

Communication as Predictors of Marital Harmony among Public Senior Secondary School Teachers in Rivers State, Nigeria

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Received: 26 / 07 / 2026

Accepted: 25 / 08 / 2026

Published: 09 / 09 / 2026

Abstract: The study investigated communication as predictors of marital harmony among teachers in public senior secondary schools in Rivers State, Nigeria. Correlational research design was adopted for the study. Two research questions and two hypotheses guided the study. The population of the study comprised all the married public senior secondary school teachers in Rivers State, totaling 6,174 with a sample size of 366 secondary school teachers drawn using Fluid survey online calculator. Multi-stage procedure was used for the study. two self-constructed instruments titled: "Communication Scale (CS) and Marital Harmony Scale (MHS) were used to collect data. The instruments CS and MHS were validated by the two experts in Guidance and Counselling, in the Department of Educational Psychology, Guidance and Counselling. The reliability of the instruments was determined using Cronbach alpha reliability method that yielded the following reliability indices: CS = .85 and MHS = .87 respectively. However, the reliability coefficients of the subscales were also obtained. Simple regression analysis was used to answer the research questions and test the null hypotheses at 0.05 level of significance using SPSS version 25. The result of the study showed that: couples spending quality time together and verbal communication positively and significantly predicted the marital harmony of teachers in public senior secondary schools in Rivers State. Based on the findings of the study, it was recommended that poor communication skills and who does not spend quality time together should be encouraged to go for marriage counselling amongst others.

Keywords: Communication, Marital harmony, Public senior secondary school teachers, and Nigeria, Marital relationships.

Cite this article: Ehiemere, F. I. (2026). Communication as Predictors of Marital Harmony among Public Senior Secondary School Teachers in Rivers State, Nigeria. *MRS Journal of Multidisciplinary Research and Studies*, 3(9), 25-37.

Introduction

Marriage is a psychological relationship, in the sense that it is an affair in a conscious mood, for there is no such thing as a psychological relationship between two people who are in a state of unconsciousness. One of the conditions for marriage is mate selection and this should be done bearing in mind the factors which will enhance the state of wellbeing of individuals concerned and keeping them experiencing marital harmony.

One of the most crucial objectives of marriage is the will to attain marital harmony. It is so reasoned because existence of marital association harmoniously will likely help the spouses have deep concentration on other lives' endeavors and ambitions. The churches have her marriage doctrines and dogma drawn from the Bible which seems to have helped her married members that complied to them to enjoy marital harmony. It seems also that her non-compliant married members do suffer from marital crisis leading to psychological and social instabilities within and outside the church which have resulted in lack of concentration in their work, absolute break-up, rise in children's anti-social behaviour, increase in adultery among married women and men and other irresponsible behaviour by both married men and women (Ogunrinade & Abu, 2021).

Adigeb and Mbua (2015) explained marital harmony as individual's subjective experience of marriage in terms of when their needs are met, and when the individual's expectations and desires are being satisfied. Since marriage produces family and

families give rise to society, it goes that research on marital harmony is a diagnosis of a basic societal issue. A marriage where the secondary school teachers and their spouse are satisfied and living in harmony gives rise to sound family which in turn facilitates the building of a strong society. It is reasoned by the researcher that one of the paramount targets of marriages is to achieve a state of marital harmony and have a high level of marital satisfaction in the home. This is achievable if one makes effective consideration of the factors which contribute to marital harmony, one of these factors that contribute to marital harmony include the way and manner of communication between spouse at home (Dolatian et al., 2016).

To the researcher, marital harmony is a relationship where there is agreement and lack of conflict, where there is compatibility of opinion and action among couples. Teachers has been seen as role models both to the students and the society at large, they are character molders, also a teacher should be what he/she teaches, if he/she cannot experience marital harmony he cannot impact it to the student and the society at large. Thus, you cannot give what you don't have.

Scholars believe that communication is an important aspect of marital union. The place of communication in counselling process between a counsellor and clients may be likened to its place in marital relationship between husband and wife. As counsellor leads client to make informed decision through

conversation or dialogue so is marital relationship kept in place through communication between husband and wife. If communication breaks down, the relationship will crumble. When spouses no longer communicate, a marriage nurtures no one. This affirms the general notion that communication is the mortar that holds a relationship together.

The challenges of communication as the name implies is all about discussing general life challenging, every marital relationship has its ups and downs. These troubles need to be discussed for problem shared is problem solved. If secondary school teachers do not discuss these troubles they may likely grow until they become insurmountable. This communication connected to challenges ranges from relatively small troubles with easy solution to more serious matter of hurt or disappointment. Life-giving conversations are conversation wherein spouses get to know each other better. Researchers also hold that communication seems to be a vital factor to consider towards marital harmony.

Air of love. Most spouses fail to give each other enough of their time it not only accounts for failure to meet important emotional needs; it also creates a great deal of emotional discomfort. When married couples fail to give enough time to their marriage it meant neglect, rejection, abuse of relationship, disharmony and isolation. The less time couples have together, the more things go wrong in their relationship. Time is the energy of relationship; everything depends on it. Time builds love, mutuality, trust, communication, cordial sexual intercourse, emotions, strength and marital resilience disharmony provoking situation. Relationship dies for lack of positive energy fueled by spending quality time together (Mager, 2017). Spousal privilege is a legal doctrine that prohibit spouse from testifying against their partner. Spousal communication privilege protects the content of confidential communication between spouses during their marriage. It preserves and strengthens the institution of marriage (Kehler, 2017).

Marital harmony stipulates that spouse are equal in marriage and must be faithful to each other, mutually assist each other and mutual respect for each other. It is related to marital stability, happiness, adjustment, quality and satisfaction. The demand and challenges of marital harmony will likely emanate from the fact that the spouses were strangers to each other with different biological, sociological, and psychological make-ups before they come together as husband and wife (Ojukwu, 2016). By the foregoing, therefore, this study investigates the extent communication can predict marital harmony among secondary school teachers in Rivers State.

Communication is the start of every relationship, we cannot do without communication but while communication is important, the way and manner it is being conveyed is the most important. There are many ways married couples can communicate some of which include: spouse spending quality time together with each other, verbal and non-verbal to mention but a few. Nugent (2020) indicated that effective communication is one of the most important requirements in intimate relationships that surpass conflict in marriage. Marriage partners who are close usually have cordial verbal and nonverbal communication. Talk enough and listen carefully, discuss important issues together, understand each other, show sensitivity to each other's feelings, say positive things to each other, and keep open the channels of communication are skill to build in anticipating quality communication in marriage than given enough concentration to ones' job. Interaction, when it is absent comes with intended and unintended consequences which

strain the marital relationship. Lilianfeild (2020) noted that to initiate healthy marriage requires good communication skill. Most important among these are:

Time is one thing that married individuals really cherish pricelessly. For those working or in private business, their work is timed, their business is timed to the degree that they have little or no time for the spouse and marriage. Mager (2017) mentioned that it took him/her many years before it finally hits him that he does not have time for his marriage; "Oh my God, I do not have time for my marriage! How could I have missed it? All what many coworkers or business associates know how to do is to have a relationship, but do not know how to give time to the relationship.

After all it is very hard for an individual to have a relationship, if he or she cannot give time to it. John indicated that time is the air of love. He said, "It is not that I had been working or doing business every minute. But I saw that the pace of my life, plus my wife's busy life, meant we were too often like ship passing in the night. So many coworkers or business associates are like Mager, they want the marriage, but they rarely have time any more to invest into the union. Mager called the marriage that does not give time to each other a "weekend marriage": It is the marriage that couple only has minutes, not hours, to spend feeling like couple getting close, having fun together, and feeling intimate. In the weekend marriage, couple sleep under the same roof, but rarely have time for each other except on weekend. This is purely the life of some individual; most individual do not even have a week to give to their marriage. They are overloaded with office work and business activities, which in turn may lead to marital disharmony.

Not giving time to one's marriage meant neglect, rejection, abuse of relationship, disunity, and isolation. Secondary school teachers are battling with marital joy killers that are too much for them: too much stress, too much pursuit for money, too much commitment in other activities, too much demand of time from work and not enough time to be together as married people. The less time couples have together, the more things go wrong in the relationship (Grohol, 2016). It is becoming clearer that most if not all working environment is not family-friendly, which make marriage partners to be disintegrated from themselves and divided from having time with their children. There is need to also build a more family-friendly society despite the economic forces that are pushing people apart and making relationship having dull moments. The economic is pushing marriage partners to work harder; in the school environment it is difficult to work less (Froemling, 2020).

Time is the energy of relationship, everything depends on it. Time builds love, mutuality, trust, communication, cordial sexual intercourse, emotions, strength, and marital resilience disharmony provoking situation. Relationship dies for lack of positive energy fuelled by spending quality time together. Even if large portion of time is required, quality time is not in the length of time spent together, but in the usefulness of it and the enjoyment of been together. In marital relationship time is a highly priced commodity; it must be spent meaningfully, pleasurably, intentionally and fruitfully. Time is the battery of any relationship, especially in marriage. It is a common fault that, most secondary school teachers reduce the time they spent together while trying to build the relationship, it is a fact that, such relationships can only grow and become stronger only when the bricks that build it are nourished and nurtured to keep it going even in a rough and busy times (Ikediashi, 2021).

The researcher noticed severe separation from husband and wife in recent time; the excitement of the relationships is experiencing extinction and issues are giving extreme attention and reaction. Love becoming a burden to each other. Work, business may be the cause; the time to play has been occupied, children have come to take the place of welcoming kisses and hugging became tiny because work, business and pursuit of financial resources are taking the stage of priority definition. Work, and business are still the cause; the no-time for my spouse is considered as an insensitive issue (Iwu, 2017).

Disharmony came in, and took its place, but the researcher rather than inhibiting affection, used the disharmony to rebrand and rebuild the first love and early activities that made the relationship exciting. The researcher regressed and reinitiated the little things that gave life to the marriage and restore to marriage quality of life.

Verbal communication is very useful in marriage. It allows one to communicate such broad range of experience through language. According to Idowu and Esere (2017) verbal communication requires the use of words vocabulary, numbers and symbols and is organized in a sentence using language (Awujo & Onwukwe, 2019). Awotua-Efebo (2022) also describes verbal communication as the human vocal sounds or the arbitrary graphic presentation of these sounds in writing, used systematically and conventionally by a speech community for purpose of communication. It is a medium for couples to express affection for each other. Married couples communicate broad range of emotive experiences which include verbal admiration such as “you are beautiful/handsome”, “I admire everything about you”, verbal appreciation of spouse like saying “thank you”, “you are the best”. Verbal assurance like saying “I still love you despite all odds”, “I will be there for you always”. A verbal seduction like saying “you are my heartbeat”, “I need you”. Expression of regret like “am sorry”, “please forgive me”. Verbal communication is very therapeutic for married couples, it helps them openly express willingness to share thoughts and feeling and also take decisions about their goals and targets for their marriage. The inability of couples to establish a dialogue makes it impossible for them to break the stalemate. Couples become emotionally and psychologically frustrated and disengaged when they don't communicate (Awujo & Onwukwe, 2019).

Concealment has been viewed as one of the roadblocks for achieving good verbal communication, concealment which is the lack of self-disclosure in marriage often lead to mistrust, dissatisfaction and a feeling of exclusion among partner (Finkenaver et al., 2019). Verbal communication is therefore an invaluable tool for conflict resolution in marriage, to achieve this, communication boundaries among couples should be less rigid to make room for self-disclosure, closeness and togetherness. A loving and calm chastisement is very likely to change a partner's negative lifestyle than name calling, nagging, and sneering among others. It is also important to note that the quantity and quality of time spent on communication can be both productive and destructive. Prolonged and unattended issues in marriage can be very disastrous. It is very crucial for couples to attack their problems head-on before it migrates into greater ones. Many marriages are broken because of negligence in handling overwhelming family issues. Feelings of dissatisfaction, happiness and indifference can be expressed verbally and non-verbally.

Verbal communication involves listening which is a very important part of effective communication. For a good listener can encourage his/her spouse to talk openly and honestly. For couples

to be good listeners, they must keep a comfortable eye contact, learn towards the other person and make gestures to show interest and concern; have an open non-defensive, fairly relaxed posture with your arms and legs uncrossed; sit or stand on the same level to avoid looking up to or down on the other person, let the other person speak without interruption, show genuine attention and interest, must use assertive statements like “I feel about ..”, “what I need is ...”, be aware of your tone, be prepared to take time out if you are feeling really angry about something, it might be better to calm down before you address the issue, always ask for feedback on your listening from the other person.

Of all human gifts, none is as precious as talking. Talking is the free flow of words in conversation. Morley (2019) asserted that words are the windows into the soul. It gives form and expression to our deepest thoughts. Married couples – according to Van Pelt (2020) married couples should make to talk and create things to talk about. They should encourage each other to feel stories about each other's day-to-day experiences, talk about kids, jobs, neighbours, the boss, what happen to me today, what I did, type of things and about each other's past. This daily talk leads to environment in one another's life and so strengthens the marital bond. It will eventually enhance intimacy in the marital relationship (Bilhata, 2020).

Furthermore, married couples need to deliver a verbal bouquet so as to experience satisfaction in their marriage. A verbal bouquet is any affirmation which shows acceptance, appreciation or respect for your partner. Frequent verbal expression of affection according to Osen-Grandon (2019) and Wright (2020) demonstrated intimacy, care and high value of a relationship. Similarly, Van Pelt (2020) affirm that verbal expression of appreciation for a particular or specific dead or characteristics of a partner goes a long way to motivate and reinforces the desire to do more to each other thus, verbal expression of affection and appreciation every day is one of the most effective techniques that could help couples to develop and sustain a genuine satisfactory marital relationship. The resultant effect is that husband and wife become preoccupied with the need for mutual understanding get lost in it, engrossed to the fullest in learning what makes the other think on what the other wants, likes, dislikes, fears, worries about, dreams of, believes in, and why he or she feels that way. Such a conversation would lead a couple directly into the benefits of marriage which is satisfaction. Where couples can freely express themselves to each other and be understood.

Marital is used to describe things related to marriage. The word, "harmony" comes from the Creek word, *'harmonia*. The word "harmony" means an accord, or an agreement. When a couple is in agreement, then it ought to be expressed at every level of the soul; agreement at the level of kindness, of understanding, and so on (Torah Science Foundation, 2018). So, when things go well together or people and things get along well, it is described as being harmonious. In that light, when couple get along with each other and rarely fight, their relationship can be said to be harmonious. The literature on marital harmony is quite closely related to that on marital stability, happiness, adjustment, quality and satisfaction. Ojukwu (2016) assert that the literature cannot be clearly separated, since some marital harmony scales are mixture of elements of these related concepts. Paul-Cookey (2015) posited that marital adjustment is marital harmony or satisfaction which is a state of not regretting the marriage relationship.

The demands and challenges of marital harmony will likely emanate from the fact that the spouses were strangers to each other

with different biological, sociological and psychological make-ups before they come together as husband and wife. Certainly, these spouses were born by (different parents who might have transmitted genes for different attributes. They may have lived in different community and social settings which have inculcated in them different norms and values. Their pattern of reasoning may have been differently affected as a result of both content and process of learning. These differences demand that secondary school teachers understand and reach agreement to make some adjustments for marital harmony to be in place. Marital harmony, therefore, likened to marital adjustment is a situation where in spite of these differences, husband and wife are able to cope with each other and become real companions, agree on basic values, express intimate affection and accommodate each other (Nwachukwu, 2021).

Marital harmony is a complex and multi-facet phenomenon, which its exploration by most diverse scientific fields seems unending (Rebello, et al, 2020). Some experts hold that marital harmony is a global evaluation of the state of one's marriage and a reflection of marital happiness and functioning. From an evolutionary perspective, marital harmony can be viewed as a psychological state of regulated mechanisms that monitor the benefits and cost of marriage to a particular person (Zainah, et al., 2020). Marriage is a highly complex structure made up of a whole series of subjective and objective factors; mostly of a very heterogeneous nature. Although many young people look forward to marriage and the satisfaction they would derive from it, every couple experiences ups and downs in their levels of closeness and harmony over time. The Bible asserts that those who marry will face many troubles in this life. These troubles must be properly handled for marital harmony to be achieved. In life, nothing seems to be of more value than relationship.

When there is harmony in personal relationships, happiness and satisfaction comes automatically. One normally has a feel of a huge loss, when relationship one has with somebody one loves falls. On observing how some marital relationships break up these days, it raises doubts as to the motivating factors that lead to marriage among secondary school teachers. Adigeb and Mbua (2015) noted that emerging literatures in present days indicate that marital harmony is not easily achieved especially in recent times. This is an indication that a greater proportion of marriages are connected with uncertainty, instability and lack of trust between the man and the woman which in turn affects the society in general. Ojukwu (2016) asserts that Marriage is not merely a private relationship; it is a public good. As marriage weakens, the costs are borne not only by individual children and families, but all of us. The danger of uncertainty associated with the problem of disharmony in marriage has therefore created serious challenges to the society and the marriage counsellors.

Ojukwu (2016) asserted that some marriage even breakdown before their first anniversaries. Marital harmony refers to the atmosphere of understanding individual differences and tolerating each other's in marriage. Some of the marital challenges may range from individual differences such as locus of control and self-concept or personality differences to division of labour (who does what in the marriage relationship), finance, sex, in-laws, recreation, friends, food, drug use, religion, children or childlessness.

The ability to learn, comprehend and tolerate each other as he/she is and harness some or more of such issues mentioned earlier can suppress conflicts in the family. In other words, marital

harmony is achievable even though it is a complex process that has over the period been thought to be influenced by many factors, including education, socio-economic status, love, commitment, marital communication, conflict, gender, length of marriage, the presence of children, sex and the division of labour amongst other factors (Johnson, 2017).

Marital harmony has for many become an instrument to measure the success and stability of a -marriage and by extension, personal fulfillment and wellbeing. In our society today, wishes and the prayer for marital harmony are regular features in time of worship which both secondary school teachers and marriage intents delights in it. But it has been observed that marital harmony is a state that prayer alone cannot bring into place. There are some prayerful Christians that are not enjoying their marriage with their spouses. In spite of several corporate prayers been made by the church congregation, there still exist some marriages in disharmony. Nevertheless, it is interesting to observe that among the Christian fold, there are still some who are enjoying marital harmony. These people are of diverse economic status, some poor, some are just comfortable and some are rich.

Closer observations of such secondary school teachers show their heart-to-heart interaction with each other. They are also seen in most cases nurturing well-mannered children. Marital harmony is usually associated with good and attractive dispositions of the spouses towards each other. Over the course of a marital relationship that can last as many as seven or eight decades, a lot happens. Personalities change, bodies, age, and romantic love waxes and wanes. And no marriage is free of conflict. What enables a couple to endure is how they handle that conflict. So it is not absence of conflict that guarantees marital harmony but ability to resolve the conflict and keep the spark of love alive.

Social Learning Theory of Marital Harmony by Bandura (1977)

The social learning theory was propounded by Bandura (1977) in Unachukwu and Ebenebe (2019) assumed that human behaviour in general, is a function of the person plus the environment, and can be represented by the formula ($A = f(P \& E)$). The meaning of person in this term is cognitive factors while the term environment means the several models around as well as the circumstantial contingencies pressing upon the individual. These three elements, the person, the behaviour and the environmental situations according to Bandura are highly interrelated variables. Applied to marriage, the theory assumed that when two individual's interests meet, they become part of each other's environment and the behaviour of each part determines the behaviour of the other. This theory teaches us that when marriage is in harmony, the cause of the harmony may not be found within the marriage itself, but rather, may be found from outside the marriage such as from friends, the peers, neighbours, colleagues in the same religion or in-laws of the couple.

The theory assumes that when there is harmony in any marriage, it is the responsibility of both husband and wife in the environment they find themselves. It proposed that the interaction that the secondary school teachers permit in their relationship determines the fate of its existence. What this implies is that the root cause of the harmony or disharmony may be from friends, peer group, neighbours, colleagues in office, fellows in the same religion or from in-laws.

The theory equally proposes that when marriage is in harmony, the springboard may be traced from the parents where

parents were models to their children. This is based on the ground that people learn through imitation. The propensity is that after imitation, the partner who acquires such traits tries to express the behaviour in his or her marriage; there will be the likelihood that it may be accepted by the partner. This then may result in harmony, otherwise disharmony ensues. From the foregoing, the social learning theory model stipulates that marital harmony results from interaction of secondary school teachers as well as the influence of significant others in their lives. Their action or activities are product of their interaction with the environment as well as the behaviour of the individuals/secondary school teachers. The researcher therefore holds the belief that any secondary school teachers' locus of control whether it tends to internal or external is formulated via social learning process. Also, whatever be the self-concept of any couple, it embraces social learning. In the same vein, the nature, type, mode or content of communication that secondary school teachers have among themselves is an offshoot of social learning. The present study is therefore dealing with relationship of locus of control, self-concept and communication to marital harmony. Thus, this study is most basically anchored on the social learning theory among other theories.

The application of social learning theory of marital harmony is relevant to the present study as it can empower teachers to recognize and trace the roots of their issues, identify patterns they may have not otherwise seen, and ultimately, break the habits and behaviours that harm.

Marital Communication Theory Model by Okorie (2009)

The marital communication theory model is the brainchild (Okorie, 2009). It proposes that appropriate communication is the essential factor connected to marital harmony. According to the theory, harmony results due to clarity or lack of confusion in the communication network exchange by the couple. There are usually three levels in human communication where harmony or problem can arise: at the syntactic level, at the semantic level and at the pragmatic level aspects of the given communication. The syntactical level refers to the way the information is transmitted, the semantic level refers to what the receiver of the information did with the message or how he interprets the code, while the pragmatic level indicates the practices of the language, that is, the communicative competence in the use of words as practical instruments for eliciting desired responses. Hence, in any marriage where the couple is effective in their communication, they can easily exist in harmony but if the communication is faulty, it will likely lead to disharmony. This study is anchored on social learning theory because the model considers the person, the behavior and the environment which are influential and interrelated factors in marital relationship.

Marital communication theory is relevant to the present study because it is the key to marital success and therefore interest in marital communication is often undertaken to discover why some marriages fail and how to help couples maintain a happy and successful marriage (Douglas, 2020).

Empirical Studies

Uwe (2016) investigated the effect of communication as a tool for marital adjustment. The area of study was Calabar Municipal area of Cross River State, Nigeria and the study was a survey. Ninety-two married couples who were randomly selected made up the sample. Two sets of instruments were adapted for data collection; the Marital Adjustment Questionnaire (MAQ) by Eysenck, and Wilson (1981) and Marital Communication

Questionnaire (MCQ) by Kipnis Castell, Gergen and Manch (1976). The data were analyzed using independent t-test of significance. The result showed significant difference in marital happiness between couples who communicate their feelings to each other and those who do not.

The previous study and this present study investigated similar variables. Both studies made use of different research design (the previous study made use of survey research design while the present study made use of correlational research design). Method of data analysis in both studies are different (the previous study made use of t-test while the present study made use of simple regression analysis). However, the both studies differ in location. The previous study was carried out in Calabar while the present study was carried out in Rivers State.

Sotonade and Okubanjo (2020) investigated the relationship between communication and marital stability among women in Ibadan, Oyo State of Nigeria. The study adopted descriptive research design. 200 women were used as sample and while the questionnaire was used as the instrument for data collection. Data were analyzed using the 2 x 2 contingency chi-square. The finding showed no significant relationship between female circumcision and marital stability.

The previous study and this present study investigated similar variables. Both studies made use of different research design (the previous study made use of descriptive while the present study made use of correlational research design). Method of data analysis in both studies are different (the previous study made use of 2x2 contingency chi-square while the present study made use of simple regression analysis). However, the both studies differs in location. The previous study was carried out in Oyo State while the present study was carried out in Rivers State.

Easterbrooks and Emde (2019) conducted a research work on lack of time, how spouse behave, and its effect when they keep away from each other when there is conflict in their home in America. The study adopted descriptive research design. 1500 spouses for the study. A sample size of 220 was determined through fluid survey sample size calculator for the study. Mean and standard deviation was used for the study. They came out with the following objectives that- if children are exposed to marital conflicts, then a modeling hypothesis could be considered consistent. They came out with the following findings: that children might acquire their parent's negative patterns of negotiating conflict and show developmentally appropriate equivalents of the conflict Management strategies. That modeling by the parents should be a subject to much empirical investigation. That spouse should be good mediators for happy relationship. Findings showed that spousal conflict was associated with spouse and children's behaviour problems and marital disharmony.

The previous study and this present study investigated similar variables. Both studies made use of different research design (the previous study made use of descriptive while the present study made use of correlational research design). Method of data analysis in both studies are different (the previous study made use of mean and standard deviation while the present study made use of simple regression analysis). However, the both studies differs in location. The previous study was carried out in America while the present study was carried out in Rivers State.

Donna et al. (2020) conducted a research survey using longitudinal studies on twenty five (25) secondary school teachers with marital disruption due to lack of time. Do children Benefit

when disharmony in marriages are Dissolved? Their objective was to identify if children, when removed from intense disharmonious home can fare better than those children who come from high – disharmonious home remain together. The researcher used a longitudinal data survey and explored two questions as: whether the effects of marital disharmony children's well- being can be varied from children with high level of marital disharmony in marriages versus low-disharmony in marriages? Or whether children fare well when their high – disharmony secondary school teachers remain together? The researchers came out with the following findings: that children who were removed from their secondary school teachers due to intense spousal disharmony fare better than those who are high – disharmony secondary school teachers remained together. That accumulated evidence suggested that children particularly boys, do not only have problems in the immediate after – math of marital disruption, but they do also have difficulties that may persist into adulthood as well. Being exposed to a high degree of marital disharmony between married couple's and places the children at high risk on a variety of problems, such as maladjustment that includes poor conduct disorders, anxiety, withdrawal, poor academic performance and aggression.

Patrick (2022) conducted a research study on lack of time and marital disharmony and its effect on the child's academic performance; he studied two hundred and twenty-three (223) young adolescent and their parents for one-year longitudinal studies. They used interview and observation to measure children's distress, couple's happiness and marital harmony, their reaction and negative thoughts. The researcher observed how secondary school teachers work on their disagreement; he identified two types of destructive disharmony; Hostility and disengagement or indifference. The study is relevant to the presence study because both study centers on marital communication and its effect on their marital harmony. The difference with the present study is on the type of research design used. The researcher came out with the following findings; that when a child observed hostility, anger and stone walling between their parents, they react with significant distress. Marital disharmony also increased cardiac stress in children and impaired their marital harmony, making them to become very quiet than they used to, withdrawal from social interactions, depression and expression of excessive worrying and anticipation of what will happen or come next. Children who witnessed this unhealthy communication pattern grew up with a misunderstanding of what a healthy relationship looks like, and they are likely to repeat the same relationship when they grow up. Both studies discussed on the effects of lack of enough time with spouse as it may affect marital harmony of the victims.

Okrte (2017) conducted a study on verbal communication as correlates of marital harmony among married secondary school teachers in Togo. Correlational design was employed for the study. Population for the study consisted of 2000 married secondary school teachers. Stratified random sampling technique was used for the study. A sample size of 240 married secondary school teachers were used through Taro-Yamane method. Instrument for data collection was Verbal Communication Scale and Marital Harmony Scale. The instruments were validated by experts and the reliability index of $r=0.82$ for Verbal Communication Scale and 0.79 for Marital Harmony Scale were determined. PPMC were used for data analysis at 0.05 alpha levels. The result indicated that there was a significant relationship between uncoordinated communication and marital harmony. This implies that secondary

school teachers' secrecy, commitment and encouragement to goal delivery increases marital harmony.

The previous study and this present study investigated similar variables. Both studies made use of the same research design (correlational research design). Method of data analysis in both studies are different (the previous study made use of Pearson PRODUCT moment Correlation while the present study made use of simple regression analysis). However, the both studies differ in location.

Marvelous (2015) carried out a study on verbal persuasion as a predictor of marital harmony in Uganda. The population was 3200 married secondary school teachers. A purposive random sampling technique was used for the study. Taro-Yamane technique was used to determine the sample size of 304 married secondary school teachers for the study. The instrument for data collection was Verbal Persuasion Scale and Marital Harmony Scale. The instrument were validated by experts, and the reliability coefficient index of $r=0.67$ and $r=0.77$ were determined. PPMC and Regression analysis were used to analyze the data at 0.05 level of alpha. Result showed that male spouse indicated high positive correlation between verbal persuasion and marital harmony, while female indicated high negative correlation between verbal persuasion and marital harmony. This implies that the more secondary school teachers persuasive initiative, the higher male spouses' marital harmony, while the less students persuasive initiative, the lower female spouses' marital harmony.

The previous study and this present study investigated similar variables. Both studies made use of the same research design (correlational research design). Method of data analysis in both studies are the same (simple regression analysis). However, the both studies differs in location. The previous study was carried out in Uganda while the present study was carried out in Rivers State.

Georgewill (2015) investigated the relationship between verbal persuasive immunity and marital harmony among married secondary school teachers in Plateau State. Correlational research design method was used for the study. The population was all the married secondary school teachers totaling 100. Census sampling was applied to determine the sample size of 100 married secondary school teachers for the study through simple random sampling method. Two instruments were used for the study titled: Verbal persuasion Immunity Scale and Marital Harmony Scale. The instrument were validated by experts and were subjected to test-retest method through PPMC, reliability index of $r=0.70$ and $r=0.80$ were obtained. Data were analyzed using PPMC at 0.05 level of significance. Result showed that there was no significant relationship between verbal persuasive immunity and marital harmony. This implies that the more secondary school teacher's personal drive decreases the low secondary school teacher's marital harmony.

The previous study and this present study investigated similar variables. Both studies made use of the same research design (correlational research design). Method of data analysis in both studies are different (the previous study made use of Pearson Product Moment Correlation while the present study made use of simple regression analysis). However, the both studies differ in location. The previous study was carried out in Plateau State while the present study was carried out in Rivers State.

Summary of Literature Reviewed

Literature reviewed in this study consists of conceptual review, theoretical review and empirical review. Conceptual review includes, communication, couples spending quality time together, verbal communication, and marital harmony. Under theoretical review, two theories were reviewed: social learning theory of marital harmony by Bandura, and marital communication theory by Okorie. The empirical review of literature review showed that most of the studies cited were carried out by foreign and local researchers outside the area of the present study. It is this gap that the study sought to fill.

Statement of the Problem

It has been observed that marriages where spouses are satisfied and living in harmony give rise to sound family which in turn facilitates the building of a strong society. The paramount target of marriage is to achieve a state of marital harmony and have a high level of marital harmony at home where spouses devote enough time with their partner which is the energy of any relationship. This implies that married secondary school teachers think very well of themselves and their ability to live in harmony with their partner. In other words, there still exist some secondary schools' teachers who agree together in most issues of their marital life and are living happily. However, marriages involving teachers where spouses do not live-in harmony, the spouses fail to develop quality time to one another, they have poor communication skill and as such cannot do things together which ends up in marital disharmony.

Marital harmony is a crucial determinant of family stability, emotional wellbeing, and productivity among married individuals, including teachers. In Rivers State, Nigeria, public senior secondary school teachers are often exposed to demanding occupational stressors such as heavy workloads, large class sizes, examination pressures, and administrative responsibilities. These stressors may spill over into their family lives, potentially affecting the quality of communication and overall marital harmony. Despite the importance of healthy marital relationships, there is growing concern that many marriages among teachers are experiencing increasing levels of conflict, emotional distance, and dissatisfaction.

Some scholars conducted research on locus of control and self-concept as predictors of marital harmony among secondary school teachers but none has been found by the researcher that was conducted including communication. Based on this observation it becomes pertinent for the researcher to investigate on the predictive force of communication on marital harmony among secondary school teachers in River State, Nigeria. Empirical studies have consistently shown that communication plays a central role in maintaining marital harmony. For instance, effective spousal communication has been found to enhance conflict resolution, emotional bonding, and marital stability among couples in Nigeria (Awosan, Iroye, & Okolo, 2023). Similarly, research among teachers has demonstrated that communication skills significantly predict marital cohesion and satisfaction (Nwankwo et al., 2023). However, despite these findings, several gaps remain in the literature.

Firstly, most existing studies on communication and marital outcomes among teachers have been conducted in states such as Delta, Anambra, Edo, Oyo, and Sokoto, with limited empirical attention given specifically to Rivers State. For example, studies in Delta State and Edo/Delta focus on marital harmony among

teachers but do not reflect the unique socio-cultural and occupational realities of teachers in Rivers State (Onyekeshini et al., 2024; Obiemeka et al., 2021). This creates a geographical gap that limits the generalizability of findings. Secondly, many previous studies tend to focus on broader constructs such as social skills, financial management, emotional intelligence, or psychological factors as predictors of marital harmony, rather than isolating communication as a central independent variable. While communication is often included, it is usually treated as one of many variables rather than the primary predictor (Chinwe & Jamabo, 2023). This leaves a conceptual gap in understanding the specific predictive strength of communication on marital harmony among teachers. Thirdly, existing research often adopts general samples of married couples or secondary school teachers without adequately focusing on public senior secondary school teachers specifically, who may experience distinct stress patterns due to their workload, public service demands, and examination responsibilities. Studies have also not sufficiently examined how communication patterns influence marital harmony within this subgroup in Rivers State context, despite evidence that communication breakdown is a major contributor to marital instability in Nigeria (Ajaegbu et al., 2015; Collins-Dike, 2025).

In light of these gaps, there is a clear need for a study that specifically investigates communication as a predictor of marital harmony among public senior secondary school teachers in Rivers State, Nigeria. Addressing this gap will provide context-specific evidence that can guide counseling interventions, marital education programs, and policies aimed at improving family stability among educators.

Aim and Objectives of the Study

The main aim of this study was to examine how communication predicts marital harmony among teachers in public senior secondary schools in Rivers State, Nigeria. Specifically, the study sought to:

1. Verify the extent to which couples spending quality time together predicts marital harmony among teachers in public senior secondary schools in Rivers State.
2. Find out the extent to which verbal communication predicts marital harmony among teachers in public senior secondary schools in Rivers State.

Research Questions

The following research questions guided the study;

- To what extent does couples' spending quality time together predict marital harmony among teachers in public senior secondary schools in Rivers State?
- To what extent does verbal communication predict marital harmony among teachers in public senior secondary schools in Rivers State?

Hypotheses

The following null hypotheses guided the study and were tested at 0.05 level of significance:

- Couples spending quality time together do not significantly predict marital harmony among teachers in public senior secondary schools in Rivers State.
- Verbal communication does not significantly predict marital harmony among teachers in public senior secondary schools in Rivers State.

Methodology

Research Design

The research design for this study was correlational research design. Kpolovie (2010) defined correlational research design as the establishment of relationship that exists between two variables aimed at a better understanding of each of the variables by measuring them separately and examining how each of the variables changes in accordance with or in association with changes in the other. Correlational design was appropriate because the study sought to find out the relationship between communications such as spouse spending quality time together, verbal communication and marital harmony among secondary school teachers in Rivers State.

Area of the Study

Rivers State is among the 36 states in Nigeria, located in the South-South geopolitical zone. Rivers State also known simply as Rivers, is a state in the Niger Delta region of southern Nigeria.

Population of the Study

The population of the study comprised all the teachers in secondary schools in the twenty-three (23) local government areas of Rivers State. This is made up of 3,072 male teachers and 3,102 female teachers which summed up the total of 6,174 teachers from the 261 secondary schools in Rivers State (Source: Rivers State Post Primary Schools Board, 2023).

Sample and Sampling Technique

Fluid survey was used with confidence level of 95% and margin of error at 5% to get the calculated sample size of three hundred and sixty-six (366) from the population of seven thousand six hundred and nineteen (7,619) teachers for the study. This was done by substituting the population value, confidence interval and the marginal error into the online sample size calculator and then click on sample size, this gives a sample of 366. Multi-stage procedure was used for the study. Nwaogu (2006) explained that multi-stage sampling involves dividing the population into groups or clusters. Then one or more clusters are chosen at random and everyone within the chosen cluster is sampled, while stratified random sampling techniques is where a population is categorized into groups that are distinctly different from each other on relevant variables and in which the elements are drawn at random from within a stratum in such a way that the relative proportion of the strata in the resultant sample are the same as they exist in the parent population. Three LGAs were first selected from each senatorial district (Rivers East, Rivers West and Rivers South-East). In each of the senatorial district; Rivers East and Rivers West have 8 LGAs while Rivers South-East has 7 LGAs. From each of the three selected LGAs, three schools were then selected making a total of nine (9) schools; after which the stratified random sampling technique was used to select one hundred and eighty (180) male teachers and one hundred and eighty-six (186) female teachers, making a total of three hundred and sixty-six (366) teachers for the study. The distribution of the sample is shown in (Appendix V).

Instruments for Data Collection

There are two instruments for data collection titled: Communication Scale (CS) and 'Marital Harmony Scale' (MHS). The CS and MHS Scale were Self-Constructed. They are divided into two sections 'A' and 'B'. Section 'A' reflected the

demographic data of the respondents while Section B dealt with Communication Scale (CS) and 'Marital Harmony Scale' (MHS) which has 10 items respectfully. Each item in CS and MHS has a modified Likert's four-point Scale indicating Very High Extent (VHE) = 4, High Extent (HE) = 3, Low Extent (LE) = 2 and Very Low Extent (VLE) = 1 respectively.

Validation of the Instruments

In order to ascertain the face and content validities of the two instruments "Communication Scale" (CS) and "Marital Harmony Scale" (MHS) were validated by two experts in Guidance and Counselling, in the Department of Educational Psychology, Guidance and Counselling that are knowledgeable in instrument construction and the researcher's supervisor assessed the instruments. Subsequently, their observations and comments were afterward used to correct the items of the instruments before field work.

Reliability of the Instruments

The reliability of the instruments was determined using Cronbach alpha reliability technique. The instruments CS and MHS were administered once to 30 secondary school teachers randomly selected, who were not part of the study in Abia State. The instruments yielded the following reliability coefficients of .85 for Communication Scale and .87 for Marital Harmony Scale respectively. However, the reliability of the subscales of the instrument are as follows: Spouse Spending Quality Time Together Scale = 70 and Verbal Communication Scale = 72. The coefficients obtained were high enough that guaranteed the use of the instruments for the study.

Administration of the Instruments

The researcher used two trained research assistants in administering copies of the instruments. To administer the instrument on the teachers, permission was first sought from the school head or principal, explaining the purpose of the study. The researcher and research assistants helped in maintaining a conducive atmosphere for the teachers to respond to the items in the instruments. The researcher issued the instructions for the completion of the instruments to the teachers while the research assistants assisted in distributing the instruments to the teachers. The completed instruments were retrieved from the teachers on the spot, to ensure a high return rate. After the exercise, the researcher scored the instrument and the data generated from the exercise was used for statistical analysis.

Method of Data Analysis

Simple regression analysis was used to answer the second research questions and also test the 2nd null hypotheses at 0.05 level of significance using the Statistical Package for Social Sciences (SPSS) version 25.

Data Presentation

Research Question One

- To what extent do couples spending quality time together predict marital harmony among teachers in public senior secondary schools in Rivers State?

Hypothesis One

- Couples spending quality time together do not significantly predict marital harmony among teachers in public senior secondary schools in Rivers State

Table 1a: Simple Regression Analysis on the extent to which Couples Spending Quality Time Together Predict Marital Harmony among Teachers

Model	R	R-Square	Adjusted R-Square	Std Error of the Estimate
1	.622 ^a	.387	.384	2.712

a. Predictors (Constant): Couples Spending Quality Time Together

b. Dependent Variable: Marital Harmony

Table 1a reveals the extent to which couples spending quality time together predict marital harmony of teachers in public senior secondary schools in Rivers State is .384. This result means that couples spending quality time together accounted for 38.4% (.384 x 100) of teachers' marital harmony in public senior secondary schools in Rivers State.

Table 1b: Anova Summary Table of the Simple Regression Analysis of Couples Spending Quality Time Together and Teachers' Marital Harmony

	Model	Sum of Squares	Degree of Freedom	Mean Square	F _{cal}	p-value	Remarks
1	Regression	163.522	1	163.522	13.637	.000 ^b	H ₀₅ is rejected p < .05
	Residual	4376.824	364	11.991			
	Total	4540.346	365				

a. Predictors (Constant): Couples Spending Quality Time Together

b. Dependent Variable: Marital Harmony

Table 1b reveals that the calculated F-value is significant at .05 level of significance F_{cal} = 13.637; Df = 1/365; p < .05). This result means that the null hypothesis is rejected. The result of the test of null hypothesis shows that couples spending quality time together significantly predicted the marital harmony among teachers in public senior secondary schools in Rivers State.

Table 1c: Regression Coefficient on Couples Spending Quality Time Together and Teachers' Marital Harmony

Model		Unstandardized Coefficients		Standardized Coefficient		T	Sig
		β	Std Error	β eta			
1	(Constant)	3.219	.393			27.422	.000 ^b
	Couples Spending Quality Time Together	.275	.101	.196		3.193	.000

Table 1c presented the coefficient of the model. It reveals a constant estimation of 3.219 and the estimation for the predictor (couples spending quality time together) = .275 showing that for each unit change in couples spending quality time together (.275), marital harmony among teachers in public senior secondary schools in Rivers State will change by 27.5% (.275 x 100) holding other variables at constant. This result confirms that the predictor variable (couples spending quality time together) significantly predict the outcome (marital harmony) of teachers in public senior secondary schools in Rivers State.

Research Question Two

- To what extent does verbal communication predict marital harmony among teachers in public senior secondary schools in Rivers State?

Hypothesis Two

- Verbal communication does not significantly predict marital harmony among teachers in public senior secondary schools in Rivers State.

Table 2a: Simple Regression Analysis on the Extent to which Verbal Communication Predict Marital Harmony of Teachers

Model	R	R-Square	Adjusted R-Square	Std Error of the Estimate
1	.684 ^a	.468	.466	2.535

a. Predictors (Constant): Verbal Communication

b. Dependent Variable: Marital Harmony

Table 2a reveals that the extent to which verbal communication predict marital harmony among teachers in public senior secondary schools in Rivers State is .466. This means that verbal communication accounted for 46.6% (.466 x 100) of teachers' marital harmony in public senior secondary schools in Rivers State.

Table 2b: Anova Summary Table of the Simple Regression Analysis of Verbal Communication on Teachers' Marital Harmony

	Model	Sum of Squares	Degree of Freedom	Mean Square	F _{cal}	p-value	Remarks
1	Regression	341.746	1	341.746	35.654	.000 ^b	H ₀₆ is rejected p < .05
	Residual	3489.118	364	9.585			
	Total	3830.864	365				

a. Predictors (Constant): Verbal Communication

b. Dependent Variable: Marital harmony

Table 2b reveals that the calculated F-value is significant at .05 level of significance (F_{cal} = 35.654; Df = 1/365; p < .05). This result means that the null hypothesis is rejected. The result of the test of the null hypothesis shows that verbal communication significantly predicted marital harmony among teachers in public senior secondary schools in Rivers State.

Table 2c: Regression Coefficient of Verbal Communication and Marital Harmony among Teachers

		Unstandardized Coefficients		Standardized Coefficient	T	Sig
Model		β	Std Error	β eta		
1	(Constant)	3.431	.413		29.682	.000 ^b
	Verbal Communication	.306	.122	.216	3.316	.000

Table 2c presented the coefficient of the model. It reveals a constant estimation of 3.421 and the estimation for the predictor (verbal communication) = .306 showing that for each unit change in verbal communication (.306), marital harmony among teachers in public senior secondary schools in Rivers State will change by 30.6% (.306 x 100) holding other variables at constant. This result confirms that the predictor variable (verbal communication) significantly predicts the outcome (marital harmony) of teachers in public senior secondary schools in Rivers State.

Summary of Findings

The results of the study are summarized as follows:

- Couples spending quality time together positively predicted marital harmony among teachers in public senior secondary schools in Rivers State.
- Couples spending quality time together significantly predicted marital harmony among teachers in public senior secondary schools in Rivers State.
- Verbal communication positively predicted marital harmony among teachers in public senior secondary schools in Rivers State.
- Verbal communication significantly predicted marital harmony among teachers in public senior secondary schools in Rivers State.

Discussion of Findings

Couples Spending Quality Time Together and Marital Harmony among Teachers

The result of research question five (Table 4.5a) showed that couples' spending quality time together positively predicted marital harmony among teachers in public senior secondary schools in Rivers State. The positive prediction of marital harmony from couples spending quality time together revealed that as scores on couples spending quality time together increases, there is corresponding increase in the scores on marital harmony among teachers in public senior secondary schools in Rivers State. In other words, teachers who scored highly on couples spending

quality time together also scored highly in marital harmony and vice versa.

Table 1b revealed that couples spending quality time together significantly predicted marital harmony among teachers in public senior secondary schools in Rivers State. This result was confirmed in Table 4.5c. The result is in agreement with Patrick (2008) that couple spending quality time significantly relates to marital harmony of couples in London.

The result of the present study may be due to the fact that marriage is for companionship. The more couples spend quality time together, the more they will understand themselves, appreciate each other thereby reducing the incidence of conflict, tension and disagreement between themselves. In addition, when couples spend quality time together, intimacy occurs. There is increase interest in each other, trust and confidence in each other grows. The attributes probably predict marital harmony among the couples.

Verbal Communication and Marital Harmony among Teachers

The result of research question six (Table 4.6a) revealed that verbal communication positively predicted marital harmony among teachers in public senior secondary schools in Rivers State. The positive prediction of marital harmony from verbal communication showed that as scores on verbal communication increases, there is corresponding increase in the scores on marital harmony among teachers in public senior secondary schools in Rivers State. In other words, teachers who scored highly on verbal communication, also had high scores on marital harmony and vice versa.

Table 2b indicated that verbal communication significantly predicted marital harmony among teachers in public senior secondary schools in Rivers State. This result was confirmed in Table 4.6c. This result is in agreement with Okrite (2017) that there was a significant relationship between verbal communication and marital harmony of married teachers in secondary schools in Togo. The result of the present study is also in agreement with Marvelous (2015) that verbal communication predicts significantly the marital harmony of teachers in Uganda.

The result of the present study may be due to the fact that the more couples communicate, the more they experience harmony in their marriage. For instance, verbal communication is used in appreciating each other, communicating feelings and applauding each other. These will likely predict marital harmony.

Summary of the Study

The study investigated communication as predictors of marital harmony among teachers in public senior secondary schools in Rivers State. The study investigated one independent variable which is communication. The dependent variable in the study was marital harmony among teachers in public senior secondary schools in Rivers State. The study was guided by two objectives which were transformed into two research questions and two null hypotheses.

The review of related literature based on the variables of the study was also discussed. The review of related literature was discussed under the following subheadings: Conceptual review, theoretical review, empirical review and summary of literature reviewed. The review of related literature provided a strong base to either accept or reject the findings of the study.

The procedures adopted in conducting the study were discussed. The researcher adopted correlational research design. The population of the study was 3,072 male teachers and 3,102 female teachers totaling 6,174 teachers. The sample of the study was 366 teachers. The instruments for data collection used in the study was designed by the researcher and titled: Communication Scale (CS) and Marital Harmony Scale (MHS)". The instruments were validated by two experts in Guidance and Counselling in the Department of Educational Psychology, Guidance and Counselling. The reliability of the instruments was determined using Cronbach Alpha reliability method and yielded the following reliability coefficients: CS = .85 and MHS = .87. However, the reliability coefficients of the subscales of the instrument were obtained. Simple regression analysis was used in answering the research questions and testing the null hypotheses at .05 level of significance. The result of the study showed that: couples spending quality time together and verbal communication positively and significantly predicted the marital harmony of teachers in public senior secondary schools in Rivers State.

Conclusion

Marriage is one of the oldest human institutions designed to promote the social and emotional support of couples including teachers in public senior secondary schools in Rivers State. Marriage is a social, legal, cultural or religiously approved relationship between married persons or couples. Marital harmony is the desire of every couple. This is because marital harmony is closely related to marital stability, happiness, adjustment, quality and satisfaction enjoyed by couples. Marital harmony has for many become an instrument to measure the success and stability of a marriage and by extension, personal fulfillment and wellbeing. The researcher observed that the marital harmony of teachers in public senior secondary schools in Rivers State does not just occur but is predicated on certain variables. The study therefore concluded that couples spending quality time together and verbal communication significantly predicted the marital harmony of teachers in public senior secondary schools in Rivers State.

Recommendations

Based on the findings of the study, the researcher recommended as follows:

- Couples should be encouraged to spend quality time together as it significantly predicted marital harmony.
- Couples should be encouraged to regularly dialogue and talk things over between themselves with understanding as it significantly predicted marital harmony.

Contributions to Knowledge

- Couples spending quality time together and verbal communication significantly predict marital harmony of teachers.

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Questionnaire

Instruction: Please indicate with a tick (✓) to the extent of your agreement with the following item statements. There is no right or wrong answer. Use the following response categories as guide; Very High Extent (VHE) = 4, High Extent (HE) = 3, Low Extent (LE) = 2 and Very Low Extent (VLE) = 1

Communication Scale

S/N	Items/Statements	VHE	HE	LE	VLE
	Spouse Spending Quality Time Together				
1.	I do not have time for fun in my marriage				
2.	I do not have enough time to discuss with spouse				
3.	I do not have enough time to shop with spouse and attend to complain of spouse				
4.	I do not have enough time to attend to my marriage				
5.	I do not have enough time to listen to my spouse				
	Verbal Communication				
6.	I do not communicate confidential matters				

7.	I have the immunity to speak against spouse				
8.	I don't testify publically against spouse				
9.	I am compelled to communicate negative things against spouse				
10.	I do not disclose spouse's confession before and during marriage				

Marital Harmony Scale (MHS)

S/N	Statement/Item	VHE	HE	LE	VLE
1.	My marriage is sweet				
2.	It is easy to reach agreement with my spouse				
3.	I confide with my spouse on things that should not be made public.				
4.	It is not interesting spending for my spouse sake				
5.	My partner and I understand each other perfectly				
6.	I am not happy about our communication				
7.	I am not happy about how we make decisions and resolve conflicts				
8.	I am not unhappy about our financial position and the way we make financial decisions.				
9.	I am very happy with how we manage our leisure activities and the time we spend together				
10.	I am very pleased about how we express affection and relate sexually				