Psychological Well-Being, Pattern of Communication, Sexual Satisfaction and Marital Stability Among Workers in Oyo State

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Abstract:

This study examined the relationships among psychological well-being, communication patterns sexual satisfaction, and marital stability among married workers in Oyo State, Nigeria. A cross-sectional research design and multi-stage sampling technique were used to select participants and study locations. A total of 120 respondents were chosen from each of the three senatorial districts using stratified random sampling. Data were collected using validated instruments: the Psychological Well-Being Scale (PWBS; r = 0.86), Pattern of Communication Scale (PCS; r = 0.80), Sexual Satisfaction Scale (SSS; r = 0.76), and Marital Stability Scale (MSS; r = 0.78). PPMC and multiple regression were used for data analysis. The results revealed significant positive relationships between psychological well-being and marital stability (r = 0.499), communication patterns and marital stability (r = 0.585), and sexual satisfaction and marital stability (r = 0.613). Collectively, psychological well-being, communication patterns, and sexual satisfaction explained 33.8% of the variance in marital stability, with sexual satisfaction emerging as the strongest predictor, followed by communication patterns and psychological well-being. Based on these findings, counselors should educate parents on the importance of effective communication and spending quality time with their children. Additionally, expanding the availability of trained family counselors beyond schools is recommended to provide comprehensive support for marital and family stability.

Keywords:

Psychological well-being; pattern of communication; sexual satisfaction; marital stability; gender; educational qualification.