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COMMUNICATION STRATEGIES IN MARITAL SATISFACTION AMONG ACADEMIC STAFF OF TERTIARY INSTITUTIONS IN ABEOKUTA METROPOLIS

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Abstract

Marital Communication entails the use of various strategies to communicate in different domains for successful relationships. This study examined the communication strategies adopted in marital satisfaction among the academic staff of tertiary institutions in Abeokuta metropolis. Two hundred and forty-two academic staff of the Federal University of Agriculture, Abeokuta (FUNAAB), Federal College of Education (FCE) Abeokuta and Moshood Abiola Polytechnic (MAPOLY) Abeokuta were randomly selected for the study. Data were collected on the personal characteristics of the respondents, communication strategies adopted in marital satisfaction using a structured questionnaire and analysed using frequency counts, percentages, mean, standard deviation, Pearson Product Moment Correlation (PPMC) and Analysis of Variance (ANOVA). Results revealed that 64.16% of the respondents were male while 35.84 were female, 40.4% were between 45 and 54 years and 40.8% were Muslims. Most (65.0%) of the respondents were married, 95.0% practised monogamy and 44.1% had been married for 10-15 years. Ignoring communication strategy was most used for friends ($\bar{x}=2.50$), other relations and neighbours ($\bar{x}=2.24$) and conflict management and resolution ($\bar{x}=1.31$). Listening, discussion and ignoring strategies in parenting ($\bar{x}=2.11$), health ($\bar{x}=1.58$) and treatment of other relations and neighbours respectively resulted in high satisfaction among the respondents. Ignoring strategy was also commonly used by the respondents in FCE (34.1%), MAPOLY (25.9%) and FUNAAB (22.7%). Correlation result revealed a significant ($p<0.05$) relationship between respondents' communication strategies ($r=0.712$) and marital satisfaction. ANOVA showed a significant ($p<0.05$) difference in couples' communication strategies across the selected institutions ($F=0.084$). This study concluded that appropriate use of communication strategies among couples resulted in marital satisfaction. The study recommends that couples need to understand their partners to know the preferred strategies of communication in order to reduce conflicts and attain marital satisfaction.

Keywords: Communication, Family, Marital communication, Marital satisfaction, Communication strategies

Introduction

Communication is the exchange of information between the sender and the receiver. It is the intentional act of conveying intended meanings from one entity or group to another through the use of mutually established signs and symbols (Lasswell, 1948). It is the process of transmitting information and common understanding from one person to another (Pearson, J. C., Nelson, P. E., Titsworth, S., & Hosek, A. M., 2020, Nkom, 2023). Communication can be verbal or non-verbal. It is the sending of message through a spoken language or sign that is understood by both the sender and receiver of the message.

Mastering the art of verbal communication is an essential key to effective communication and open door in the world. Tan (2009) noted that through effective communication, husband and wife knows the needs of each other, hence understanding is achieved. Effective communication is one of the requirements for a successful marriage and family. Thus, there is need to constantly improve communication skills and strategies in order to build and maintain beneficial interpersonal relationships.

Marital relationship is hinged on interpersonal communication (Mirwan et al., 2026). It is the most important way for a couple to exchange messages which will result in satisfaction and happiness. Since each spouse was brought up in different homes and has different exposures, it is logical that each may have different perception and share different opinion over issues, which may lead to misunderstanding. Therefore, the origin of marital dissatisfaction may be as a result of continuous disagreement of couples over an issue or a re-occurring event (Mola et al., 2022). Effective communication is the only way out. Interpersonal communication creates an avenue to discuss their differences; attainment of this makes the goals of marriage, marital satisfaction achievable.

The secret of most couples who live successfully together is hidden in their communication strategies (Kreile, et al. 2025). Committed couples care about and consistently work at the quality of their relationship (Jiao et al., 2025). There are different communication strategies for different couples' life scenarios, such as, how finances should be handled; relationships with neighbours and friends, sexual affairs and children upbringing (Collin-Dike, 2025). When good communication skills and strategies are adopted in marriage, marital satisfaction may increase. Therefore, to constantly improve verbal skills and strategies, one must learn to choose and use the right words, because good relationships are built with the right use of words, which are the vehicle for good communication.

Taking time to listen keeps the lines of communication open and improves marital relationships (Walker, Pinkus, Olderbak, & MacCann, 2024). Adigeb and Mbua (2015) identified factors, such as, the manner of communication between couples at home, presence of children, influence of in-law, marriage relationship, satisfaction of sexual desires and occupational differences and so on as leading causes of marital problem. Others are financial misunderstanding, physical violence, lack of love and moral commitment which may lead to unhappy marriages and divorce.

Thus, this study investigated communication strategies in marital satisfaction among the academic staff of tertiary institutions in Abeokuta metropolis.

Research Questions

- (i) What are the personal characteristics of the respondents in the study area?
- (ii) What are communication strategies used in different domains of marital communication by the academic staff of the selected tertiary institutions?
- (iii) What is the level of marital satisfaction with the adopted communication strategies used by the married academic staff of the selected tertiary institutions in Abeokuta metropolis?
- (iv) What are the differences in communication strategies used by married academic staff in selected tertiary institutions in Abeokuta metropolis?
- (v) Does couple's age, length of marriage and occupational cadre determine the choice of communication strategies in marital communication domains among the married academic staff of the selected tertiary institutions in Abeokuta metropolis?

Research objectives of this study are to:

- (i) ascertain the personal characteristics of the respondents in the study area,
- (ii) examine the communication strategies used in different domains of marital communication by the academic staff of the selected tertiary institutions,
- (iii) determine the level of marital satisfaction with the adopted communication strategies used by the married academic staff of the selected tertiary institutions in Abeokuta metropolis,
- (iv) determine the differences in identified communication strategies used by academic staff in selected tertiary institutions,
- (v) ascertain if couples age, length of marriage and occupational cadre determine the choice of communication strategies in marital communication domains among the academic staff of tertiary institutions.

Hypotheses of the Study

The hypotheses of this study are stated in null form as follows:

H₀₁: There is no significant relationship between personal characteristics of academic staff couples in relation to communication strategies and marital satisfaction.

H₀₂: There is no significant relationship between couples' communication strategies and marital satisfaction.

H₀₃: There is no significant difference in academic staff couples' communication strategies and marital satisfaction across the selected institutions.

Theoretical Framework

The study used two theories that are relevant to the study. The theories are Uses and Gratification Theory and Dynamic Goal Theory of Marital Satisfaction. Since couples are not bound to behave in a particular way, something must therefore influence the way they behave in their marital relationship. These theories justify

the reasons, why couples may behave in a particular way in a similar circumstance.

Materials and Method

The instrument for the research was a questionnaire, which was developed, based on the available literature on communication strategies in marital satisfaction. The items on the questionnaire were statistically measured, using frequency count, mean and standard deviation.

The study area was in three tertiary institutions in Abeokuta metropolis. The selected public institutions consisted of a University, a College of Education and a Polytechnics within Abeokuta metropolis. They were the Federal University of Agriculture, Abeokuta, Federal College of Education, Abeokuta and Moshood Abiola Polytechnic, Abeokuta.

Population

The records from the registry of the selected institutions showed that, married academic staff at the Federal University of Agriculture Abeokuta, Federal College of Education, Abeokuta and Moshood Abiola Polytechnic, Abeokuta were 572, 164 and 231 respectively, which brought the total to 967.

Sample size

In order to ensure a systematic or scientific study, a sample was drawn from the population, about 25% of married academic staff in each of the selected institutions constituted two hundred and forty-two (242) married academic staff were taken as the sample.

Validity of Research Instrument

For construct validity, the questionnaire was divided into 2 constructs which were statistically measured using Cronbach's alpha. Each construct was reliable. The cumulative of all the constructs showed that the research instrument was reliable with the Cronbach's alpha of the scale at 0.79. This made the instrument valid for the study.

Pilot Study

A Pilot study was conducted in two private universities to pre-test the instrument using 97 copies of questionnaire. The 97 copies of the questionnaire administered for the pilot test were retrieved and analysed in order to determine the reliability of the research instrument. The result showed that the research instruments were reliable.

Research Design

In order to ensure an effective study, survey research method was used to elicit responses on the respondents' communication strategies in marital satisfaction with a questionnaire. The questionnaire was distributed among the members of staff to elicit information on their communication strategies in marriage.

Results and Findings

What are the personal characteristics of the respondents in the study area?

Table 1: Personal Characteristics of the Respondents

Gender	Frequency	Percentage
Male	154	64.16
Female	86	35.84

Total	240	100.0
Age		
25-35	74	30.84
35-44	56	23.34
45-54	97	40.41
55 and above	13	5.41
Total	240	100.0
Marital Status		
Separated	78	32.5
Married	156	65.0
Divorced	6	2.5
Total	240	100.0
Belief		
Christianity	87	36.25
Islam	98	40.83
Others	55	22.92
Total	240	100.0
Occupational Cadre		
AssistantLecturer_Lecturer1	85	35.42
Senior Lecturer	75	31.25
Reader/Principal Lecturer	66	27.50
Professor/Chief Lecturer	14	5.83
Total	240	100.0
Length of Marriage		
Less than 5	5	2.08
5 but <10	75	31.26
10<15	106	44.16
15 and above	54	22.50
Total	240	100.0
Type of Marriage		
Monogamous	228	95
Polygamous	12	5
Total	240	100.0

Source: Survey, 2026

Table 1 shows that there are more male respondents representing 64.16% than female respondents in the survey. Also, the respondents within the ages of 45 to 54 years were about 40.41% while the least age represented was 55 years (5.41%). From this, it

can be inferred that the matured married academic staff constituted the majority of the respondents. Most of the respondents (65%) were married and lived together, while the least representation were the divorced (2.5%). Majority of the respondents were Muslim (40.83%), while Christians (36.25%) and other religion were 22.9%.

Majority of the sampled academic staff (35.42%) were either Assistant Lecturers or Lecturer I while the least representation were the Professorial/Chief Lecturer cadre (5.83%). Many of the

respondents representing 44.16% had been married for 10 to 14 years, while only 2.08% have been in marriage for less than 5 years. The survey shows that majority of the respondents (95%) practise monogamy, although, majority of the respondents are muslims, whose religion permits polygamy. This reason might be connected with their conviction or discipline.

Research Question 2: What are communication strategies used in different domains of marital communication by the academic staff of the selected tertiary institutions?

Table 2: Communication Strategies Used by Couples in different Domains

SN	Family Domains	1	2	3	4	5	6	7	Mean	SD
1	Finances	9	68	8	9	3	2	1	1.76	1.67
2	Certain family responsibilities	1	68	1	3	4	7	15	1.38	1.31
3	In-laws	20	11	51	8	1	6	4	2.05	1.94
4	Other relations and neighbours	11	12		7	55	5	10	2.24	2.12
5	Friends	12	4	5	2	63	9	6	2.50	2.37
6	Parenting	44	21	5	12	8	6	4	1.58	1.50
7	Sexual affairs	13	5	5	5	3	67	2	2.36	2.17
8	Health	22	3	65	6	4	-	-	1.67	1.54
9	Conflict management and resolution	-	4	2	4	86	4	-	1.31	1.24
10	Religion	12	8	10	3	11	56	-	1.94	1.83

Source: Survey, 2026

Listen to my partner = 1, Agree = 2, Discuss= 3, Withdraw =4, Ignore =5, Demand =6, Report =7

Table 2 presents communication strategies of the respondents. In the final analysis, Ignoring Strategy was the most commonly used of all the strategies in three domains: treatment of relations and neighbours issues (55%), friends (63%), and conflict management and resolutions (86%). There is need for couples to keep the line of communication open and to apply different strategies when needs be. Ignoring strategy is involved in connecting the sharing of information, seeking support, forming alliances, conveying emotion or affecting some changes in the environment.

Agreeing strategy was adopted on finance (68%) and family responsibilities (68%); Discussing Strategy was mostly adopted in

issues with in-laws (51%) and health (65%) and Demand strategy was most used on issues relating to sexual affairs (67%) and religion (56%). The ability to communicate with each other has been adjudged the best in marriage. Hence, discussing, demanding and agreeing on family issues are paramount to marital satisfaction, using a good communication strategy. Pandey1 et al. (2024) saw clarity in communication in any couple's relationship as a strategy to remove confusion and misinterpretation. Couples can make communication clear, soft, safe and positive on family domains in order to discuss, demand and agree.

Research Question 3: What is the level of marital satisfaction with the adopted communication strategies used by the married academic staff of the selected tertiary institutions in Abeokuta metropolis?

Table 3: Communication Strategies in Relation to Level of Marital Satisfaction

SN	Family Domains	Strategies Most Used	% of RAS	HS	MS	LS	Mean	SD
1	Finances	Agree (68%)	68	23	19	58	2.24	2.12
2	Certain family responsibilities	Agree (68%)	68	11	66	23	2.50	2.37
3	Relating to in-laws	Discuss	51	14	67	19	1.58	1.50
4	Other relations and neighbours	Ignore	55	54	33	17	1.92	1.82
5	Treatment of friends	Ignore	63	11	34	55	1.51	1.43
6	Parenting	Listen to my partner	63	63	12	25	2.11	1.12
7	Sexual affairs	Demand	67	33	13	54	2.50	2.37
8	Health	Discuss	65	65	23	12	1.58	1.50

9	Conflict management and resolution	Ignore	86	25	67	12	1.92	1.82
10	Religion	Demand	56	16	69	16	1.51	1.43

Source: Survey, 2026

HS=High Satisfaction, MS=Medium Satisfaction, LS=Low Satisfaction

RAS= Respondents Adopted Strategy

Table 3 presents communication strategies in relation to level of marital satisfaction. The analysis shows the mean and standard deviation on finances as 2.24 and 2.12 respectively. However, most of the respondents (58%) had low satisfaction with the use of Agree strategy. The largest proportion (66%) had medium satisfaction with mean of 2.50 and standard deviation of 2.37 on handling of certain family responsibilities using the Agree strategy. On in-laws' domain, a mean and standard deviation of 1.58 and 1.50 respectively were recorded and a medium satisfaction was shown with the use of Discuss strategy. Many of the respondents (67%) showed medium satisfaction in other relations and neighbours' domain with a mean and standard deviation of 1.92 and 1.82 respectively indicating a high communication satisfaction with the use of Ignore strategy. A low marital satisfaction with mean and standard deviation of 1.51 and 1.43 respectively were indicated with the use of Ignore on the issues relating to friends. The respondents were highly satisfied with the use of 'Listening to

my Partner as a communication strategy in parenting.' On sexual affairs, many of the respondents (54%) indicated low satisfaction of the use of demand in marital communication strategy. A high satisfaction of marital communication strategy on health issues was recorded in the use of Discussing strategy. It shows a mean value of 1.58 and standard deviation of 1.50. The respondents (67%) are highly satisfied with the communication strategies used, while a medium satisfaction was indicated by the majority of the respondents with Demand communication strategy used in religion issues in the family.

The overall analysis of Table 3 shows a high level of satisfaction in using Ignore, Listen to my Partner and Discussing Strategies on issues relating to other relations and neighbours, as well as parenting and health. When couples listen, discuss and ignore when need be, it generates attentive listening to one's partner which, in turn, is needed to adapt to the situation and provides adequate dyadic coping that meets the needs of the stressed partner (Wendolowska et al., 2022).

Research Question 4: What are the differences in communication strategies used by married academic staff in selected tertiary institutions in Abeokuta metropolis?

Table 4: Communication Strategies in Selected Tertiary Institutions

	Names of Institutions	1 %	2 %	3 %	4 %	5 %	6 %	7 %	Total %
1	MoshoodAbiola Polytechnic	13.8	15.5	13.8	8.6	25.9	12.1	10.3	100
2	Federal University of Agriculture	8.5	19.9	18.4	7.1	22.7	20.6	2.8	100
3	Federal College of Education	7.3	14.6	9.8	9.8	34.1	19.5	4.9	100

Source: Survey, 2026

Listen to my partner = 1, Agree = 2, Discuss= 3, Withdraw =4, Ignore =5, demand =6, Report =7

The Ignore Communication Strategy was dominant among all the staff of the three tertiary institutions while the least used was Withdraw strategy at Moshood Abiola Polytechnic and Reporting communication strategy at both the Federal University of Agriculture and Federal College of Education. The academic staff in the federal tertiary institutions shared a different view in term of the 'Listening to my Partner' strategy when compared to the state-owned institution (MAPOLY). Good listening strategy is critical to effective communication in enhancing marital satisfaction. They

help in better understanding of the information the other person is trying to convey, it improves rapport with others, and problem-solving skills. This corroborated Xiao et al's (2025) position that a spouse's perceptions of the partner's communicated attitudes, feelings, and behaviour should be more accurate, if he/she listens to the partner more effectively (Panda, 2017). Hence, listening is necessary and inevitable if one wants to understand one's partner.

Research Question 5a: Does couple's age, determine the choice of communication strategies in marital communication domains among the married academic staff of the selected tertiary institutions in Abeokuta metropolis?

5a Communication Strategies used among Age Groups

Table 5a: Communication Strategies

	Family Domains	Age	1	2	3	4	5	6	7
1	Finances	25-34	-	3	-	2	-	-	-
		35-44	-	2	-	-	-	-	-
		45-54	-	4	-	1	1	-	2
		55 and above	-	-	-	-	-	-	-

2	Certain family responsibilities	25-34	-	3	-	1	-	-	1
		35-44	-	3	-	1	-	-	-
		45-54	-	4	-	1	2	-	3
		55 and above	-	2	-	-	-	-	-
3	Relating to In-laws	25-34	-	1	3	1	-	-	1
		35-44	2	-	3	1	-	-	-
		45-54	2	1	3	1	-	-	1
		55 and above	-	-	-	-	-	-	-
4	Other relations and neighbours	25-34	-	1	-	1	4	-	2
		35-44	-	-	-	-	4	-	3
		45-54	-	1	-	2	4	-	1
		55 and above	-	-	-	-	1	-	-
5	Friends	25-34	-	-	-	2	4	-	2
		35-44	-	-	-	-	4	-	1
		45-54	-	-	-	-	5	2	1
		55 and above	-	-	-	-	-	-	-
6	Parenting	25-34	4	2	-	1	-	-	1
		35-44	4	-	-	1	-	-	1
		45-54	6	2	-	1	3	-	1
		55 and above	3	-	-	-	-	-	-
7	Sexual affairs	25-34	-	-	-	2	-	7	2
		35-44	-	-	-	1	-	3	-
		45-54	3	-	-	2	1	6	-
		55 and above	-	-	-	2	-	-	-
8	Health	25-34	1	-	5	1	1	-	-
		35-44	2	-	5	1	1	-	-
		45-54	1	-	5	2	1	-	-
		55 and above	-	-	2	-	-	-	-
9	Conflict management and resolution	25-34	-	-	1	-	7	-	-
		35-44	-	-	1	1	-	-	1
		45-54	-	-	1	2	8	-	-

		55 and above	-	-	-	-	3	-	-
10	Religion	25-34	-	-	1	-	-	5	-
		35-44	-	-	1	-	-	2	-
		45-54	-	1	1	1	3	4	-
		55 and above	-	-	-	-	-	-	-

Source: Survey, 2026

Listen to my partner = 1, Agree = 2, Discuss= 3, Withdraw =4, Ignore =5, demand =6, Report =7

Table 5a shows that the Ignore communication strategy was most adopted by all the age groups with reference to other relations and neighbours, friends and conflict management and resolution while other strategies like Listen to my partner, Agree, Discuss, Withdraw, Demand and Report communication strategies were least used by the age groups. Agreeing communication strategy was most used on finances and handling of certain responsibilities. Discuss strategy was used on in-laws issues and health. Also, Demand strategy was adopted on sexual affair and religion, while Listen to my Partner strategy was adopted only on parenting domain.

The methods align with MacCann et al., (2025) revelation that there are many strategies used to develop healthier communication patterns in marriage to facilitate marital satisfaction. Discuss communication strategy was commonly used on issues relating to

finances and handling of certain responsibilities by age group 35-44. Withdrawing Strategy was most used in the treatment of in-laws and health. Also Ignore Strategy was commonly adopted in the domain of other relations and neighbours.

Kheziri et al., (2020) examined the influence of communication strategies on couple's communication effectiveness in Nigeria. They found that husband-wife discussion largely influence couples marital satisfaction. The respondents in the category of age 55 and above did not adopt any strategy on finances, treatment of in-laws and friends and religion although they share similar strategies with other age groups in other domains.

Research Question 5b: Does couples' length of marriage determine the choice of communication strategies in marital communication domains among the married academic staff of the selected tertiary institutions in Abeokuta metropolis?

5b Communication Strategies used by Couples in relation to Length of Marriage

Table 5b: Communication Strategies

	Family Domains	Length of Mar.	1	2	3	4	5	6	7
1	Finances	<5 Years	-	-	-	-	-	-	-
		5 but <10 Years	2	1	-	-	4	-	-
		10 but <15 Years	3	1	-	-	10	1	-
		15 Years & above	1	2	2	-	3	-	-
2	Certain family responsibilities	<5 Years	-	-	-	-	-	-	-
		5 but <10 Years	-	4	-	-	-	-	1
		10 but <15 Years	3	1	-	-	10	1	-
		15 Years & above	1	1	-	-	4	-	-
3	Relating to In-laws	<5 Years	1	-	-	-	-	-	-
		5 but <10 Years	1	-	3	-	6	-	-
		10 but <15 Years	-	-	3	-	7	1	-
		15 Years & above	-	1	3	-	4	-	-
4	Other relations and neighbours	<5 Years	-	-	-	-	-	-	-
		5 but <10 Years	1	-	-	1	-	-	1
		10 but <15 Years	1	-	-	-	3	1	-

		15 Years & above	-	-	1	-	2	1	-
5	Friends	<5 Years	-	-	-	-	-	-	-
		5 but <10 Years	1	-	-	1	1	-	1
		10 but <15 Years	-	-	-	1	2	1	1
		15 Years & above	-	-	3	-	2	-	1
6	Parenting	<5 Years	-	-	-	-	3	-	-
		5 but <10 Years	2	-	-	-	17	-	-
		10 but <15 Years	1	-	-	-	23	1	-
		15 Years & above	-	-	-	-	2	1	-
7	Sexual affairs	<5 Years	-	-	-	-	-	-	-
		5 but <10 Years	1	-	-	1	-	3	-
		10 but <15 Years	1	-	-	-	9	1	-
		15 Years & above	-	-	-	-	1	-	-
8	Health	<5 Years	-	-	-	-	1	-	-
		5 but <10 Years	-	-	5	-	8	-	-
		10 but <15 Years	-	-	3	-	5	1	-
		15 Years & above	-	-	3	-	1	1	-
9	Conflict management and resolution	<5 Years	-	-	-	-	-	-	-
		5 but <10 Years	-	-	-	3	-	-	-
		10 but <15 Years	-	-	-	1	2	1	1
		15 Years & above	-	-	3	2	1	-	1
10	Religion	<5 Years	-	-	-	-	-	-	-
		5 but <10 Years	1	-	-	3	-	2	-
		10 but <15 Years	2	-	-	1	-	1	-
		15 Years & above	1	-	1	1	-	-	-

Source: Survey, 2026

Listen to my partner = 1, Agree= 2, Discuss= 3, Withdraw= 4, Ignore =5, Demand = 6, Report =7

Table 5b reveals that the Ignore Strategy was most used by the respondents in the areas of finance, certain family responsibilities 10 but <15 and 15 years above; in-laws, other relations with those

whose length of marriage is 10 but <15 and 15 years and above in marriage and friends (10 but <15 years); parenting, sexual affairs, health and conflict management and resolution (10 but <15 years) while other strategies were least adopted in these domains. Listen to my partner strategy was adopted most in the category of 10 but < 15 years in marriage. Agree strategy was also dominant in

handling certain responsibilities by those with 5 but <10 years length of marriage. Moreover, Discuss strategy was used most in relating to friends, health and conflict management and resolution by those in the category of 15 years and above respectively. Withdrawal strategy had highest choice in the domains of conflict management and resolution and religion in the category of 5 but <10 years. However, Demand strategy was most used by the category of 5 but <10 in sexual affairs while Report strategy was least adopted in all the domains. Despite the difficulties couples may experience, those who can communicate clearly using various strategies of communication do have a better chance of overcoming problems and staying together. This corroborates with

Zhezri et, al.'s (2020) opinion that there is mounting evidence that couples build intimacy through hundreds of very ordinary, mundane moments in which they attempt to make emotional connections. However, the ability to communicate with each other has been adjudged the best in marriage relationship.

Research Question 5c: Does couples' occupational cadre determine the choice of communication strategies in marital communication domains among the married academic staff of the selected tertiary institutions in Abeokuta metropolis?

5c Communication Strategies used according to Occupational Cadre

Table 5c: Communication Strategies

	Family Domains	Occupational Cadre	1	2	3	4	5	6	7
1	Finances	AssistantLecturer-Lecturer.1	-	7	-	1	-	-	-
		Senior Lecturer	-	5	-	-	-	-	-
		Reader/Principal Lecturer.	-		-	-	1	-	-
		Prof/Chief Lecturer.	-	2	-	1	-	-	-
2	Certain family responsibilities	Assistant Lecturer-Lecturer.1	-	7	-	1	-	-	-
		Senior Lecturer	-	5	-	-	-	-	-
		Reader/Principal. Lecturer	-	4	-	-	1	-	-
		Prof/Chief Lecturer	-	1	-	1	-	-	1
3	Relating to In-laws	Assistant. Lecturer-Lecturer 1	-	-	5	1	-	-	-
		Senior Lecturer	-	-	5	1	-	-	-
		Reader/Principal. Lecturer	1	-	3	-	1	-	-
		Prof/Chief Lecturer	-	-	1	-	-	-	-
4	Other relations and neighbours	Assistant. Lecturer-Lecturer 1	-	1	-	1	7	-	-
		Senior Lecturer	-	-	-	1	9	-	-
		Reader/Principal. Lecturer	-	-	1	-	9	-	1
		Prof/Chief Lecturer	-	-	-	1	-	-	-
5	Friends	Assistant. Lecturer-Lecturer 1	-	1	-	1	9	-	-
		Senior Lecturer	-	-	-	-	11	-	-
		Reader/Principal. Lecturer	-	1	-	-	10	-	-
		Prof/Chief Lecturer	-	-	-	1	-	-	-
6	Parenting	Assistant. Lecturer-Lecturer 1	-	1	-	3	-	-	-
		Senior Lecturer	-	1	-	1	-	-	-
		Reader/Principal. Lecturer	2	-		1	1	-	-
		Prof/Chief Lecturer	-	-	-	-	-	-	-
7	Sexual affairs	Assistant .Lecturer-Lecturer 1	-	1	-	-	-	7	-
		Senior Lecturer	-	-	-	1	-	5	-
		Reader/Principal. Lecturer	-	-	1	-	1	1	-
		Prof/Chief Lecturer	-	-	-	-	-	1	-
8	Health	Assistant Lecturer -Lecturer 1	-	1	7	1	-	-	-
		Senior Lecturer	-	-	7	1	-	-	-

		Reader/Principal. Lecturer	-	-	5	1	1	-	-
		Prof/Chief Lecturer	-	-	2	1	-	-	-
9	Conflict management and resolution	Assistant .Lecturer-Lecturer 1	-	1	-	1	12	-	-
		Senior Lecturer	-	-	1	-	13	-	-
		Reader/Principal. Lecturer	-	-	-	-	13	-	-
		Prof/Chief Lecturer	-	-	-	-	1	-	-
10	Religion	Assistant .Lecturer-Lecturer 1	-	1	-	1	1	4	-
		Senior Lecturer	-	-	1	-	-	7	-
		Reader/Principal. Lecturer	-	-	-	-	1	2	-
		Prof/Chief Lecturer	-	-	-	-	-	-	-

Source: Survey, 2026

Listen to my partner = 1, Agree= 2, Discuss= 3, Withdraw= 4, Ignore =5, Demand = 6, Report =7

The information on Table 5c indicates that Listening communication strategy was adopted most in parenting by those in the categories of Reader/Principal lecturer, while Assistant lecturer/Lecturer1 mostly used Withdrawal strategy in this domain. MacCann et, al. (2025) stated that a spouse's perceptions of the partner's communicated attitudes, feelings, and behaviour should be more accurate if he [or] she listens to the partner more effectively. Agree strategy was dominated by majority of the respondents in finance and certain family responsibilities. Discuss strategy was adopted most in issues relating to in-laws and health by all the categories in the occupational cadre. Solidah (2021) suggested that it is better to take a deep breath and calm down, no matter how uncomfortable a spouse makes the subject of discussion or if any conflict tends to make one nervous. Ignore strategy was most used in the treatment of other relations and neighbours, friends, and conflict management and resolution, while Demand strategy was most used in sexual affairs and religion in marital communication. Report was the least adopted by respondents in all the domains.

H₀₁: There is no significant relationship between personal characteristics of academic staff couples in relation to communication strategies and marital satisfaction.

Table 6: Correlation on Personal Characteristics and Communication Strategies and Marital Satisfaction

Variables	r-value	p-value	Decision
Personal Characteristics	0.663	0.000	Significant

Source: Author's SPSS computation 2026

Table 6 shows that the Sig. value (0.000) is less than 0.01, therefore, the null hypothesis is rejected. It can therefore be concluded that there is a significant relationship between couples'

personal characteristics in relation to communication strategies and marital satisfaction at 1% significant level. Also the Pearson Correlation Coefficient (0.663 or 63%) shows that there is strong positive relationship between couples' personal characteristics in relation to communication strategies and marital satisfaction of the staff of selected tertiary institutions in Abeokuta. The finding is in line with Zahra et, al. (2020) who posited that demographic characteristics such as age, years in marriage, religion, educational background and income status are major determinants of effective communication in marriage.

H₀₂: There is no significant relationship between couples' communication strategies and marital satisfaction.

Table 7: Correlation on Couples Communication Strategies and Marital Satisfaction

Variables	r-value	p-value	Decision
Couples' Communication Strategies	0.712	0.000	Significant

Source: Author's SPSS computation 2026

The decision rule is to reject the null hypothesis if the significant value is higher than the critical value. From the correlation, the Sig. value (0.000) is less than 0.01 hence, the null hypothesis is rejected. It can therefore be concluded that there is a significant relationship between couples' communication strategies and marital satisfaction at 1% level of significance. Also, the Pearson correlation coefficient (0.712 or 71%) shows that there is strong positive relationship between couples' communication strategies and marital satisfaction among the academic staff of the selected tertiary institutions in Abeokuta. This finding is in line with the opinion of Nyark & Hope (2023) also found that couples' who adopt a two way communication mode tend to be more satisfied in marriage.

H₀₃: There is no significant difference in academic staff couples' communication strategies and marital satisfaction across the selected institutions.

Table 8: Test of Difference on Couples Communication Strategies

ANOVA^a

Model	Sum of Squares	Df	Means Square	F	Sig.	Description

Regression	.058	1	.058	.084	.002 ^b	Sig.
Residual	45.904	239	.685			
Total	45.961	240				Accepted

Source: Author's SPSS computation 2026

Table 8 with the F-value ($F_{(1, 67)} = .084, p=.0.002$) was obtained which was found to be significant at P (0.02) less than (0.05) alpha level of significance. This demonstrates that there is significant difference in couples' communication strategies and marital satisfaction across the selected institutions. As such, the null hypothesis which states that there is no significant difference in couples' communication strategies and marital satisfaction across the selected institutions was rejected.

Sahar Naveed & Dr. Aafia Rasool (2025) asserts that spouses estimate their marital satisfaction by keeping track of its costs and benefits, based upon their life's history. That is why the socio-cultural context is of great importance in interpersonal relations, acting as a force of ecological adaptability for the individuals, especially in more intimate relationships, as is the case in a marital relationship.

Conclusion

The study investigated communication strategies in marital satisfaction among academic staff of tertiary institutions in Abeokuta metropolis. Communication is the bedrock of every marriage and it is important for couples to learn how to express themselves in order to communicate effectively so as to bridge communication gaps. Since individuals have different ways of behaving and responding, it is important for people to learn to express themselves accurately and in a way that will accomplish their purpose of communication. Marriage is an important and fundamental human relationship that provides the basic primary structure for establishing a family and raising children. One of the most important goals of marriage is the will to attain marital satisfaction. Marital satisfaction is achievable through the use of appropriate communication strategies in the marital domains. A lot of people are experiencing psychological trauma as a result of marital experience due to lack of understanding on the appropriate strategies in marital satisfaction.

Couples need to improve their strategies of communication in the areas of finance, sexual life and relating with friends. Other communication strategies can be adopted in the handling of certain responsibilities, in-laws, parenting, conflict management and resolution and religion in order to gain higher level of marital satisfaction. Couples need to study and understand the communication pattern in order to use appropriate strategies that will facilitate marital satisfaction among couples.

Recommendations

Based on the research findings, the following recommendations are made:

Couples should improve on the strategies of communication on the domains of finances and sexual issues. This will serve as a guide for couples and intending ones on effective communication strategies, that will further boost marital satisfaction.

Couples need to discuss with their partners the accepted strategies of communication in order to limit conflicts in attaining marital satisfaction.

Communication strategies in marital satisfaction can be an added course work for undergraduates in tertiary institutions, for this will serve as strong awareness and help to reduce the rate of domestic violence and divorce in the society.

Training on marital communication on various strategies to attain marital satisfaction can be given to various stakeholders, most especially the intending couples to reduce domestic violence and rate of divorce in the society.

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