

Couple communication and marital stability among adults in

Asella Town

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May 2014

Addis Ababa

**Couple communication and marital stability among adults in Assela
Town**

A Thesis Submitted to

School of Psychology

In Partial Fulfillment of the Requirements for the Degree of

Master of Arts in Developmental Psychology

Addis Ababa University

Addis Ababa, Ethiopia

May, 2014

Addis Ababa University

School of Psychology

This is to certify that the thesis prepared by Muna Suleyman entitled Couple communication and marital stability among adults in Assela Town and Submitted in Partial Fulfillment of The Requirements for The Degree of Master of Arts (Developmental Psychology) Complies with the Regulations of The University and Meets the Accepted Standards.

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AKNOWLEDGEMENTS

I am extremely grateful to many people who have contributed a lot to this thesis. I owe Thanks first and foremost to my inspiring and seemingly tireless advisor, Dr. Vimla Vagrecha, who is a never ending source of encouragement and valuable advice, and who has provided many of the experiences that have directly led me to my personal and professional development. I am also indebted to the support and mentorship of Abera Tibebu, who spent many hours assisting me and who has been a valuable support throughout my graduate career.

Thanks are owed to Assela city Administration for helping me use data collected without whom this dissertation would have been nonexistent.

I am endlessly thankful for my very dear families: my mom Shibre Alemu, my Dad Suleyman Aman, kassahun ,Maireg and Bereket, Edget, marti,sente , who were my strength in my life at all till the completion of this paper and who has kept me focused and nurtured, both physically and emotionally, and to whom I owe everything that I achieve in life.

My gratitude also goes to my friends especially Bele and Mohammed for their unforgettable contribution.

Abstract

It is often said that marriage is a socially recognized and approved union between individuals, who commit to one another with the expectation of a stable and lasting intimate relationship. The purpose of this study was to find out if there was a relationship between couple communication and marital stability among adults in Assela Town. This study examined communication and stability from the stand point experiences of married couples in Assela city. A researcher-designed questionnaire was used to collect necessary data for the study. Two hundred couples (100 males and 100 females) were selected using stratified random sampling method. Descriptive statistics, t-test, ANOVA and correlation were used to analyze quantitative data. The analysis revealed that there was a positive correlation between couple communication and marital stability. Most of the respondents agreed that lack of effective communication was the cause of misery to marital stability. Suggestions were forwarded based on the findings of the study. It was recommended that the government needs to use the mass media to create awareness about the need to improve communication in homes and discourage suspicion, recruit professional counselors, psychologists and social workers to attend to various needs of couples and intending couples.

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CHAPTER ONE

INTRODUCTION

1.1. Background of the study

One of the most important relationships between a man and woman is marriage. It involves emotional and legal commitment that is quite important in any adult life. This relationship usually involves some kind of contract which defines the partners' rights and obligations to each other. The usual roles and responsibilities of the husband and wife include living together, having sexual relations with one another, sharing economic resources, and being recognized as the parents of their children (Encarta, 2007).

We all desire to live a happy life. Most of us realizing our inadequacy to achieve this in our own efforts, seek happiness in life with a partner. It's obvious that we have our friends, but we need someone more than a friend, pleasant companion, partner and help met as well. Therefore, many of us seek a husband or a wife to share life with. When people make choices to marry; they want to live happily ever after. They want a loving, happy, successful marriage. After they have been married for a while, and the novelty has worn off, they tend to discover that marriage does not maintain itself. Marriage takes work from both spouses to stay. Marriage is the most difficult maze one will ever get lost in (Angel, 2008). Marriage can equal either bliss or chains. It all depends on what one makes of it. Marriage depends on many different things to be successful: trust, love, time, friendship, understanding, honesty, loyalty sincerity and above all effective communication.

A marriage without effective communication is likely to crumble. Communication is a life wire of marriage relationship or any other meaningful relationship (Esere, 2002, 2006). So many

Problems escalate when there is no communication, and many problems are resolved when there is effective communication. For sure, communication is the key to successful marriage, and without communication no marriage can survive in this divorce - filled world we live in (Jolin, 2007). Most marriages are nowadays ending in divorce as a result of lack of communication.

A great deal of publicity has been given to the fact that more adults in western societies are remaining single than in the past, and that rates of cohabitation are continuing to rise. Nevertheless, studies show that most young people still see marriage and children as an important part of their future, and still view marriage as playing a crucial role in meeting their needs for companionship and emotional security. Although marriage has clear implications for individuals' general sense of well-being, it is important to remember that the essence of the marital relationship lies in the day-to-day interactions in which married couples engage.

Communication is most commonly reported problem in marriage understanding interaction involves studying the couple as a unit. The earliest attempts to formally study couple relationships focused primarily on issues of attraction and mate selection, rather than on the everyday aspects of couple interaction.

Communication is seen by Hybels and Weaver (2001) as any process in which people share information, ideas and feelings which involve not only the spoken and written word but also body language, personal mannerisms and style. Communication is an integral feature of human activities. Communication is very essential creating marriage. Communication is the key to a strong, healthy relationship. It allows partners to feel love and caring. Effective communication requires practice of the skills of listening and expressing thoughts and feelings.

According to Idowu and Esere (2007), more than half of the failed relationships are due to the fact that there was a severe lack of communication between couples. In order to have a long and lasting relationship with someone, one must have excellent communication skills.

Toward this end, this research is aimed at investigating influence of spousal communication on marital stability.

1.2.Statement of the problem

Marriage is a lifelong and sacred union between a man and a woman. Marital problems are an increasingly worrying phenomenon that we have to face daily. Marriage is the major avenue whereby the society is populated by the number of children that are born in such marriages, thus marital instability produces negative multiplier effect on the society. When there is marital instability, there is a problem in raising and nurturing the children, which may lead to an increase in the rate of juvenile delinquency in the society and lack of peace.

With so many marriages ending tragically in divorce (Adegoke&Esere, 1998), it is more important now to work on the communication between husband and wife. So many problems escalate when there is no communication, and many problems are resolved when there is communication. Truly communication is the key to a successful marriage.Effective communication in marriage is vital to a happy marriage and family life. Ineffective communication is a common problem complaint of couples who are having difficulties (Esere&Idowu, 2000). Ineffective communication can lead to numerous family problems, including excessive family conflict, ineffective problem-solving skill, lack of intimacy, weak emotional bonding and so on. Poor communication style is also associated with an increased risk of divorce and marital separation (Esere, 2008).

Learning to communicate involves hard work and as the divorce rate shows, many couples are unable to reach this level of understanding and therefore issues are left unresolved and tension deepens leading to a lack of understanding and respect. Ultimately, this may lead to couples simply dissolving the relationship for lack of knowing how to fix the problems.

This research considers it necessary to investigate the Influence of spousal communication on marital stability. This is because divorce is becoming a rampant act. Several propositions have been presented in the past decade to explain the enhancement or the deterioration of quality of couple's relationship such as those by Yusuf (2005), which focused on indices of marital instability, Adeyemi (1991), worked on causes of divorce and separation, Isiaka (2005) empirically investigated relationship between divorce and spousal communication and found that lack of effective communication in marriage precedes divorce.

In spite of all these however, not much has been done on the influence of spousal communication on marital stability. This gap which has been left open is what this research intends to fill. To this end, this study is aimed at finding out the influence of spousal communication on marital stability or relationship between couple communication and marital stability.

To undertake the study the following leading questions were formulated.

- Is there a relationship between couple communication and marital stability?
- Is the relationship between couple communication and marital stability different across demographic factors?

1.3.Objective of the study

To find out whether couples communication contribute to marital stability.

To find out the relationship between communication and stability.

To look at if respondents age, sex and educational status has something with their communication and stability

Open the way for further investigation

1.4.Significance of the study

This research study would be useful to all married couples and even youths who are about to get married who may want to learn how to keep their families together for peaceful coexistence. The ultimate result would be peaceful coexistence in the family and in the world as a whole.

1.5.Operational definition of terms

Couple- Two people of different sex who are married legally

Couple communication-The exchange and flow of information from one person to another among married adults

Marital stability- The quality of being firm in marriage

Demographic factors-Socioeconomic characteristics of population expressed statistically, such as age, sex, educational level, marital status.

CHAPTER TWO

REVIEW OF RELATED LITRATURE

This chapter contains a brief summary of concepts, and empirical research studies which have direct or indirect bearing on the main problem of the study.

2.1.Marital communication

2.1.1 Importance of communication

Communication in marriage is like a life giving river. When husband and wife cannot communicate, a huge dam is built stopping the flow of water. This causes everything around them to suffer and slowly die. Seeds that were once planted cannot grow and both spouses develop a strong inward thirst for their unmet needs, eventually causing multiple cracks throughout the relationship. Many promising marriages have fallen in to ruin simply because of lack of communication

Communication is essential for two people to feel closeness and to maintain that closeness over time. So, Communication is necessary to know and to be known.Communication is fundamental to human interaction and intimate couple relationships, in part because communication is a tool for knowing or emotionally connecting with one another.

Good communication involves careful listening, being able to empathize with the person you are listening to, and then responding in a constructive, non-defensive fashion. It also involves communicating your own thoughts and feelings in a way that is not critical or accusatory, so that your partner can truly hear and understand what you are saying instead of becoming angry or defensive.

In one study of couples, both men and women agreed that the emotional connection they shared with their partner was what determined the quality of their relationships and whether they believed they had a good marriage or not (Barnett and Rivers 1996). A positive emotional connection includes “having a partner who really talks to you, is a good listener, is a good friend, likes and appreciates you as a person, and does his or her share to make the relationship work” (Barnett and Rivers 1996, p, 190). Communication between intimate partners is more than words it involves establishing an emotional connection.

D.A Taylor and I .Altman in Rellof and Miller (1987) affirm that communication helps in developing and maintaining interpersonal relationship. This means that communication is an important factor to be considered for any meaningful interpersonal relationships.

2.1.2. Communication breakdown

Communication failure occurs when one person feels that they are not understood.

Communication breaks down when people fail to adequately say what and how they feel in a non-threatening manner.

Relationships offer wonderful benefits, but none are without their challenges. These challenges can put a strain on a couple, but working through them can either strengthen their bond or push them apart, depending on how they handle the challenges they face. Some marriages crumble because of lack of interpersonal communication. Without communication, you may be just guessing about what your partner is thinking and feeling. Some of the guesses may be considerably worse than reality. Each partner may be constantly making faulty interpretations of the other's behavior. There is plenty of room for confusion when there is no communication.

Confusion about the other person's motives, intentions, and actual behavior causes a tremendous

amount of conflict and distress in relationships. Even if you are not in a lot of conflict, you might just miss your partner.

When miscommunication is more common than clear communication, a marriage begins to have serious problems (Collins, 1988). Because, if a husband and wife do not communicate, their marriage is just two lonely people sharing a house; and their sex is nothing more than producing children and such a marriage will become cold and unexciting (Bruce & Carol, 1995).

2.2 Factors affecting marital stability

Marital stability, as an index of continuity and perpetuation of nuclear relations of mutual dependency, trust, and friendship remains a measure of prediction of more or less happy marriage (Cattell 1970).

Partners who master the ability to communicate “softly,” without being highly aggressive, contemptuous, or insulting, are more likely to get positive rather than negative responses. Those who use gentle humor and playfulness in their efforts and liberally sprinkle it throughout their interactions are more likely to have quality relationships that last (Driver and Gottman 2004).

Contemptuousness and criticism are highly predictive of relationship instability (Gottman 1994). The amount of positive affect partners show one another, especially during conflict situations, is highly predictive of happy and stable relationships (Gottman et al. 1998).

Gottman reports greater success in relationships where there is more positive bidding and more positive responding (Driver and Gottman 2004). A bidder who gets a positive response is more likely to bid again than one who does not. It is clearly a case where more is better (as long as

these are positive). Those who are more attentive or mindful in their relationships are likely to have more success than those who simply allow life to flow unheeded around them.

Research indicates that couples have happier and more stable marriages when husbands are more accepting of influence from their wives (Coan, Gottman, Babcock, and Jacobson 1997; Gottman, Coan, Carrere, and Swanson 1998). In other words, they are more likely to use turning toward responses and be open to and accepting of the wife's ideas. Thus, it is important for couples to feel comfortable and practice mutual influence in order to feel accepted and understood.

Avoidance or withdrawal occurs when one partner shows they are unwilling to start or continue an interaction. This pattern is also called "stonewalling" (Gottman and Levenson 1992) and occurs when one partner just "checks out" of the conflict while the other remains or wants to remain engaged. Also, most couples will experience anger and distress in their relationships, and these are not predictive of separation or divorce (Gottman and Levenson 1992). Healthy couples usually know how to repair relative minor damage in a way that keeps them together and happy.

Gottman found that the four negative behaviors that most predict divorce are criticism of partners' personality, contempt (from a position of superiority), defensiveness, and stonewalling, or emotional withdrawal from interaction. On the other hand, stable couples handle conflicts in gentle, positive ways, and are supportive of each other.

According to Karney and Bradbury's model, the ways in which couples deal with the life events they encounter are the key contributors to the couple's perceptions of the quality of their marriage.

As Halford (2000) points out, life events can have both negative and positive effects on a relationship depending on the strength of the couple's adaptive processes.

A couple's accrued experience in dealing with difficult or stressful circumstances will alter spouses' perceptions of the quality of their relationship and vice-versa: satisfaction with the marriage is likely to lead to more positive interactions and behaviors, while engaging in positive interactions and behavior is likely to enhance marital satisfaction and perceptions of quality. Alternatively, unrealistic expectations or dysfunctional patterns of communication may increase the likelihood of relationship problems and declines in satisfaction over time (Olsen and Fowers 1986; Olsen and Larsen 1989; Sanders, Halford and Behrens 1999).

2.3 Factors for marital longevity

Mackey and O'Brien (1995) identified factors that appeared to be important to marital longevity.

- Mutuality of decision-making: Couples who reported higher levels of joint decision-making also reported significantly higher levels of marital satisfaction.
- Relational values of trust, respect, understanding and equity
- Sexual and psychological intimacy: Mackey and O'Brien viewed intimacy as a composite of mutual understanding, acceptance, trust, and respect based on being open and honest about one's feelings and reflected both physically and psychologically.
- Containment of conflict
- Quality of communication: Couples reported that over time they became more open and expressive with each other, characteristics associated with higher levels of satisfaction.

Sharlin, Kaslow and Hammerschmidt (2000), in referring to very difficult times in their relationship, most couples, whether currently happy or unhappy, reported that honoring their

commitment to a lifelong partnership and their sense of responsibility towards their children were the prime reasons for seeing the marriage or relationship through the stressful periods. Satisfied couples also cited the motivating power of their love for their spouse or partner, but for dissatisfied couple's forces external to the couple such as children and religious beliefs exerted greater influence on their decision to remain in the marriage.

Karney and Bradbury's (1995) review of longitudinal studies on marriage also showed that marital satisfaction was more strongly related to marital stability than most other predictor variables.

Positive and negative affect have been measured in marital interactions, and a higher exchange of negative emotions associated with a low degree of positive emotions is characteristic of both unstable and unsatisfied couples (Carstensen, Gottman, & Levenson, 1995; Gottman, 1993; Gottman, Coan, Carrere, & Swanson, 1998; Gottman & Levenson, 1992).

Argyle (1983) has argued that a close, trusting relationship is the best basis for a happy marriage. This view is supported by Bee (1994) and Rutter and Rutter (1992).

One overall finding about marriage and satisfaction/happiness has suggested that a marriage starts off with high levels of positive emotions, but these levels drop in mid-adulthood. They then pick up again in late adulthood (Swenson, Eskew and Kolheff 1981; Bengston et al. 1990). Bee (1998) has confirmed this model of a U-shaped satisfaction curve.

It has also become clear that marital satisfaction and stability are not synonymous (Fowers, 1990; Gottman, 1991; Heaton & Albrecht, 1991; Johnson, White, Edwards & Booth, 1986). Although the majority of satisfactory marriages are stable, marital dissatisfaction does not always lead to marital instability (Johnson et al., 1986). Two recent studies (Gottman, 1991;

Gottman&Levenson, 1992) found that marital dissatisfaction did not adequately predict separation or divorce among couples because many dis-satisfied couples stayed married.

2.4. Relationship in adult age

By middle age (18-40), more than 90 percent of adults have married at least once. Married people often describe their marital satisfaction in terms of a “U- curve.” People generally affirm that their marriages are happiest during early years, but not as happy during middle years. Marital satisfactions then increase in the later years after finances have stabilized and parenting responsibilities have ended. Couples who stay together until the last child leaves home will probably remain for at least another 20 years as long as their intent was not to wait until the last child leaves the home to divorce.

It is likely that middle-aged partners' identification of successful problem-solving strategies contribute to the sense that they have control over their relationship. Skilled diplomacy (an approach to solving problems that involves confrontation of the spouse about an issue, followed by a period during which the confronting spouse works to restore harmony) is practiced more often by wives than by husbands, but it appears to be an effective skill for marital problem-solving no matter which spouse uses it.

According to Erikson's 8 stages of psychosocial development

- ✓ Young adulthood (20s & 30s) Intimacy vs. Isolation- There is a need to experience both love and commitment personally and not be isolated.
- ✓ 40s–mid 60s (middle adulthood) Generativityvs. stagnation- A need to be committed, concerned and caring about wide issues, and others in order to feel part of a wider whole, able to progress.

- ✓ 65 years old + (Late adulthood) Integrity vs. Despair-A need to review life accomplishments, to feel satisfaction, acceptance of what has been and is, and not that life was wasted or not worth it.

The first crisis of **early adulthood** which needs solving is the conflict between intimacy and isolation. What this is all about is friendship and other close relationships – deep and lasting friendships where we trust others and reveal to them our true thoughts and feelings.

The sharing of one's life and building of a shared future with a chosen, significant other person is what most of us envisage by the terms marriage or partnering.

Adjustment to mate in early adulthood

Good marital adjustment is the ability of the husband and the wife to relate emotionally to each other, and to give and receive love. Almost as important as ability and willingness to show affection: is ability and willingness to communicate.

Adjustment to mate in middle age

Only when the husband and the wife can establish a close relationship, similar to the one they had during the early years of marriage, can they find happiness in marriage during middle age.

Mate adjustment in old age

Changes are made more pronounced by retirement, reduced income, death of spouse in old age; most men spend much more of their time at home than they ever did before. Many retired men feel lost and do not know what to do with their free time: they tend to be depressed and unhappy. Show their feelings by being critical, fault finding, and irritable in their treatment of their wives.

How well husband and wives will adjust to each other in old age will depend primarily on how many interests they have in common. The majority of older adults evaluate their marriages as happy or very happy, and marital adjustment seems to be stable over time in enduring relationships (Huyck, 1995). Levenson, Cartensen, and Gottman (1993) revealed that compared with middle-aged couples, older couples evidenced reduced potential for conflict and greater potential for pleasure. Longitudinal research has shown that over time husbands report greater marital happiness and more affection than do wives (Field, Minkler, Falk, &Leino, 1993).

Despite the challenges of early and middle adulthood, the majority of middle-aged adults are not unhappy. These years are often very satisfying, as families have been established, careers have been entered into and some percentage of life goals has been realized (Eid& Larsen, 2008).

Gender and communication

Sociolinguists have noticed some typical gender differences in how women and men communicate (Kendall and Tannen, 2001). These gender differences are based on averages, so there are always exceptions among individuals. The patterns can be summed up as women, compared to men, more often express themselves verbally. They are more likely to offer and expect verbal support accompanied by intense eye contact. Researchers have found that men are often over-stimulated by this kind of communication and may withdraw (Gottman and Krokoff ,1989). Marriage practitioners have begun to explore the implications of this for supporting couple relationships (Love and Stosny ,2007). Rather than teaching couples that communication is primarily about verbal expression, some are now arguing that the focus should be on supporting “deep emotional connection [as] a personal choice” (Love and Stosny 2007, p,199)

that is created and maintained by communication, although not necessarily or exclusively with words.

2.5. Marital problems and the cause of divorce

Divorce is more common now than it was 50 years ago. In 2003 almost half of marriages in the United States ended in divorce (Bureau of the Census, 2007.p, 17) although about three quarters of people who divorce will remarry. Most divorces occur for couples in their 20s, because younger people are frequently not mature enough to make good marriage choices or to make marriages last. Marriages are more successful for older adults and for those with more education (Goodwin, Mosher, & Chandra, 2010).

Heve Wolcott & Jody Hughes (1999) conducted a study in Australia to assess the reasons of divorce by drawing the data from Australia Divorce Transition project. The data was collected through a random national telephone survey of 650 divorced Australians. The respondents were asked to tell the chief reason for the dissolution of their marriage. Then the respondent's reasons were communication problem, incompatibility, sexual incompatibility and economic problems

In a national study of marital therapists who work with couples, Whisman, Dixon & Johnson, 1997 as cited in Defrain, 2000 identified the most prominent problems reported by couples. The result of their study demonstrates poor communication, power struggle, sexual relationship problems and difficulties in decision making.

The most common & universal issues of marital problems are misunderstanding, depression and finance (Susan Brown, 2008): below the discussion for each is provided.

Misunderstanding-

Failing to acknowledge the existence & relevance of the other person's point of view & to be unwilling to take time to listen & care to understand. Failing to pay attention to the other one as much they do want to happen to them

For a successful communication to happen, one must see the world through the eyes of the other person and listen as well as speak

According to Daniel, 1994, Serkalm (2007), Abeje 2007, Seblewongel (2010) the causes for divorce in Ethiopian context are:-

- sexual incompatibility [disagreement over sexual relation]
- economic problems [husband's refusal to provide money for family budget]
- Difference in religious and ethnic background.

Depression-

Depression in a spouse is an issue that most couples will face at some point in their marriage. Marital distress and relationship conflicts also contribute to depression. Symptoms of depression include feelings of sadness, hopelessness, helplessness, anxiety, irritability, agitation, fatigue, low energy, and a reduced activity level are common, and there is also withdrawal from social contact and loss of interest in previously enjoyed activities, including sex. Marital adjustment and depression are strongly related.

Family and finances-

Family and finances are key sources of strength and self-sufficiency that interact in the lives of most Americans. However, many face ongoing problems and stress because of family and financial instability, especially in these uncertain times. Families in low-income communities may face greater difficulties in accessing resources to build strong finances and healthy relationships due to limited social networks, skills, and opportunities.

Research indicates that there is an interaction between interpersonal relationships and economic well-being. Disagreements over money are often a major source of conflict between spouses and within families. Despite evidence that marriage can improve economic circumstances, preliminary evidence suggests that many low-income couples consider a certain level of financial stability as a precondition for marriage.

Factors associated with divorce as presented by different scholars

- **Faulty communications-** when there is no communication there is confusion and partners may be constantly making faulty interpretation of others behavior.
- **Sexual problem-** Sex is a central strand, which is tied intimately with other aspects of relationship. At times, most couples have sexual problems. These include lack of accurate knowledge, unrealistic expectation, fear of not being able to perform adequately, differences in sexual drive, inhibiting attitudes about sex. When these problems are not resolved, marriage suffers (Collins, 1988).
- **Economic problem-**like sex, money is a primary source of tension in marriages. Besides, familial and economic phenomena are interdependent. Economic problems are

experienced more when the husband is partially or fully unemployed, or when he wastes his earnings for non-essential or harmful items like alcohol (Pothen,1987)

- **The need for dominance-** In most cultures, males are dominant in marriage relationships. However, nowadays there is an increasing trend towards equalitarian marriage. The difficulty arises when the husband refuses to accept this new trend, or when the woman rejects her husband's domination (Cohen, 1971). According to Bruce & Carol (1999), such a phenomenon leads to a selfish kind of marriage, which the husband and wife both want to be in control. Therefore, the marriage becomes a daily competition ground in which the husband and wife are like two athletes from different schools... each trying to win.
- **Conflicting values-** when a couple has similar values, the marriage is often healthy and growing. When values are in conflict, however the relationship may be one of tension, power struggle and mutual criticism. Value conflicts are at the heart of many marital problems in addition, values sometimes become the basis for intense conflict, especially if the cherished beliefs are attacked or challenged by one's mate (Collins,1988)
- **Educational status of the spouse-** durable marriages has exceeded dissolved marriages in their mean level of husband's education (Levinger, 1966). A wife's attraction to her husband may be positively related to his education for reasons of social status, or perhaps high education encourages better marital communication and a higher value of marital companionship even more likely, the husbands education is positively related to his financial income and therefore to the couples living standard. As a whole, the more years of schooling, the lower the divorce rate (Blood and Wolfe, 1960).

2.6 Research on marriage and divorce in Africa

Many divorced people remarry in Nigeria, as well as other parts of the world, and about half those who do are already parents. The result is the creation of “blended families”, also called “stepfamilies”. For instance, in 1992, over 11 percent of all American children were living with one biological parent and one stepparent. Estimates are that a fourth of American children will live with a stepparent before reaching the age of sixteen. By the year 2000, it has been estimated that, stepparent is expected to outnumber traditional nuclear families (Cherlin and Furstanberg 2000).

In Nigeria, going by the generally expressed rarity of divorce in traditional Yoruba setting, the present tendencies in marital dissolution among women in metropolitan Lagos is considered sociologically significant. For instance, divorce and separation have been shown to be on the increase as a result of education and urbanization (Adedokun 1998).

The divorce rate has increased dramatically during the past several decades globally and in Nigeria in particular. Divorce results in crisis for family members. For adults, divorce signifies the loss of an intimate relationship that also brought security and support. It also signifies a loss of hopes and dreams as well as feelings of failure. Although there may be relief over the divorce, being alone also brings fear, anxiety, loneliness, and guilt, especially if there are children involved (Heffeman et al. 1992).

According to Mohammed Mustapha there are different causes and reasons for divorce in most communities in Ghana. These are:-

High expectation-both individuals make a lot of assumptions when it comes to marriage. These assumptions are based on many variables and problems arise when the outcome (marriage) doesn't meet the assumption or expectation

Extravagance- the issue of unnecessary spending during marriage ceremony is an invincible hand that has the greatest chance of creating flaming atmosphere in the marital homes

Communication- lack of communication can cause two people to drift apart and to feel like they're just going through the motions in a marriage. Many relationships failed because of poor communication.

Bertuspreller, (2012). The top 10 reasons for divorce in South Africa are. The reasons below were most commonly cited in the records of 500 divorced actions instituted in South Africa in 2011. Lack of communication, Physical, psychological, financial or emotional abuse, Marriage infidelity, social networks-Face book and Twitter, addiction, sexual incompatibility, finances, parental responsibility, religious difference and difference in priorities

CHAPTER THREE

METHODS

This section describes the subjects and instruments used in the study, procedures of data collection and scoring.

3.1. Description of the study area

The study was conducted in Oromia regional state in Assela City. Assela is a town in central Ethiopia. Located in the Arsi Zone of the Oromia Region about 175 kilometers from Addis Ababa. Based on figures from the Central Statistical Agency in 2005, this town has an estimated total population of 84,645, of whom 40,552 were males and 40,093 were females.

By taking Four Kebeles from two Woredas. Assela is selected as a study area because firstly it's the living place of the researcher and the researcher observed communication problems in some marriages.

3.2. Target population or research participants

The target populations for the study were married adults found in Assela city. The total number of the participants is 200 among which half of them are women and the rest half are male and two hundred copies of the questionnaire was distributed to those couples by going Door-to-Door. The researcher has taken one of partner rather than both of them. Their age ranges from the early 20's to the late 60's. Their level of education ranges from primary education to degree holders and above. However, only 175 copies of the questionnaire were correctly filled and returned, hence 175 respondents participated in the study.

3.3. Sampling technique

Because, it was found hard to obtain list of married individuals and their address, I selected the respondents randomly using stratified random sampling technique. However, I have got an estimated 2000 married population from Assela city administration and I have taken 10% of the population that is 200 samples. The researcher stratified the population based on their residence and from each stratum selected representative samples from the target population. Assela city consists of two Woredas consisting 4 kebeles respectively. Four kebeles are selected randomly from both woredas (two kebeles from Woreda one and two kebeles from the other woreda). It was found very hard for the researcher to go and select samples from each kebel because every kebeles are far from the other. Married adults from each of these Woredas were stratified on the basis of residence. In order to get an equal sample fifty respondents were randomly selected from each kebele bringing a total sample of 200 respondents from the four kebeles. Finally 175 questionnaires were found to be in order for analysis. 11 questionnaires were not fully responded whereas, 14 were not returned at all.

3.4. Tools

The instrument used in this study was a questionnaire that was prepared in English and translated in Amharic and Oromiffa. The questionnaire was translated by people who make translation around stadium. The questionnaire is divided in to three sections based on the focus of the research questions. The first part is meant to assess the demographic variables of the respondents (sex, age, marital status, and educational level). The second part comprises questions used to assess couples' communication regarding how they take decisions making regarding child rearing, economic issues, sexual matters, solving problems faced in daily

routines....Attempts were made to ask them rate how properly they communicate on such issues on a five point scale of a Likert type. The third part involved questions about couple's marital stability regarding if they face challenges that happen in their marriage together, if they talked about consulting an attorney about a possible separation or divorce.

Pilot testing

The main purpose of the pilot test was to check the reliability of the instrument. In addition, the pilot was conducted to get a lesson to refine the instrument by making certain amendments prior to administering the instruments for the main study. The pilot sample consisted of 30 couples who were randomly selected. The responses of the respondents were scored to test the reliability of items. Cronbach's alpha was employed to determine the reliability of items by using SPSS version 20. The question used to assess couples communication is reliable at Cronbach's alpha .891 and for the marital stability .784. So, this shows that it is reliable. After computing the reliability of all items a minor modification was made on few questions. Those were modifications on some questions that lack clarity, avoiding similarity of some items substituting them.

3.6. Procedures of data collection

By going to the respondent's places or residence the questionnaire was administered by the researcher and through the help of my brothers and sisters. The respondents were provided with a brief explanation about the study, and asked to fill out the questionnaire individually. Besides, they were assured that their identity would be kept in strict confidence, and would never be revealed to any third party.

3.7. Method of data analysis

In analyzing the data collected for this study, frequency counts and simple percentage were used to analyze respondent's personal information in the first section. The t-test, analysis of variance (ANOVA) and Pearson product moment correlation were used using SPSS v.20.

Ethical Considerations

In order to run with the research work especially to collect the desired data from participants of the study it is recommended to pass through ethical issues and get an informed consent.

In order to get genuine responses information's on the purposes of the study was given verbally to them and participation was made voluntary; measures were taken in keeping respect, dignity and freedom of each participant. Also, they were assured of complete confidentiality of their information and similarly if they could not feel free in filling the questionnaire they were told to stop and return the paper.

They were also assured that their identity will be kept confidential.

CHAPTER FOUR

FINDINGS

The purpose of this study was to show the relationship of demographic characteristic with marital communication as well as with marital stability. And also to show the correlation between couple communication and marital stability. In this chapter data collected using questionnaire are presented in one way ANOVA, independent T test and Pearson Product Moment Correlation. The result of the study is presented as follows.

4.1. Demographic characteristics of the participants

The demographic characteristics of the research participants are displayed on Table 1.

Table 1: Demographic characteristics of the respondents by sex, age, marital status, duration in marriage and educational background

Variable	Categories	Frequency	Percent
Sex	Male	90	51.4
	Female	85	48.6
Age	18-39	86	49.1
	40-59	75	42.9
	Above 60	14	8.0
Marital status	Married	152	86.9
	Single*	23	43.47
Duration in marriage	1-5 years	56	32.0
	6-10 years	43	24.6
	11-15 years	38	21.7
	More than 15 years	38	21.7
Educational status	Primary education	37	21.1
	Secondary education	46	26.3
	Higher education	92	52.6

***This group includes those that were married but were not in relationship at the time of the study**

As can be seen from the above table, 51.4% of the respondents are male and 48.6% were females. Most of the respondents age ranges between 18-39(49.1%) which is early adults, 42.9%

were found in middle adulthood which is from 40-59 and only 8.0% are on the age of late adults (whose ages ranged above 60). Among the participants 86.9% of them are married, 6.9% were divorced and 6.3% were separated. 32.0% of the participants stayed in marriage from 1-5 years and 21.7% of them stayed in marriage more than 15 years. 52.6% of the participants reported that they attended higher education and about 26.3% of them completed secondary education. However, there is no illiterate respondents this might show that the developmental plan to minimize illiteracy has worked out.

Couples' communication and marital stability

We need to examine the status of couples' communication at the beginning. This includes determining the descriptive statistics of responses followed by One-sample mean test to determine the significance of the observed mean value. In the same way, the observed mean ratings and one-sample mean test are presented in the table below for marital stability.

4.2. Marital communication across demographic variables

Marital communication is supposed to be affected by age, sex, marital status and educational background of the participants. Marital communication can be affected by demographic variables such as age, sex, marital status and educational background of the participants.

AGE

Age is one of the factors which is assumed to affect marital communication and data were collected regarding the marital communication of the participants in order to see its relation with age. Data were collected to see whether there is difference in communication among different age groups. ANOVA was conducted and the data's were analyzed through ANOVA. The result was presented in the table below.

Table 2: Independent T-test of mean differences in couples’ communication between the two age groups

	Age of respondents	N	Mean	Std. Deviation	t	DF	Sig
Total score of couple communication	<39 years	86	99.55	10.676			
	>39 years	89	91.60	20.275	29.626	173	.000

As can be seen from the table, mean difference is observed among respondents of different age in their marital communication. That means, the mean for respondents of <39 years (M=99.55) is greater than the mean of >39 years (M= 91.60)

In other words, age matters in communication. Marital communication decreases as we go from early adulthood to late adulthood. This might be due to nowadays early adults express their emotions and communicate freely; they use communication as an important weapon to understand with spouse. However, those participant whose age ranges above 60 might have little problem in communication this is due to cultural barrier in which females are not allowed to communicate with their husband equally rather they accept what they have been told by their husband. There is only one way communication.

Marital communication and sex

Couples communication is also assumed to be different between male and female. To test if there is difference between male and female in communication T test was conducted and the result is presented in table 3.

Table3.Independent T- test to marital communication compared to sex

	Sex of respondents	N	DF	Mean	Std. Deviation	T	sig
Total score of couple communication	Female	90	173	93.06	19.179	10.070	.002
	Male	85		98.09	13.264		

As table 3 indicates the T test result was found to be significant at $\alpha=.002$. Therefore we can say that there is a statistically significant difference between male and female in marital communication. This might be due to culture that is to say culture made female to stay silent whereas, males are encouraged and trained to be communication assertive. Also there is a difference in the way males and females communicate and how they express their emotion.

Table 4. Test of ANOVA for marital communication compared to years stayed together in marriage

Demog.C	Descriptive stat			DF	F	sig
Age	N	Mean	S.D	B/n .G	W/n. G	
1-5 years	56	95.45	18.222			
6-10 years	43	97.30	14.652	3	171	274
11-15 years	38	95.05	13.238			.844
>16 years	38	94.00	19.885			
Total	175	95.50	16.717			

As can be seen from the above table there is n (mean 1=95.45, mean 2=97.30, mean 3=95.05 and mean 4=94.00). As it is depicted on table above, there is no significant difference in communication among peoples who stayed longer or less in marriage. That means, there is no mean difference among 1-5 years stayed (M=95.45), 6-10 years (M=97.30), 11-15 years

(M=95.05) and >16 years (M=94.00). In other words, the years stayed in marriage doesn't matter to marital communication

Furthermore, Bonferroni's Post hoc Comparison test showed no significant mean difference between groups

Post Hoc Tests

Multiple Comparisons

Dependent Variable: Total score of couple communication

Bonferroni

(I) Respondents years stayed in marriage	(J) Respondents years stayed in marriage	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
1-5 years	6-10 years	-1.856	3.411	1.000	-10.96	7.25
	11-15 years	.394	3.536	1.000	-9.04	9.83
	>16 years	1.446	3.536	1.000	-7.99	10.88
6-10 years	1-5 years	1.856	3.411	1.000	-7.25	10.96
	11-15 years	2.250	3.745	1.000	-7.75	12.25
	>16 years	3.302	3.745	1.000	-6.70	13.30
11-15 years	1-5 years	-.394	3.536	1.000	-9.83	9.04
	6-10 years	-2.250	3.745	1.000	-12.25	7.75
	>16 years	1.053	3.859	1.000	-9.25	11.35
>16 years	1-5 years	-1.446	3.536	1.000	-10.88	7.99
	6-10 years	-3.302	3.745	1.000	-13.30	6.70
	11-15 years	-1.053	3.859	1.000	-11.35	9.25

Table5. Test of ANOVA for marital communication compared to educational status

Demog. C	Descriptive stat			DF	F	Sig
Educational status	N	Mean	S.D	B/n. G	W/n. G	Sig
completed primary education	37	94.78	16.585			
completed secondary education	46	92.87	15.993	2	172	1.030 .359
completed higher education	92	97.11	17.110			
Total	175	95.50	16.717			

As table 5 shows no significant mean difference in respondents' communication by their educational status. That means, there is no mean difference among those who completed primary education (M = 94.78), secondary education (M=92.87) and higher education (M=97.11). Similarly F test shows no significant difference. But, Bonferroni's Post hoc Comparison test showed that there is somehow a mean difference between respondents who completed secondary education and those who completed higher education.

This indicate that those with higher education are more likely to communicate this might be due to an advance in education leads to better marital communication

Post Hoc Tests

Multiple Comparisons

Dependent Variable: Total score of couple communication

Bonferroni

(I) Educational status of respondents	(J) Educational status of respondents	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
completed primary education	completed secondary education	1.914	3.691	1.000	-7.01	10.84
completed secondary education	completed higher education	-2.325	3.254	1.000	-10.19	5.54
completed secondary education	completed primary education	-1.914	3.691	1.000	-10.84	7.01
completed secondary education	completed higher education	-4.239	3.018	.486	-11.54	3.06
completed higher education	completed primary education	2.325	3.254	1.000	-5.54	10.19
completed higher education	completed secondary education	4.239	3.018	.486	-3.06	11.54

4.3 Marital stability

Table 6. Independent T-test for marital stability by age

	Age of respondents	N	Mean	S.D	t	DF	Sig
Total score of marital stability	<39	86	40.17	5.378	.291	193	.000
	>39	89	39.89	7.464			

As it is depicted on table above, result was not found to be significant. This indicates that there is no significant mean difference among people of different age in their marital stability. This might be because those who communicate in their marriage as well as those who do not communicate but who adopted the situations and live with their spouse report their marriage as stable.

Table7. Independent T- test for marital stability compared to sex

	Sex of respondent	N	Mean	S.D	t	DF	sig
Total score of marital stability	Female	90	39.23	6.888		173	
	Male	85	40.87	6.002	1.766		.186

As can be seen from the above table, no statistical differences between males and females, observed. The result from independent t test indicates that there is no significant difference between male and female in marital stability-test: [t (173) = 1.766, P = 0.001]. Both male and female reported their marriage as stable.

Table8. Test of ANOVA for marital stability and years stayed together in marriage

Demog.C	Descriptive stat			DF	F	sig
Years stayed in marriage	N	Mean	S.D	B/n.	W/n.	
				G	G	
1-5 years	56	39.21	6.169	3	171	
6-10 years	43	39.79	6.073			
11-15 years	38	41.08	7.354		.691	.559
>16 years	38	40.45	6.644			
Total	175	40.03	6.506			

As can be seen above, there is no significant mean difference among the years the couples stayed together in and their marital stability. That means, the mean for 1-5years stayed (M=39.21) has no difference with the mean of 6-10 years (M=39.79) and also the mean for 11-15 years (M=41.08) is not different from the mean of >16 years (M=40.45). Similarly F test showed no significant difference.

Furthermore, Bonferroni's Post hoc Comparison test also showed similar result.

Post Hoc Tests

Multiple Comparisons

Dependent Variable: Total score of marital stability

Bonferroni

(I) Respondents years stayed in marriage	(J) Respondents years stayed in marriage	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
1-5 years	6-10 years	-.576	1.323	1.000	-4.11	2.95
	11-15 years	-1.865	1.371	1.000	-5.52	1.80
	>16 years	-1.233	1.371	1.000	-4.89	2.43
6-10 years	1-5 years	.576	1.323	1.000	-2.95	4.11
	11-15 years	-1.288	1.452	1.000	-5.17	2.59
	>16 years	-.657	1.452	1.000	-4.53	3.22
11-15 years	1-5 years	1.865	1.371	1.000	-1.80	5.52
	6-10 years	1.288	1.452	1.000	-2.59	5.17
	>16 years	.632	1.497	1.000	-3.36	4.63
>16 years	1-5 years	1.233	1.371	1.000	-2.43	4.89
	6-10 years	.657	1.452	1.000	-3.22	4.53
	11-15 years	-.632	1.497	1.000	-4.63	3.36

Table9. Test of ANOVA for marital stability compared to educational status

Demog. C	Descriptive stat			DF	F	sig
Educational status	N	Mean	S.D	B/n. G	W/n. G	
completed primary education	37	42.11	6.031			
completed secondary education	46	39.35	6.614	2	172	2.449 .089
completed higher education	92	39.53	6.532			
Total	175	40.03	6.506			

As can be seen the result from ANOVA indicate that there is no significant difference in respondents marital stability related with their educational status (mean 1=42.11, mean 2= 39.35, and mean 3 39.53).

4.4 Correlation between couple communication and marital stability

Table 10.correlation between the couple communication and marital stability

Descriptive Statistics

	Mean	Std. Deviation	N
Total score of couple communication	95.50	16.717	175
Total score of marital stability	40.03	6.506	175

Correlations

		Total score of couple communication	Total score of marital stability
Total score of couple communication	Pearson Correlation	1	.423**
	Sig. (2-tailed)		.000
	N	175	175
Total score of marital stability	Pearson Correlation	.423**	1
	Sig. (2-tailed)	.000	
	N	175	175

** . Correlation is significant at the 0.01 level (2-tailed).

The table shows that the result from Pearson correlation between couple communication and marital stability is .423. So we have quite a strong positive correlation. The information above this in the row labeled Sig. (2-tailed) tells us that the correlation is statistically significant at the .000 level. This indicates that as marital communication between couples increase it is more likely that their marriage is stable. This implies that those who communicate openly and freely can resolve their problem smoothly because every problem can be solved through communication and enables for better relationship. We can therefore conclude that there is a strong positive correlation between the two variables ($r = .42$, $p = .000$), with a greater communication associated with a higher marital stability rating.

CHAPTER FIVE

DISCUSSION

This chapter attempts to present the discussion of the findings presented in the previous chapter

According to the finding there is a significant difference between men and women in their communication. This finding is in line with what sociolinguists have noticed some typical gender differences in how women and men communicate (Kendall and Tannen 2001).

According to findings of Test of ANOVA by age indicated a significant difference among people of different age in their communication. It showed that marital communication decreases as we go from early adulthood to late adulthood. It means that as a person moves to old age their communication become less but they live a stable life that is their marriage is stable. This may be partly because they have learned to soften conflict with affection, and partly because, over time, some conflicts either resolve themselves by disappearing, or they lose their power to threaten or arouse strong emotions. The need to resolve every issue may also diminish over time as spouses' priorities and behavior change in light of approaching old age. Related research suggests that long-married couples are better able to manage their emotions such that, on the whole, they experience less distress and greater marital satisfaction than do younger and middle-aged couples (reported in Carstenson, Graff, Levenson and Gottman 1996).

Well-educated couples in generations past have also enjoyed better marriages. The more years of schooling, the lower the divorce rate (Blood and Wolfe, 1960). Heaton (2002) found that a higher education level could potentially predict marital satisfaction. The finding of the research shows no significant difference between respondents who completed primary, secondary and those with higher education but somehow it reveal a mean difference between those who completed secondary education and those with higher education in their communication. That is, the more well-educated individuals have much lower rates of divorce and appear to have more

satisfying marriage and better resolution of conflict. Marriages are more successful for older adults and for those with more education (Goodwin, Mosher, & Chandra, 2010).

The finding shows that there is no significant difference among those couples who stayed longer or less together with their marital stability. However, Ogidan (1991), in his study found out that though marriage in Nigeria is besieged by a lot of constraints like divorce and separation, the longer the spouses stayed together, the more stable their marriage becomes. This difference in result might be due cultural difference.

Correlation of couple communication with marital stability

Marital satisfaction appears to be essential in preserving a marriage (Amato and Rogers 1999; Previti and Amato 2003; Trent and South 2003). I define marital satisfaction here as the perceived level of happiness and support experienced by each spouse. Being able to predict marital satisfaction is an important element in being able to maintain functional marriages. If we can predict marital satisfaction then we may be able to help couples attain and sustain high levels of satisfaction. The result of the finding shows that there is a strong positive correlation between couples communication and marital stability. That is the higher the communication between couples the stable their marriage is and will be.

Communication skills by an individual impacted not only the marital satisfaction reported by the individual's spouse, but also the marital satisfaction reported by the individual. For example, wives who were categorized as having a distressed marriage reported greater marital adjustment and appreciation for their husbands if they were able to anticipate how their statements would be perceived by their husbands.

CHAPTER SIX

6. SUMMARY, CONCLUSION AND RECOMMENDATIONS

6.1 SUMMARY

The primary objective of the proposed research project was to examine the role of interpersonal communication in marriage relationships.

The study involved randomly selected married adults from four kebeles in the selected two woredas in Arsi Zone Assela town.

In the study, attempted have been made to provide answers to the following basic research questions: -

- Is the relationship between couple communication and marital stability different across demographic factors?
- Is there a relationship between couple communication and marital stability?

In order to deal with these basic research questions, the related literature was reviewed. Based on the data obtained through the questionnaire the findings were analyzed and the discussion was made in relation to the existing literature. Based on the analysis, the following major findings were obtained: -

- Significant differences were found among people of different age in their communication. Marital communication decreases with age. But found no significant difference in marital stability among people of different age.
- Independent sample t-test showed significant difference between male and female in marital communication and males were found more communicative than females. But no significant difference indicated between males and females in marital stability. Both reported their marriage as stable.

- No statistical differences were observed in respondent's communication by their educational status. However, post hoc result showed somehow a mean difference between respondents who completed secondary education and those who completed higher education and those with higher education are more likely to communicate
- Positive correlation was found between couple's communication and marital stability because Marriage is an intimate relationship that cannot do without effective communication. Couples who communicate maintain their marriage stable.

6.2. CONCLUSION

In various situation of life interpersonal communication has been destructively and constructively used. Not all stable couples resolve conflicts in the same way, nor do they mean the same thing by "resolving" their conflict. Since effective communication is essential to moving ahead in life, when there are problems relating to each other, it can prove extremely detrimental to any relationship.

When communication between couples becomes strained or even nonexistent, the entire foundation of the relationship is affected.

For the most part, communication breaks down when people fail to adequately say what and how they feel in a non-threatening manner. If we were all completely honest, which of course means being vulnerable, the majority of arguments and conflicts would not occur.

Difference is observed among people of different age as well as between males and females in their communication. There is a positive correlation between couple's communication and marital stability because Marriage is an intimate relationship that cannot do without effective communication. Couples who communicate maintain their marriage stable.

6.3. RECOMMENDATIONS

Based on the conclusions made from the findings, the following recommendations are forwarded:

- ✓ Parents need to encourage their children to communicate openly and freely from the very beginning.
- ✓ Since females were found less communicative than males. Government needs to provide opportunities for females because advancement in education is highly associated with communication.
- ✓ Finally, NGOs in Assela who work on family and marriage needs to provide marital counseling to couples before and after marriage.

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APPENDIXES

INSTRUMENTS USED FOR DATA COLLECTION

(ORIGINAL AND TRANSLATED VERSION)

Appendix I. Questionnaire prepared in English

Appendix II: Questionnaire Translated in to Amharic

Appendix III: Questionnaire Translated in to Oromiffa

Appendix I

ADDIS ABEBA UNIVERSITY

GRADUATE STUDIES

DEPARTMENT OF PSYCHOLOGY

Questionnaire to be filled by couples

Introduction:

Dear respondents

This questionnaire is designed for research work, to be submitted in partial fulfillment of the requirements for the degree of masters in developmental psychology. Therefore I request you to kindly fill the questionnaire as accurately and carefully as possible. The information to be obtained from you is very essential to the successful completion of this study. All the information you give will be kept confidential.

Part I: demographic variable

Instruction: below is a series of statements about your personal background. For each please show your response by underlining your response.

Part II: couples communication

Instruction: below is a series of statements about the conversation you just completed with your partner. For each one please put a \surd , depending on the degree to which you agree or disagree with the statement. 5 represents you strongly agree(SA), 4 means you agree(A), 3 means you are unsure(UD), 2 means you disagree(DA), and 1 means you strongly disagree(SDA). Please complete all items.

Part III: marital stability

Instruction: below is a series of statements concerning your marital stability or how stable your marriage is. Depending on the degree to which you agree or disagree with the statement put a \surd mark.

Part I. Background information

1. Age

- A. 18–40 years B. 40–60 years C. 60 + years

2. Gender

- A. Male B. Female

3. Marital status

- A. Married B. Divorced C. Separated D. widowed

4. How long have you stayed in marriage?

- A. Less than 5years B. 5-10years C. 10-15years D. More than 15years

5. Educational status

- A. None (read and Wright) B. Primary C. Secondary D. Higher education

Part II. Questions related to couple communication

No	Items	SA	A	UD	DA	SDA
		5	4	3	2	1
1.	He/she is willing to communicate					
2.	He/she understand me when I speak					
3.	H/she communicated coldness rather than warmth					
4.	He/she created a sense of distance between us					
5.	He/she acted bored by our conversation					
6.	He/she acted like we are good friends					
7.	He/she wanted me to trust him/her					
8.	He/she was open to my ideas					
9.	He/she felt relaxed talking with me					

10.	He/she made the interaction very formal					
11.	He/she attempt to persuade me					
12.	He/she didn't attempt to influence me					
13.	He/she dominates the discussion					
14.	He/she wanted to cooperate with me					
15.	He/she was very work-oriented					
16.	He/she feels comfortable talking about our sexual relationship					
17.	He/she communicate about when to have sex					
18.	He/she expresses emotions in a blaming manner					
19.	He/she understands me with nonverbal communication					
20.	We discuss on how money that comes into home should be used.					
21.	He/she took the priority in terms of financial commitment.					
22.	We discuss on how to raise our children.					
23.	He/she discuss on resolution of marital conflict.					
24.	He /she discuss on our problems.					
25.	We have equal influence in decision making.					

Part III. Questions about marital stability

No	ITEMS	SA	A	UD	DA	SDA
		5	4	3	2	1
1.	I am happy with my marriage.					
2.	Our relationship might be in trouble.					
3.	I am satisfied with my marriage.					
4.	He/she talked about consulting an attorney about a possible separation or divorce.					
5.	My spouse and I have a wonderful sex life					
6.	I will face challenges that happen in our marriage.					
7.	He /she will struggle hard times together.					
8.	We have troubled relationship.					
9.	He/she feels insecure.					
10.	He/she feels depressed.					
11.	He/she cares for me.					
12.	I sometime wished if I were not married to him/her.					

Appendix II

YUUNIVERSIITII FINFINNEE

SAGANTAA BARNOOTA EBBIFAMTOOTAA

KUTAA BARNOOTAA SAAYIKOLOJII

UnkaGaafannooMichuwwaniinguutamu

Seensa:

Kabajamtootadeebiikennitoota

Unkigaafannookundhimmaqorannoodhaafkanqophaa'eyammuuta'ugosabarnoota

“developmental psychology” tiindigriilammaffaaargachuudhaafqorannootaasifamudha.

Kanaafuugaaffiwwanunkagaafannoo kana irrajjirangaisiniifdanda'amettihaaladhugaa fi sirriita'eenakkaguuttaniifkabajaanisingaafadha.Odeeffannoonisinirraaargamu qorannoo kana milkeessuukessattigaheelaanaaqaba.Odeeffannoonisinkennitanhundinuucitiidhaanqabama.

KutaaI: odeeffannoodhunfaa

Armaangadihimootaodeffannoodhunfaakanilaallataniidha.Debbikessanjallasararunmull'isaa.

Kutaa II: odeeffannoowalhubatuuyknwaldhagayuuwalfutotaa.

Qajeelfama: armaangadikanjiruhaasaaisinmichuukeessanwajjingoootanilaallata.

Himootaarmaangadittidhiyaataniihagamakkadeeggartanyknhindeeggarreirrattihundaa'udhaanm allatoo√guutaa. 5 akka baayyee deeggartan mullisa(BD),4ni deeggartu jechuu dha (D),3hin beektan jechuu dha (HB),2hin deeggartan jechuu dha (HD)fi,1baayyee hin deeggartan(BHD)jechuu dha.Gaaffiiwwanhundaafdeebiiakkakennitankabajaanisingaafadha.

kutaaIII: Tasgabbaa'uugaa'elaa

Qajeelfama:

Armaangadihimootagaraagaraajirandhimmatasgabbaa'insagaa'elakessaniikanilaallatuykngaa'elli keessanhagamgaariita'uuisaakanilaallatanidha.

Himootaarmaangadittidhiyaataniinhagamakkadeeggartanyknhindeeggarreirrattihundaa'udhaanm allattoo√ guutaa.

KutaaI: odeeffannoodhuunfaa

1. Umurii

A. Waggaa 18-40 B. Waggaa 40-60 C. Waggaa 60 +

2. Saala

A. Dhiira B. Dhalaa

3. Haalagaa'elaa

A. Kan f uuudhe/ heerumte B. Gaa'ellidiigame C. Addaba'eD.Michuunjalaadu'e

4. Gaa'elaergagodhattaniihagamturtaniittu?

A. WaggaashaniingadiB.Waggaa 5-10 C.Waggaa 10-15 D.Waggaa15olii

5. SadarkaaBarnootaa

A.Barreessuu fi

dubbiisuukanhindandeenyeB.SadarkaatokkoffaaC.SadarkaalamaffaaD.Sadarkaaolaanaa

KutaaII: Gaafiwwanwalhubachuuyknwaldhagayuuwalfutotaailaallu.

lak	Dhimmoota	BD/5	D/4	HB/3	HD/2	D/1
1.	Inni/isheenyadawaliifqooduufnifedha/feti					
2.	Inni/isheenyerooanidubbadhunahubata/hubatti					
3.	Inni/isheenmiiraho'aata'eenosoohintaanemiiraqabbanaa'eenhaasa'a/ha asofti					
4.	Inni/isheengidduukeenyattifageenyauuma/uumtti					
5.	Inni/isheenhaasakeenyaanninuffe/nufftefakkaata/fakkaatti					
6.	Inni/isheenakkanutihiriyyaagaariitaanemullisa/mullisti					
7.	Inni/isheenakkaisa/isheeamanunataasisa/taasifti					
8.	Inni/isheenyadakiyyaqebaluufyknsimachuuffedhaqaba/qabdi					
9.	Inni/isheenanaawajjinyeroohaasofnumiiragaariqaba/qabdi					
10.	Inni/isheenhaasaakeenyaseeraqabesumaataasisa/taasifti					
11.	Inni/isheenanaamansiisuufyaaligodha/gooti					
12.	Inni/isheenanairratiidhibagochuufyaalihingodhu/gootu					
13.	Inni/isheenhaasaakeenyairratiolaantummaafudhata/fudhatti					
14.	Inni/isheenanaawajjinwalta'uuyknqindaayubarbaada/barbaaddi					
15.	Inni/isheenbaayyeehojjiirrattixiyyeeffata/xiyyeeffatti					
16.	Inni/isheenhaasofniqunamtiisaalaaittitala					
17.	Inni/isheenqunamttisaalaayoomgochuuakkaqabnuyaadanidhiyeesa/dhi yesiti					
18.	Inni/isheenmiirakomachuutindubbata/dubbatti					

19.	Inni/isheenyadakiyyajechaanalatisyknosoohindubatinisnahubata/hubatti					
20.	Qarshii garamanakeenyaadhufuhaalakamiinittifayyadamuuakka qabnuni mari'anna					
21.	Inni/isheendhimmaqarshii walqabate irratti addadurummaan hojjeta/hojjetti					
22.	Ijoo leelekeenya haalakamiinguddisuuakka qabnuni mari'anna					
23.	Inni/isheenwaldhabiinsagaa'elakeessahaalakamiinakkahiiknuni mari'ata/mari'ti					
24.	Inni/isheenrakkookeenyairrattinimari'ata/mari'atti					
25.	Murtikennu irratti qoodawalqixaqabna					

Kutta III: Unkagaafannoodhimmatasgabba' uugaa' elaa

lak	Dhimmoota	BD/5	D/4	HB/3	HD/2	BHD/1
1.	Anigaa'elakoottibaayyeenittigammada					
2.	Gaa'eliikeenyarakkoonisamudachuudanda'a					
3.	Anigaa'elakiyyati quufadha					
4.	Inni/isheendhimmagaa'elakeenyadiiguuyknhiikaairrattiabukaattooseerahaasofsiisuuakkaqabnudubbata/dubbatti					
5.	Abaanmanaa/haattimanaakiyya/tiyyaa fi aniwalqunamttisalaashagaaykngaarriiqabina					

6.	Rakkoowangaaelakeenyakeessatti nu mudatuukallatidhanirrati nan hirmadha					
7.	Inni/isheenyeroorakkoowaliindabarsuuffedhaqaba/qabdi					
8.	Nutiwalittidhufeenyarakkoonxaxameqabna					
9.	Inni/isheengaa'elakeenyatiwabumaanittihindhagayamu					
10.	Inni/isheengaa'elakeenyatifiedhiinqabu/qabdugadianaadha					
11.	Inni/isheenanaafniyaada/yaaddi					
12.	Al tokkotokkoosoonisa/isheefudhubadhee/ittiheerumuubadheejedheenha wwa					

Appendix III

አዲስ አበባ የኢንቨስትመንት

ድህረ ምረቃ ፕሮግራም

የሳይኮሎጂ ትምህርት ክፍል

በጥንዶች የሚሞላ መጠይቅ

መግቢያ

ክቡራትና ክቡራን!

ይህ መጠይቅ ለምርምር ስራ የተዘጋጀ ሲሆን በዴቪዥን መንታ ልሳይኮሎጂ የ2ኛ ዲግሪ ማሟያነት

ለትምህርት ክፍሉ የሚቀርብ ነው። ስለሆነም መጠይቁን ስትሞሉ መልሳችሁ በተቻላችሁ መጠን

ትክክለኛና ጥንቃቄ በተሞላ በትሁኔታ እንድትመልሱ በማክበር እጠይቃለሁ። በዚህ መጠይቅ

አማካይነት ከእናንተ የሚገኘው መረጃ ለዚህ ጥናት በጣም አስፈላጊ ነው። ከእናንተ የሚገኘው

ሁሉም መረጃ በሚስጥርነት የሚያዝኑ ለዚህ ጥናት አገልግሎት ብቻ የሚወልድ ነው።

ክፍል I: የግል መረጃዎች

መመሪያ:-

ከታች የግል መረጃዎችን የሚመለከቱ አረፍተኛ ገጽ ተዘርዝረዋል መልሱትን ከስር በማስመር ያሳዩ።

ክፍል II: በጥንዶች መካከል ያለው ተግባራት

መመሪያ:-

ከታች የተመለከቱት አረፍተኛ ገጽ ይህንን መጠይቅ መሙላት ከመጀመርዎ በፊት ከትዳር አጋርዎት ጋር ያደረጉትን የሀሳብ ልውውጥ ወይም ተግባራት የሚመለከቱናቸው። በአረፍተኛ ገጽ ላይ ሀሳብዎን ያህል እንደሚስማሙ ወይም እንደማይስማሙ መሰረት በማድረግ

የ√ ምልክት ያድርጉ። 5 በሀሳብ በጣም መስማማትን (በመ)፣ 4 መስማማትን (መ)፣ 3

እርግጠኛ አለመሆንን (እአ)፣ 2 አለመስማማትን (አመ)፣ እና 1 በጣም አለመስማማትን

(በአ) ያመለክታሉ። እባክዎን ለሁሉም ጥያቄዎች ምላሽ ያስጡ።

8	አስቸጋሪግንኙንትአለን					
9	እሱ/እሷየራስመተማመንእንደሌለው/ላትየሚያሳይሁኔታይታይበታል/ባታል					
10	እሱ/እሷበድብታዉስጥያለ/ያለችይመስላል/ትመስላለች					
11	እሱ/እሷ ለ እኔያስባል/ታስባለች					
12	አንዳንዴእሱን/እሷንባላገባሁብዬአስቤአዉቃለሁ					