

Article

Factors of Marital Conflicts Among State-Owned University Lecturers in North-Central, Nigeria: Implications for Guidance

Dr. UDEZE, Chinonye Genevieve¹

1. Federal Capital Territory Universal Basic Education Board, Quality Assurance, Abuja, Nigeria.

* Correspondence: udezegenevieve@yahoo.com

Abstract: The study investigated the factors of marital conflict among State Owned University Lecturers in North-central Nigeria: Implications for Guidance. A descriptive survey design was used in conducting the study and answering the research questions and hypotheses. The target population was state University Lecturers in North-central, Nigeria. The sample size was 340 Lecturers from the sampled State University Lectures in North-central Nigeria. A self-structured questionnaire titled: Factors of Marital Conflicts (FMC) was used. The researchers used descriptive and inferential statistics; percentages, frequency counts and mean scores for analyses of data on demographics and research questions. The t-test statistics was used for testing hypotheses 1 and 2. All the hypotheses were tested at 0.05 level of significance. The findings showed that Marital Conflicts among State University Lecturers in North-central, Nigeria were due to factors such as the inability to appreciate individual differences, clash of interest and values, in-laws interference in marriage, betrayal of trust, inability to satisfy spouse sexually among others. The study also noted that Marital Conflicts among State University Lecturers lead to loss of spousal confidence, dissolution of marriage, physical assaults, poor emotional health of spouse and children, poor academic achievement by children, among others. The result of the study also showed that Marital Conflicts among State University Lecturers in North-central, Nigeria can be controlled by adopting flexibility when considering solutions, clear role definitions, the use of personality and character options such as being empathic, transparent, assertiveness, forgiveness, among others. It is therefore recommended that married University Lecturers need to be educated about the factors of Marital Conflicts as a first step towards managing Conflict in marriage, the consequences of marital conflicts should be published by all the stakeholders, such as marriage counsellors, parents, university Lecturers, religious leaders, couples, non-governmental organization, and so on. Lecturers irrespective of their working experience should always try as much as possible to exhaust all means for conflict resolution before taking any drastic actions that may end in dissolution of their marriages. Both male and female university lecturers in urban and rural areas should be aware of the factors, consequences and control of marital conflict as a common enemy that seeks to break their marriages.

Citation: UDEZE C. C. Factors of Marital Conflicts Among State-Owned University Lecturers in North-Central, Nigeria: Implications for Guidance. Middle European Scientific Bulletin 2026, 46(4), 63-73.

Received: 10th Sep 2026
Revised: 11th Sep 2026
Accepted: 14th Sep 2026
Published: 21th Sep 2026



Copyright: © 2026 by the authors. Submitted for possible open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>)

Keywords: Marital Conflict, University Lecturers, Guidance Counseling.

1. Introduction

Marital conflict could originate from different sources some of which could be psychological and/or psychosomatic in nature. Marital conflicts are inevitable in families and a necessary force and challenge to be met than avoided. Marital crises could originate from different sources some of which could be psychological and/or psychosomatic in nature. Tobin, attesting to the above claim, reported that more and more marriages run into crisis and eventually pack up because one partner has a borderline personality disorder such as narcissist, antisocial, psychopathic personality disorders. Others are;

unmet needs, or failed expectations, addictions and substance abuse, physical, sexual or emotional abuse, religious and cultural differences.

In Nigeria today, the rate at which couples experience divorce and re-married is quite alarming. According to the National Bureau of Statistics in 2016, just 2% of men and 3% of women had legally dissolved their marriage but in 2018, Nigeria recorded 14% increase in divorce. A total of 2,000 divorce cases were recorded at Federal Capital Territory (FCT), High Court between 2019 and February 2020 [1].

In Nigeria today, evidences abound that the rate of divorce is very high and re-marriage is quite alarming. Many families have been and some are still seriously at war with themselves simply because of their failure to manage the conflicting issues between themselves. Many families in the North-central, Nigeria are going through a lot of stress and hardships as a result of marital conflicts. The effects of such conflicts on the children and the couples themselves are devastating, as had been observed by the researcher.

The inability of many married lecturers to peacefully resolve their marital problem and allow it to degenerate to uncontrollable conflicts and the total collapse of the marriage has motivated the researcher to investigate the Factors, Consequences and Control of Marital Conflicts among University lecturers in North-Central, Nigeria and its implications for Guidance [2].

Marital crises may have had some deleterious consequences on couples, their children and the society at large. Social vices and crimes may become the order of the day as delinquent children from crisis-ridden or broken homes ultimately graduate into irresponsible adult population. The adolescence is a stage at which human beings are highly emotionally unbalanced, character formation not yet stabilized and as such people can always tilt to either side of the scale at the slightest pressure. This is the singular reason why robbery gangs kidnap and assassination squads, and prostitution are mostly populated by people in their adolescence and early adulthood. Living with their parents did not offer them the opportunity to develop as good citizens with good scales of conscience. Since marriage and family serve both the spouses, the offspring and the entire society, it would not be out of way to state that marital conflict or marriage and family instabilities have great influence not only on the principal partners of marriage (spouses), but also on all the segments which it serves.

Over the years, marriage has been beset by many problems that have threatened its usefulness and very existence [3]. These challenges are not far fetch among couples in the North-central. The high rate of divorce is attributed to inadequate length of courtship before marriage, alongside with dissimilarities between spouses in social and economic characteristics such as social class, ethnicity, religion and age are seen as some of the reasons for marital conflict. Other causes include; sterility, adultery, desertion and excessive cruelty as well as default in remitting the family practices. According to Ardayfio-Schandorf, there are higher rate of divorce among the young highly educated women with few children than among the old, illiterate women with many children. Ardayfio-Schandorf pointed out that the greatest pressure on divorcees to seek new marital partners is economic. A minority of wealthy divorced women, however, prefer to stay single [4].

Married employed women experience many stressors in their jobs ranging from one emergency situation to another and heavy workloads agreeing that these pressures of everyday living can affect marital relationships as well as wellbeing and organizational effectiveness. In addition that Hamaideh, added that work overload can reduce the time couple spend together, diminishing sexual interest. It is apparent that a married woman who is working and at the same time caring for children may have more experience of stress than a man which may likely breed marital conflict [5].

Purpose of the Study

The specific objectives of the study were to:

- i. find out the factors of marital conflicts among state owned University Lecturers in the North-central, Nigeria based on gender;
- ii. investigate the consequences of marital conflicts among state owned University Lecturers in the North-central, Nigeria based on location.

Research Questions

The following research questions were raised to guide the conduct of the study.

1. What are the factors of marital conflicts among state owned University Lecturers in the North-central, Nigeria based on gender?
2. What are the consequences of marital conflicts among state owned University Lecturers in the North-central, Nigeria based on location?

Hypotheses

The following null hypotheses were formulated and were tested at 0.05 level of significance.

H₀₁: There is no significant difference between the overall mean scores of male and female respondents on the factors of marital conflicts among State owned University Lecturers in North-Central, Nigeria.

H₀₂: There is no significant difference between the overall mean scores of rural and urban lecturers on the factors of marital conflicts among State owned University Lecturers in North-Central, Nigeria.

Review of Previous Studies

In a study by Nwoke carried out a study on personal background and environmental factors influencing marital adjustment among Anambra State couples, implications for marital/family counselling. The design of the study was a survey. A total of 1,500 married couples were involved in the study. The instrument used for data collection was a researcher designed questionnaire. The data generated were analyzed using the mean and the standard deviation to answer the research question and t-test and ANOVA to test the hypothesis raised in the study.

The result of the study revealed that couples background factors that include age of marriage, academic qualification, income and number of children; type of marriage among others increases the level of their adjustment to marital issues. The work did not consider other personal factors like gender, age or occupational status of the couples, hence the present study.

The difference between the reviewed study and the present study is that, the reviewed study was carried out in Anambra state south east Nigeria, while the present study will be carried out in three states in the North-central, Nigeria. The reviewed study shared similarity with the present study in terms of the data collection instruments and tools for the test of the hypotheses the reviewed study made use of questionnaire as instruments for data collection and t-test and ANOVA for test of questionnaire as instruments for data collection and t-test and ANOVA for test of hypotheses. The present study will also make use of questionnaire as instruments for data collection and t-test and ANOVA for test of hypotheses.

Olorunda examined the causes and effects of marital conflict on family stability among couples in Gboko metropolis of Benue State as well as the counselling intervention strategies. The study believes that the stability of a nation is dependent on the stability of the family institution. The most potent method that can effectively address marital conflict in this dispensation is counselling. The descriptive survey method was adopted for the study. The population was made up of all married couples in Gboko metropolis with a sampled population of 200 respondents selected for the study using the purposive random sampling method. A self-developed questionnaire titled Marital Conflict Inventory was

used for the study. The study found that the inability of couples to recognize and appreciate individual differences that exist in their spouses; poor attitude of spouses towards in-laws, barrenness or impotence and lack of submissiveness are some of the major causes of marital conflict. The effects of marital conflict on couples and children which include disharmony, hatred discovered. The two hypotheses tested revealed that there is a significant effect of marital conflict on couples and children. Some counselling intervention strategies and other ways of resolving marital conflict were recommended.

The major difference between Olorunda and this present study is that, the present study is carried out in the North-central, while Olorunda study was carried out in Gboko Metropolis in Benue state. This provides better research comparison between the two study. Hassan investigated the effects of marital conflicts on academic performance among primary school pupils in Temeke district Dares Salaam region. Four research questions were rise and four objectives of the study. The target population for this study included standard five and six students, who were coming from marital conflicts families; class teachers and heads teachers of government primary schools in Temeke municipality. The study adopted the descriptive survey design, and sampling techniques were purposive and simple random in selecting a sample of 156 participants from twelve primary schools. Questionnaire and semi-structured interview guides were used to collect data. Quantitative data were analysed with the aid of Statistical Package for Social Sciences (SPSS) version 16, and qualitative data were analysed using content analysis. The findings revealed problems facing pupils from marital conflicts families like insufficiency of school needs, lack of love from both parents, and absenteeism, which affected their academic performance. It was further reported that children from marital conflict families were performing poor in their studies compared to those with good parenting. It was therefore recommended that school management should develop strategies to provide psychological and academic assistance to children with different problems, which hinder their educational development. There is also a need for personal and group counselling in schools where students with challenged homes are counselled.

The difference between the two studies is that, Hassan investigated the effects of marital conflicts on academic performance among primary school pupils in Temeke district Dares Salaam region, while this present study seeks to investigate factors and consequences of marital conflict among university lecturers in North-central, Nigeria. However, both studies are similar as they look at marital conflict.

Njoku carried out a study on communication gaps in marriage relationship among spouse in Lagos metropolis; implication for counselling. The study was a descriptive survey. To carry out the study, four research questions were answered and three null hypotheses tested at 0.05 level of probability. Instrument for data collection was a questionnaire designed by the researcher. The population of the study was about 1000 married couples who were between 25 - 50 years of age. Out of this estimated number, a sample of 455 couples was randomly selected using simple random sampling that involves balloting, Mean and standard deviation were used to answer the research questions while the students'-test was utilized to test the hypotheses. Findings of the study indicated that communication gaps existed among married couples and it is the source of marital instability. The study further revealed that couples from unstable homes and distressed family are more prone to experiencing gap in communication. The study also revealed that the educational level of couples is a factor that could create communication gap especially among the non- literate couples. The researcher recommended that couples should come together to discuss their marital problem so as to prevent gap in communication. Njoku's study focused more on communication gap as it affect marital instability among couples in Lagos metropolis, the present study looks at factors and consequences of conflict among couples in the North-central Nigeria.

Agboola and Oluwatosin investigated the patterns and causes of marital conflict among staff of universities in southwest Nigeria. The study adopted descriptive survey design. The study sample was 1330 married staff members proportionately selected from nine universities using multi-stage sampling technique. Prevalence of Patterns of Marital Interaction Questionnaire (PPMIQ) and Causes of Marital Conflict Questionnaire (CMCQ) were used to collect data for the study. The results showed that 67.1% of the staff indicated that they experienced demand-withdraw pattern, while 26.8% experienced constructive pattern. Only 6.1% experienced destructive pattern. The results also showed that poor handling of family finances was considered as the most prominent with the highest RSI value of 0.806 followed by communication gap and time devoted to children with very high values of RSI of 0.804 and 0.7933 respectively. The least popular cause of marital conflict was difference in income level with the least RSI value of 0.681. The recommended that more professionals, like marriage counsellors, psychologists and social workers should be recruited to attend to various needs of couples and intending couples and the Directorate of Online Counselling in collaboration with the Directorate of Information Communication and Technology in the universities should organise regular seminars and workshops for staff members where the necessary skills to communicate and resolve marital conflicts are adequately imparted.

The difference between the two studies is that, Agboola and Oluwatosin investigated the patterns and causes of marital conflict among staff of universities in southwest Nigeria, while this present study seeks to investigate factors and consequences of marital conflict among university lecturers in North-central Nigeria. However, both studies are similar as they look at marital conflict among universities staff.

Nkirote and Marima investigated the effect of marital conflicts on the academic performance of public and private day secondary school students in Kenya based on a case study of selected schools in Kiambu sub-County. A descriptive survey design was adopted. Data was collected using a questionnaire through the drop and pick method. Data was tabulated and presented descriptively using frequency tables, charts and graphs. Results showed that most of the respondents had a low concentration as a result of quarrels between parents/guardians, and majority of the respondents agreed that their academic grades were affected by marital conflicts among parents. It was concluded that marital conflicts negatively impacted on children's academic performance. It was recommended that parents or guardians who are experiencing conflicts in their families should consider counseling options as soon as possible to avoid negative effects on their children.

The difference between the two studies is that, Nkirote and Marima investigated the effect of marital conflicts on the academic performance of public and private day secondary school students in Kenya based on a case study of selected schools in Kiambu sub-County, while this present study seeks to investigate factors and consequences of marital conflict among university lecturers in North-central Nigeria. However, both studies are similar as they look at marital conflict among couples.

2. Materials and Methods

The research design for this study was descriptive survey. The research will obtain all the needed data by conducting a survey. Okey, said a survey research is one in which a group of people or items are studied, by collecting and analyzing data from only a few people or item considered to be representative of the entire group. Survey design is appropriate because the entire population was not studied. Thus the choice of a descriptive survey research design was informed by the fact that the descriptive survey research design has a wider scope and allows a great deal of information to be obtained from a large population that is geographically dispersed.

The population of the study consisted of lecturers in State owned Universities in North-central Nigeria with a population of three thousand, four hundred and ninety-nine (3,499) lecturers. The sample size of the study was 340 respondents from three sampled universities using a multi-stage sampling procedure. The researcher first used a simple random sampling to select three state owned university from the six universities selected in North-central, Nigeria. The researcher further used a proportionate sampling procedure in the second stage to select the 340 respondents from the three sampled universities which represented 10-20% of the population. The selection of this sample size was based on Glenn who specified 10-20% for an appropriate sample size for specific population. Based on Glenn's recommendation, the researcher selected 20 percent as sample for the study.

The instrument for data collection was a self-structured questionnaire, titled: Factors, Consequences and Control of Marital Conflicts (FCCMC). The questionnaire was divided into two sections, Section A and B. Section A: contained Demographic Data of the respondents, while Section B: consisted of the items relating to factors of marital conflict, consequences of marital conflict and control of marital conflicts. The main purpose of the structured statement was to allow the respondents specifically express their opinions by indicating a tick (✓) against the most appropriate option using the four-point scale of Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD). When the scores were added, they made up a total of 10 points. When divided: $10/4$ it would be 2.50.

The decision rule was based on the midpoint of 2.50, where a mean from 2.50 and above was treated as agreed, while a mean below 2.50 was treated as disagreed. In order to ensure the validity of the instrument, the instrument was presented to the two lecturers who went through the questionnaire to make the necessary corrections. After two weeks, the questionnaire was presented to two experts in the Department of Guidance and Counselling, University of Abuja, for face, content and constructs validity. After four weeks of necessary corrections such as improper items, irrelevant statements and wrong language used, it was certified valid for the study.

3. Results

The instrument was pilot tested in order ascertain the reliability. The pilot test was conducted using thirty (20) lecturers in Benue State University, Makurdi in the North-central, Nigeria, who did not participate in the main study. The test-retest method of reliability was used to obtain the data from the conducted pilot test included the interval of re-administration of the instrument. Using Pearson Product Moment Correlation Coefficient, and came up with a reliability index value of 0.73 which clearly showed that the instrument was reliable for the study.

The questionnaire was administered to husband and wife who were lecturers. The researcher first found out from the couples their occupation before administering a copy of questionnaire to them. The researchers personally visited the states where those universities were located and administered the copies of questionnaire to them [6], [7]. With the help of an introductory letter from the Head of Department of Guidance and Counselling, Faculty of Education, University of Abuja, the researchers visited the sampled state owned universities in North-central Nigeria. Prior to the administration of the instrument, the researcher educated the research assistants who were lecturers on the content of the questionnaire, and on what the instrument aimed at eliciting. The lecturers were used because they have close contact with their colleagues. One questionnaire was not retrieved and all efforts made to get it retrieved from the respondent proved abortive.

The data were analysed using descriptive statistics for the demographic data and research questions and inferential statistics for testing the hypotheses. Percentage and frequency counts were used to analyse the demographic data and mean scores and standard deviation for the research questions. The t-test used to determine the difference

between the mean scores of two groups, which may be related in certain features [8]. Mean score and standard deviation was used to analysed the research questions. Hypotheses 1 and 2 were tested using t-test statistics. Where the significant value is more than the 0.05 level of significance, the hypothesis was accepted, but rejected where the significant value was less than 0.05 level of significance.

Table 1. Factors of marital conflicts among state-owned University Lecturers in North-central, Nigeria.

N = 339

S/N	Statements	Mean	Std. Dev.	Decision
1	Inability to appreciate individual differences leads to marital conflict	3.91	0.29	Agreed
2	Clash of interests and values leads to marital conflict among couples	3.63	0.48	Agreed
3	Betrayal of trust among couples results in conflicts	3.49	0.71	Agreed
4	Conflict in roles between couples in marriage leads to marital conflict	3.37	0.58	Agreed
5	Struggle for financial independence among couples is responsible for marital conflict	3.38	0.52	Agreed
6	Assigning blames unnecessarily among couples in marriage leads to conflict	3.43	0.50	Agreed
7	Comparing spouse with another person triggers conflict in marriage	3.43	0.50	Agreed
8	Attitude of spouse to in-laws	3.31	0.50	Agreed
9	In-laws interference in marriage	3.54	0.50	Agreed
10	Inability to satisfy spouse sexually leads to conflict in marriage	3.38	0.54	Agreed
11	Very short courtship before marriage results in conflict in marriage	3.16	0.76	Agreed
12	Lack of submissiveness among couples lead to conflict	3.42	0.56	Agreed
13	Pride of a spouse results in marital conflict	3.45	0.67	Agreed
14	Ignorance of the complementary nature in marriage	3.29	0.72	Agreed
15	Selfishness of a spouse towards the other	3.45	0.60	Agreed
16	High desire for materialism lead to conflict	3.35	0.64	Agreed
Sectional Mean		3.44	0.57	Agreed

Table 1 showed the factors of marital conflicts among state-owned University Lecturers in North-central, Nigeria. The sectional mean score of respondents was 3.44, which shows that the respondents agreed that factors such as inability to appreciate individual differences lead to marital conflict, clash of interests and values leads to marital conflict among couples, In-laws interference in marriage and betrayal of trust among

couples results in conflicts leads to marital conflicts among state-owned University Lecturers in the North-central, Nigeria [9].

Research Question Two: What are the consequences of marital conflicts among state-owned University Lecturers in North-central, Nigeria?

Table 2. Consequences of marital conflicts among state-owned University Lecturers in North-central, Nigeria.

N=339				
S/N	Statements	Mean	Std. Dev.	Decision
17	Loss of spousal confidence	3.26	0.54	Agreed
18	Poor emotional health of spouse	3.09	0.71	Agreed
19	Poor emotional health of children	3.22	0.69	Agreed
20	Social insecurity	3.21	0.67	Agreed
21	Economic insecurity	3.31	0.63	Agreed
22	Negative mentoring for children	3.29	0.58	Agreed
23	Poor physical health/nutritional status of children	3.15	0.69	Agreed
24	Dissolution of marriage	3.34	0.67	Agreed
25	Suicide tendencies	3.29	0.72	Agreed
26	Threat to life of partner	3.32	0.61	Agreed
27	High rates of juvenile challenges	3.16	0.79	Agreed
28	Physical assaults	3.49	0.59	Agreed
29	Escalation of social vices	3.18	0.72	Agreed
30	Poor academic achievement by children	3.24	0.86	Agreed
Sectional Mean		3.25	0.68	Agreed

Analysis in Table 2 was carried out to find out the consequences of marital conflicts among state-owned University Lecturers in North-central, Nigeria. The table showed the sectional mean score of 3.25, which means that the respondents strongly agreed that marital conflicts among state-owned University Lecturers in the North-central, Nigeria will lead to physical assaults, poor academic achievement by children, dissolution of marriage and worst still Loss of spousal confidence. There is no doubt that in every marital conflict, the couple suffers some level of damage no matter how small it may seem.

Test of Hypotheses

The following hypotheses were tested at a 0.05 significant level.

H₀₁: There is no significant difference between the overall mean scores of males and females on the factors of marital conflicts among State-owned University Lecturers in North-central, Nigeria.

Table 3. t-test on the difference between the overall mean scores of males and females on the factors of marital conflicts among State-owned University Lecturers in North-central, Nigeria.

Gender	Number	Mean	S. D	t-value	df	Sig(2-tailed)	Decision
Male	174	3.14	0.37				Not
Female	165	3.74	0.77	-.761	337	0.06	Significant

The analysis in Table 3 was carried out to test the difference between the overall mean scores of males and females on the factors of marital conflicts among State-owned University Lecturers in North-central, Nigeria. With a significant value of 0.06 (greater than the 0.05 level of significance), the hypothesis that says that there is no significant difference between the overall mean scores of males and females on the factors of marital conflicts among State-owned University Lecturers in North-central, Nigeria is therefore, accepted and concluded that male and female lecturers did not differ significantly in the factors of marital conflicts [10].

H₀₂: There is no significant difference between the overall mean scores of rural and urban lecturers on the consequences of marital conflicts among State-owned University Lecturers in North-central, Nigeria [11].

Table 4. t-test on the difference between the overall mean scores of rural and urban lecturers on the consequences of marital conflicts among State-owned University Lecturers in North-central, Nigeria

Location	Number	Mean	S. D	t-value	Df	Sig(2-tailed)	Decision
Urban	148	3.26	.39466				
Rural	191	3.25	.40390	.121	337	0.01	Significant

The analysis in Table 4 was carried out to test the difference between the overall mean scores of rural and urban lecturers on the consequences of marital conflicts among State-owned University Lecturers in North-central, Nigeria. With a significant value of 0.01 (less than the 0.05 level of significance), the hypothesis that says that there is no significant difference between the overall mean scores of rural and urban lecturers on the consequences of marital conflicts among State-owned University Lecturers in North-central, Nigeria is, therefore, accepted and concluded that urban and rural lecturers did not differ significantly in the consequences of marital conflicts [12].

4. Discussion

The findings of the study showed that factors such as the inability to appreciate individual differences lead to marital conflict, clash of interests and values, In-laws' interference in marriage and betrayal of trust among couples result in conflicts leading to marital conflicts [13]. Majority of the respondents indicated in their responses with the items highly rated that factors such as social incompatibility, sexual incompatibility were the factors of marital conflicts among state owned university lecturers in North-central. This finding is in agreement with the findings of Amao-Kehinde who stated that social incompatibility of married partners is capable of degenerating into crisis at home as many married partners become disillusioned when they discover that their union is not all that they had expected.

The study found that the factors of marital conflicts among state-owned University Lecturers in North-central, Nigeria were higher for female respondents [14]. Majority of the respondents indicated in their responses with the items highly rated that factors of marital conflicts among state owned university lecturers were high in urban areas. This finding is in line with the findings of Akinboye who stated that most married partners in the urban areas are confronted with marital conflicts because of lack of sexual satisfaction among the partners. The author maintained that, most of the male partners in urban areas are busy looking for money and therefore do not have time for their female partners.

The study also found out that consequences of marital conflicts among state-owned University Lecturers in North-central, Nigeria were found to be higher for male respondents. Majority of the respondents indicated in their responses with high rated items on the consequences of marital conflicts in urban state owned university lecturers in North-central. This finding is in line with the findings of Meir who stated that, children whose parents are divorced especially in urban areas are likely to indulge drug abuse, emotional instability and other social vices that could be dangerous to the society at large.

The findings of the study also revealed that consequences of marital conflicts among state-owned University Lecturers in the North-central , Nigeria based on working experience were highest among the lecturers with 11 years above of working experience, followed by those with 1-5 years of experience, the least factors of marital conflict were found among lecturers with 6-10 years of working experience [15]. Majority of the respondents indicated in their responses with high rated items on the consequences of marital conflicts among state owned university lecturers in North-central based on working experience. Consequences of marital conflicts were high among university lecturers with 11 years and above working experience. This finding is in agreement with the findings of Schaefer who stated that parents have a great influence on the behaviour of their children, but lack of time by working class parents to check the academic achievement of their children due to marital conflicts could be risky and detrimental to the progress and development of the children.

5. Conclusion

The study examined factors, consequences and control of marital conflicts among state owned university lecturers in North-central Nigeria. Marital conflicts are common phenomena in many families throughout the world today. Marital conflicts are necessary evils in many marriage relationships due to natural differences that exist between couples who are joined together from different family background. Marital conflicts among couples are caused by many factors among which are sexual incompatibility of married partners, lack of mutual respect between married partners, extended family or third party interventionist approach, dishonesty and moral laxity, negligence, lack of communication on basic issues, and excessive bickering, criticisms, gossips and nagging. Marital conflicts have some deleterious consequences on the family involved and the society at large. This is because, social vices and crimes may become the order of the day as delinquent children from broken homes take to criminal activities as their survival strategies for lack of parental care. The emotional strain shown in the high rate of depression, drug addiction, loneliness and anxiety found among divorced couples pose a serious threat to the society. In view of the above findings and conclusion, the following recommendations are made: Married university lecturers need to be educated on the factors of marital conflict as a first step towards managing conflict in marriage. This awareness may be created through premarital counselling, marriage counselling and marriage seminars, by religious leaders and marriage counsellors. This will help in reducing marital conflict in the society. There is need for more and continuous counselling services by counsellors for female lecturers on marital conflict. This will help in controlling and curtaining the incessant occurrences of marital conflict among female university Lecturers.

REFERENCES

- [1] Agboola and Oluwatosin, "The patterns and causes of marital conflict among staff of universities in Southwest Nigeria," *Educational Research and Review*, vol. 2, no. 6, pp. 124–132, 2018.
- [2] J. O. Akinboye, "How to be happy in marriage," *Journal of Applied Psychology*, vol. 1, no. 1, 2012. [Online]. Available: <http://www.is-all-about-marriage.com>

- [3] E. Ardayfio-Schandorf, *Women in Ghana: An Annotated Bibliography*. Accra, Ghana: Woeli Publishing Services, 2010.
- [4] O. A. Fawole and A. A. Isiaq, "Job stress and marital quality among married women bankers in Ilorin Metropolis," *Bangladesh e-Journal of Sociology*, vol. 14, no. 2, pp. 104–110, 2017.
- [5] S. Hamaideh, "Occupational stress, social support, and quality of life among Jordanian mental health nurses," *Issues in Mental Health Nursing*, vol. 33, no. 1, pp. 15–23, 2012.
- [6] Hassan, "The effects of marital conflicts on academic performance among primary school pupils in Temeke District, Dar es Salaam Region," 2017.
- [7] J. H. Meir, *Long-Term Gain from Parents' Intervention*. Boulder, CO, USA: Colowest, 2018, pp. 45–60.
- [8] C. N. Njoku, "Communication gaps in marriage relationship among spouses in Lagos Metropolis: Implications for counselling," M.Ed. dissertation, Dept. Education, University of Nigeria, Nsukka, Nigeria, 2007.
- [9] I. A. Nkirote and E. W. Marima, "Effects of marital conflict on academic performance of students in public and private day secondary schools in Kiambu Sub-County, Kenya," *International Journal of Science and Research (IJSR)*, vol. 7, no. 5, pp. 889–893, 2018.
- [10] E. O. Nwoke, "Personal background and environmental factors influencing marital adjustment among Anambra State couples: Implications for marital/family counselling," M.Ed. thesis, Nnamdi Azikiwe University, Awka, Nigeria, 2015.
- [11] A. Okey, "Factors influencing vocational choice of secondary school students in Gwagwalada Area Council, North Central," unpublished thesis, 2019.
- [12] S. Olorunda, "Causes and effects of marital conflict on family stability among couples in Gboko Metropolis of Benue State," unpublished thesis, 2016.
- [13] E. S. Scheafer, *Parents as Educators*. Manchester, U.K.: University Press, 2012.
- [14] M. Tobin, "Marital crisis: Time does not heal all wounds," *Proceedings of the National Academy of Sciences (PNAS)*, vol. 4, no. 1, pp. 16–25, 2004.
- [15] P. A. Ali, J. McGarry, and A. Maqsood, "Spousal role expectations and marital conflict: Perspectives of men and women," *Journal of Interpersonal Violence*, vol. 37, nos. 9–10, pp. NP7082–NP7108, 2022, doi: 10.1177/0886260520966667.