

Sexual Satisfaction, Age Gap, Length of Marriage and Marital Satisfaction among Married Local Government Employees in Oyo State

Dr. Nelson Aderemi OYEWO

Department of Special Education and Guidance and Counseling

Faculty of Specialized and Professional Education

Emmanuel Alayande University of Education, Oyo

Abstract:- Considerable scholarly inquiry has been devoted to the subject of human sexuality, with a particular emphasis on the joys of marriage and sexual satisfaction. However, insufficient research has been conducted regarding Nigerian couples. The purpose of this research was to examine the relationship between marital satisfaction and sexual satisfaction in a sample of married local government employees in the state of Oyo. The design of this investigation was cross-sectional. The process of selecting local governments and participants was carried out employing two distinct methods: purposive sampling and straightforward random sampling. Twelve local governments were selected in total from the three senatorial districts. A grand total of 300 participants was assembled, of which 25 were selected from each of the twelve local administrations. For the research, a sample of 300 married employees was selected. The Adapted Sexual Satisfaction Scale (ASS) and the Adapted Index of Marital Satisfaction Scale (AIMS), both of which have a correlation coefficient of 0.76 and 0.82, respectively, were utilized to collect the data. Utilizing the Pearson Product Moment Correlation, the data were analyzed. A robust positive correlation ($r = 0.89$) was observed between marital satisfaction and sexual satisfaction, according to the study. A substantial positive correlation was observed between the duration of a marriage and marital satisfaction (correlation coefficient: 0.85). Age difference and sexual satisfaction were significantly and positively correlated (0.90 correlation coefficient). Based on the findings of this research, it is recommended that marriage counselors give precedence to resolving matters of erotic and marital dissatisfaction when couples seek their assistance regarding marital disputes. This methodology ought to serve as an example for marital counseling.

Keywords:- *Sexual Satisfaction, Marital Satisfaction, Marriage, Local Government, Length of Marriage, Spousal Age Gap.*

I. INTRODUCTION

The level of satisfaction experienced by a couple is a significant determinant of the resilience and durability of a family unit. The longevity of a marriage, along with the level of closeness and contentment inside the relationship, appears to hold greater significance than the mere act of being married and starting a family (Masoumi, Khani, Kazemi et al, 2017). Marital pleasure encompasses multiple dimensions, including personality traits, financial matters, parenting approaches during childhood, and sexual relationships. Marital contentment refers to the favorable attitude and emotional state experienced by both the husband and wife in their marriage. Tikdarinejad (2017) provided a definition of marital satisfaction as the experience of contentment, fulfillment, and enjoyment felt by both the husband and wife when they take into account all aspects of their marriage, including their level of satisfaction. Sexual satisfaction is a complex sexual notion that encompasses both the emotional and physiological aspects of a sexual connection (Pereira, Arias-Carrion, Machado, et al., 2013). Behaviors related to sexual function are a prominent cause of divorce and issues within the marital partnership. Sexual happiness is a sensitive topic in marriage that couples tend to avoid discussing. Many married individuals have been convicted of infidelity due to a deficiency in sexual gratification. This applies to both males and females. Wives often remark that their husbands are selfish during sexual intercourse. Such a husband is commonly referred to as a "casual sexual partner" who is used for sexual gratification and then discarded. This is due to the fact that their husbands just utilize them to fulfill their sexual needs.

Some spouses also have similar grievances regarding their wives. This can be related to the fact that their wives only desire sexual intimacy when they are in the mood, regardless of their husbands' emotional state. For these spouses, sex is obtained through the benevolence of their wives. Married couples should recognize that the core of their sexual relationship should be centered around achieving mutual fulfillment. It is essential for every couple to strive towards mutually fulfilling each other's sexual needs. Once this concept is comprehended and accepted, instances of sexual discord in marriage will become rare rather than common. Marriage is commonly perceived as the

joining of a man and a woman, resulting in the creation of a family. Sexual satisfaction is a crucial measure of sexual well-being and is closely linked to satisfaction in relationships. Sexual activity can contribute to enhancing the level of closeness and connection between individuals in a love relationship, and engaging in sex on a regular basis is associated with a reduced likelihood of divorce among married couples. Additionally, it can provide advantages for both physical and psychological well-being, such as reducing stress, enhancing sleep quality, and enhancing immune system activities. Various scholars have provided distinct definitions of sexual satisfaction based on their individual viewpoints. Nevertheless, the definition that gained the most acceptance was the one put forth by Sanchez-Fientes, Santos-Iglesias, and Serra in 2014. Sexual pleasure is defined as a subjective assessment of the positive and negative aspects of one's sexual relationship, resulting in an effective reaction. Sexual satisfaction is an important aspect of human sexuality and is seen as the final stage of the sexual response cycle (Basson, 2001; Byers, 2005; World Health Organization, 2010). Additionally, it plays a crucial role in determining an individual's overall quality of life. High sexual satisfaction has been linked to improved state, physical and psychological health (Quinn-Nilas, 2019), overall well-being (Ashdown, Hacktorn & Clark, 2011), and quality of life (Mc Clelland, 2011).

Furthermore, the factor of religiosity has been considered as a means to elucidate sexual happiness. The study conducted by Tikadarinejad and Khezri (2017) found a significant correlation between low religious belief and high sexual satisfaction.

It is important to highlight that all these definitions agree that sexual satisfaction refers to an individual's personal sense of satisfaction in sexual activities. This has been a challenge for researchers in obtaining definitive indicators of sexual satisfaction. However, a literature study revealed that experts generally agree that sexual satisfaction can be influenced by physical components of sexuality, such as the frequency of sexual encounters between partners, as well as the regularity of experiencing orgasm (Malm, Oti-Boad, Adom-Boakye & Aandah, 2022).

The foundation and goal of any marriage is the attainment of satisfaction. Regrettably, numerous couples who were filled with anticipation on their wedding day later find themselves lamenting their decision to enter into marriage, as they have never truly uncovered their marital desires. According to Akanbi (2003), marital satisfaction refers to the degree to which partners feel a sense of achievement or fulfillment of their shared needs, goals, and expectations in marriage. However, it is important to note that not all needs, aspirations, and expectations can be fulfilled, and a successful marriage does not necessarily imply a complete absence of challenges. According to Oyewo (2012), marriages are considered successful when spouses are capable of effectively adapting to their personal needs and managing the different issues they face within their relationship.

Historically, marital pleasure was assessed based on the extent to which individuals fulfilled their prescribed duties and responsibilities. In this scenario, the guy perceives his marriage as satisfactory when he is able to exert dominance over his wife, satisfy his sexual desires even when his partner is uninterested, and ultimately when he can procreate with his wife. Conversely, the woman is presumed to be content when her spouse is able to completely meet her demands.

Zhang and Liang (2023) discovered several elements that influence marital satisfaction, such as physical attractiveness, affection, negativity, age at marriage, children, socio-economic background, and sexual activities. A previous study conducted by Ashdown, Hackthorn, and Clark (2011) discovered that the primary determinants of marital satisfaction are the number of hours worked per week, the number of children residing in the household, religious participation, and perceptions of inequity regarding the distribution of household chores and finances. In his study, Oyewo (2012) discovered that the quality of a couple's sexual relationship is frequently a clear reflection of their overall relationship. There are two main reasons for the decrease in sexual activity as people age: biological aging and habituation (Oyewo, 2007). Hence, satisfaction with sex comprises two key elements: satisfaction with the physical aspect and contentment with the emotional aspect. Therefore, couples should proactively take measures to prevent monotony in their sexual encounters.

Marital pleasure is a complex and diverse notion that encompasses psychological, economical, and spiritual aspects. Measures of marital satisfaction differ among researchers due to variations in their operational definition of marital satisfaction. The parameters for a fulfilling married partnership can vary greatly and are influenced by culturally mandated obligations and values (Vickram, 2023).

The age difference between spouses has an impact on how marital satisfaction changes over the course of the marriage. The age difference between spouses could potentially impact the changes in marital happiness as time progresses (Zhang & Liang, 2023; Lee & McKinnish, 2018). Oyewo (2014) discovered that persons who are 50 years old and younger and are married experience more sexual satisfaction compared to those who are 51 years old and older. This phenomenon may be associated with fluctuations in sexual gratification across different age groups, which could be attributed to the repetitive nature, lack of novelty, and familiarity that typically arises from engaging in sexual activities with long-term marital partners. This could have resulted in a decline in sexual interest among older married individuals.

Jafarbegloo, Momenyan, and Khaki (2019) discovered in their research that women experience high levels of marital satisfaction at two specific stages: the early phase of marriage and as the duration of the marriage increases. An extended term of marriage, shared experiences between partners, and the age of individuals can enhance the level of marital satisfaction among women. Furthermore, Van

Laningham et al (2001) discovered that marital happiness follows a U-shaped curve, with the highest levels of happiness occurring during the early and late stages of marriage. Additional research has indicated that as the length of a marriage increases, sexual satisfaction tends to decrease while marital satisfaction tends to improve (Rahmani, Merghati & Alahgholi, 2009). Sexual satisfaction and marital interactions are characterized by their dynamic and process-oriented nature. Despite the extensive body of research in this field, there has been a limited number of studies undertaken on Nigerian couples. Typically, multiple studies have examined marital satisfaction and sexual fulfillment as different entities (Zheng & Liang, 2023; Kaluri, 2015; McClelland, 2011; Oyewo, 2007; Akanbi, 2003; Akinpelu & Ibitoye, 2003; Kolo, 1994). Prior research has documented a correlation between sexual and marital satisfaction, as indicated by studies conducted by Jafarbegloo, Momenyan, and Khaki (2019), Manjula, Manjula, Janardhana, and Mariamma (2021), Ziaee, Jannati, Mobasheri, Taghari, et al. (2014), and Otuka (2008). Considering the differences related to gender and culture, it is vital to comprehend the nature of their connection within the context of Nigeria. This research might be beneficial in identifying several elements that influence marital pleasure. The study is aimed at determining the relationship between sexual satisfaction and marital satisfaction among married employees in local government areas of Oyo state.

In the process of establishing the relationship, the following hypotheses were generated.

➤ *Research Hypotheses*

- There is no significant association between sexual satisfaction and marital satisfaction of married employees.
- There is no significant association between length of marriage and marital satisfaction of married employees.
- There is no significant association between age difference and sexual satisfaction of married employees.

II. METHODOLOGY

This study employed a cross-sectional design. In this particular design, the researcher did not manipulate the independent variables as they have already taken place. The study population consisted of all married individuals, both men and women, who were employed in local government positions in Oyo state. At the time of the study, there were a total of thirty three local governments in Oyo State. Nevertheless, a total of twelve (12) local governments were chosen at random, with four (4) from each of the three senatorial districts, namely Oyo Central, Oyo North, and Oyo South. This was accomplished using the technique of simple random sampling. The study utilized purposive sampling to pick 25 married individuals of both genders from each of the twelve local government areas chosen from the three senatorial districts.

Table 1: Demographic Data Information of Participants

Variable	Frequency	Percentage (%)
Gender		
Male	126	42
Female	174	58
Total	300	100
Length of Marriage		
1-10 years	75	26
11-20 years	92	31
21-30 years	96	32
31-40 years	36	11
Total	300	100%
Spousal Age Gap		
1-5 years	59	30
6-10 years	62	21
11-15 years	81	27
16-20 years	40	13
20 and above years	28	9
Total	300	100%

The demographic data of the participants is presented in Table 1 above. The participants consisted of 126 males and 174 females. Seventy five individuals, accounting for 26% of the total, possess a range of 1-10 years of experience in marriage. A total of ninety-two individuals, accounting for 31% of the total, has between 11 and 20 years of experience in marriage. A total of 96 participants, accounting for 32% of the sample, have 21-30 years of marriage experience. Additionally, 36 individuals, representing 11% of the sample, have 31-40 years or more of marriage experience.

The questionnaire is divided into three pieces. Section A aimed to acquire personal information from the participants. Section B contains the Adapted Sexual Satisfaction scale. The scale was initially designed by Whitley and Paulsen in 1975. The scale comprises 23 items that assess actions frequently performed prior to, during, and following sexual activity. Participants were required to assess the degree of satisfaction and enjoyment they experienced from each activity using a five-point answer system, ranging from a minimum score of 1 (None) to a

maximum score of 5. There is a positive correlation between the scores and the level of sexual satisfaction reported by the subjects. Section C includes the Adapted Index of Marital Satisfaction scale. Hudson (1982) developed the initial version of this measure to assess the extent, intensity, or scale of the issues that one spouse or partner believes exist in their marital relationship with their partner.

The emphasis is on existing issues that have diminished the level of contentment inside a marriage. There are a total of 25 items. The items are rated on a 5-point scale, ranging from "most of the time" (5) to "rarely or none of the time" (1). The scoring pattern of the instrument demonstrates a positive correlation between higher scores and greater levels of marital satisfaction for couples. To assess the cultural adaptation of the two instruments, they were administered to five experienced lecturers with expertise in psychometric characteristics and psychology. The consensus among these experts is that the items on the scales effectively measure both sexual satisfaction and marital satisfaction, indicating that they possess content validity. The instruments underwent a pilot test with 60 respondents, who were similar to the 300 participants in the main study. The instrument underwent a test-retest process over a span of 3 weeks, resulting in the following values: ASS ($r = 0.76$), AIMS ($r = 0.82$). In addition, the internal consistency of the instrument was assessed using ASS ($\alpha = .78$) and MSS ($\alpha = .87$). Both techniques demonstrated that

the coefficients of internal consistency for the instruments were sufficiently high, indicating their reliability.

➤ *Procedure for Data Collection*

The research instruments were administered to the respondents personally by the researcher in conjunction with two research assistants. This was done with the permission of the authorities of all the local governments involved. The administration and collection of the instruments were done on the same day of administration in some local governments, whereas in others, they were given seven days to make returns.

III. DATA ANALYSIS

Pearson Product Moment Correlation was used to analyse the data at 0.05 level of significance. Correlation was used to ascertain the relationship among the variables. There are three sections of the scale, A, B and C. Section A sought to obtain personal information about the participants, Section B contains the adapted sexual satisfaction scale, while section C has the adapted index of marital satisfaction scale.

➤ *Hypothesis One: There is no significant association between sexual satisfaction and marital satisfaction of married employees.*

Table 2: Summary Table of Association Between Sexual Satisfaction and Marital Satisfaction

Variables	\bar{x}	SD	N	Df	r	Sign.
Sexual Satisfaction	74.22	12.87	300	298	0.89	P<.05
Marital Satisfaction	29.46	14.48	300			

According to the data in Table 2, the computed r-value of 0.89 is higher than the crucial r-value of 0.195, with 298 degrees of freedom at a significance level of 0.05. Therefore, it may be inferred that the level of sexual gratification had a substantial impact on the overall contentment within the marriage of employed individuals. Thus, the hypothesis that asserts the absence of a substantial

correlation between sexual satisfaction and marital satisfaction among married employees is not validated.

➤ *Hypothesis Two: There is no significant association between length of marriage and marital satisfaction of married employees.*

Table 3: Summary Table of Correlation of Length of Marriage and Marital Satisfaction of Married Employees

Variables	\bar{x}	SD	N	Df	r	Sign.
Length of marriage	37.06	16.46	300	298	0.85	P<.05
Marital Satisfaction	69.22	13.86	300			

According to the data in Table 3, the computed r-value of 0.85 is higher than the crucial r-value of 0.195, with 298 degrees of freedom and a significance level of 0.05 ($r = p<.05$). This suggests that the duration of marriage had a substantial impact on the level of marital happiness among married employees. Thus, the hypothesis suggesting that there is no significant correlation between the duration of

marriage and the level of marital satisfaction among married employees is not supported.

➤ *Hypothesis Three: There is no significant association between spousal age gap and sexual satisfaction of married employees.*

Table 4: Summary Table of Association Between Age Gap and Sexual Satisfaction

Variables	\bar{x}	SD	N	Df	r	Sign.
Age difference	86.27	12.66	300	298	0.90	p<.05
Sexual satisfaction	42.06	11.42	300			

Significant: p<0.05

The data presented in Table 4 shows that the calculated r-value of 0.90 is higher than the crucial r-value of 0.195, with 298 degrees of freedom and a significance level of 0.05. The correlation coefficient (r) is 0.090, the sample size (n) is 300, and the p-value is less than 0.05. This suggests that the age difference between husbands and wives has a considerable impact on the sexual satisfaction of married employees. Thus, the hypothesis suggesting that there is no substantial correlation between the age difference between spouses and the sexual pleasure of married employees has been disproven.

IV. DISCUSSION

The study's findings support hypothesis 1, indicating a substantial correlation between sexual satisfaction and marital satisfaction among married employees. This study corroborates the previous research conducted by Zhang and Liang (2023), Malm et al (2022), Lee and McKinnish (2018), and Koluri (2015), which demonstrated a robust link between marital contentment and sexual satisfaction. Nevertheless, studies have shown that the connection between sexuality and marital satisfaction is not applicable to all cases, indicating that marital contentment might be present even without sexual fulfillment, and vice versa (Bimbaum et al, 2006). The duration of a marriage was found to have a strong correlation with sexual satisfaction. The findings align with prior research conducted by Jafarbegloo, Momenyan, and Khaki (2019), Thomas, Hess, and Thurston (2015), Oyewo (2014), Aliakbari (2010), and Akinpelu and Ibitoye (2003), which indicate that women experience high levels of marital satisfaction during two specific stages: the early phase of marriage and as the duration of marriage increases. Therefore, the length of marriage, shared experiences between couples, and the age of individuals might positively impact the level of marital contentment among women.

Van Laningham et al (2001) confirmed the findings that marital happiness follows a U-shaped curve, with more happiness observed throughout the early and late stages of marriage. A correlation was discovered between the age difference between husbands and wives and their level of sexual satisfaction. This finding is consistent with previous research conducted by Zhang and Liang (2023), Monjula et al (2021), Lee and McKinnish (2018), Hengstebeck et al (2015), Oyewo (2014), and Akinpelu and Ibitoye (2003), which concluded that the age difference between spouses is a crucial determinant in the process of selecting a marital partner. Additionally, it was discovered that the difference in age between partners has a substantial impact on the sexual satisfaction of husbands. This result may be attributed to the correlation between the duration of marriage and the decline in marital happiness among couples of varying ages, as opposed to couples of similar ages.

V. CONCLUSION

The primary objective of this study was to investigate the correlation between sexual satisfaction and marital satisfaction among married employees working in local governments in Oyo state. The study found a noteworthy correlation between sexual satisfaction and marital contentment. The study revealed a substantial correlation between the duration of marriage and the level of satisfaction within the marital relationship among married individuals in Oyo state. The study discovered a notable correlation between the difference in age and the level of sexual pleasure among married individuals who are employed.

Marriage counselors should provide guidance on enhancing sexual proficiency and fostering a healthy marital bond during pre-marriage consultations. During this stage, we thoroughly explore matters such as the age difference between spouses, the length of their marriage, and other factors that can impact marital pleasure. The goal is to adequately prepare couples for the challenges they may face in their future together. This is crucial for the quality and stability of families. Marriage counselors should prioritize addressing couples' sexual issues, and it is necessary to build sexual counseling clinics within healthcare centers. According to the findings of this study, marriage counselors should prioritize addressing sexual dissatisfaction while resolving marital conflicts, and use it as a model for marital counseling. The professional service equips couples with the necessary skills and resources to enhance their negotiation and communication abilities.

REFERENCES

- [1]. Akanbi, S.T. (2003). Some demographic factors affecting the marital satisfaction of selected civil servants in Oyo state. *African Journal of Cross-Cultural Psychology and Sports Facilitation*, 5 (June), 1-6.
- [2]. Akinpelu, O.F. & Ibitayo, A.O. (2003). Panacea for handling sexual dissatisfaction in a marital relationship. *African Journal of Cross-Cultural Psychology and Sports Facilitation*, 5, (June), 7-11.
- [3]. Aliakbari, D. (2010). Relationship between women sexual function and marital adjustment *Journal of Behavioural Sciences*, 4 (3), 199-206.
- [4]. Ashdown, B.K., Hackthorn, J. & Clark, E.M. (2011). In and out of the bedroom: Sexual satisfaction in the marital relationship. *Journal of Integrated Social Sciences* 2(1), 40-57.
- [5]. Basson, R. (2001). Female sexual response: The role of drugs in the management of sexual dysfunction. *American College of Obstetrics and Gynecology*, 98, 350-352.

- [6]. Bimbaum, G., Reis, H. Mikulincer, M., et al. (2006). When sex is more than just sex: attachment orientations, sexual experience, and relationship quality. *Journal of Personality and Social Psychology*, 91, 929-943.
- [7]. Byers, E.S. (2005). Relationship satisfaction and sexual satisfaction: A longitudinal study of individual in long term relationships. *Journal of Sex Research*, 42, (2), 113-118.
- [8]. Dimkpa, I.E. & Adokor, V.M. (2021). Funding of vocational education for national development in the 21st century. *International Journal of Educational Benchmark (IJEb)*, 18, (1), 1-8.
- [9]. Dimkpa, I.E. & James, A.J. (2020). Vocational technical education in Nigeria. *International Journal of Educational Development (IJED)*, 26(1), 118-130.
- [10]. Federal Republic of Nigeria (2014). National Policy on Education. 6th Edition. Abuja NERDC Press.
- [11]. Hengstebeck, N.D., Helms, H.M., & Rodriguez, Y. (2015). Spouses gender role attitudes, wives employment status and Mexican origin husbands marital satisfaction. *Journal of Family Issues*, 36 (1), 111-132.
- [12]. Jafarbegloo, E., Momenyan, S. & Khaki, I. (2019). The relationship between sexual function and marital satisfaction in postmenopausal women. *Modern Care Journal* 16, (1), 1-5-, e83687.
- [13]. Khazaei, M., Rostami, R., & Zaryabi, A. (2011). The relationship between sexual dysfunctions and marital satisfaction in Iranian married students. *PROCEDIA. Social Science and Behavioural Sciences* 30, 783-785.
- [14]. Kolo, F.D. (1994). Sex, religious background and educational qualification variables on sexual dissatisfaction among couples. *Ife Psychologia*, 2(2), 118-128.
- [15]. Koluri, F.P. (2015). Obstacles of sexual satisfaction in couples. *Journal of Research & Health*, 5, 3, pp. 372-381.
- [16]. Lawrence, K. & Byers (1995). Sexual satisfaction in long-term heterosexual relationships. The interpersonal exchange model of sexual satisfaction. *Personal Relationships*, 2, 267-285.
- [17]. Lee, W. & McKinnish, T. (2018). The marital satisfaction of differently aged couples. *Journal of Population Economics*, 31 (2), 337-362.
- [18]. Litzinger, S.C. (2003). Exploring relationships among communication, sexual satisfaction, and marital satisfaction. Unpublished Masters Thesis, University of Tennessee.
- [19]. Lucas, T. Parkhill, M.R., Wendorf, C.A., Inamoghu, E.O., Weisfield, C.C., Weisfeld, G.E. et al (2008). Culturally and evolutionary components of marital satisfaction: A multidimensional assessment of measurement invariance. *Journal of Cross-Cultural Psychology*, 29(1), 109-123.
- [20]. Malm, E.K., Oti-Boad, M., Adom-Boakye, N. & Aandah, A. (2022). Marital satisfaction and dissatisfaction among Ghanaians. *Journal of Family Issues*. <https://dot.org>, 10, 1177/0192513x221126752.
- [21]. Manjula, V., Manjula, M., Jamardhana, N. & Mariamma, P. (2021). Quality of marital relationship and sexual interaction in couples with sexual dysfunction: An exploratory study from India. *Journal of Psychosexual Health*, 3 (4), 332-341.
- [22]. Otuka, C. (2008). Relationship between sexual dissatisfaction and marital breakdown among couples. *The Nigerian Educational Psychologists*, 6, 114-124.
- [23]. Oyewo, N.A. (2007). Sexual dysfunction and pattern of communication as correlates of marital dissatisfaction among civil servants in Nigeria. Unpublished Doctorial Thesis, University of Ilorin, Ilorin.
- [24]. Oyewo, N.A. (2012). Sexual dysfunction as a determinant of marital dissatisfaction among married part-time degree students in Oyo state. *European Journal of Humanities and Social Sciences*, 15, 1, 711-724.
- [25]. Oyewo, N.A. (2014). Some socio-demographic differences in sexual satisfaction of married civil servants in Oyo state, Nigeria. In A.A. Adegoke and O. Aluede (Eds). *Perspective in Guidance & Counselling*. Justice-Jeco Printing and Publishing Global 159-170.
- [26]. Pereira, V.M. Arias-Carrion, O., Machado, S. et al. (2013). Sex therapy for female sexual dysfunction. *International Archive Medicine*, 6(1), 37, [doi:10.1186/1755-7682-6-37](https://doi.org/10.1186/1755-7682-6-37).
- [27]. Quinn-Nilas, C. (2019). Relationship and sexual satisfaction: A development perspective on bidirectionality. *Journal of Social and Personnel Relationships*, 37 (2), 1-42.
- [28]. Rahmani, A. Alahgholi, L., Merghati Khuee E. (2009). How does sexual satisfaction relate to marital satisfaction among Iranians. *International Journal of Obstetrics and Gynecology*, 107 (2): 5558-5590.
- [29]. Thomas, H.N., Hess, R. & Thurston, R.C. (2015). Correlates of sexual activity and satisfaction in midlife and older women. *Ann Family Med*, 13 (4), 336-342.
- [30]. Tikdarinejad, A & Khezri, M.N. (2017). Relationship between irrational beliefs and marital conflicts in couples based on rational emotive behaviour therapy. *Journal of Patient Safety & Quality Improvement*, 5(2), 526-530.
- [31]. Ugboaja, O.I. (2016). Concept of Vocational Education: In E.O. Uko, C.I. Ugboaja, V. Ibe, and J.C. Obunadike (Eds.). *Foundations of Technical Vocational, Education and Training (TVET)*, 41 Tech., Uyo: IGM Ventures.
- [32]. Van Laningham, J., Johnson & D.R., Amato, P. (2001). Marital happiness, marital duration and the U-shaped curve: Evidence from a 5-wave panel study. *Social Forces*, 79, (4), 1313-1341.
- [33]. Vickram, K. (2023). Modern marriage in a traditional society. The influence of college education on marriage in India. *Journal of Family Issues*. <https://dot.org/10.117.17>
- [34]. World Health Organisation (2017). World Health Statistics 2017. Monitoring Health for he SDGS. New York.

- [35]. Young, M.D., George, Y.T. & Luquis, R. (2000). Sexual satisfaction among married women. *American Journal of Health Studies*. 18, 2, 89-96.
- [36]. Zhang, C. & Liang, Y. (2023). The impact of education level on marital satisfaction: Evidence from China. *Social Sciences and Humanities Open*, 7, 100487, pp. 1-7
- [37]. Ziaee, T., Jannath, Y, Mobasheri, E., Taghavi, T. et al (2014). The relationship between marital and sexual satisfaction among married women employees at Golestan University of Medical, Sciences Iran, *Iran Journal of Psychiatry and Behavioural Sciences*, 8(2), 44-51.