



Sexual Satisfaction, Occupational Stress and Marital Adjustment among Married Teachers in Delta State

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Abstract

This study examined sexual satisfaction, occupational stress and marital adjustment among married teachers in Delta state. The study was guided by two research questions alongside two null hypotheses. The target population was all married teachers in Delta State public secondary schools. The multi-stage and stratified sampling technique was utilized in the study. Questionnaire was used in the generation of data for the study. The Cronbach Coefficient Alpha was used in estimating the internal consistency of the instrument which yielded an alpha of 0.78 for sexual satisfaction, 0.85 for occupational stress and 0.94 for marital adjustment. Correlation and Coefficient of Determination was used in answering the research questions while Linear and Multiple regression statistics were used in testing the null hypotheses at 0.05 level of significance. Based on the analysis, it was found that: there was no significant relationship between sexual satisfaction, and marital adjustment. Furthermore, it was revealed that there was significant relationship occupational stress and marital adjustment among married teachers in Delta State. Based on the conclusion, it was recommended among others that counsellors as well as others in the human services profession should organize workshops for married teachers to enhance their understanding of the interplay between sexual satisfaction, occupational stress and marital adjustment.

Keywords: Marital Adjustment, Married Teachers, Occupational Stress, Sexual Satisfaction

I. Introduction

Marriage has historically been viewed as a pivotal institution within human civilization, often seen as a religious commitment that deeply connects to the emotions of those involved. It marks a crucial life event where individuals select their partners and embrace new roles and expectations. As a

foundational aspect of both social structures and personal identities, marriage is a vital relationship recognized in all communities. Typically defined as a socially and culturally sanctioned union between a man and a woman, it establishes various rights and responsibilities for spouses, children, and even in-laws (Olugbenga, 2018).

Research in marital counseling, such as that conducted by Okorodudu (2010), indicates that many seemingly vibrant marriages fail to reach their first anniversary, often due to divorce linked to issues in sexual relationships, as noted by Stephen and Okorodudu (2019). While some religious organizations require couples to undergo medical and traditional assessments regarding sexual satisfaction, others tend to overlook this crucial aspect. Consequently, while some couples celebrate long-lasting unions, others struggle to complete their first year due to sexual dissatisfaction. This raises an important inquiry: is there a relationship between sexual satisfaction and marital adjustment among married individuals? This study will explore this connection among married teachers in Delta State.

Sexual satisfaction refers to how content an individual is with the sexual elements of their relationship. According to Leman (2005), a fulfilling sex life enhances marriage and contributes positively to a partner's roles as a parent and employee, while reducing stress and increasing joy. Sexual satisfaction is a crucial aspect of marital relationships, significantly impacting overall marital happiness. It includes emotional intimacy, physical pleasure, and the mutual fulfillment of sexual needs. For married teachers, the demands of their profession—such as long hours, grading, and classroom management—can adversely affect their sexual relationships by creating fatigue and stress, which diminish the time and energy available for intimacy.

As noted by Yilmaz-Karaman et al. (2021), the level of sexual satisfaction among couples is linked to better marital adjustment, enhanced



emotional connections, and improved well-being both in and out of the classroom. However, sexual satisfaction is often one of the most challenging areas for adjustment in marriage, potentially leading to discord and unhappiness if inadequately addressed (Yilmaz-Karaman et al., 2021). A healthy sexual life is characterized by mutual pleasure and positive feelings, contributing to stronger partner relationships and better marital adjustment. Conversely, a harmonious marriage supports a fulfilling sexual life (Ozturk & Arkar, 2014). Notably, sexual dysfunction (SD) is a prevalent issue, affecting 20% to 30% of men and 40% to 45% of women, which can further complicate marital adjustment (Amidu et al., 2011).

Sexual dissatisfaction can hinder couples from fulfilling their responsibilities, particularly among married teachers. Uloho (2016) noted that a sound mind is essential for healthy sexual relationships, highlighting that many individuals experience little sexual satisfaction despite being married. Harmon (2012) emphasized the significance of sexuality in emotional connections, suggesting that investing in romantic life yields greater rewards. He compared marital sex to oil, essential for the smooth functioning of all aspects of marriage; when this "oil" is functioning well, marital life flows effortlessly, but if it deteriorates, the consequences can be severe. Enyi (2002) noted that approximately 70% of marital issues stem from problems in the bedroom, suggesting that healthy sexual relationships can help couples overlook these issues. Oladapo (2012) described sexual satisfaction as a vital aspect of marriage, equating it to food. Poor sexual adjustment is a significant challenge that can lead to marital discord and unhappiness if not adequately addressed.

Research indicates a strong connection between sexual satisfaction and marital adjustment, with each positively influencing the other (Karakar & Latham, 2015). Sexual satisfaction is a key predictor of marital quality and stability (McNulty & Fisher, 2016). However, this relationship is complex and affected by factors such as individual differences, cultural norms, relationship history, and life stressors. For instance, Meltzer et al. (2017) found that couples with shared sexual values tend to enjoy greater sexual satisfaction and marital adjustment. Additionally, effective communication about sexual issues and the ability to negotiate sexual activities further enhance both sexual satisfaction and overall marital adjustment (McNulty & Fisher, 2016).

Oyibo and Oghounu (2023) explored the relationship between sexual satisfaction, church activities, and marital adjustment among married clergy in the Anglican Communion in Delta Central.

Their findings indicated a significant positive correlation between sexual satisfaction and marital adjustment, as well as between communication and marital adjustment. Similarly, Stephen and Okorodudu (2019) found a significant correlation between sexual satisfaction and marital adjustment among married individuals in Delta and Edo states. In contrast, Dabone (2014) discovered a significant difference in marital satisfaction levels between younger and older married couples, suggesting that sexual satisfaction impacts overall marital satisfaction.

Occupational stress significantly impacts marital adjustment among couples. According to Sadeghi et al. (2018), job stress arises from an imbalance between job demands and associated challenges, leading to negative experiences. It reflects how individuals react to work pressures that exceed their knowledge and capabilities. Adib Haj Bagheri et al. (2014) further define job stress as the stressful situations commonly encountered in various careers. This stress can strain relationships, making it a critical factor in understanding marital dynamics.

Occupational stress is a significant challenge for teachers in Nigeria, often stemming from large class sizes, inadequate resources, and societal expectations. This stress can negatively impact personal lives and relationships with spouses, leading to irritability, emotional exhaustion, and withdrawal. The demanding nature of teaching, especially during peak times, limits personal time, further straining marital interactions. Research by Henry and Evans (2008) highlights the global rise of occupational stress, adversely affecting mental health and well-being. Stress, defined as emotional or physical tension from frustrating or anxiety-inducing events, can lead to serious health issues, including heart problems and mental disorders like depression (Sapolsky, 2004), ultimately affecting happiness at home.

Occupational stress occurs when there is a discrepancy between the demands of a job and an individual's ability to cope with those demands. This issue is relevant for both employees and employers, as difficult working conditions can negatively impact employees' emotional well-being, physical health, and job performance (Sulsky & Smith, 2005). Several factors contribute to workplace stress, such as excessive workloads, feelings of isolation, extended hours, lack of autonomy, toxic environments, harassment, bullying by supervisors, limited opportunities for skill development, and challenging relationships with colleagues (Henry & Evans, 2008).

Occupational stress is considered as one of the most general problems in a couple's daily life. It



is so commonplace and prevalence that sometimes is considered as a characteristic of marital life such that all families are faced with a lot of stresses in daily life which considerably affect their marital life (Byrns et al., 2002). Also, studies have shown that job stress has profound effect on family unit and subsequently marital adjustment. For example, Steenbergen et al. (2011) reported in their study that job stress can have negative effects on all aspects of individual life. In a study carried out by Zingheim and Schuster (2002) it was revealed that despite the strains of carrying a double role, the women with full time outside job were happier and seemed to be better off than the full time housewives. It was revealed that participation in a job outside that home for married women negatively affects marital adjustment of married working women as a result of occupational.

Farhana et al. (2023) in their study on “marital adjustment in relation to duration of marriage: A study in Nimona Tea Estate of District of Jorhat” revealed that there was a significant difference on marital adjustment of women of 5 years of marriage and women of 15 years and above years of marriage; that occupational stress has a significant relationship with marital adjustment. Furthermore, Manoj (2024) explored the relationship of marital adjustment and life satisfaction among young and old couples. Results indicate a significant positive correlation ($r = .43$, significant at $p .01$) in marital adjustment and life satisfaction. On the other hand there was significant difference (significant at $p .001$)

between old married couples and young married couples on marital adjustment. The results also indicate that there was a significant relationship between job stress and marital satisfaction.

II. Methodology

The study adopted the correlational design. Married couples in secondary schools in Delta State constituted the population for the study. The multistage sampling technique was used for the study selecting a sample of 389 from a population of 12,426 married teachers in public secondary schools in Delta State, representing (9) local government area each in the 3 senatorial district. Multi-stage and stratified sampling technique was used.

A closed-ended questionnaire titled: “Sexual Satisfaction, Occupational Stress and Marital Adjustment among Married Teachers (SSJSMAAMT) Questionnaire. Correlation and Coefficient Determination was used in answering the research questions while F-test (ANOVA) Statistic associated with linear regression statistics were used in testing the null hypotheses at 0.05 level of significance. All statistical analysis was computed using SPSS.

Presentation of Results

Research Question 1

What is the extent of relationship between sexual satisfaction and marital adjustment among married teachers in Delta State?

Table 1: Pearson product moment correlation coefficient and coefficient of determination of sexual satisfaction and marital adjustment among married teachers

Variable	N	r	r ²	r ² %	Decision
Sexual Satisfaction	389	0.047	0.002	0.2	Low Positive Relationship
Marital Adjustment					

*Significance: $P \leq 0.05$

Table 1 shows the r-value of 0.047 as the degree of relationship between sexual satisfaction and marital adjustment among married teachers in Delta State. The coefficient of determination was 0.002 and the amount of contribution of sexual satisfaction to marital adjustment among married teachers was 0.2%. This indicates low positive

relationship between sexual satisfaction and marital adjustment among teachers in Delta State.

Research Question 2

What is the extent of relationship between occupational stress and marital adjustment among married teachers in Delta State?

Table 2: Pearson product moment correlation coefficient of occupational stress and marital adjustment among married teachers

Variable	N	r	r ²	r ² %	Decision
Occupational Stress	389	0.136	0.019	1.9	Low Positive Relationship
Marital Adjustment					

*Significance: $P \leq 0.05$



Table 2 indicate the r-value of 0.136 as the extent of relationship between occupational stress and marital adjustment among married teachers in delta state. The coefficient of determination was 0.019 and the amount of contribution of occupational stress to marital adjustment was 1.9%. This indicates a low positive relationship between occupational stress and marital adjustment among teachers in Delta State.

Hypotheses Testing

Hypothesis 1

There is no significant relationship between sexual satisfaction and marital adjustment among married teachers in Delta State.

Table 3: Linear regression analysis of sexual satisfaction and marital adjustment among married teachers

	r	r²	Adjusted r²	SEE	
	.047 ^a	.002	.000	3.07896	
ANOVA					
Model 1	SS	Df	MS	F	P
Regression	7.990	1	7.990	.843	.359 ^b
Residual	3668.760	387	9.480		
Total	3676.75	388			
Variables in the Equation					
	Unstandardized Coefficient		standardized Coefficient		
Model	B	Std. Error	Beta	t-Ratio	P
(Constant)	51.738	1.766		29.304	.000
Sexual Satisfaction	.036	.040	.047	918	.359

Dependent variable: Marital Stability

Table 3 indicate the regression output of sexual satisfaction and marital adjustment among married teachers in delta state with an F-value of .843 and a p-value of .359. Testing the null hypothesis at an alpha level of 0.05, the p-value of .359 was greater than the alpha level of 0.05. Therefore, the null hypothesis was accepted. This indicates that there is no significant relationship between sexual satisfaction and marital adjustment among married teachers in Delta State.

The r-square value of 0.002 shows 0.2% variance in marital adjustment among married

teachers was accounted for by sexual satisfaction. The unstandardized coefficient (B) for predicting marital adjustment from sexual satisfaction was .036 and the standardizes coefficient (B) was .047, t = .918. However, sexual satisfaction was not significant at an alpha level of 0.05.

Hypothesis 2

There is no significant relationship between occupational stress and marital adjustment among married teachers in Delta State.

Table 4: Linear regression analysis of occupational stress and marital adjustment among married teachers.

	r	r²	Adjusted r²	SEE	
	.136 ^a	.019	.016	3.05361	
ANOVA					
Model 1	SS	Df	MS	F	P
Regression	68.165	1	68.165	7.310	.007 ^b
Residual	3608.585	387	9.325		
Total	3676.75	388			
Variables in the Equation					



Model	Unstandardized Coefficient		standardized Coefficient		
	B	Std. Error	Beta	t-Ratio	P
(Constant)	57.843	1.6668		34.673	.000
Occupational Stress	-.091	.034	-.136	-2.704	.007

Dependent variable: Marital Stability

The result in Table 4 shows the regression output of occupational stress and marital adjustment among married teachers in delta state with the F-value of 7.310 and p-value of .007. Testing the null hypothesis at an alpha level of 0.05, the p-value of 0.007 was less than the alpha level of 0.05. Thus, the null hypothesis was rejected. This revealed that there is significant relationship between occupational stress and marital adjustment among married teachers in Delta State.

The r-square value .019 show 1.9% variance of marital adjustment among married teachers accounted for by occupational stress. The unstandardized coefficient (B) for predicting marital adjustment from occupational stress was .091. The standardized coefficient (B) for occupational stress was -.136, $t = -2.704$. Therefore occupational stress was significant at an alpha level of 0.05.

III. Discussion of Findings

The findings from the testing of hypothesis 1 revealed that there was no significant relationship between sexual satisfaction and marital adjustment among married teachers in Delta State. The finding revealed that sexual satisfaction is the extent when an individual is satisfied or happy with the sexual aspect of his or her relationship. The second finding as indicated above is in accordance with Stephen and Okorodudu (2019) and Oyibo and Oghounu (2023). In line with Oyibo and Oghounu (2023) it was observed that there was a significant correlation between sexual satisfaction and marital adjustment. On the part of Stephen and Okorodudu (2019) there was significant positive relationship between sexual satisfaction and marital adjustment. However, the present finding was at variance with the finding of Dabone (2014), who found that there is significant difference between young and old married people with regard to their marital satisfaction.

The finding in hypothesis 2 shows that there was no significant relationship between occupational stress and marital adjustment among married teachers in Delta State. This indicate that occupational stress occur when discrepancy between the demand of the environment/workplace and an individual ability to carry out and complete the task given to him/her. This is in line with Zingheim and Schuster (2002) who

revealed that participation in a job outside the home for married women negatively affects marital adjustment of working women as a result of stress from their occupation. Also in support of the above, Farhana et al. (2023) revealed that occupational stress has a significant relationship with marital adjustment. Furthermore, Manoj (2024) explored the relationship of marital adjustment and life satisfaction among young and old couples. Results indicate that there was a significant relationship between job stress and marital satisfaction.

IV. Conclusion

Based on the findings the following conclusions were made; the study revealed that occupational stress and sexual satisfaction do not make impact on marital adjustment among married teachers in Delta State. The study established how occupational stress and sexual satisfaction interplay within the context of marital adjustment among married teachers.

V. Recommendations

With regard to the finding, the following recommendations were made:

1. Counsellors should organize a workshop for married teachers to enhance their understanding of the interplay between sexual satisfaction, occupational stress and marital adjustment.
2. Counsellors should provide professional development opportunities that focused on stress management and work-life balance strategies designed for married teachers.
3. The educational board should ensure that subjects are distributed fairly to teachers in their areas of specialization. They should also ensure that teachers are posted to take care of the subjects to avoid work overload, this helps to increase their competence.

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