

Research Article

Influence of marital expectations on marital dissatisfaction among adult and Non-formal education learners in Sokoto Metropolis, Sokoto State, Nigeria

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ABSTRACT

The study examined the influence of marital expectations on marital dissatisfaction among Non-formal education learners who are divorcees in Women Continuing Education Centre Sokoto, Sokoto state, Nigeria. The population of this study was all 579 divorcees in Women Continuing Education Centre, Sokoto and a sample size of 354 divorcees consented to participate in the study. The researchers used Marital Dissatisfaction Scale (MDS), Factors for Marital Dissatisfaction Questionnaire (FMDQ) and Shukla Comprehensive Marital Expectation Scale (SCMES). The research questions were answered with use of frequency and percentages and the hypothesis was tested using t-test of independent sample. The findings revealed majority of the couples that were studied were highly dissatisfied with their marital lives hence sought for divorce. And marital dissatisfaction happens when marital expectations do not forthcoming as couples with high marital expectations were significantly dissatisfied with their marital lives than couples with low marital expectations. The study recommended that Non-formal Education premarital counselling should be organized for prospective couples to have less marital expectations and be positive about marriage this programme will reduce tension when marital expectations are not forthcoming as taught.

Keywords: marital expectations; Non-formal education learner; divorcee; marital dissatisfaction

1. INTRODUCTION

Marriage is one of the important and respected institutions in Africa. It is a union of two different persons who love each other and agree to live together as husband and wife with the consent of their parents or guardians. It is the heterosexual relationship of consenting adults who maintain some form of socially approved sexual relationship, sharing a common residence, engaging in economic cooperation and procreation. Every responsible and matured young person is looking forward for a day he/she would get marry. Marriage has been described by Rosen-Grandon et al. (2004) as one of the most significant and essential human relationships because it provides the primary structure for establishing a family relationship and rearing the next generation. People are generally happier and healthier when they are married, but statistics indicate that marital satisfaction is not easily achieved (Rosen-Grandon et al., 2004). Marriage is expected to be an affair of intimacy and compromise, where spouses complement each other. It is also expected to be “for better and for worse” but the current trend in the marriage today departs from these traditional assertions, as the marital union is today a mere association where rancor, conflict, savage mutual attacks are endemic (Burkke, 2000; Dadi, 2004).

As beautiful as institution of marriage is, it is common to see those who are not satisfied with their marriage and even seek for divorce. Marital satisfaction is considered by Deressu and Girma (2019) as a measure of good feeling of marriage. It is measured by the perceived pleasure derived in marriage of an individual (Kaplan & Madduz, 2002). Marital satisfaction also reflects the perceived rewards and costs of the relationship to an individual, the more costs a partner inflicts on the other, the less satisfied one generally is with the relationship and with the partner. On the other hand, the greater the perceived rewards, the more satisfied one are deriving from the marriage and the spouse (Collins & Allard, 2001). Marital satisfaction is a multifaceted process that involves subjective evaluation, emotion regulation and patterns of interaction. However, marital satisfaction which is the opposite of marital dissatisfaction has been attributed to a multitude of factors that contribute to a satisfactory marital union. These factors include feelings of love, trust, respect and fidelity (Kaslow, & Robinson, 1996, Rosen-Grandon, 1998), social support, and commitment, equity of task, gender roles and sexual interaction (Rosen-Grandon, 1998). This implies that absence of these factors may result to marital dissatisfaction.

Marital expectation remains of one the important factors that regulates marital satisfaction or dissatisfaction in marriages (Deressu & Girma, 2019). Marital expectation is about the belief that couples have marriage will bring for them (Vangelisti & Daly, 1997). It is based on the kind of behavior that the marriage should exhibit or should not exhibit. They include beliefs about the extent to which spouses should share values, how much time couples should spend together, how disagreements should be handled, and any number of other issues an individual believes are important in marriage

(Alexander, 2008)). Expectation includes many things such as intents, attitudes about values and beliefs (Deressu & Girma, 2019).

It is interesting to note that in Sokoto metropolis, many young girls look out to marry a wealthy man who will be able to cater for their materialistic needs. Women in the Metropolis just like their likes in other parts of northern Nigeria prefer to marry a man whom they can be proud of in terms of fame and wealthy materials. In fact, parents particularly mothers do encourage their daughters to go for wealthy men in marriage. This orientation is well entrenched among many mothers in the metropolis. This situation has occasioned many young men who want to marry to present themselves as big men for them to be acceptable before their proposed wives and their family members. Many prospective suitors will like to appear to their wives to be and the in-laws in a manner that will portray them as wealthy individuals. This has made a number of suitors to do anything like borrowing vehicles, clothing and renting apartments that they could not sustain to pay after one year rent is due. Many wives have taught to enjoy luxuries when marrying to their suitors and this turns out to be mirage after marriage as true picture of their husbands comes out clearly.

It is important to note that many husbands in Sokoto metropolis find out after marriage the true picture of their wives as the wives could not meet the assumed demands of their husbands as so many things about the wives which hitherto taught to be fine are absolutely not fine. Many couples get dissatisfied with their marriage on account of some of the following reasons. These reasons include childlessness among married couples. Otuji (2000), Genda (2002), for example, believe that the traditional aim of contracting marriage, especially in most African societies (including Nigeria), is procreation. When this is not possible within a short period, conflicts resulting from sudden outbursts become the order of the day, making marriage an unhappy union. For these scholars therefore, bareness, infertility or childlessness is the cause of marital dissatisfaction among married couples.

Another conception, especially by Iwuana (1991) is interference from couples' relatives. It is the contentions of this scholar that when married couples are not allowed to take decision that concern them and their immediate families, frustration and alienation from the family create cracks that ultimately destroy the marital bond. This school of thought further argues that in-laws are almost always interested in what is happening in the marriage of their children to the extent that they even attempt taking decisions for them. The male's parents are usually more prone to this sort of behavior, and when the female becomes frustrated and reacts to the situation, she could be branded and issued their acts ranging from asking the male to marry another wife to outright divorce of the troublesome wife. When this happens, conflict in the union becomes the order of the day. Experience has shown that couples do get dissatisfied with their marriage when there is negative behavior to each other, absence of physical well-being, negative interaction pattern, lack of social support, physical violence, susceptibility to infidelity, lack of mate value, abandonment, lust, adultery, lack of communication, failed expectations among others. Many couple do think that when enter into marriage their marital expectations must be met and when these expectations do not forth come dissatisfaction is ensured.

It is important to note that life is not always a bed of rose. It is a mixture of happiness and sorrow. This reality is also expected in the institution of marriage. It is quite unfortunate that many couples do not have courage to sustain their marriages particularly when things that are expected from marriage do not forthcoming. This situation sometimes leads to divorce. Studies (Sharp & Ganong, 2000; Johnson, 2015) have shown that high expectations of marriage is dangerous to the marital relationship. This is because couples with high expectations have brought disappointment for themselves when the reality of marriage does not live up to their ideal (Sharp & Ganong, 2000). Interestingly, studies that have attempted to confirm the assumption that high expectations are negative have found mixed results (Johnson, 2015). One school of thought claims that couples are at increased risk for dissatisfaction and divorce when marital expectations are too high (Sharp & Ganong, 2000; McNulty & Karney, 2004;). Other school of thought claims that those who expect a great deal of their marriage are more likely to get a great deal from their marriage (Baucom et al., 1996; McNulty & Karney, 2004; Vangelisti & Daly, 1997).

Johnson (2015) holds that even if having high expectations be negative to some marriages and positive to other marriages no doubt that high expectations are good in a marriage so long as the marriage leads to the expectations. Studies such as (Johnson, 2015; Dixon, et al., 2012; Epstein, et al., 2005; Fletcher, et al., 2000; McNulty & Karney, 2004; Vangelisti & Daly, 1997) have established positive relationship between the attainment of marital expectations and marital satisfaction. This implies that where expectations are not met, the couples are bound to be dissatisfied and may even opt for divorce. It is sad that the rate of divorce in northern part of Nigeria is on increase, although divorce and separation in its actual prevalence is not well documented in Nigeria, previous studies indicate that high rates of divorce have been part of nuptiality culture of many parts of Nigeria (Solivetti, 1994). However, high rate of remarriage, and stigma associated with marital separation conceal the actual prevalence. Based on divorce cases recorded by area courts and demographic field work in the Niger valley of Sokoto state in northern Nigeria, Solivetti (1994) found that divorce rate per 1000 population in 1979 ranged from 11.0 to 19.9; higher than the prevailing rates in some European countries at the time. It is common to find a number of divorces in many places such as schools, offices, rented apartments and parent houses in Sokoto state. It is not out of place to infer that many cases of divorce could be attributed to marital dissatisfaction. In an unpublished study conducted by Yusuf (2018) about problems of adult and non-formal education women learners in Women Continuing Education Centre Sokoto, the demography data showed that majority of respondents were divorces and many of the respondents claimed not to have met their marital expectations in their marriages. Hence, the study examined the influence of marital expectations on marital dissatisfaction among adult and non-formal education women divorces in Women Continuing Education Centre Sokoto.

This study is hinged on social exchange theory and epigenetic theory. The social exchange theory has its view from behavioral psychology, sociology, and classical economic and (Deauseault, 2018) and is linked to American sociologist George C. Homans in 1958 (Cherry, 2022). Social exchange theory tries to detail the progress, preservation (for example, unity -

control), and fragmentation of relationship interactions in terms of the stability between the benefits that couples gain and the costs that they incur by their choice into intimate relationships. Costs are factors that discourage a presentation of a progression of behaviors within a marriage, whereas rewards/benefits are the enjoyments, fulfillment, and indulgence that a person benefits within an intimate relationship (Thibaut & Kelly, 1959). Social exchange theory explains relationships between two parties by examining the costs and benefits to each. The key point of the theory is that it assumes the two parties are both giving and receiving items of value from each other. Under this theory, interactions are only likely to continue if both parties feel they coming out of the exchange with more than they are giving up—that is, if there is a positive amount of profit for both parties involved (Wang, 2004). This theory implies that when the expected gains or benefits of marriage do not happen as planned the dissatisfaction of the union may set in. According to Ngazinbi et al. (2017) marital expectations seem to affect the experiences of individuals in marriages. The disappointment from unmet expectations of spouse's behavior change can affect one's appraisal of the behavior. Eventually, this behavior can negatively affect the marriage (Dixon, et al., 2012).

Epigenetic theory is the second theory that the study is relied on to examine the influence of marital expectations on marital dissatisfaction among adult and non-formal education women divorces in Women Continuing Education Centre Sokoto, Sokoto State, Nigeria. Epigenetic theory is found in Biology. According to Juvva and Bhatti (2006, 64-65), is a theory "that believes the individual is developed by the structural elaboration of an unstructured egg rather than a simple enlargement of a preformed entity". Juvva and Bhatti (2006) argued that spouses enter the marital union with various expectations. These expectations change as the marriage progresses, and they extrapolated the original Epigenetic. In relating epigenetic to marital expectations, five types of marital expectations emerge (Juvva & Bhatti, 2006). These include (a) Expectations of each other as spouses (e.g., sex); (b) Expectations from the marriage (e.g., the increased status of married women in sub-Saharan Africa); (c) Expectations from partner's family (e.g., expanded social network, influence of in-laws); (d) Expectations from the institution of marriage (e.g., mutual and shared responsibilities towards each other's family of origin); and (e) Expectations of the ideal partner – this is the concept of partners matching in material and non-material aspects (Ngazinbi et al., 2017). This study adopts a similar stance to find out the extent to which marital expectations, gains and benefits of marriage influence marital dissatisfaction among the study's subject. The prayer of every couple is to have a happy home and a satisfied marital life, since this is not always the case; particularly when marital expectations are not met, the current study investigated the influence of marital expectations on marital dissatisfaction among adult and non-formal education women divorces in Women Continuing Education Centre Sokoto, Sokoto State, Nigeria.

The following research questions were raised in this study: (1) What is the level of marital dissatisfaction among adult and non-formal education women divorces in Women Continuing Education Centre Sokoto? (2) What are the reasons for marital dissatisfaction adult and non-formal education women divorces in Women Continuing Education Centre Sokoto? H01: There is no significant difference in marital dissatisfaction adult and non-formal education women divorces in Women Continuing Education Centre Sokoto between divorcee with high expectations and those with low marital expectations.

2. RESEARCH METHOD

Descriptive survey design was used to conduct this study. Aggarwal (2008) defines descriptive survey as a design which is concerned with the collection of information about prevailing conditions or situations for the purpose of description and interpretation. This research design was appropriate for this study because it involved gathering data from the respondents on influence of marital expectations on marital dissatisfaction as expressed by adult and non-formal education learners women divorces in Women Continuing Education Centre Sokoto. The population of this study was all 579 divorcees in Women Continuing Education Centre, Sokoto. This kind of population is unique in its nature because, the researchers didn't have access to a readymade population. Therefore, the researchers shared a piece of paper to all women learners in Women Continuing Education Centre, Sokoto to write their marital status. This exercise was conducted when the researchers paid a visit to the Centre in preparation for the study. A purposive sampling technique was used to draw a sample size of 354 divorcees who equally consented to participate in the study when the researchers had briefed them about the focus of the study. The sample selection was also in line with recommendation of Research Advisors (2006) that states that 354 a sample size is sufficient for a population of 579.

Three instruments were used for data collection. The researchers used Marital Dissatisfaction Scale (MDS) to determine the level of marital dissatisfaction among divorcees while they were in their matrimonial homes. The Scale (MDS) has 10 items measuring level of marital dissatisfaction among divorcees on Completely True (CT), Almost Completely True (ACT), Mostly True (MT), Somewhat True (ST), A Little True (ALT), Not at all True (NT). A total range score of 60-40 provides an index of Extremely Dissatisfied while A total range score of 39-20 indicates Somewhat Dissatisfied but A total range score of 19-1 means Not at all Dissatisfied. Respondents were required to respond to all the items which were positively worded along 6 point Likert-type Scale. A 20-items questionnaire tagged "Factors for Marital Dissatisfaction Questionnaire" (FMDQ) was used to measure what divorcees regarded as reasons for marital dissatisfaction. Respondents were required to respond to all the items which were worded along 4 point Likert-type Scale of Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD). A 32-items Shukla Comprehensive Marital Expectation Scale (SCMES) was adopted to determine the marital expectations status of the samples. The Scale is credited to Shukla et al. (2016). The Scale has five point scale including "strongly agree, agree, neutral, disagree and strongly disagree with reliability index of .94.

The instruments were validated through expert judgment to establish both face and content validity. The instrument was presented to experts in the areas of Adult Education, Guidance and Counselling and Test and Measurement at the Faculty of Education and Extension Services, Usmanu Danfodiyo University, Sokoto for observation and modification. Their observations and suggestions were taken into consideration before the final instrument was produced for administration. In an effort to determine the reliability of the instruments, the researchers trial-tested the instruments among students of

Usmanu Danfodiyo University, Sokoto who were not parts of the study. This was done at two different times and the results of the two administrations were subjected to PPMC and reliability indexes yield 0.75 for MDS and 0.83 for FMDQ. The researchers administered copies of the scale and questionnaire to the respondents in one day after securing the permission of the school principal. All the 354 copies of the instruments were returned and used for the study. The research questions were answered with frequency and percentages while the hypothesis was tested using t-test of independent.

3. RESULTS AND DISCUSSION

3.1 Answering of Research Question

3.1.1 Research Question 1

What is the level of marital dissatisfaction among divorcees in Women Continuing Education Centre, Sokoto? This research question was answered using frequency and percentages and results were presented in **Table 1**.

Table 1. Level of Marital Dissatisfaction among Divorcees

| S/N | Level of Dissatisfaction | Frequency | Percentage |
|-----|--------------------------|-----------|------------|
| 1 | Extremely Dissatisfied | 232 | 65.54 |
| 2 | Somewhat Dissatisfied | 84 | 23.73 |
| 3 | Not at all Dissatisfied | 38 | 10.73 |
| | Total | 354 | 100 |

Table 1 shows the level of marital dissatisfaction among divorcees in Women Continuing Education Centre, Sokoto. Table 1 specifically revealed that majority of the respondents (65.54%) was extremely dissatisfied with their marital relationship while they were with their husbands, while 23.73% (84) and 10.73% (38) were somewhat and not at all dissatisfied with their relationship when they were with their husbands. This result indicates that extreme marital dissatisfaction led to cases of divorce in the study area.

3.1.2 Research Question 2

What are the reasons for marital dissatisfaction among divorcees in Women Continuing Education Centre, Sokoto? This research question was answered using frequency and percentages and result was presented in **Table 2**.

Table 2. Reasons for Marital Dissatisfaction among Divorcees

| S/N | Reasons | SA/A (Freq.) | SA/A (%) | D/SD (Freq.) | D/SD (%) | Total | % |
|-----|---|-----------------|-------------|-----------------|-------------|-------|-----|
| 1. | Lack of children in a marriage can lead to marital dissatisfaction | 284 | 80.23 | 70 | 19.77 | 354 | 100 |
| 2. | Lack of care of one's children in a marriage can lead to marital dissatisfaction. | 209 | 59.04 | 145 | 40.96 | 354 | 100 |
| 3. | Unnecessary interference from couples' relatives can lead to marital dissatisfaction. | 194 | 54.80 | 160 | 45.20 | 354 | 100 |
| 4. | Lack of respect from couples' relatives to couples can lead to marital dissatisfaction. | 204 | 57.63 | 150 | 42.37 | 354 | 100 |
| 5. | Inability of husbands to meet the financial responsibilities of wives can lead to marital dissatisfaction | 342 | 96.61 | 12 | 3.39 | 354 | 100 |
| 6. | Inability of husbands to satisfy wives' sexual needs can lead to marital dissatisfaction. | 345 | 97.46 | 9 | 2.54 | 354 | 100 |
| 7. | Couples indulging in extramarital affairs can lead to marital dissatisfaction. | 320 | 90.40 | 34 | 9.60 | 354 | 100 |
| 8. | Lack of respect for each other by couples can lead to marital dissatisfaction. | 242 | 68.36 | 112 | 31.64 | 354 | 100 |
| 9. | Lack of trust between couples can lead to marital dissatisfaction. | 226 | 63.84 | 128 | 36.16 | 354 | 100 |
| 10. | Lack of effective communication between couples can lead to marital dissatisfaction. | 302 | 85.31 | 52 | 14.69 | 354 | 100 |
| 11. | Negative interactive pattern can lead to marital dissatisfaction. | 275 | 77.68 | 79 | 22.32 | 354 | 100 |
| 12. | Couples' negative behaviours can lead to marital dissatisfaction. | 281 | 79.38 | 73 | 20.62 | 354 | 100 |
| 13. | Physical violence can lead to marital dissatisfaction. | 320 | 90.40 | 34 | 9.60 | 354 | 100 |
| 14. | Appearing dirty and care not about home cleanness attitude can lead to marital dissatisfaction. | 219 | 61.86 | 135 | 38.14 | 354 | 100 |
| 15. | I don't care attitude towards physical beauty can lead to marital dissatisfaction. | 293 | 82.77 | 61 | 17.23 | 354 | 100 |

Table 2 showed the reasons advanced by the respondents regarding what they considered to have responsible for marital dissatisfaction. The respondents eluded to the fact that child bearing and rearing related issues contribute to marital dissatisfaction. It is interesting to note that 80.23% (284) of the respondents agreed and strongly agreed that lack of children in a marriage can lead to marital dissatisfaction and 59.04% (209) consented that lack of care of one’s children in a marriage can lead to marital dissatisfaction. Another issue of concern to the respondents regarding reasons for marital dissatisfaction is the issue of in-law interference in marriage. About 55% (194) of the respondents believed that unnecessary interference from couples’ relatives can lead to marital dissatisfaction and 57.63% (204) of the respondents strongly agreed that lack of respect from couples’ relatives to couples can lead to marital dissatisfaction.

It is not surprising that 96.61% (342) of the respondents strongly consented that inability of husbands to meet the financial responsibilities of wives can lead to marital dissatisfaction and 97.46% of the respondents strongly believed that inability of husbands to satisfy wives’ sexual needs can lead to marital dissatisfaction. Couples indulging in extramarital affairs can lead to marital dissatisfaction as claimed by 90.40% (320) of the respondents. Another reason advanced by the respondents is the issue of trust and respect for each other. About 69% (242) of the respondents agreed and strongly agreed that lack of respect for each other by couples can lead to marital dissatisfaction while 63.84 (226) of the respondents agreed that lack of trust between couples can lead to marital dissatisfaction. A large number of respondents 302 (85.31%) are of the view that lack of effective communication between couples can lead to marital dissatisfaction and 77.68% (275) of the respondents believed that negative interactive pattern can lead to marital dissatisfaction. In the same vein, 79.38% (281) of the respondent consented to the fact that couples’ negative behaviours can lead to marital dissatisfaction and 90.40% (320) of the respondents strongly agreed that physical violence can lead to marital dissatisfaction. Similarly, 61.86 (219) of the respondents believed that appearing dirty and care not about home cleanness attitude can lead to marital dissatisfaction and 82.77% (293) of the respondents are of the view that I don’t care attitude towards physical beauty can lead to marital dissatisfaction.

3.2 Hypothesis 1

HO1: There is no significant difference in marital dissatisfaction among adult and non-formal education women divorces in Women Continuing Education Centre Sokoto between divorcee with high expectations and those with low marital expectations.

Table 3. T-test results of difference in marital dissatisfaction between divorcee with high expectations and those of low marital expectation

| Variable | N | Mean | Std. Deviation | t-Cal | P-Value | Decision |
|----------|-----|--------|----------------|-------|---------|----------|
| High | 273 | 57.685 | 16.99 | 2.492 | .014 | Rejected |
| Low | 81 | 51.182 | 12.94 | | | |

Table 3 that there was difference in marital dissatisfaction between divorcee with high marital expectations (mean = 57.685) and that of divorcee with low marital expectations (mean = 51.182) in Sokoto Metropolis and the difference was significant, t-cal (2.482), p = .014. This indicates a significant difference in marital dissatisfaction of between divorcee with high marital expectations and that of divorcee with low marital expectations because the p-value (.014) is less than the .05 level of significance. Therefore, HO1 which says there is no significant difference in marital dissatisfaction among adult and non-formal education women divorces in Women Continuing Education Centre Sokoto between divorcee with high expectations and those with low marital expectations was rejected. This shows that divorcees with high marital expectations are more prone to high marital dissatisfaction.

3.3 Discussions

The finding from research question one revealed that 65.54% of the respondents were extremely dissatisfied with their marital relationship while they were with their husbands, while 23.73% (84) and 10.73% (38) were somewhat and not at all dissatisfied with their relationship when they were with their husbands. This result indicates that marital dissatisfaction is one of the factors responsible for divorce in the study area. This finding is consistent with earlier studies (Sabatelli, 1984; 1988; Yusuf, 2018) that many couples result to divorce when they are no longer satisfied with their marital relationship. The findings from research question two revealed that child bearing and rearing related issues as well as unnecessary interference from couples’ relatives contribute to marital dissatisfaction. Other reasons advanced for marital dissatisfaction are inability of husbands to meet the financial responsibilities and sexual needs of wives as well as couples indulging in extramarital affairs. Another reason included the issue of trust and respect for each other as well as lack of effective communication between couples including negative interactive pattern between partners. Physical violence, appearing dirty and care not about home cleanness attitude as well as I don’t care attitude towards physical beauty were also cited as parts of the reasons for marital dissatisfaction. It is not surprising that in any marital relationship couples are always expect certain things which if not forthcoming will results to marital dissatisfaction as reported by other studies such as (Iwuana,1991; Otuji, 2000; Genda, 2002). The findings from the hypothesis revealed that divorces with high marital expectations were more dissatisfied with their marriage than those with low marital expectations. This is consistent with several other findings such as (Sharp & Ganong, 2000; Johnson, 2015; McNulty & Karney, 2004; Vangelisti & Daly, 1997; Baucom, et al., 1996) that showed that couples with high marital expectations are liable to marital dissatisfaction particularly when the expectations do not forth come. This is one of the common things happening in Sokoto metropolis where a number of young girls feel that their suitors who will become their husbands must provide for all their needs. In

some cases, many of these wives hold highly that their husbands, marriage, the institution of marriage, the family's partner and ideal partner as established in the theory of epigenetic (Juvva & Bhatti, 2006) must fulfil their respective expectations to their marital lives and inability to get these expectations have push them to leave their marriages.

4. CONCLUSION

Based on the findings of this study, it was concluded that majority of the couples that were studied were highly dissatisfied with their marital lives hence sought for divorce. And marital dissatisfaction happens when marital expectations do not forthcoming as couples with high marital expectations were significantly dissatisfied with their marital lives than couples with low marital expectations.

RECOMMENDATIONS

In view of the conclusion Adult and Non-formal programme in terms of counseling should be packaged by adult educators for couples in order to preach the gospel of marital harmonious relationship among couples in order to ensure conflict among couples are resolved and does not degenerate into divorce. Efforts in form of enlightenment and mobilization should be put in place by adult educators for couples in order to ensure that every partner plays his/her role in ensuring marital satisfaction and also discourage prospective couples to be overambitious about marital expectations. Non-formal Education premarital counselling should be organized for prospective couples to have less marital expectations and be positive about marriage this programme will reduce tension when marital expectations are not forthcoming as taught.

ACKNOWLEDGEMENTS

The authors would like to appreciate the Principal Women Continuing Education Centre, Sokoto for the opportunity to access their learners who voluntarily participated in this study.

AUTHOR'S CONTRIBUTIONS

All authors discussed the results and contributed to from the start to final manuscript.

CONFLICT OF INTEREST

The authors declare that they have no competing interests.

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