

## **Sexual Satisfaction as Predictor of Marital Satisfaction among Married Lagos State University Students in a Satellite Campus**

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**ABSTRACT:** Marital success is an achievement of husbands and wives who commit themselves to discovering and applying the basic principles of a successful marriage which are supported by factors, such as partners understanding and communication with each other, love, support, religiosity, stress and sexual satisfaction. This study examined sexual satisfaction as predictor of marital satisfaction among married Lagos State University students in a Satellite Campus. The research design employed for this study was a descriptive research method of regression survey type. The target population for this study involved all married LASU learners of Federal College of Education (Special), (FCES) Oyo. Simple random sampling was used to select 20 married LASU learners of FCES, Oyo study centre. Sexual Satisfaction Predicting Marital Satisfaction Scale (SSPMSS) was used in collecting data. The demographic of the respondent for this study were described using frequency count and regression analysis was used to test the hypotheses generated. The finding revealed that sexual satisfaction has significant contributions toward marital satisfaction among married LASU students of FCES, Oyo study centre. The findings showed that most respondents of this study were very satisfied with the way they react to their partner sexual need which in turn affects their expression of affection, feelings and relations. It was concluded from this study that sexual satisfaction significantly predicted marital satisfaction irrespective of religion and sex among married part-time LASU students of FCES, Oyo study centre. This study was recommended for School counsellors, marital counsellors, religious leaders and community leaders, married individual, would be couple, including married students.

**KEYWORDS:** Marriage, sex, sexual satisfaction, marital satisfaction

### **1. INTRODUCTION**

Marriage as an institution is a well-known tradition that serves the purpose of relief of stress, security of self and others, seeking pleasure, maintaining sexual satisfaction, procreation among partners who are ready to live together for the achievement of marital satisfaction. Abra, (2001) sees marriage as a union between two unrelated female and male who are ready to live together and determined to benefits sexual gratification, love, companionship and expecting from the union achievement of marital goal. Marriage is also defined as a social contract between two individuals unites legally, economically and emotionally and so giving legitimacy to sexual relations within the marriage (Panganiban, 2007).

In a healthy and satisfying relationship, marriage can boast of many benefits such as emotional, physical, financial, familial, cooperative and societal benefits among others. Olayinka and Omoegun, (2002); Oniye, (2004) explains functions of marriage which include the procreation, management of wealth, provision of security over self and

partner and companionship for the couple. However, many marriages have been dissolved on account of keeping their feelings especially sexual feeling secret. In Africa settings, there is little or no background orientation for discussing sexual behaviour and feeling in the family even between husband and wife/wives. This makes it seem repugnance even among the educated elite to create a kind of gathering of free expression of need and satisfaction across our entire life.

According to Microsoft Encounter Dictionary (2009) there are four different ways to interpret satisfaction. These include receiving satisfaction for a desire met that is gratification, being pleased with how something has been carried out, receiving reward for an accident or loss, and achievement of marital claims, or desires. Therefore, satisfaction can be refers to pleasure that is categorized as a rewarding sensation of couples' action. This corroborates the view of Esere and Idowu (2000) who stated that good marriage does not just happen; it is deliberately built. It is therefore pertinent for spouses to be committed and dedicated towards building a happy home and achieving marital satisfaction.

Marital satisfaction means enjoyment of mental structure between husband and wife in relationship across various aspects of their marriage (Pourakbaran, Amir & Yazdi 2015). This depends on factors, such as communication with partner, sharing of love, support, religiosity, stress and security of self and partner in sexual relationship (Ghaibi, Reza, Manesh, Dezfouli, Zarif, Jafari, Gilani, Ghaibi, Manesh, Dezfouli, Zarif, Jafari, & Gilani., 2022; Khan & Aftab, 2013; Malm, Oti-Boadi, Adom-Boakye & Andah, 2022; Rostami, Ghazinour & Richter, 2013). One important component of marital relationship is satisfaction. It is also evidence that sexual satisfaction and the amount of stress that is experienced in marriage have an impact on overall marital satisfaction (Maroufizadeh, Hosseini, Foroushani, Omani-Samani & Amini, 2019; Mashoufi, Sarafraz, Shadman, Abedi & Mardi, 2022).

According to Bashiri, Dehghan, Ghazanfari, Dehghan and Abdollahzadeh (2016) marital satisfaction refers to multidimensional concept encompassing relationship adjustment, happiness, integrity and commitment. Gorbazadeh, Gahari, Bagdasarian, Mohamadi Arya and Rostaie (2013) also sees marital happiness as a mental condition that needs to be worked upon by both partners, especially in the early years of marriage when marital instability and danger are most concerning. When a couple consistently accomplishes their marital objectives, it results in marital satisfaction.

However, marital success depends largely on the satisfaction experience by the couple in the sexual relationship (Butzer& Campbell, 2008). It is therefore opined that sexual satisfaction is strongly associated with marital satisfaction which consequently consent to couples consolidation and preservation of stability in marriage (Mikulincer, 2006). Hence, sexually satisfying marriage is one with less or no sexual problem, sex quality and frequency, feelings of love, marital happiness and lower levels of marital disagreement (Hendrick & Hendrick, 2002; Brezsnjak&Whisman, 2004; Metz & Epstein, 2002). Therefore, it is not generally agreed that sexuality in

marital relationship determine marital satisfaction, meaning marital satisfaction can exist in the absence of sexual satisfaction and vice versa (Birnbaum, Reis, Mikulincer, 2006).

Sex in marriage inculcates enjoyment of marital life, pleasure derivative, removal of worries and preparedness for physical fitness. However, the absence of sexual activities in any sexual relationship is consequential to the personal-social, emotional and psychological aspect of marital life. Metz and McCarthy (2007) posited that sex serves the purpose of procreation, reduction in tension and anxiety, sexual gratification, self-esteem and confidence, and strengthening satisfaction in relationship. Meston and Buss (2007) revealed that sex also serve the purpose of attraction, physical pleasure, feeling good, fun, affection, love and for sexual release.

In Vaziri et al. (2010) it was show that Masters, Johnson, and Kaplan were first to work on systematic study of human sexual behavior. Their work covers sexual behaviour to (desire) arousal, plateau, orgasm, and resolution. In line with various areas of marriage, effect of marital interaction on dissolution of marriage is trending in researches; this represent topical area for the researchers that whether frequent, satisfactory, and pleasant marital sexual intercourse can help save a marriage or not? (Dzara, 2010).

Sexual satisfaction in sexual relationship regarded as couple's or partners' feeling of pleasant which is fundamental to couples' impression of each other that stabilized their union. Sexual activities, including intercourse, between couples in conjugal relationship is significant to their overall wellbeing. Its effect in sexual relationship is essential to marital satisfaction and stability

However, as a teacher/counsellor during interaction with some students discovered relationship dissatisfaction especially within the married one among LASU students of Federal College of Education (Special), Oyo in couple and family counselling course where sex and sexual activities and its implication in relationship were discussed. That forms the initiation of this study i.e. sexual satisfaction as predictor of marital satisfaction among married LASU students

## **2. STATEMENT OF PROBLEM**

In marriage there are some hiding factors that contribute to marital disharmony and dissatisfaction such as poor communication, living below expectation, spending little or no time with each other as partners, lack or little knowledge of sexual and body chemistry of each other partners, gender role confusion and much more which however lead to dissatisfaction into many relationships. Reasons why sexual satisfaction as predictor of marital satisfaction becomes focus of this study is because of believe of many individuals that sexual matter remains secretive. This was also one of the reasons why some married student experience marital dissatisfaction. This is the more reason this study sought to investigate sexual satisfaction as predictor of marital satisfaction among married Part-time Lagos State University students in Federal College of Education study centre.

### 3. RESEARCH HYPOTHESES

The following hypotheses were tested in the conduct of the study at 0.05 level of significance.

1. Sexual satisfaction will not significantly predict marital satisfaction among married part-time students of LASU in Federal College of Education study centre.
2. Religion will not significantly predict marital satisfaction among married part-time students of LASU in Federal College of Education study centre
3. Gender will not significantly predict marital satisfaction among married part-time students of LASU in Federal College of Education study centre

### 4. METHODS

This study adopted a descriptive design of survey type with the population of all Lagos State University learners in Federal College of Education study centre. This study also adopted simple random sampling technique to select 20 married LASU students in Federal College of Education (Special), Study centre that form the study sample. Sexual Satisfaction Predicting Marital Satisfaction Scale (SSPMSS) were used to collect the necessary data. The demographic data used in this study were described using frequency while regression analysis was used to test the hypotheses generated at 0.05 level of significance.

### 5. FINDINGS

#### 5.1 Demographic Characteristics of Respondents

The finding from the data collected is represented in terms of frequency and percentages.

Table 1: Distribution of respondents by gender and religion

		Frequency	Percentage (%)
Religion	Islam	7	35
	Christianity	13	65
	<b>Total</b>	<b>20</b>	<b>100</b>
Gender	Male	9	45
	Female	11	55
	<b>Total</b>	<b>20</b>	<b>100</b>

Table 1 showed that out of the 20 students that participated in the study, 7 representing 35% were Muslims, while 13 representing 65% were Christians. This revealed that there were more Christian respondents for this study. Likewise the table shows that 11 females implying 55% participated while 9 males implying 45% participated in this study. This implies the female students were more represented in this study.

**H<sub>01</sub>:** *Sexual satisfaction will not significantly predict marital satisfaction among married part-time students of LASU in Federal College of Education study centre.*

To test the hypothesis, regression analysis was applied to the collected data which is presented in table 2.

Table 2: Regression analysis of sexual satisfaction as predictor of marital satisfaction

Model		Sum of square	Df	Mean square	F	Sig
1	Regression	431.469	1	431.469	9.059	.008 <sup>b</sup>
	Residual	857.331	18	47.630		
	Total	1288.800	19			

a. Dependent Variable: marital satisfaction

b. Predictors: (Constant), sexual satisfaction

The result in table 2 shows that sexual satisfaction predict marital satisfaction of married part-time students of LASU in Federal College of Education study centre . With the calculated significant (F. 9.059; p<0.05) this means the hypothesis was rejected. This simply explains that sexual satisfaction reported significantly predicting marital satisfaction in this study.

**H<sub>02</sub>:** *Religion will not significantly predict marital satisfaction among married part-time students of LASU in Federal College of Education study centre*

To test the hypothesis, regression analysis was applied to the collected data as presented in Table 3.

Table 3: Regression analysis of religion as predictor of marital satisfaction

Model		Sum of square	Df	Mean square	F	Sig
1	Regression	18.602	1	18.602	.264	.614 <sup>b</sup>
	Residual	1270.198	18	70.567		
	Total	1288.800	19			

a. Dependent variable: marital satisfaction

b. Predictors: (Constant), religion of respondents

The findings according to table 3 shows that religion is not a predictor of marital satisfaction of married LASU students of FCES, study centre. With the calculated significant (F.264; p>0.05) the hypothesis was accepted. This implies that religion have no effect in the prediction of marital satisfaction.

**H<sub>03</sub>:** *Gender will not significantly predict marital satisfaction among married part-time students of LASU in Federal College of Education study centre.*

Regression analysis was applied to the collected data to investigate the hypothesis above which is presented in the Table 4.

Table 4: Regression analysis of gender as predictor of marital satisfaction

Model		Sum of square	Df	Mean square	F	Sig
1	Regression	11.063	1	11.063	.156	.698 <sup>b</sup>
	Residual	1277.737	18	70.985		
	Total	1288.800	19			

- c. Dependent variable: marital satisfaction
- d. Predictors: (Constant), gender of respondents.

Table above shows that gender is not a predictor of marital satisfaction of married LASU students of FCES, study centre. With the calculated significant (F.156;  $p > 0.05$ ) the hypothesis was accepted. This implies that gender have no effect in the prediction of sexual satisfaction on marital satisfaction.

## 5 DISCUSSION OF RESULTS

The study revealed significant association between sexual satisfaction and marital satisfaction of married LASU part-time students of FCES study centre. The findings showed that most respondents of this study were very satisfied with the way they react to their partner sexual need which in turn affects their expression of affection, feelings and relations. This study was buttressed by the findings of Trompeter, Bettencourt and Barrett-Connor (2012) which shows that couples' emotional closeness during sex determine the arousal, lubrication, and orgasm which resulted to better sexual function and satisfaction.

Also the study shows further that religions and gender have no effect in the prediction of marital satisfaction of the respondents to this study. Thus, the study maintained that gender or religion does not affect significant influence of sexual relationship, sexual satisfaction, arousal pattern, affection and sexual attention of the respondents to this study in predicting their marital satisfaction. The findings is in tandem with study of Maroufizadeh *et al.*, (2019); Mashoufi *et al.*, (2022) which stated that marital satisfaction is influenced by sexual satisfaction and level of stress exposed to. This buttressed the study of Takbiri *et al.*, (2017); Ziaee *et al.*, (2014) which stated that there is high relationship between sexual satisfaction and marital satisfaction.

## 6. CONCLUSION

The result from this concluded that sexual satisfaction significantly predicted marital satisfaction irrespective of religion and sex of married LASU part-time students of FCES, study centre.

## 7. RECOMMENDATION

According to the findings and conclusion of this study, the following recommendations were made:

1. School counsellors, marital counsellors, religious leaders and community leaders who in one way or the other have relations with married people should understand the importance of sex in relationship satisfaction.
2. Married individual including married students also to understand the correlation between sexual satisfaction and marital satisfaction.

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