MARRIAGE IS BETTER FOR CERTAIN PERSONALITY TYPES: EXPLORING THE RELATIONSHIP BETWEEN PERSONALITY AND MARITAL ADJUSTMENT IN A SAMPLE OF NUNGUA RESIDENTS

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ABSTRACT

A sample of one hundred (100) persons was used to examine the relationship between personality traits and marital adjustment using the Big Five Inventory and the Dyadic Adjustment Scale. The results revealed that married persons with different personality traits adjusted in marriage differently. Married persons with some personality traits like Extroversion, Agreeableness and surprisingly, Neuroticism, adjusted better in marriage than married persons with personality traits like Openness and Conscientiousness. However, the number of children and the number of years married did not have any influence on the marital adjustment of the participants. The implications of the findings for counselling are discussed.

Keywords: Marriage, Personality, Marital Adjustment, Nungua.

1. Introduction

Marriage is broadly defined as any of the diverse forms of interpersonal union established in various parts of the world to form a familial bond that is recognized legally, religiously, or socially, granting the participating partners mutual conjugal rights and responsibilities (Bell, 1997). It includes opposite-sex marriage, same-sex marriage, plural marriage, and arranged marriage (Bell, 1997). But in Ghana the traditional or the old definition still holds. Thus, marriage is a lifelong interpersonal relationship between a man and a woman as a husband and a wife, governed by legal, customary and religious principles (Ebenuwa-Okoh, 2009). It is believed that marriage is a social institution which fosters the coming together of two totally different individuals with different personality traits, psychological make-up and often different socio-economic backgrounds to form a family. However, after marriage comes a period of adjustment to each other (Adegoke & Esere, 1999; Esere, 2000). This involves some compromise by both parties for the survival of the relationship. Marital adjustment, therefore, is defined as a situation where partners are said to be happy with each other in the relationship. It is a complex concept which is dependent on many variables. Often times, partners, in the course of the relationship, do not experience the marital bliss that they expect once they enter into the relationship. This is the probable reason why some researchers (see Okorodudu & Ebenuwa-Okoh, 2003; Ebenuwa-Okoh, 2007) believe that the rate at which marital relationship is laced with pains, conflict and emotional confusion in recent times has increased dramatically, with an increased spate of divorce within short periods of marriage (Oppong Asante, Osafo, & Nyamekye, 2014). This has made the values of the marriage institution to diminish, its beauty to fade and its glory to wane. However, there is a paucity of literature on the various sources of marital adjustment especially with regards to the role of personality in marital adjustment. This study therefore looks at the relationship between the various personality types and its effect on marital adjustment. The Big Five personality factors (Conscientiousness,
Neuroticism, Openness to change, Agreeableness and Extraversion) was the theory used to explain personality in this study.

**Personality**

Personality includes stable and enduring traits that reveal themselves in various situations (Costa & McCrae, 1992). Global assessments of personality have shown that the personality characteristics found among satisfied couples are different from those found among dissatisfied couples (Kaur, 2016). Although research has shown how personality is generally associated with marital satisfaction (e.g. Kaur, 2016), the main part of this study addresses the impact of certain personality characteristics on marital adjustment. In comparison to other models of personality, the five-factor model (FFM) encompasses the most basic dimensions of personality (Costa & McCrae, 1992). According to McCrae (1991), the FFM consists of five aspects of personality (called the Big Five): neuroticism, extroversion, conscientiousness, openness to experience, and agreeableness. Previous research has demonstrated robust relationships between romantic relationship quality, functioning, and outcomes and broad personality traits such as the Big Five (Goldberg, 1993 in Letzring & Nofite, 2010).

Agreeableness assesses the degree to which an individual gets on well with others, Openness assesses the degree to which one is thoughtful and rational in considering new ideas, Conscientiousness assesses the degree to which one is aware of and attentive to others around him or her and the details of tasks, whereas Neuroticism deals with the degree to which a person is emotionally stable or unstable. Finally, Extraversion assesses the degree to which an individual directs energy inwards or outwards. These five traits seem to appear in all cultures, suggesting that they may represent universal personality components (Katigbak, Church, Guanzon-Lapena, Carlota & Del, 2002; McCrae & Costa, 1998).

The behaviors associated with specific personality characteristics can contribute to tranquility or conflict in the relationship (Craig & Olson, 1995).

**Marital Adjustment**

Spanier and Cole (1976) first used the term marital adjustment as a general term to define the functioning and success of the marital relationship and it encompasses the concepts of marital satisfaction and happiness. The constituents of marital adjustment include agreement, cohesion, satisfaction, affection, and tension. Locke and Wallace (1959) thus define marital adjustment as: “accommodation of husband and wife to each other at a given time”. Marital adjustment is a process, the outcome of which is determined by the degree of: a) troublesome marital differences, b) interpersonal tensions and personal anxiety, c) marital satisfaction d) dyadic cohesion, e) consensus on matters of importance to marital functioning(Crane, Allgood, Larson, & Griffin, 1990). Sexual compatibility and mutual enjoyment are important factors contributing to the success of most marital relationships. Although some have disagreed with this concept, it is the most widely accepted as giving an indication of the level of satisfaction that exists within marriage. Marital adjustment is a lifelong process Lasswell (1982) points out that understanding the individual trait of the spouse is an ongoing process in marriage; because even if two people know each other before or at the time of marriage, there is a possibility that people change during the life cycle. Marital adjustment, therefore, calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, death in marital relationship is inevitable.
2. Objectives of the study

1. To determine the relationship between personality (as per the big five) and marital adjustment (affectional expression, cohesion, consensus and satisfaction)
2. To identify how other social factors influence marital adjustment.

3. Statement of the problem

In Ghana the divorce rate has seen some increase in recent years. Data from the Registrar-General’s Department shows an increase in divorce over a seven-year period. In 2004, out of 2,641 marriages registered, 139 were dissolved; in 2005, 2,604 marriages were registered and 145 were dissolved; again in 2006, 2,339 marriages were registered and 214 suffered dissolution; in 2007, 2,832 marriages were registered and 184 suffered dissolution, in 2008, 3,370 marriages were registered and 254 of them suffered dissolution, and finally, in 2009, 3,126 marriages were registered and 146 of them were divorced (Registrar-General’s Department, Accra, 2010). Within this five-year period, the divorce rate peaked 9.2% of marriages (contracted and registered) in 2006 to a low of 4.6% in 2009 and an average divorce rate of about 6.4%. This may seem small but the resulting incidence of broken homes and relationships may negatively affect the children in the marriage and other relationships. The question that remains unanswered is what kind of personality types are compatible with marital adjustment?

4. Literature review

In a study by Bouchard, Sabourin, and Lussier (1999), the relationship of various personality traits with marital adjustment was investigated. Personality traits studied were neuroticism, extraversion, openness, agreeableness and conscientiousness. The scale used to measure marital adjustment was dyadic adjustment scale. The results showed that women high in agreeableness and openness were more adjusted. Also males that were high on openness and agreeableness were more maritally adjusted. Husband’s openness was positively related to their wives marital adjustment. Open individuals may tolerate and respect differences in behavior and thought of partner which would reduce the number of conflicts and increase the consensus between spouses.

Kim, Martin, and Martin (1989) and Levine and Henessy (1990) found that personality factors differentiated stable from unstable marriages. Stable marriages were more similar in intelligence, protension, radicalism, tender-mindedness, mutual trust, acceptance, enthusiasm, and genuineness. Personality factors that reduce the likelihood of stability and satisfaction have included the lack of warmth and extraversion (Levine & Henessy, 1990), and neuroticism (Karney & Bradbury, 1997; Russell & Wells, 1994a; Russell & Wells, 1994b).

Individual personality traits have also been linked to couples’ relationship functioning for both men and women. Personality traits of neuroticism, anxiety, and emotional instability have been shown to impair relationship functioning and reduce relationship satisfaction (Watson & Clark, 1984). Additionally, personality characteristics of agreeableness and expressiveness have been referred to as individual protective factors, which may enhance marital satisfaction (Bradbury, Campbell, & Fincham, 1995).

Number of Children and Marital Adjustment

The presence and number of children have been found to affect marital satisfaction and adjustment. For instance, a research conducted with one hundred and fifteen (115) couples has shown that couples with multiple children with Autism Spectrum Disorder (ASD) have a lower adjustment in marriage than those with single children with ASD when the Dyadic Adjustment Scale was
administered (Mills, 2012). This study shows the presence of a psychologically disordered child affecting the relationship between couples in their marriage. This study however sought to look at only the number of children and its relation to marital adjustment.

**Number of Years in Marriage and Marital Adjustment**

In a study by Ghoroghi, Hassan and Baba (2015), they found among a sample of randomly selected Iranian married students that there was no correlation between length of marriage and marital adjustment, and that, marital adjustment remained fairly stable over time.

**Gender Differences in Marital Quality and Well-Being in Chinese Married Adults**

In another study by Shek (1995) addressed the issue of gender differences in marital quality and well-being in Chinese married men and women. The results showed that males had significantly higher scores on the Chinese Dyadic Adjustment Scale and Chinese Kansas Marital Satisfaction Scale. While a longer duration of marriage was associated with higher levels of dyadic consensus and affectional expression in men, the duration of marriage was negatively related to marital adjustment and marital satisfaction for women. The data also showed that women displayed more psychiatric symptoms and midlife crisis problems and they had lower levels of positive mental health and perceived health status than men. While marital quality was positively related to well-being in both men and women, the impact of marital quality on well-being was generally found to be greater in women than in men.

5. Hypotheses

1. Individuals who are high on Extraversion are more likely to display Cohesion in marriage than those with Neuroticism personality trait.
2. Persons who are high on Agreeableness will score higher on Consensus than those with Conscientiousness personality trait.
3. Individuals with Openness personality trait are more likely to display Affection in marriage than those with Neuroticism personality trait.
4. There will be a significant negative correlation between the number of children couples have and their marital adjustment.
5. There will be a significant correlation between the number of years in marriage and marital adjustment.
6. Females will adjust better in marriage than males.

6. Method

**Research Design**

Community case study was chosen as the appropriate research design. This approach was appropriate because of the variables and the target group of interest, which were centered in one community (Nungua community). The research is a non-probability sampling; so the researcher adopted a purposive sampling technique to get the desired participants for the research. The variables of interest were the independent variable (personality) and the dependent variable (marital adjustment).

**Population**

The area chosen for this study is the Nungua Community. Given this definition, the population for the proposed study consisted of all married couples within the Nungua community. The total number of participants the researcher used was one hundred.
Sample Size and Sampling Technique
The study targeted one hundred (100) couples (50 males and 50 females) in the Nungua community to participate in this research. Of the sample, forty two percent (42%) were married for less than five (5) years, 32% were married for at least ten (10) years, 14% were married for at least fifteen (15) years, 8% were married for at least twenty (20) years, and finally, 4% were married for twenty-one (21) years and above. In terms of children, 11% had no children, 8% had one (1) child, 31% had two (2) children, 36% had three (3) children and finally, 14% had more than four (4) children. Similarly, the participants fell under different personality traits, 17% scored high on Extraversion 14% were high on Agreeableness 20% were high on Conscientiousness whereas 19% were high on Neuroticism and finally, 30% high on Openness.

Measures
A Three-section questionnaire with a total of 93 items was used for the research. Section A elicited the socio-demographic information of the participants, like gender, age, marital status, type of marriage, etc. Section ‘B’ sought to gather information on the personality traits of the participants. This section consisted of a standardized scale The Big Five Inventory (BFI) designed by John, Donahue and Kentle (1991) with a reliability coefficient of 0.90. This is a 44-item questionnaire that assesses or measures the big five personality traits, such as agreeableness, extraversion, conscientiousness, neuroticism and openness, with five alternative responses ranging from 1- ‘Disagree strongly’ to 5-Agree strongly. Section C focused on the adjustment of the couples using the Dyadic Adjustment Scale. The final section also consisted of a standardized scale the Dyadic Adjustment Scale (DAS) designed by Spanier (1976). The dyadic adjustment scale is a 32-item questionnaire. The scale has a Cronbach alpha of 0.96.

7. Findings, analysis and discussion
Table 1: Independent t-test for persons with Extraversion and those with Neuroticism on their display of cohesion

<table>
<thead>
<tr>
<th>Personality traits</th>
<th>Extraversion (n=17)</th>
<th>Neuroticism (n=19)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>Std. Dev.</td>
</tr>
<tr>
<td>Extraversion</td>
<td>22.000</td>
<td>5.268</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>17.947</td>
<td>8.866</td>
</tr>
<tr>
<td>Total Cohesion</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The mean cohesion scores for couples with extraversion personality trait (mean = 22.00, SD = 5.27) and mean scores for married persons with neuroticism personality trait (mean = 17.95, SD = 8.87) when subjected to the Independent samples t-test, showed that there was no significant difference, t (34), ρ = 0.11. This means that, the hypothesis that “Individuals with Extraversion personality traits are more likely to display Cohesion better in marriage than those with Neuroticism personality trait” was not supported by the results from the analysis. This implies that no significant difference exists between married persons with extraversion personality traits and married persons with neuroticism personality traits with respect to displaying cohesion in marriage.
Table 2: Independent t-Test for agreeableness, conscientiousness and consensus

<table>
<thead>
<tr>
<th>Personality traits</th>
<th>Agreeableness (n=14)</th>
<th>Conscientiousness (n=20)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>Std. Dev.</td>
</tr>
<tr>
<td>Agreeableness</td>
<td>19.786</td>
<td>15.243</td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>12.350</td>
<td>4.614</td>
</tr>
<tr>
<td>Total Consensus</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Results in Table 2, revealed that mean consensus score for married persons with agreeableness personality trait (mean = 19786, SD = 15.243) and mean scores for married persons with conscientiousness personality trait, (mean = 12.350, SD = 4.614) when subjected to the Independent samples t-test, showed that there was a significant difference, t (32), ρ = 0.047. This means, the hypothesis that “An individual with Agreeableness personality traits is more likely to display Consensus better in marriage than a person with Conscientiousness personality trait” was supported by the results from the analysis. This implies that, married persons with agreeableness personality trait indeed displayed consensus better in marriage than married persons with conscientiousness personality trait.

Table 3: Independent t-test on Openness, neuroticism and display of affection in marriage

<table>
<thead>
<tr>
<th>Personality traits</th>
<th>Openness (n=30)</th>
<th>Neuroticism (n=19)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>Std. Dev.</td>
</tr>
<tr>
<td>Openness</td>
<td>5.433</td>
<td>2.725</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>7.210</td>
<td>3.425</td>
</tr>
<tr>
<td>Total Affection</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Results in Table 3, reveal that mean affection score for married persons with openness personality trait (mean = 5.43, SD = 2.73) and mean scores for married persons with neuroticism personality trait [mean = 7.21, SD = 3.43], when subjected to the Independent samples t-test, show that there is a significant difference, t (47), ρ = 0.05. This means that, the stated hypothesis “Individuals with Openness personality traits are more likely to display Affection r in marriage than those with Neuroticism personality trait” was supported by the results from the analysis. This implies that, married persons with neurotic personality traits display less affection in marriage than married persons with openness personality trait.
Table 4: Pearson’s Moment Correlation Coefficient between number of children and Marital Adjustment

<table>
<thead>
<tr>
<th>Variables</th>
<th>M</th>
<th>SD</th>
<th>df</th>
<th>r</th>
<th>ρ</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of children</td>
<td>2.340</td>
<td>1.157</td>
<td></td>
<td>.076</td>
<td>.453</td>
</tr>
<tr>
<td>Marital Adjustment</td>
<td>62.630</td>
<td>22.278</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Results in Table 4, revealed that mean number of children of married persons (mean = 2.340, SD = 1.157) and mean marital adjustment scores of the participants (mean = 62.630, SD = 22.278) were positively related, r (98) = .453. This means that the stated hypothesis “There will be a significant negative correlation between the number of children couples have and their marital adjustment” was not supported by the results from the analysis. This implies that, the number of children the participants have did not impact on the marital adjustment negatively, but rather, positively.

Table 5: Pearson’s’ Moment Correlation Coefficient between number of years in marriage and Marital Adjustment

<table>
<thead>
<tr>
<th>Variables</th>
<th>M</th>
<th>SD</th>
<th>df</th>
<th>r</th>
<th>ρ</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of years in marriage</td>
<td>2.000</td>
<td>1.119</td>
<td></td>
<td>-.068</td>
<td>.498</td>
</tr>
<tr>
<td>Marital Adjustment</td>
<td>62.630</td>
<td>22.278</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Results in Table 5, revealed that mean number of years in marriage of the participants (mean = 2.000, SD = 1.119) and mean marital adjustment scores of the participants (mean = 62.630, SD = 22.278), when subjected to the Pearson’s moment correlation coefficient, showed that there was a negative non-significant correlation between the number of years in marriage and marital adjustment of the participants, r (98) = .498. This means that, the stated hypothesis “There will be a significant correlation between the number of years in marriage and marital adjustment” was
not supported by the results from the analysis. This implies that, the number of years the participants had been married had a negative non-significant relation with their marital adjustment, thus marital adjustment decreased with the number of years married.

Table 6: Independent t-Test to test the difference between males and females with regard to their adjustment in marriage

<table>
<thead>
<tr>
<th></th>
<th>Males (n=50)</th>
<th>Females (n=50)</th>
<th>df</th>
<th>t</th>
<th>ρ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Mean</td>
<td>Std. Dev.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>64.500</td>
<td>25.434</td>
<td>98</td>
<td>.838</td>
<td>.404</td>
</tr>
<tr>
<td>Female</td>
<td>60.760</td>
<td>18.673</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Results in Table 6, reveal that mean adjustment scores for males (mean = 64.500, SD = 25.434) and mean adjustment scores for females (mean = 60.760, SD = 18.673), when subjected to the Independent samples t-test, showed that there was no significant difference (t (98), ρ = .404). This means that, the stated hypothesis “Females will adjust better in marriage than males” was not supported by the results from the analysis.

8. Discussion

Personality and Marital Adjustment

This study aimed at assessing the relation between the five personality factor traits and marital adjustment in persons married. Two of the six hypotheses proposed were supported by the results whereas four were rejected. From the results it was found the persons high on agreeableness were better at consensus than persons with conscientiousness personality traits. Again, those who were high on openness personality trait scored higher on affection (as a component on the Marital Adjustment Scale) than persons who were high on neuroticism. These results support the findings Bouchard, Sabourin, and Lussier (1999) that women high in agreeableness and openness were more adjusted. Also males who were high on openness and agreeableness were more materially adjusted. Husband’s openness was positively related to their wives’ marital adjustment. The reason for this is that persons high on Openness may tolerate and respect differences in behavior and thought of partner which would reduce the number of conflicts and increase the consensus between spouses.

The findings from Soldz and Vaillant (1999) also show that, people with extraversion personality traits adjusted in marriage more than those with neurotic personality traits. They also proved that those with agreeableness personality traits were also adjusted in their marriages than those with conscientiousness personality trait.

Kim, Martin, and Martin (1989) and Levine and Henessy (1990) found that personality factors differentiated stable from unstable marriages. Stable marriages were more similar in intelligence, protension, radicalism, tender-mindedness, mutual trust, acceptance, enthusiasm, and genuineness. Personality factors that reduce the likelihood of stability and satisfaction have included the lack of warmth and extraversion (Levine & Henessy, 1990); disagreeableness, emotional instability, inconsiderateness, and physical abuse (Botwin et al., 1997; Kosek, 1996; Shackelford & Buss,
Adjustment means how couples adapt to changes that come about in their marriage or marital life, or a situation where partners are said to be happy with each other in the relationship. Once an individual gets married, he or she has to make sure or know how to adjust to the idea of living in close quarters with another person for a long period of time. Personality includes stable and enduring traits that reveal themselves in various situations. Global assessments of personality have shown that the personality characteristics found among satisfied couples are different from those found among dis-satisfied couples. Although research has shown how personality is generally associated with marital satisfaction (e.g., Amiri et al., 2011; Decuyper et al., 2012), the main part of this study addresses the impact of certain personality characteristics on marital adjustment. The behaviors associated with specific personality characteristics can contribute to tranquility or conflict in the relationship (Craig & Olson, 1995).

**Number of Children and Marital Adjustment**

The fifth hypothesis was stated as “There will be a significant negative correlation between the number of children of the participants have and their marital adjustment”. This was not supported by the results from the analysis and was not consistent with the findings in Mills (2015), which concluded that couples with multiple children in marriage will have low adjustment in marriage; indeed her results proved that couples had low adjustment. But in this research, number of children that married persons has, had no significant impact on their marital adjustment. The reason for this might be cultural in that for African couples, have children is seen as an achievement and barrenness is seen frowned upon. In fact, one of the grounds for divorce in the traditional setting is infertility. It is therefore not surprising that in this study, the number of children did not negatively affect marital adjustment.

**Number of Years in Marriage and Marital Adjustment**

The sixth hypothesis was stated as “There will be a significant correlation between the number of years in marriage and marital adjustment”. This was supported by the results of the analysis and this is consistent with the findings of Ahmetoglu, Swami and Chamorro-Premuzic (2009) who found correlation between relationship length, marital commitment and marital adjustment. Among the factors that contribute to correlation between number of years and marital adjustment are given as the nature of marriage: marriage has never been static and therefore couples who have been staying or have stayed together for a long time have naturally passed through many stages of ups and downs in their marital life or cycle (Margolin & White, 1987). To have the experience of the challenges of marriage for a long period of time such as teen years and above, certainly makes one gain the ability and insight to overcome similar challenges. Again, to have lived with someone for a long time makes you understand that person better thereby leading to better adjustment and harmonious cohabitation. Both likes and dislikes of the other partner are known such that one can easily adjust and accommodate the other irrespective of their short comings.

Also, the number of years in marriage was also not in line with the findings from Ghoroghi, Hassan & Maznah (2015), their findings showed that there was no correlation between the length of marriage and marital adjustment of postgraduate couples. But this finding proved otherwise, the results from this findings showed that there was a significant correlation between the length of marriage and marital adjustment. This implies that, the more time couples spend together in marriage, the more they adjust to every/almost all shortcomings in their marriage.
Gender and Marital Adjustment
The final hypothesis which stated that “females will adjust better in marriage than males” was not supported by the results from the analysis. The results from the analysis proved that males rather adjusted better in marriage than females, and this was in line with the findings of Stephen Soldz and George E. Vaillant (1999), their research shows that, males adjusted more in marriage than females. Their finding also shows that, men with extraversion personality trait were consistent with adjustment in marriage than males with neurotic personality traits.

The result from this analysis was also in line with the findings from Shek (1995). His findings showed that, male had significantly higher scores on the Chinese Dyadic Adjustment Scale. His findings also proved that, the length of marriage also was associated with higher levels of dyadic consensus and affectional expression in men, and the duration or the length of marriage was negatively related to marital adjustment and marital satisfaction in women.

9. Conclusion and recommendation
Marriage is a major developmental task as propounded in Erik Erikson’s (1959, 1963) stage theory, Intimacy versus Isolation (McLeod, 2013). It is also known to be an interpersonal relationship with governmental, social, or religious recognition, usually intimate and sexual, and often created as a contract. The main objective of this study was to determine the link between personality types and marital adjustment, and also to determine how social factors will influence marital adjustment. Based on the findings of this study, it can be concluded that there is a relationship between the various personality traits and marital adjustment.

Already a great number of married persons have been caught in the web of marital confusion despite their knowledge and experience. It is necessary that counselors develop reliable, therapeutic programs in managing marital discord. The programs should emphasize the need to develop a spirit of tolerance, endurance, patience, love, caring and understanding which are highly demanded for harmonious co-existence in this complex institution. Individuals who are victims of marital discord through marital counseling program can be assisted to work through their emotional, social and physical challenges. This will help to reduce the traumatic experiences and psychological problems. Therefore, both pre-marital and post-marital counseling should emphasize adjustment, commitment and determination by spouse to make their marriages work irrespective of educational differences, the personality of the spouse and the duration of marriage. Again, initial satisfaction with life before marriage has also been found to increase one’s marital adjustment generally (Stanley, Ragan, Rhoades, & Markman, 2012). Thus it is expedient that marriage counselors also assess how satisfied in individuals are with their lives before they enter into marriage.

10. Suggestion for further research
Although the research yielded a result that was in line with other research findings, the sample size makes it not possible to generalize the findings to the Ghanaian population. One recommendation is that, further researches should be done to include sample size from a more representative sample so as to make findings generalizable to the Ghanaian population. Further researches should also take into consideration marital communication, since it is also an important aspect of marital adjustment, so it should be included in further researches as well.
11. References


