



RELATIONSHIP BETWEEN SELF-EFFICACY AND MARITAL SATISFACTION OF MARRIED TEACHERS IN PUBLIC SECONDARY SCHOOLS IN ANAMBRA STATE, NIGERIA

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Abstract:

Marriages being a legal union between a man and a woman that is supposed to produce a satisfactory relationship in which the couple involved can experience marital satisfaction. This study sought to determine the relationship between self-efficacy and marital satisfaction of married teachers in Anambra state. Three research questions were formulated to guide the study while one null hypothesis was tested at 0.05 level of significance. Correlational research design was used in conducting the study. A sample size of 1,344 married teachers was drawn from a population of 6,987 married teachers in Anambra state public secondary schools. A multi-stage sampling procedure was followed selecting the sample. Two instruments: General Self-efficacy Scale and Index of Marital Satisfaction (IMS) were adopted and used for data collection. The instruments are standardised measures and have the following reliability coefficient; 0.96 for IMS, 0.87 and for GSS. Data was collected through direct delivery approach. Data collected were analysed using SPSS version 23. Pearson correlation coefficients and regression analysis were used to answer research questions and test the hypotheses. Findings of the study showed among others that there is very low or no relationship existing between married teachers' Self-efficacy belief and their marital satisfaction. Based on the findings of the study, it was recommended, among others that counselors interested in marriage therapy should empower married teachers to follow behaviour and activities that foster marital happiness through occasional lectures and counselling sessions.

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1. Introduction

In today's society, meeting the needs of partners in marital relationship seems to be becoming a challenge for many married persons. The case of married teachers is not different as many seems to be coping with a large number of problems to get their partners to make a relationship, preserve intimate relationships, and understand each other's emotions. For a person who is in a legally bound union and is engaged in a school to teach as a profession, it is assumed that the significance of marriage in the individual's life has the prospect of affecting not only the individual but others such as students and co-workers around the individual.

Moreover, such an individual at different stage in life may encounter situations which may challenge hers or his cognitive and psychological abilities. These abilities as Kachooei, Fathi-Ashtiani (2013) noted, help an individual find out the needed strategies for facing the challenges such as marital issues. One of these abilities is the self-efficacy which describes a person's cognitions about whether he or she is capable of performing the behaviours necessary to produce a wanted outcome. Self-efficacy also refers to a person's beliefs about his or her ability to execute the actions required to achieve a desired outcome. It may also be interpreted as a person's belief in his or her own abilities in a certain domain. Thus, self-efficacy in romantic partnerships refers to an individual's belief in his or her abilities to engage in relationship-affirming activities such as open communication with one's spouse, giving comfort and nurturance, and/or suppressing feelings of pain and rage.

Additionally, self-efficacy, which is people's evaluation of their own personal efficiency, is crucial for successful functioning. Self-efficacy beliefs of teachers as an important cognitive representation would also help to form beliefs about future actions and personal capacities. This could be attributed to the notion that self-efficacy is associated with personal control which is an important role in people's adjustment with stress factors in marriage. Married teachers with high self-efficacy can improve their relations with their spouses. They may become open to sharing about their marriages because they perhaps believe they have valuable skills in relationships that are worth sharing.

There is also a growing body of research findings indicating that self-efficacy is intricately linked with marital functioning. For instance, Hamidian and Mousavi (2015) noted that increased self-efficacy and raising people's motivation to solve daily and communicational problems, and belief in their abilities can improve the quality of marriage relationship and more satisfaction experience of marriage relationship in people. Also, Lent, Taveira, Sheu and Singley (2009) in a research on university students showed that self-efficacy and environmental protection predict educational adjustment, progress in goals, and next life satisfaction. One could thus draw from these research

findings that when self-efficacy is at the high level, it could mean that rate of the marriage conflicts would likely be less and there would be more marital satisfaction, on the other hand, when the self-efficacy level was at the low level, marriage conflicts may be at high level, hence the possibility of less marital satisfaction.

Similarly, studies such as Khorasani, et al (2017), Mahmood and Ali (2014), and Mashal pour fard. Kavooosi, Ebadi, Mousavi (2016) have expressed the importance of self-efficacy in attaining marital satisfaction in marriage. Some others such as Rezayat and Dehghan (2013) indicated there are a relationship between self-efficacy, optimistic expectations and the performance and health. Many of these studies were conducted outside Nigeria, only few were done in Nigeria. This is an indication of a research gap which needs to be filled. Thus, the current study is an attempt to fill the identified by investigating the relationship between self-efficacy and marital satisfaction of married secondary school teachers. This will add to the knowledge of what contributes to marital satisfaction and happiness of married secondary school teachers in the state.

2. Statement of the Problem

Marriage is a sacred institution that must be well prepared for. It is a bond between a man and a woman that is supposed to produce a satisfactory relationship whereby the married couple experience marital satisfaction that bring about mental and physical health of the individuals. However, observation has shown that most married people do not really experience marital satisfaction. This could be as a result of the attitudes and inputs of the spouses involved. So, whether married people are satisfied or not is an indicator of life satisfaction affecting the mental and physical health, life satisfaction and even the income, social relationships and job satisfaction of most married women, the case of married teachers is no exception.

Using Anambra State teachers as the central focus, the satisfaction a married teacher feels from his or her marriage tend to have an impact on his or her verdict of the marriage. There is therefore no gainsaying that many of the teachers who are sometimes gloomy, unhappy and unfriendly tend to experience a high level of distress emanating from their marital disharmony.

So, not all marriages, necessarily, are successful and some of them tend to result in separation. Observation of the researcher, from the vantage point as a practicing Guidance Counsellor in one of the secondary schools has shown that marriages among teachers in Anambra State, even the unhappy ones rarely results to separation. Instead of solving their sense of dissatisfaction and grievance through separation and divorce, they will rather choose to work on their differences to resolve their misunderstandings. While a few cases may be resolved eventually, some others tend to adopt the suffering and smiling approach, just to keep up the marriage despite all odds.

At different stages in the marriage, many of these married teachers may encounter situations which have a tendency to challenge their cognitive and psychological abilities. In such situations, their emotional intelligence and self-efficacy could enhance thinking,

problem solving, promote well-being and facilitate social functioning. These abilities when harnessed, and put to use, could help an individual to face and deal with the challenges to achieve the needed marital satisfaction.

Although previous research efforts has been made to determine factors that contribute to marital satisfaction of married couples, none have explicitly delved into investigating self-efficacy and emotional intelligence as correlates of marital satisfaction of married teachers in Anambra State. Therefore, it is the need to fill this gap that motivated this researcher, who is also a married Counsellor/teacher, into carrying out this study, to determine the relationship between emotional intelligence, self-efficacy and marital satisfaction of married teachers in Anambra State.

2.1 Purpose of the Study

The main purpose of this study is to determine the relationship between self-efficacy and marital satisfaction of married teachers in Anambra state. Specifically, the study sought to determine:

- 1) The distribution scores of married teachers' self-efficacy in Anambra State public secondary schools?
- 2) The distribution scores of married teachers' marital satisfaction in Anambra state public secondary schools
- 3) The relationship between self-efficacy and marital satisfaction of married teachers in Anambra State secondary schools.

2.2 Research Questions

The following research questions guided the study.

- 1) The distribution scores of married teachers' self-efficacy in Anambra State public secondary schools?
- 2) The distribution scores of married teachers' marital satisfaction in Anambra state public secondary schools
- 3) The relationship between self-efficacy and marital satisfaction of married teachers in Anambra State secondary schools.

2.3 Hypotheses

The following null hypothesis was formulated to guide the study and was tested at 0.05 level of significance.

- The type of relationship existing between self-efficacy and marital satisfaction of married teachers in Anambra State secondary schools is not significant.

3. Materials and Methods

3.1 Research Design

The study was conducted using a correlational research design. The design was used because it sought to establish the relationship that exists between variables; self-efficacy and marital satisfaction of married teachers in Anambra State.

3.2 Research Setting

The study was conducted in Anambra State, located in the South East Geo-Political Zone of Nigeria. Many married teachers in this area show signs indicating possible lack of marital satisfaction which could affect their job roles as teachers.

3.3 Participants

A total 1,344 married public secondary school teachers, made up of 144 male teachers and 1,200 female teachers from both public secondary schools in Anambra State made up the sample for this study. In selecting the sample for the study, A multi-stage sampling approach was used.

3.4 Instrument for Data Collection

Two research instruments were used in this study to elicit information from the married school teachers. The instruments include: General Self-efficacy Scale (GSS) and Index of Marital Satisfaction (IMS). The General Self-efficacy scale is a self-report measure of self-efficacy developed by Schwarzer and Jerusalem (1995). The scale is a 10-item scale that assesses a general sense of perceived self-efficacy with the aim in mind to predict coping with daily hassles as well as adaptation after experiencing all kinds of stressful life events. Index of Marital Satisfaction (IMS) is a standardised instrument designed by Walter W. Hudson (1982) adapted in this study for Nigerian use. The Index of Marital Satisfaction (IMS), scale was designed to measure the degree, severity, or magnitude of the problem a spouse or partner has in a partner relationship. The IMS measures the magnitude of marital discord or dissatisfaction that is felt or perceived by one partner. The two instruments have all been subjected to internal consistency reliability test using Cronbach Alpha. The outcome yielded a coefficient Alpha of 0.87 for GSS and 0.96 for IMS.

3.5 Data Collection and Analysis

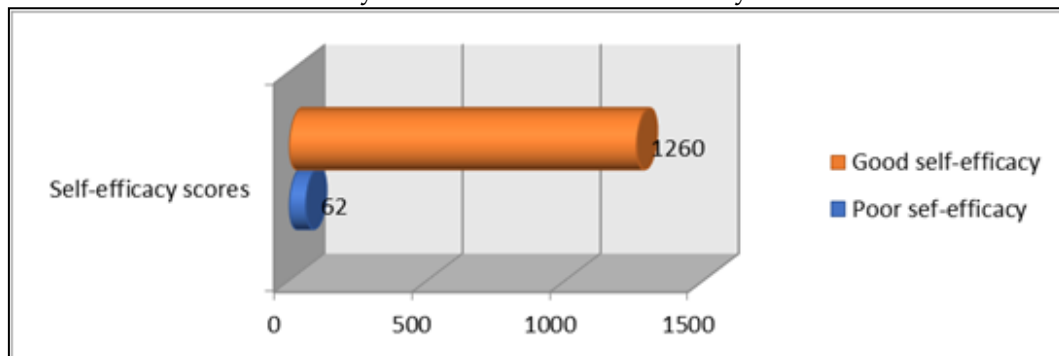
All the participants for the study responded to the two research instruments through direct delivery approach. The data collected for the research questions were analysed using Pearson Product Moment Correlation Coefficient (Pearson r), while t-test was used to test the null hypothesis.

4. Results

In this section, the data collected from the field for this study were analysed and the summaries presented in tables to highlight the findings as follows:

Research Question 1: What are the distribution scores of married teachers' self-efficacy in Anambra State secondary schools?

Figure 1: Distribution scores of married teachers' self-efficacy in Anambra State secondary schools



In Figure 1, it was observed that 1260(95.3%) of the married teachers in Anambra State secondary schools with the scores ranging from 25 and 40 have good self-efficacy belief, while 62(4.7%) others who scored between 10 and 24 have poor self-efficacy belief.

Research Question 2: What are the marital satisfaction distribution scores of married teachers in Anambra State secondary schools?

Figure 2: Marital satisfaction scores of married teachers in Anambra State secondary schools

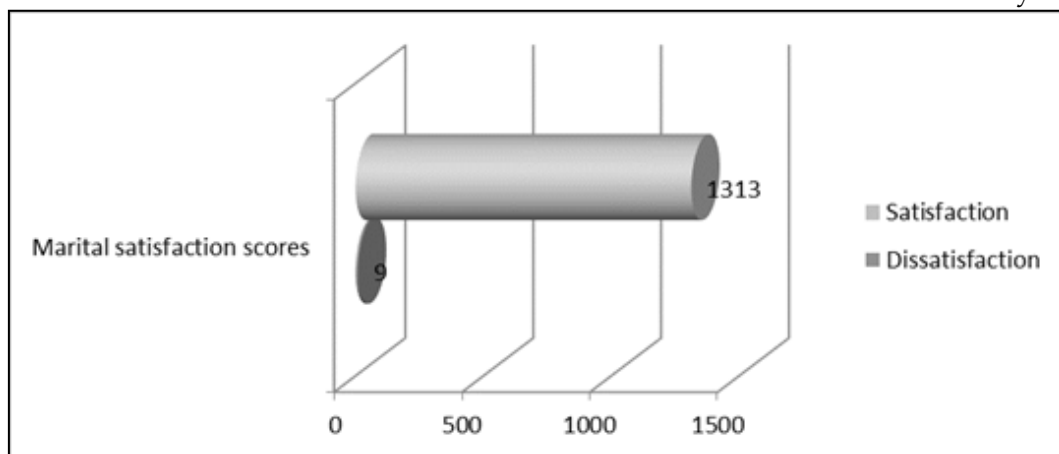


Figure 2 shows that 1313(99.3%) of the married teachers in Anambra State secondary schools with the scores from 30 and above are satisfied in their marriages, while 9 (0.7%) of the married teachers who scored below 30 are dissatisfied in their marriages.

Research Question 3: What type of relationship exists between self-efficacy and marital satisfaction of married teachers in Anambra State secondary schools?

Table 1: Pearson r on self-efficacy belief and marital satisfaction of married teachers in Anambra State secondary schools

Source of Variation	N	Self-efficacy belief r	Mathematics r	Remark
Self-efficacy belief	1322	1.00	-0.03	Very low or no relationship
Marital Satisfaction	1322	-0.03	1.00	

Table 1 indicates that very low or no relationship of -0.03 exists between married teachers' Self-efficacy belief and their marital satisfaction.

4.1 Testing of Null Hypothesis

The type of relationship existing between self-efficacy belief and marital satisfaction of married teachers in Anambra State secondary schools is not significant.

Table 2: t-test on the relationship existing between self-efficacy belief and marital satisfaction of married teachers in Anambra State secondary schools

N	cal. r	df	cal. t	Pvalue	Remark
1322	-0.03	1320	-1.27	0.207	Not significant

Table 2 shows that at 0.05 level of significance and 1320df, the calculated t 1.27 with Pvalue 0.207 which is greater than 0.05, the second null hypothesis is not rejected. The relationship existing between self-efficacy belief and marital satisfaction of married teachers in Anambra State secondary schools is not significant.

5. Discussions

Findings of the study are discussed as follows:

5.1 Emotional Intelligence, Self-Efficacy and Marital Satisfaction of Married Teachers in Anambra State

The findings of the study revealed that majority of the married teachers in Anambra State secondary schools have good self-efficacy belief. This finding implies that married teachers in secondary schools in Anambra State possibly possess confidence in their ability to perform relationship affirming behaviours. They are more apt to foster positive affective and behavioural functioning that could enhance individual's ability to connect with others and convey a welcoming attitude that could facilitate positive marital relationships. The finding of the study is consistent with Adio and Popoola (2010) and Khorasani, et al. (2015) whose studies indicated high self-efficacy among the study sample. Adio and Popoola investigated self-efficacy as factors influencing career commitment of Librarians in Federal University Libraries in Nigeria, while Khorasani, et al. investigated the relationship between self-efficacy and marital satisfaction of couples in Babol.

The reason for the finding could be attributed to marital challenges possibly experienced by the married teachers in the course of their marriage. Their self-efficacy

thus could determine how much of an effort they will make and how long they will keep at a task despite obstacles or adverse experiences. Those who have a strong sense of efficacy will likely exert greater effort to master the challenges.

The findings of the study further revealed that majority of the married teachers in Anambra State secondary schools are satisfied in their marriages. The finding of the study point towards the notion that married teachers in the secondary schools has positive assessment of their marital relations. It could equally mean that the married teachers have a sense of accomplishment and possible fulfilment of mutual needs, goals and expectation in marriage. The finding is in agreement with Ofovwe, Ofili, Ojetu and Okosun (2013) whose empirical evidence from studying a population of 300 teachers in Benin, Nigeria concerning marital satisfaction also showed that 82.7% of teachers had marital satisfaction. The study is equally consistent with Khorasani, et al. (2015) whose study reported that moderate number of respondents reported high marital satisfaction.

The finding of the study is surprising going by the rate at which marital instability is increasing, coupled with violence that is often reported that goes along with it. Although, marital stability or instability does not necessarily suggest marital satisfaction or dissatisfaction, thus, it is often argued that marital instability would likely allude to marital dissatisfaction. Nevertheless, the reason for these findings could be attributed to the meanings these married teachers attach to marriage and how they go about establishing marital commitments. Moreover, the nature of their profession as teachers may have also played a role in their marital satisfaction. The professional attitude of the teachers that ensures success of the students is a likely contributor to their marital success and fulfilment.

5.2 Relationship between the Self-Efficacy and Marital Satisfaction of Married Teachers in Anambra State Secondary Schools

Findings of the study also revealed that there is very low or no negative relationship existing between married teachers' Self-efficacy belief and their marital satisfaction. The findings further revealed that the relationship existing between self-efficacy belief and marital satisfaction of married teachers in Anambra State secondary schools is not significant. This means that self-efficacy belief of the married teachers in Anambra State has very little of no connection with their marital satisfaction. Although there are few researches that produced the results that there is non-significant negative relation between self-efficacy and marital satisfaction, the findings are in agreement with Mahmood and Ali (2014) whose study indicated a non-significant negative relationship between self-efficacy and marital satisfaction. Findings of the study is also consistent with the findings of Thenmozhi (2015) whose study revealed that revealed that there was no relationship between marital self-efficacy and marital satisfaction of married employees.

The finding of this study is rather surprising. There is a growing body of evidence that human accomplishments and positive well-being require an optimistic sense of personal efficacy. Thus, self-efficacy as shown in literature is generally considered a positive attribute. However, notwithstanding that the married teachers in this study have

high self-efficacy and are satisfied in their marriages, the finding of this study suggested that increase in self-efficacy has little or nothing to do with increase in marital satisfaction of the married teachers in Anambra State.

The reason for this finding could be explained based on the notion that different periods of life and work loads present certain types of competency demands for successful functioning. So, there are many pathways through life and, at any given period, it is expected that the married teachers would likely vary substantially in how they are able to manage their lives.

Moreover, the roles into which married teachers are cast may impose sociocultural constraints on the cultivation and maintenance of perceived self-efficacy. As they move to older-age phases, most may suffer losses of resources, productive roles, and access to opportunities and challenging activities. Environments that require little thought or independent judgment could diminish the quality of functioning, while intellectually challenging ones would likely enhance it.

There are also studies with contrasting findings. Among these studies include Khorasani, et al. (2015) whose study reported that self-efficacy was an effective factor in marital satisfaction of couples. Also is the study conducted by Mashal Pour Fard, Kavooosi, Ebadi, Mousavi (2016), the finding indicated a significant negative correlation between self-efficacy and marital satisfaction in married women who are in school. The reason for this finding could be linked to the notion different researches indicated that self-efficiency components in couples play an important role in increasing marriage satisfaction level. As Bandura posits, people's evaluation of their own personal efficiency is crucial for the successful functioning.

The reason for the contrast in the findings of this study could be traced to cultural difference, as many of the reviewed literature are Western-based. Every culture has its peculiarities and so are the people within the cultural milieu. People's beliefs in their efficacy are developed by four main sources of influence. They include mastery experiences, seeing people similar to oneself manage task demands successfully, social persuasion that one has the capabilities to succeed in given activities, and inferences from somatic and emotional states indicative of personal strengths and vulnerabilities.

5.3 Conclusions

Based on the findings of the study, the study concludes that majority of the married teachers in secondary schools in Anambra State have good self-efficacy and are satisfied in their marriages. Moreover, there is also a very low or no negative relationship existing between married teachers' Self-efficacy belief and their marital satisfaction.

5.4 Implications of the Study

The findings of this study imply that Guidance counsellors working with married people would likely see the need to give quality time to couples on issues regarding their marriage. It could be such that couples that are satisfied in their marriages would be

guided to remain united while couples that are dissatisfied would be assisted in rebuilding their relationship.

5.5 Recommendations

Based on the findings and implications of the study, it is recommended that:

- 1) Married teachers should be encouraged by the Counselors involved in marital counselling to pursue habits and attitudes that promote marital satisfaction through periodic seminars and counseling sessions.
- 2) The school management in partnership with the school Guidance Counsellors should organize seminars, conference, workshops and enlightenment programmes for both intended and married teachers focusing on building emotional intelligence and self-efficacy of the couples for satisfactory marital union.

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Conflict of Interest Statement

The authors hereby declare that they have no affiliations with or involvement in any organization or entity with any financial interest or non-financial interest in the subject matter discussed in this manuscript.

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