

Self-Efficacy in Relation with Marital Satisfaction on Married Women in Auchi, Etsako West Local Area, Edo State, Nigeria

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Abstract:- Self-efficacy can be defined as the ability to perform specific acts in order to attain a given outcome, or it can be seen as a catalyst for an increase in well-being of people [15]. Therefore, Self- efficacy in relation with marital satisfaction is a motivation of this study which explains why marriage has social significance and is essential to both societal structure and individual well-being as opined in [1]. However, marriage is perceived as a genuine source of fulfillment and pleasure among married people according to [15] and to this end, marital-satisfaction is regarded as the most crucial element of a marriage bond [2]. Marital-satisfaction is the state in which men and women in marriage union are generally satisfied in their union and are happy with each other [17] [13]. The self-efficacy of married women in relation with marital-satisfaction in this study, was investigated and characterized, while the population samples were drawn from middle-aged married women between the ages of 35 to 55years old and young married women in their 20s. Well-structured Self-Efficacy and Marital-Satisfaction Questionnaires were designed and used as the instrument of data collection. The findings indicate that self-efficacy mean calculation of married women between the ages of 35 to 55years is 21.82 with T-value of 0.27, while the self-efficacy mean calculation of young married women is 21.28 with T-value calculated as 0.86. The relationship factor between the variables of self-efficacy and marital-satisfaction had 0.40 of association. Therefore, there is positive correlation between self-efficacy and marital-satisfaction.

Keywords:- Marriage, Married-Women, Marital-Satisfaction, Relation, Self-Efficacy.

I. INTRODUCTION

Marriage has a social significance and is essential to both societal structure and in individual well-being [1]. Regardless of any contrary opinion, marriage is always a source of contentment and joy [15].

However, family unit has the greatest influence on the Child's psychological, social and cultural brought up

according to sociology and history. It has an impact on society through the relationship and culture. Therefore, it creates, demonstrating the significance health and quality of life of the married persons [1]. More so, marriage can also be expressed to be an important stage in growth path of the kind of quality personal and social lives of individuals according to [16] marriage is proposed as the most powerful factor predicting psychological health of married persons [16]. Therefore, for a marriage union to be successful and family life healthy, thereby achieving marital- satisfaction, Self-efficaciousness in spouses is highly encouraged.

II. CONCEPT OF SELF-EFFICACY AND MARITAL SATISFACTION

Self-efficacy is defined as the ability of a person to significantly influence, the achievement of a favourable result. It is a belief from some school of thought that, people who take the initiative because they are aware of their capability to uplift others are those who do not view themselves as hopeless, depressed, or reluctant to act. In other words, it has been studied that self-reliance which is actually an assessment of one's ability to carry out a course of action that becomes necessary in order to achieve the desired outcomes [3][5]. The ability to perform tasks and achieve objectives is referred to as Self-efficaciousness. It can also be expressed as the ability to act in a specific manner in order to complete and accomplish a particular task as related in [15].

Marital-satisfaction is defined as a condition of contentment in a marriage that is determined by an individual's own view or perception. Moreover, marital-satisfaction was observed to be a measure showing how much married-person's needs and feeling are attended to [t5] [16].

However, studies have shown that Marital-Satisfaction is an indicator of life satisfaction affecting couple's mental health, life satisfaction and even their income, academic achievement and job satisfaction. Moreover, couples that are incompatible have social relationships, higher propensity for social deviation tendency, and a decline in cultural values as

observed by [2]. Therefore, couples maintaining the family establishment is ensured by the continuation and health of the spouse's relationship [1]. An individual's permission to life entails his/her satisfaction with their family, and satisfaction with one's family entails consent to life, and these outcomes, facilitate growth and excellence as well as the marital and spiritual advancement of society as reported by [7].

It was reported in [8] that married-persons may experience circumstances that test their cognitive and psychological limits at various points in their lives and these limits help the individual find out the needed strategies for facing such limits or challenges such as marital satisfaction. One of these needed strategic abilities is the self – efficacy and the theory of self – efficacy was originally developed by Bandura [5]. Self – efficacy describes a person's cognitions about whether he/she is capable of performing the behaviors necessary to produce a wanted outcome. Self – efficacy can also be viewed as a person's confidence in his/her ability within a certain task or domain according to [15].

Self-efficacy applied to marital relationships as reported in [10] is a way to conceptualize an individual's confidence in his/her ability to perform relationship affirming behaviors such as openly communicating with one's partner, providing support and nurturance, and / or controlling feelings of hurt and anger. Marital-Satisfaction can be defined as a "subjective global evaluation of one's relationship" as observed by [11]. [12] [16] opined that for persons in a union of marriage, marital- satisfaction has consistently been associated with better physical health, mental health, and overall life satisfaction. These studies show that there is a direct relationship between self – efficacy and life satisfaction. Bandura defines self – efficacy as the level of understanding about control degree which the person has on his/ her life [13].

Individuals who have high self-efficacy in relationships may be more willing to talk about their marriages because they may think that they have significant relationship skills to share as studied by [14]. Through increased self–efficacy and raising couple's motivation to solve daily and communicational problems, and having strong belief in their relationship skills can improve the quality of marriage relationship in couple's union [13]. It was reported also, that conflict in the family is a stressful situation that affect married persons strongly therefore leading to marriage dissatisfaction but they are bound to occur from time to time. [5] related in a study that by missing the person's control on different and various family situations, it causes some fault in self – efficacy. There are a few studies which express there is a negative relationship between self – efficacy and marital-satisfaction. These studies show opposite results as reported in [9]. However, there is a relationship between self–efficacy, optimistic expectations, the performance and health as studied in [1].

It was observed in [3] that marital-satisfaction is the state in which men and woman in matrimony are content with their union and happy with each other. While there are

important factors to take into account when getting married, maintaining marital contentment is a lifelong endeavour.

[2] studied and reported that despite the fact that marriage was established as an institution for couple to enjoy themselves even as they satisfy one another, it is very unfortunate that many marriages in our communities have either collapsed or about to collapse as a result of marital-dissatisfaction. This marital-dissatisfaction is a situation of not been satisfied with spouse's dispositions towards marriage vow or oath. Therefore, the state of marriage dissatisfaction calls for maturity that accepts and understands growth and development in the lives of the spouses affected. If this growth is not experienced and realized fully, death in a marital relationship is inevitable [4].

Married individuals with high self-efficacy are highly motivated to resolve their interpersonal and communication issues very efficiently with confidence. Studies showed that those married couples who has strong beliefs in their abilities to resolve daily problems and routines activities effectively, enjoy marital-satisfaction [2].

Marriage self-efficacy belief is the conviction held by a married person that they can successfully resolve marital issues or sustain their marital bond and more so, [2][7] opined that Self- efficacy in married life influences the quality of their relationship. [7] stated that perceived problem solving skills of married women predict their self-efficacy beliefs towards marriage. It means problem solving skills predict the marital self-efficacy beliefs.

➤ *Self – Efficacy and Marital Satisfaction among Married Women*

Self- efficacy can be seen as a catalyst for a rise in well-being of married persons and individuals with high self-efficacy beliefs also has been reported to have strong feelings of well-being according to [15]. According to Bandura, women who have a strong sense of Self efficacy to manage the multiple demands of family, work and are able to get their husbands support and assistance for child care, experience a positive sense of well-being. Therefore, self-efficacy can also be defined as the ability to perform in a certain specific manner to attain specific goal which is a positive pointer to a healthy marriage. In like manner, marital-satisfaction can be studied as the physical, emotional and mental state among couples in which there is an overall feeling of happiness and satisfaction with their marriage according to [2].

[16] stated that marriages are aimed at happiness in one or another way and through self – efficacy couple's motivation to solve daily and communicational problems are raised, and belief in their abilities can improve the quality of a marriage relationship.

In marriage union, the realities of marriage dawns on the couples and as such, women should have more responsibilities than males, adjust their time and energy for children, spouse and household activities, religious, career and social activities. Strong self-efficacy empowers women

to devote more deeply to their interest and activities and bounce back from failures and disappointments.

The majority of the issues included uneven growth patterns within couples, family and cultural background, gender roles, age at marriage and so forth. In such cases, a lack of self-efficacy results in inaction. Inaction increases the likelihood of having self-doubts. Compared to persons with strong self-efficacy, women tend to doubt their abilities, become agitated more readily and experience depression more frequently.

High self-efficacious married women are typically very driven to find better solutions to their interpersonal and communication issues. Therefore, this study will provide important insights into how married women’s self-efficacy affects their marital-satisfaction.

III. SAMPLING METHOD

In this study, a sample of 100 married women was chosen, 50 of them were young-adults and the other 50 were middle-aged married women ranging in age from 25 to 55years. Young-adults age of the sampled population was between the ages of 25-35years, with standard deviation of 5.77 and a calculated Mean age of 27.76. While middle-aged women were between 35-55years, with standard deviation of 5.18 and 41.5 is the calculated mean.

The level of education attainment for the young women aged 25 to 34years group’s calculated Mean is 35.85 with standard deviation 169.76. The level of education attainment for middle-aged (35 to 55years) group’s calculated Mean is 10.7 with standard deviation 1.08. The sampled- population of young women has an age difference of 98, with a t-value of 12.5298. The middle-aged population’s age difference has t-value of 1.048 and a difference of 98.

Participants’ ages were from 25 to 55 years old, with lowest level of education attainment put at secondary school level. The samples were collected from Auchi’s urban regions. It is important to remember that Auchi community population is primarily Muslims and engages in polygamy.

A. Instrument of Data Collection

The instrument of data collection was a well-designed and trustworthy 30-item self-efficacy questionnaire that elicits one’s own-efficacy expectations that are independent on certain behaviors or circumstances. The main premise of the questionnaire is that individual disparities in prior experiences and success attribution lead to varying degrees of generalized expectations of self-efficacy, and that personal expectations of mastery are a primary determinant of behavioral change. With alphas of 0.86 for the general subscale and 0.71 for the social subscale, the scale was designed for strong and good internal consistency.

In addition, we also used a well-structured Marital-Satisfaction Questionnaire. After the questionnaire’s reliability was calculated and the results showed it was 0.70 and 0.84, respectively. The validity of questionnaire seemed

to be quite good because the items were developed after in-depth interviews of 100 married women, the majority of whom were in polygamous marriages.

B. Procedure

This study’s participants were chosen using the convenient sampling method. The Questionnaires on Self-efficacy and Marital-Satisfaction were given to individuals who were married women between the ages of 25 and 55years old. The participant’s questions are correctly read out with the directions. Participants’ responses and confidentiality were guaranteed to them.

Table 1 Distribution Scores (Self-Efficacy)

Variable	Young – Adults		Middle - Aged		T- value
	Mean	SD	Mean	SD	
Self-Efficacy	21.28	2.28	21.82	2.53	0.86

Table 2: Distribution Scores (Marital-Satisfaction)

Variable	Young- Adults		Middle-Aged		T- value
	Mean	SD	Mean	SD	
Marital Satisfaction	21.32	2.28	21.82	2.53	0.27

IV. PRESENTATION OF RESULTS AND DISCUSSION

The study used Mean, Standard Deviation, and t-test calculations to investigate the relationship between married women’s self-efficacy and marital-satisfaction. Following the study’s execution, the data were examined, and the findings are presented in Table 3 below.

Table 3: Self-Efficacy in Relation to Marital-Satisfaction among Married Women.

Variables	Correlation
Self- Efficacy and Marital-Satisfaction	0.40

Table 3, shows the correlation coefficient is 0.40, which is characterized as a positive correlation.

➤ *From Table 1.*

Studies on high levels of self-efficacy clearly show that married women aged 35 to 55 have higher levels of self-efficacy compared to married women in their early 20s. This finding indicates that married women aged 35 to 55years with high levels of self-efficacy are more driven than married women in their 20s to find creative solutions to their interpersonal and communication issues.

Compared to married young-adults, middle-aged women should have greater duties in their marriage. They are able to balance the demands of their social lives, jobs, families, and religion. They are willing to take the initiative in pertinent areas, put in effort when called upon, and keep going as long they believe their efforts will be fruitful as studied in [9]. Higher self-efficacy and greater married experience enable women to bounce back from losses faster

and feel more dedicated to their interests and hobbies. Additionally, as a woman ages into middle age, she will experience less conflict and stress the more confident she is in her ability to fulfill her life's responsibilities as reported in [14]. Self-efficacy can be said to be in closed relationship with positive expectations, performance, and health as reported in [12]. Research indicates that elevated levels of self-efficacy are linked to enhanced physical well-being, better chronic illness management, diminished symptoms of anxiety and depression, and elevated health rehabilitation [1].

According to studies, one of the key determinants of marital stability is the age of the union. This is as a result of inadequate marital role preparation and lower-than-expected marital satisfaction [9]. Findings also indicate that in comparison to middle-aged married women, married women in their 20s lack the stability of their marriages because they lack the self-assurance and efficiency to assume greater responsibilities. The young married women are also not so confident of their capabilities, easily confused which lead to frequently depression compared to married women with high levels of self-efficacy in line with [10]. Ineffective conflict resolution, hopelessness and relationship anxiety symptoms are also believed to be associated with a woman's poor level of marriage and relationship self-efficacy belief [7] [8].

➤ *From Table 2.*

From the findings traced to age of marriage union, it indicates that middle-aged married women with high levels of self-efficacy are more driven than married young-adults to find creative solutions to their interpersonal and communication issues, which makes it notable that married women aged 35 to 55 years have greater marital-satisfaction compared to married women in their 20s.

The study also shows that middle-aged married women who has existing social, cultural, educational levels will experience greater marital-satisfaction [8]. Moreover, occupation and degree of earnings are regular idea to be associated with levels of marital-satisfaction among married women. The number of children also affects the marital-satisfaction of middle-aged married women. It was acknowledged that research shows married women's pressure to manage their many duties is most when their families are highly satisfied [10]. [7] reported that because they work in both the home and the workplace, working women experience greater problems with marital fulfillment.

Research has indicated that factors such as personality, stress from work and home, mental health, depression, education, gender roles and attitudes, happiness and achievement in life are all associated with marital satisfaction [11]. Therefore, married women aged 35 to 55 have greater marital-satisfaction compared to young married women who are in their 20s.

➤ *From Table 3*

Findings show a relationship between self-efficacy and marital-satisfaction is a positive correlation in accordance with [13]. It indicates that high self-efficacious married women experience high levels of marital-satisfaction.

Therefore, it is in line with the study that married women aged 35 to 55 with high self-efficacy are highly motivated to rescue their interpersonal and communication issues efficiently with self-confidence [10]. There is no correlation between married women's self-efficacy and marital satisfaction and feelings of hopelessness, relationship anxiety, and conflict resolution [12]. When it came to self-efficacy, working-class women performed better than unemployed or part-time workers. Thus, married women's self-efficacy in handling practical and interpersonal challenges in their abilities, might improve the quality of their marriage bond as reported [6]. In a nutshell, married women with high levels of self-efficacy solve problems well, are patient, and perform well. They also succeed in reaching their goals [12]. In summary, there is a strong correlation between having a happy marriage and the idea of self-efficacy and problem-solving skills [7]. In order to evaluate marital self-efficacy and level of marital-satisfaction, married women from Auchi's urban regions drawn from monogamous and polygamous marriages participated in this study.

In the marriage practical experience, it is clear that a key factor in raising marital effectiveness is marital self-efficacy and satisfaction in this part of the world [13]. Thus, it is recommended that counselling be done. Premarital education programs targeted at young couples preparing for marriage or choosing a partner can include such techniques as preventive measures that can assist couples increase their self-efficacy [7].

V. CONCLUSION AND LIMITATIONS

Findings shows the correlation coefficient is 0.40, which is characterized as a positive correlation. It suggests that married women who possess high levels of self-efficacy can successfully navigate marital relationships and attain marital satisfaction.

The primary limitation of the study is a small sample size, which is as a result of the short time frame we had and certain cultural and religious prohibitions on contacting some married women.

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