is this ideal marital relationship that produces the marital satisfaction the researcher is referring to. Kaduna (2009) opined that the ultimate dream of every couple is to live in a happy, secured and loving home, the task of achieving this aim is interesting but a hard nut to crack without the use of proper social skills of tolerance, love, appreciation, respect and so on. Love is the focal point of marriage because it is in love that every action of marriage started and for it to work; it must be built on love. Okafor (2013) informed that love does not glow only just in feeling but can also be translated into acts of services. Thus, love that flows from one direction cannot sustain a meaningful marriage.

Actually the decision to embark on this study was motivated by the researcher's interest on married people especially teachers with particular reference to Secondary School teachers surrounding Port Harcourt Metropolis of Etche, Obio-Akpor and Port Harcourt Local Government Areas of Rivers State. Through the researcher's many years of services as a marriage counselor both in the church and in the fellowship here in Port Harcourt, Rivers State, the researcher has been opportuned to intervene in several

marital issues from her counselees whose

Statement of the Problem

In the olden days in Africa and even in Nigeria, marriage is highly esteemed but recently the esteem and value of marriage are drastically falling. The researcher has noted with dismay the high degree of marital problems in Nigeria, especially in Rivers state where there is a high plague of divorce and separation, series of family violence, explosive growth in the number of single parent families, gamophobia and other forms of marital problems. The researcher is suspecting that these marital problems may likely have emanated from the couples' ignorance of valuable information concerning the marital relationship, knowledge of their expected roles and proper use of the ideal social skills to attain marital success. The question addressed in this study therefore is; to what extent do social skills predict marital satisfaction among married secondary school teachers in Nigeria with particular reference to Rivers state?

Research Questions

The following research questions were developed to guide this study:

1. How do love and expressiveness predict the marital satisfaction of married secondary school teachers?

2. To what extent does communication predict the marital satisfaction of married secondary school teachers?

3. To what extent do companionship and cooperation predict the marital

marriages are going through some distress. satisfaction of married secondary school teachers?

4. What is the extent to which intimacy predicts the marital satisfaction of married secondary school teachers?

5. to what extent does mutual respect predict the marital satisfaction of married secondary school teachers?

6. To what extent does understanding predict the marital satisfaction of married secondary school teachers?

7. What is the extent to which appreciation and reverence predict the marital satisfaction of married secondary school teachers?

8. To what extent do tolerance and forgiveness predict the marital satisfaction of married school teachers?

9. What is the extent to which self-control predicts the marital satisfaction of married secondary school teachers?

10. To what extent do love and expressiveness, communication, companionship and cooperation, intimacy, mutual respect, understanding, appreciation and reverence, tolerance and forgiveness and self-control predict marital satisfaction of married secondary school teachers?

11. What is the relative contribution of love and expressiveness,

communication, companionship and cooperation, intimacy, mutual respect, understanding, appreciation and reverence, tolerance and forgiveness

Methodology

The correlational research design was adopted in carrying out this research. The population of this study consisted of 2071 married secondary school teachers in the 96 public schools in three Local Government Areas of Rivers state as at (May – July 2018). The sample consisted of 1000 married secondary school teachers randomly drawn from the population using proportional stratified random sampling technique. Two instruments were used, social skills questionnaire (SSQ) and marital satisfaction assessment questionnaire (MSAQ) for data collection from the secondary school teachers. The SSAMSAQ was a 4 likert type scale adapted and modified by the researcher from Del prette and Del Prette (2001, 2013) standardized inventory and couples' satisfaction index from Funk and Rogge standardized inventory (2007)the responses were structured in the following four options of Always (4points), Not Always (3points), Rarely(2points) and Not At all (1point). The instrument for the study has three sections : Section A would elicit demographic information from the respondents, Section B contains 100 items of social skills while Section C contains 20 items that predict the marital satisfaction of the teachers. Each

and self-control in the prediction of marital satisfaction of married secondary school teachers?

variables of social skills contain 10 items ,questions 1 -10 (Love and Expressiveness), 11-20(Communication), 21-30(Companionship and Cooperation), 31-40(Intimacy), 41-50(Mutual Respect), 51-60 (Understanding), 61-70(Appreciation and Reverence), 71-80 (Forgiveness and Tolerance), 81-90(Self-control), 91-100(Love and Expressiveness, Communication, Companionship and Cooperation, Intimacy, Mutual Respect, Understanding, Appreciation and Reverence, Forgiveness and Tolerance as well as Self-control.

The instruments were validated by the researcher's supervisors and experts from the area of measurement and evaluation. The researcher conducted a pilot testing to determine the reliability of the instruments by administering 30 copies of the instruments to the married secondary school teachers to schools outside the scope of the study. The reliability of the instrument were determined using cronbach alpha technique and the reliability coefficient were 0.76 and 0.83 respectively which is high enough to guarantee the use of the instruments for the study.

 The data collected were analyzed using simple and multiple regression analysis and analysis of variance (ANOVA) as well as Beta value. Hypotheses were tested using t-

test associated with simple and multiple linear regression and t-test associated with analysis of variance.

Presentation and Analysis of Data

Research Question 1: How do love and expressiveness predict marital satisfaction of married teachers?

Table 1: t-test associated with simple linear regression on the prediction of marital satisfaction on love and expressiveness.

Explainable variable	Unstandardized coefficients		Standardized coefficient		
	B	Std. error	Beta	t	p-value
Constant	30.070	2.12		14.173	0.0005
Love and expressiveness	0.947	0.061	0.444	15.53	0.0005

The calculated t-value obtained is 15.53 at 0.0005 level which is less than 0.05, the chosen level of probability (P< 0.05). Thus, love and expressiveness significantly predicted marital satisfaction among married school teachers. Hence, the null hypothesis was rejected.

Research Question 2: To what extent does communication predict marital satisfaction among married school teachers?

Table 2: t-test associated with simple linear regression on the prediction of marital satisfaction using communication.

Explainable variable	Unstandardized coefficients		Standardized coefficient		
	B	Std. error	Beta	t	p-value
Constant	51.85	1.84		28.24	0.0005
Communication	0.407	0.067	0.189	6.039	0.0005

The T-value associated with simple liner regression of 6.039 was significant at 0.0005 level(p<0.05) which is lesser than 0.05, the chosen level of probability. Thus, communication significantly predicted marital satisfaction among married teachers. Hence, the null hypothesis was rejected.

Research Question 3: To what extent do companionship and cooperation predict marital satisfaction of married school teachers?

Table 3: t-test associated with simple linear regression on the prediction of marital satisfaction on companionship and cooperation

Explainable Variable	Unstandardized coefficients		Standardized coefficient		
	B	**Std. error**	**Beta**	**T**	**p-value**
Constant	41.022	1.696		24.157	0.0005
Companionship/ cooperation	0.718	0.056	0.383	12.962	0.0005

Table 3 revealed that the t-value of 12.962 was obtained at 0.0005 level which is lower than 0.05, the chosen level of probability ($P < 0.05$). Thus it is deduced that companionship and cooperation significantly predicted marital satisfaction among married teachers. Thus, the null hypothesis was rejected.

Research Question 4: What is the extent to which intimacy predict marital satisfaction of married satisfaction of married teachers.

Table 4: Summary of t-test associated with simple linear regression on the prediction of marital satisfaction on intimacy.

Explainable Variable	Unstandardized coefficients		Standardized coefficient		
	B	**Std. error**	**Beta**	**t**	**p-value**
Constant	48.457	1.901		25.487	0.0005
Intimacy	0.489	0.064	0.237	7.627	0.0005

Table 4. revealed that, the t-value of 7.627 was obtained for the prediction of marital satisfaction on intimacy at 0.0005 level which is less than 0.05, the chosen level of probability, it is then deduced that, intimacy predicted marital satisfaction significantly, thus, the null hypothesis was rejected.

Research Question 5: To what extent does mutual respect predict the marital satisfaction of married teachers.

Table 5: Summary of t-test associated with simple linear regression on the prediction of marital satisfaction on mutual respect.

Explainable Variable	Unstandardized coefficients		Standardized coefficient		
	B	**Std. error**	**Beta**	**t**	**p-value**
Constant	37.000	1.974		18.74	0.0005
Mutual respect	0.841	0.064	0.388	13.17	0.0005

Table 5 shows that t-value of 13.17 was obtained at 0.0005 level lower than 0.05, the chosen level of probability. Thus, mutual respect significantly predicts marital satisfaction of married teachers. Therefore, the null hypothesis was rejected.

Research Question 6: To what extent does understanding predict the marital satisfaction of married school teachers?

Table 6: Summary of t-test associated with simple linear regression on the prediction of marital satisfaction on understanding.

Explainable Variable	Unstandardized coefficients		Standardized coefficient		
	B	**Std. error**	**Beta**	**t**	**p-value**
Constant	43.118	1.924		22.414	0.0005
Understanding	0.639	0.062	0.313	10.328	0.0005

The t-value of 10.328 was obtained at 0.0005 level of significance (P< 0.05), which is lower than 0.05 the chosen level of probability. It is deduced therefore that, understanding significantly predict marital satisfaction among teachers thus, the null hypothesis was rejected.

Research question 7: What is the extent to which appreciation and reverence predict marital satisfaction of teachers?

Table 7: Summary of t-test associated with simple linear regression on the prediction of marital satisfaction on appreciation/reverence.

Explainable Variable	Unstandardized coefficients		Standardized coefficient		
	B	**Std. error**	**Beta**	**t**	**p-value**
Constant	27.256	1.745		15.624	0.000
Appreciation/ reverence	1.026	0.050	0.548	20.54	0.000

The table shows that t-value of 20.54 was obtained at 0.0005 level which is less than 0.05, the chosen level of probability (P < 0.05). Based on this, it is clearly obvious that appreciation and reverence significantly predict teachers' marital satisfaction. Thus, the hypothesis was rejected.

Research Question 8: To what extent do tolerance and forgiveness predict marital satisfaction of married teachers?

Table 8: Summary of t-test associated with simple linear regression on the prediction of marital tolerance and forgiveness

Explainable Variable	Unstandardized coefficients		Standardized coefficient		
	B	Std. error	Beta	t	p-value
Constant	38.21	2.010		19.013	0.0005
Tolerance/ forgiveness	0.849	0.069	0.367	12.334	0.0005

Table 8 shows that the t-value of 12.334 was obtained at 0.0005 level of significance which is less than 0.05, the chosen level of probability. Thus tolerance/forgiveness significantly predicted marital satisfaction of married teachers. The null hypothesis was rejected

Research Question 9: What is the extent to which self-control predict the marital satisfaction of married teachers?

Table 9: Summary of t-test associated with simple linear regression on the prediction of marital satisfaction using self-control.

Explainable Variable	Unstandardized coefficients		Standardized coefficient		
	B	Std. error	Beta	T	p-value
Constant	54.92	1.709		32.15	0.0005
Self-control	0.284	0.061	0.149	4.69	0.0005

Table 9 showed that t-value of 4.69 was obtained at 0.0005 level which is lower than 0.05, the chosen level of probability (P <0.05). Therefore self-control significantly predicted the marital satisfaction of married teachers. The null hypothesis was rejected.

Research Question 10: To what extent do love/expressiveness, communication, companionship and cooperation, mutual respect, understanding, appreciation and reverence, tolerance/forgiveness and self-control jointly predict marital satisfaction of married teachers?

Table 10: Analysis of Variance associated with multiple regression on the joint prediction of marital satisfaction on social skills.

Source of Variation	Sum of squares	Df	Mean square	F	P-value
Regression	23712.100	9	2634.68		
Residual	28659.301	972	29.485	89.36	0.0005
Total	52371.466	981			

The table showed that f-value of 89.36 was obtained at 0.0005 level of significance, which is lesser than 0.05, the chosen level of probability. Therefore, these variables of study jointly predicted marital satisfaction significantly. The null hypothesis was rejected

Research question 11: What is the relative contribution of love and expressiveness, communication, companionship and cooperation, intimacy, mutual respect, understanding, appreciation and reverence, tolerance and forgiveness and self-control in the prediction of marital satisfaction of married teachers?

Table 11: **Relative contributions of the predictor variables using beta values and their associated t-values.**

Explainable	Unstandardized coefficients		Standardized coefficient	T-value	p-value	Rank
Variable	B	Std. error	Beta			
Constant	-6.489	2.767		-2.346	0.19	
Love/ expressiveness	0.190	0.064	0.089	2.967	0.003	5
Communication	0.099	0.055	0.046	1.803	0.072	7
Companionship and Cooperation	0.230	0.055	0.126	4.323	0.0005	4
Intimacy	-0.019	0.058	-0.009	-0.331	0.741	9
Mutual respect	0.301	0.057	0.139	5.255	0.0005	3
Understanding	0.173	0.055	0.085	3.168	0.002	6
Appreciation/ reverence	0.673	0.052	0.360	12.939	0.0005	1
Tolerance and forgiveness	0.482	0.057	0.208	8.385	0.000 5	2
Self-control	0.054	0.050	0.028	1.069	0.285	8

Table 11 shows that the t-values associated with the beta values for the variables of study were obtained at levels lesser than 0.05, the chosen level of probability. Thus, they all independently contributed significantly to the prediction of marital satisfaction. The t-value associated with the beta values for communication, intimacy and self-control were obtained at p-values higher than 0.05, the chosen level of probability, hence, communication, intimacy and self-control does not independently contribute to the prediction of marital satisfaction of the married teachers.

Discussions of Findings

In hypothesis 1, the result showed that there is a significant positive relationship between love/ expressiveness and marital satisfaction among married teachers. The result means that love is the reason for marriage. This result is expected because love is said to be the bedrock of every marriage and it is on it that every other thing rests upon. Unconditional love is obvious through its expressiveness and acts of services. Love is free, selfless, cares, makes sacrifices and builds unity. Such a positive result might have been possible due to the idea of choosing a life partner based on love reasons and being equipped with pre-marital counselling courses and perhaps the use of social skills. The finding of the present study is in agreement with that of Rebello (2014), Villa and Del Prette (2013) who also found a positive

relationship between love and expressiveness and marital satisfaction of couples, with (r) of 0.673, P < 0.001) and -.352, P < .01 respectively.

Moreover, the findings of this study showed that there is a positive relationship between communication and marital satisfaction. This result means that there is an effective communication between the married teachers. Probably due to the available internet services. Hence, they pass information, educate and empower each other. Such a result is expected because communication fosters a wonderful understanding that ushers in an outstanding unity for a harmonious relationship. The finding of the present study is in agreement with Moqhadasi and Mohammadipour (2016) and Yedirir and Hamarta (2015) who found out that communication skills and information support have a positive relationship with marital satisfaction of couples. In their studies, they had (r)of 0.431, P<0.05 and .588, P<.01) respectively.

Again, the findings of the study showed that there is a positive relationship between companionship/ cooperation and marital satisfaction of married teachers. This means that the couples might have friendly dispositions that support their interest .Such a result is expected because in true companionship couples' priority is towards the success of their marriage. By sincere commitments, and sacrificial love since whatever one invests into it, one reaps. The

finding of the present study is in agreement with those of shamoradi, Maleki, Shahmoradi, Entesar and founmany (2014) and Mohammed and Saleymani (2017) who discovered a positive correlation between agreeableness and marital commitment on marital satisfaction of couples. In their study, they had r-value of 0.407, P<0.05 and 0.62, P<0.01 respectively. The result indicates that there is a positive relationship between intimacy and marital satisfaction of married teachers. This means that many of the teachers have intimate relationship with their partners. Such a result is expected because intimacy is at the center of marriage and sustains the marriage. The finding of the present study is in agreement with those of Yedirir and Hamarta (2015), Yinayaki, nokleham and Yinayaki (2017) and Madonna and Viven (2015) who also found a positive relationship between intimacy, sexual desire and marital satisfaction among couples. They obtained a correlation coefficient (r) of .158; P< 0.05), 0.515, P<.01) and 49.5% male and 47% female at P<.05 respectively.

Moreover, the finding of the study indicates that there is a positive relationship between mutual respect and marital satisfaction of married teachers. This means that many teachers treat each other with dignity and respect. This result is expected because anybody who is treated with honour would be grateful and such fosters peace, submissiveness and love. The finding of this study is in agreement with those of Devi and

Phukan (2014) who found a positive relationship between companionship and marital satisfaction among couples. They obtained 72.5% male and moderate level of satisfaction for female.

Furthermore, the result indicates a positive relationship between understanding and marital satisfaction. This means that the married teachers studied and understood themselves and are working in harmony as a team in their marriages. The result is expected because it is only with understanding and adjustments that such a harmony could prevail. The finding of the present study is in agreement with those of Mohammed and Saleymani (2017), Villa and Delprette (2013) and Yedirir and Hamarta (2015) who also found out the positive relationship between marital commitment, empathy and appraisal support in couples respectively. They obtained the correlation coefficient of 0.62, $P<0.05$, -.352, $P<.01$ and .460, $P<0.05$.

In addition, hypothesis 7, indicates that there is a positive relationship between appreciation/reverence and marital satisfaction of married teachers. This means that married teachers always appreciate and commend themselves .This result is expected because every human looks forward for appreciation and commendation at one time or the other and these motivates them to do more. The finding of the present study is in agreement with works by Mitchell (2010) and Lambert (2008) who revealed the positive relationship between appreciation, gratitude, thankfulness and marital satisfaction among couples and friends. They obtained a (r) of 0.06552, $P<0.0171$) and .76, $P<.01$ respectively.

Moreso, the result indicates a positive relationship between tolerance/ forgiveness and marital satisfaction of married teachers. This means that most married teachers tolerate and forgive each others' wrongs. Such a result is expected because forgiveness is an integral part of human relationship, since man is imperfect. The finding of the present study is in agreement with the studies by Safarzadeh, et al (2011) and Askari (2016) who also revealed the positive relationship between forgiveness and marital relationship among couples. They obtained the (r) of (0/059, P = 0/0001) and 0.494, $P<0.03$) respectively.

Moreover, the result indicates a positive relationship between self-control and marital satisfaction of married teachers. This means that married teachers have a disciplined characteristics of avoidance of impulsive acting by holding grip on their emotion. This result is expected because without Self-control, the family's peace, health and finances might be endangered by their actions. . The finding of the present study is in agreement with the studies by Villa and Delprette (2013) and Yedirir and Hamarta (2015) who also found out that there is a positive relationship between self-control, spousal emotional control and marital

satisfaction among couples. They obtained (r) of -.254, P<.01 and .494, P<0.05.

In addition, the findings showed that there is a positive relationship between love and expressiveness, communication, companionship and cooperation, intimacy, mutual respect, understanding, appreciation and reverence, tolerance and forgiveness and self-control and marital satisfaction of married teachers. This means that married teachers might be practicalising the tenets of social skills. This result is expected because no interpersonal relationship can be successful without the use of social skills in their appropriate levels. The findings of this study is in agreement with those of Rebello et al (2014) and Villa and Del Prette (2013) who found a positive relationship between love and expressiveness and marital satisfaction and all other variables of the study.

Finally, the finding of the study showed that there is a positive contribution from all the nine variables of study and their ranks. This means that all the social skill variables of study were germane to inter personal relationship more especially appreciation which ranked 1st , forgiveness and tolerance 2nd , mutual respect 3rd , companionship/cooperation 4th , love/ expressiveness 5th , understanding 6th , communication 7th , self-control 8th , intimacy 9th . It is surprising to see that

intimacy ranked 9th and with an inverse prediction of -0.331 on marital satisfaction.

The possible reasons for result could be due to reaction of some respondents who complained about the study's encroachment into their privacy. The result is dissimilar to the findings of Yedirir and Hamarta (2015), Yinayaki et al (2017) and Madonna and Vivien (2015) who found a positive relationship between intimacy, sexual desire and marital satisfaction among couples. They obtained a (r) of 0.158, p<0.05; 0.515, p<.01 and 49.5% male and 47% female at p<0.05 respectively.

Recommendations

Based on the result, it was recommended that;

1.   Intending couples should base their choice of marriage partners on love and expressiveness and other lasting behavioral and valuable tendencies and virtues, rather than on illusive patterns that fade away shortly after. Moreso, should engage in pre-marital counselling sessions to be equipped with the pre-marriage trainings and social skills for marital life.

2.   There should be a good communication flow between partners to lubricate their love life

and foster lasting unity between them.

3. Couples should establish and maintain good companionship and cooperating commitment by creating a quality time, to do things together and listen to each other.

4. Couples should be open to each other's needs, discuss, instead of shying away from them.

5. Couples should always treat each other with respect and honour.

6. Couples are enjoined to study their partners more closely to enable them understand each other and be sensitive to their moods and needs.

7. Couples are enjoined to use more of appreciation and reverence, in their marriage.

8. Couples should forgive wrongs done to one another instead of bottling them up.

9. Couples are encouraged to control their emotions and other unnecessary outburst that may warrant violence in marriage

10. Couples should apply social skills in their marriages to achieve marital satisfaction.

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