

LOCUS OF CONTROL AS CORRELATES OF MARITAL STABILITY AMONG MARRIED TEACHERS IN DELTA CENTRAL SENATORIAL DISTRICT

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ABSTRACT

This study examined the relationship among locus control and marital stability among married teachers in Delta Central Senatorial District. Ten research questions and ten null hypotheses guided the study. The study utilized the correlational research design. The population of the study consisted of 3,784 married teachers in Delta Central Senatorial District, with a sample size of 341 married teachers, selected through a multistage sampling procedure. The data for the study were collected using questionnaire. The instrument was validated through experts' judgement and factor analysis. To establish the reliability of the instrument, the Cronbach alpha method of internal consistency was used. Correlation, multiple regression and coefficient of determination were used to answer the research questions while linear and multiple regression were used to test the stated hypotheses at 0.05 level of significance. The findings revealed that there is a significant relationship between locus of control and marital stability among married teachers. The study however, revealed that level of education and duration of marriages does not moderate the relationship that exists between locus of control and marital stability among married teachers in Delta Central Senatorial District. In view of these findings, the study recommended amongst others that guidance counsellors should design and offer comprehensive relationship workshops that address all three areas—locus of control. These workshops should aim to equip teachers with practical tools and strategies to apply this concept in their marriages.

Key words: Locus Control, Marital Stability, Level of Education and Duration of Marriages

INTRODUCTION

Marriage is one of the most essential and fundamental human relationship. It provides the basic structure that establishes a family relationship and raises the next generation. Marriage is defined in this study as a close and intimate relationship between a man and a woman as husband and wife. Okojide, et al. (2021) portrayed marriage as a purposeful personal connection vitally requested to multiplication and sharing of everyday life, which calls for perpetual quality and select responsibility in the manner the couple chooses. A decent and stable marriage is a conjugal relationship in view of adoration, common regard and the couple's fulfillment with the relationship (Karney and Bradbury, 2020). A steady marriage clears a path for a solid and cheerful life and gives the fundamental condition to having and sustaining mindful kids (Kamp-Dush, Rhoades, Sandberg-Thoma and Schoppe-Sullivan, 2014).

The attribute of consistency and strong establishment is referred to as stability. A notion known as "marital stability" indicates whether or not a married partnership has endured. Marital stability, according to Mitchel and Plauche (2016), is continuing to be lawfully wed without being divorced or going through a physical or legal separation. When married educators adhere to, labour towards, and consistently support one another in a certain job, interest, or objective, they may attain marital stability. Couples run the danger of being ignored if they don't actively work to keep their connection strong. Therefore, both partners' good contributions are necessary to build a solid connection. A stable marriage often results in a harmonious and functional family life, which in turn creates a society that is progressive and well-adjusted. Although it is not the same as marriage quality or marital pleasure, they are closely connected. Stability in the marriage is a result of satisfied spouses. According to Whisman, Gilmour, and Salinger (2018), stable and satisfied marriages are associated with longer lifespans, better health, and more happiness for spouses. It is an essential component of family life and life satisfaction.

When couples are unable to resolve conflicts that come up in their relationship, marriages become unstable. When two individuals decide to live together as husband and wife, many expectations and hopes are raised, some of which may come true and others of which may not. It is only reasonable to anticipate that there will be disagreements between spouses since they are human and not divine. These disagreements will likely centre on differing perspectives, beliefs, wants, desires, and habits. Keeping in mind that every human connection involves occasional disagreements and conflict, marital instability causes problems for a large number of families in contemporary society. This poses a serious risk to the long-term viability of marital harmony and stability in both our small and big communities.

Tolorunleke (2014) asserts that a marriage ought to be a thrilling, lovely journey and that a husband and wife's connection should improve with each day or year that goes by. But tiny things may creep into a relationship, and if these little things are not dealt with appropriately, they can lead to conflict and, eventually, a growing distance between the married partners. Reports from electronic media, periodicals, newspapers, court cases, and environmental observations demonstrated the prevalence of marital instability in our contemporary culture.

According to Nwobi (2015), the rate of divorce, marital discontent, loss of love between partners, and incidences of marital violence has increased dramatically over time, creating instability in marriages. According to Agupugo (2018), marital instability is

becoming more common, and the community needs competent and successful marital counsellors to deal with these issues before they spiral out of control. Furthermore, according to Garba (2015), couples initially have great expectations for one another and may be overcome with happiness. Each is firmly committed to satisfying and fostering love and devotion for the individual who will soon become their lifelong spouse. The author went on to say that over time, things begin to cool off and the once-warm and passionate relationship begins to fade since they may be living in a chaotic atmosphere full of hatred, uncertainty, and fear that causes continual conflict.

According to the researcher's findings, couples generally experience conflict, especially in the Delta Central Senatorial District. The prevalence of marital instability persists despite attempts to address it by academics, religious institutions, and professional organisations, which lowers the stability of many families. It is difficult for academics, educators, and counsellors to pinpoint the problems and provide workable fixes. Based on the researcher's own experiences with several couples over his ten years as a Baptist church pastor, marital pain leading to instability is a common occurrence.

According to a survey of many courts in the senatorial district, there has been a notable increase in cases pertaining to marriage throughout the entire state. For example, the senatorial district officially registered 2,230 divorce cases between 2017 and 2024. It is important to note that these figures only include incidents that were formally recorded and proceeded through the judicial system. These documented statistics do not account for cases when married people split outside of the courts. Outside of the legal system, several complaints and observations of different domestic abuse situations in Delta State families have been made. For example, in Ughelli North Local Government Area, a man lost his life when his wife stabbed him only because he hadn't been home from work the day before. This was a heartbreaking tragedy. In Uvwie, there was also an instance when a lady hired several people to attack her husband after she caught him with another woman. The husband ended himself in the hospital for over four months as a consequence. The researcher also saw firsthand an event in Sapele Local Government Area when a mother threw boiling water on her husband because they couldn't agree on how to raise their children. It is critical to acknowledge that these cases demonstrate the complexity of marital difficulties, which extend beyond court cases to include more general social problems like domestic abuse. The effects are felt across society, as shown by the rising divorce rate and the detrimental effect on kids who often grow up to be social outcasts. This problem seems to be a national concern, having a substantial impact on family stability as well as children's personalities, development, and adaptability. Couples often allow little disagreements to turn into big problems, which create emotional turmoil and increase the likelihood of unstable relationships. This circumstance breeds dread and makes it more difficult to build enduring marriages. Conflicts inside marriages lead to violence against spouses, divorce, and separation. Occasionally, children band together with their mother to revolt against their father. If there is ongoing discord, disarray, and separation between the partners in the family, there will never be progress and tranquility. Unrelenting strife leads to broken households, which breed criminals and young offenders in the community. Children from dysfunctional families experience academic regression and may drop out due to their inability to handle home issues and schoolwork. It is impossible to expect children to grow up with a balanced personality when the home or family is unstable and plagued by interpersonal conflicts. It was correctly noted by Reamen et al. (2022) that marital instability might result in couples divorcing and mistreating their children on several levels (emotionally, physically, ethically, and socially). Scholars studying family and marital adjustment have shown interest in achieving a suitable degree of stability. The

stability of a marriage may be impacted by many variables. In this investigation, the locus of control is one intriguing component. The degree to which individuals feel they control all the things that happen in their life is known as their locus of control, according to psychological theory. On a continuum, with an internal locus of control at one end and an external locus of control at the other, this aspect of personality may be described. The concept of internal locus of control describes the conviction that one's own choices and actions significantly influence how events unfold in one's life. Individuals who have an internal locus of control often think that their aptitude, diligence, and hard work will decide whether they succeed or fail. Their planning, action, and perseverance in difficult situations are stronger. The external locus of control, on the other hand, is the idea that other forces, including destiny, chance, or other people, significantly influence how events turn out in one's life. Individuals who have an external locus of control often think that their life is not much impacted by their own choices. They may give up easily or blame others when faced with challenges. For married teachers, locus of control may have a major impact on the durability of their marriage. When faced with difficulties, couples that have a stronger sense of internal control and feel in charge of their relationship's course are probably going to be more resilient and adaptable as a married couple. An internal locus of control increases the likelihood of candid, open communication and cooperative problem-solving in a couple. They may see obstacles as opportunities for growth, and they may be less inclined to point fingers or criticise one another. Couples who have an internal locus of control may take turns taking responsibility for their actions and relationships, which promotes cooperation and mutual support. They could tackle disagreements as a pair, looking for win-win solutions. Individuals who possess an internal locus of control in a couple may take proactive measures to sustain their bond. They could place a high value on spending time together, show gratitude, and engage in activities that deepen their relationship. Internally focused couples could be better equipped to adjust to the inevitable changes that come with life. They see change as a chance for personal development and are less prone to unstable relationships brought on by outside forces. Effective communication and problem-solving are hampered among couples with an external locus of control, however, since they tend to attribute relationship issues to other people or their partners. They could take a passive stance towards preserving their relationship, depending on other people to make things better. Due to their tendency to blame their partners for difficulties or see problems as beyond their control, they may find it difficult to settle disagreements in a constructive manner. When confronted with external pressures like financial hardships or familial concerns, couples that have an external locus of control may see more volatility in their relationships. Given the above, the locus of control could be a significant factor in determining a marriage's stability. Thus, the researcher will attempt to investigate the connection between locus of control and marital stability. The researcher will also incorporate forgiveness as an intriguing variable. The link between married teachers' locus of control, forgiveness, communication, and marital stability may be moderated by their educational attainment. Higher-educated people, for example, can have an internal locus of control, which means they might think they have influence over their own lives. Marriages may be more stable because people with an internal locus of control are more likely to take responsibility for their actions and work through marriage issues. Conversely, those with less knowledge may have an external locus of control, believing that others control their lives. Because people with an external locus of control may be more inclined to place the blame for their issues on others and be less motivated to work towards improving their relationship, this might result in less stability in marriages. Higher-educated people could be more understanding of their marriages. This could be the case because they are more likely to comprehend that everyone errs sometimes and that forgiveness is essential to a successful partnership. Conversely, those with less knowledge could be less understanding of their

partners. This could be due to their propensity for harbouring resentments and grudges, which over time can strain the bond. It's possible that people with higher education levels communicate more effectively. This could be because they are more likely to be able to listen to and comprehend their wives, as well as be able to communicate their ideas and emotions succinctly. Conversely, those with poorer educational backgrounds could find it harder to communicate with their spouses. Their inability to listen and understand their spouses or their discomfort expressing themselves may be the cause. The length of marriage is another demographic element that this research is interested in. This research refers to the duration of a couple's marriage. Usually, it is expressed in days, months, or years. Among married teachers, the length of marriage may have a moderating effect on the relationships between locus of control, forgiveness, communication, and marital stability. For example, those with better internal locus of control could eventually have more stable marriages. They may think they run their own lives, which may make them more resilient and able to handle marriage issues. Conversely, those who possess a weaker internal locus of control could eventually see more instability in their relationships. This is due to their tendency to blame external causes for difficulties, which breeds hopelessness and makes them less likely to take the initiative to solve problems. The impact of locus of control on marital stability may decrease in strength as a marriage becomes longer. Couples can reduce the influence of individual locus of control on overall marital stability by learning more flexible coping strategies and sharing a sense of responsibility for the partnership's success. Given the above, the purpose of this research is to investigate any potential connections between locus of control and marital stability among married teachers in the Delta Central Senatorial District.

Statement of the Problem

Observations made by the researcher have shown that marriages seem to have become generally strained in recent past, especially in Delta Central Senatorial District. Efforts have, however, been made by scholars, churches, Mosques, professional religious organizations to curb this menace. Yet, the incidence of marital instability appears endemic as the stability of most marriages and the family's wanes at alarming rates. Scholars, teachers and counselors are at a loss on the options available for identifying the causes of this situation in their attempt to proffer solutions.

As a clergyman in a Baptist church for the past 10 years, personal interaction with most couples has shown that various married teachers are experiencing marital distress, culminating into marital instability. When marriage is not stable, it can affect the society, going by the rate of divorce and the direct impact on the children, who, in most cases, grow to be social misfits and nuisance. This situation appears to be nation-wide. The stability of the family is seriously impacted by this circumstance, which also affects the personality, development, and adjustment of the children. Couples frequently let issues that should have been resolved quickly and cooperatively to escalate to crisis levels, which in turn causes emotional upheaval that frequently results in unstable marriages. This circumstance causes fear and prevents couples from having stable marriages.

One begins to wonder what could be responsible for this social menace. Several factors have been identified. But of particular interest to the current study are locus of control. The problem of this study therefore, is, to what extent can locus of control correlate with marital stability in Delta Central Senatorial District?

Research Questions

The following research questions guided the study:

1. What is extent of the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District?
2. What is the moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District?
3. What is the moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District?

Hypotheses

The following null hypotheses were tested at 0.05 level of significance:

1. There is no significant relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District
2. There is no significant moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District
3. There is no significant moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Research Method

The study utilized the correlational research design. Correlational research design is a type of scientific study that aims to examine the relationship between two or more variables. The population of the study consisted of all married teachers in Delta Central Senatorial District. The data obtained from the Post-Primary Education Board (PPEB) showed that the total of number of married teachers in Delta Central Senatorial District is 3,784, comprising of 1,050 male and 2,734 female teachers. The sample size for this study comprised of 341 married teachers in Delta Central Senatorial District. This sample size is based on the recommendation of Gill, et al. (2010) that for a population between 3,000 and 4,999, that a sample size of 341 is appropriate. The multistage sampling procedure was used to select the sample for the study. The data for the study were collected using questionnaire tagged Locus of Control and Marital Stability Rating Scales. The Locus of Control scale which consists of 24 items was adapted from Levenson (1981). The Marital Stability Scale which consist of 25 items was adapted from a combination of different measures including Marital Stability Index (MHI), developed by Terman (1938); The items in the two scales are structured on a 4-point scale ranging from 1 for strongly disagree to 4 for strongly agree. The instrument was validated through experts' judgement and factor analysis. In the factor analysis, the principal component analysis of the extraction method was used to estimate the content validity of the instrument. It yielded the following total cumulative variance, which was used to estimate the content validity of the instrument: Locus of Control Rating Scale = 76.82% and Marital Stability Scale = 73.96%. The values show that the various scales in the instrument have a high content validity. The reliability of the research instruments was analysed using Cronbach alpha reliability coefficient. The coefficient obtained include Locus of Control Rating Scale = 0.74 and Marital Stability Scale = 0.76. The values show that the various scales in the instrument are reliable. The questionnaire was administered to the respondents directly by the

researcher with the help of three research assistants. The completed questionnaire was retrieved immediately to avoid loss of data. The data obtained were analysed using descriptive and inferential statistics. Mean and standard deviation were used to determine the status of variables of the study. Correlation, multiple regression and coefficient of determination were used to answer the research questions while linear and multiple regression were used to test the stated hypotheses at 0.05 level of significance.

Results and Discussion

Research Question 1: What is extent of the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District?

Table 1 Pearson's correlation and coefficient of determination between locus of control and marital stability among married teachers in Delta Central Senatorial District

Variable	N	r	r ²	r ² %	Remark
Locus of Control	3	0.1	0.020	2.0	Positive Relationship
Marital Stability	41	43			

In Table 1, a Pearson's correlation and coefficient of determination analysis was conducted with the aim of finding out the extent of the relationship that may exists between locus of control and marital stability among married teachers in Delta Central Senatorial District. From the result, it was found that r -value = 0.143 and r^2 -value = 0.020. The implication of the result is that a positive relationship exists between locus of control and marital stability among married teachers in Delta Central Senatorial District. In fact, locus of control contributed 2.0% to the variability in marital stability among married teachers.

Research Question 2: What is the moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District?

Table 2: Multiple correlation and coefficient of determination among moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Variable	N	R	R ²	R ² %	Remark
Locus of Control					
Marital Stability	341	0.174	0.030	3.0	Positive Relationship
Level of Education					

In Table 2, a multiple correlation and coefficient of determination analysis was conducted with the aim of finding out the moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District. From the result, it was found that R -value = 0.174 and R^2 -value = 0.030. The implication of the result is that a positive relationship exists among locus of control, level of education, and marital stability among married teachers in Delta Central Senatorial District. In fact, locus of control and level of education contributed 3.0% to the variability in marital stability among married teachers.

Research Question 3: What is the moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District?

Table 3: Multiple correlation and coefficient of determination among moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Variable	N	R	R ²	R ² %	Remark
Locus of Control					
Marital Stability	341	0.166	0.027	2.7	Positive Relationship
Duration of Marriage					

In Table 3, a multiple correlation and coefficient of determination analysis was conducted with the aim of finding out the moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District. From the result, it was found that R -value = 0.166 and R^2 -value = 0.027. The implication of the result is that a positive relationship exists among locus of control, duration of marriage, and marital stability among married teachers in Delta Central Senatorial District. In fact, locus of control and duration of marriage contributed 2.7% to the variability in marital stability among married teachers.

Testing of Hypotheses

Hypothesis 2: There is no significant relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Table 4: Regression analysis of the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

	SS	df	MS	F	Sig.
Regression	696.987	1	696.987	7.057	.008 ^b
Residual	33479.558	339	98.760		
Total	34176.545	340			

In Table 4, a regression statistics was conducted with the aim of finding out the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District. From the result, it was found that the computed F -value is 7.057, and a p -value of 0.008, which happens to be less than 0.05 level of significance. Therefore, the null hypothesis is rejected and the alternative hypothesis is retained. The implication of this result is that a significant relationship exists between locus of control and marital stability among married teachers in Delta Central Senatorial District.

Hypothesis 3: There is no significant moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Table 5: Multiple regression analysis on the moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Model	B	Std Error	Beta	t	Sig.
Constant	85.778	4.289		20.000	.000
Locus of Control	-.203	.071	-.155	-2.860	.004
Level of Education	1.078	.580	.101	1.858	.064

Table 5 shows the result of the moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District. The beta weights of -.155, $t = -2.860$ for locus of control; and 0.101, $t = 1.858$ for level of education are indicators of the degree of correlation between each variable of locus of control and level of education with marital stability. From the result, locus of control is significant at an alpha level of 0.05, but level of education is not significant. Hence, the null hypothesis was accepted, indicating that there is no significant moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District.

Hypothesis 3: There is no significant moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Table 6: Multiple regression analysis on the moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District

Model	B	Std Error	Beta	t	Sig.
Constant	89.852	4.267		21.059	.000
Locus of Control	-.187	.071	-.143	-2.623	.009
Duration of Marriage	-.597	.387	-.084	-1.544	.123

Table 6 shows the result of the moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District. The beta weights of -.143, $t = -2.623$ for locus of control; and -.084, $t = -1.544$ for duration of marriage are indicators of the degree of correlation between each variable of locus of control and duration of marriage with marital stability. From the result, locus of control is significant at an alpha level of 0.05, but duration of marriage is not significant. Hence, the null hypothesis was accepted, indicating that there is no significant moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District.

Discussion of Findings

Relationship between Locus of Control and Marital Stability

The second finding showed that a significant relationship exists between locus of control and marital stability among married teachers in Delta Central Senatorial District. This finding suggests that the way individuals perceive control over their lives profoundly impacts the stability of their marriages. Locus of control is typically divided into two categories: internal and external. Teachers with an internal locus of control believe that they have the power to influence the outcomes of their actions. This belief can foster a sense of

responsibility and proactive behavior within the marriage, leading to more effective conflict resolution, better communication, and a stronger commitment to maintaining the relationship. These individuals are likely to take ownership of their roles in marital challenges and work towards solutions, thereby contributing to marital stability.

Conversely, teachers with an external locus of control, who believe that external forces or fate primarily govern their lives, may be less inclined to take initiative in resolving marital issues. This can lead to a sense of helplessness or passivity in the face of marital problems, potentially destabilizing the marriage. The demanding nature of the teaching profession, combined with the responsibilities of marriage, might make it particularly important for teachers to believe in their ability to manage and influence their personal lives effectively. Those with an internal locus of control are more likely to navigate these challenges successfully, resulting in a more stable marriage.

The above finding agrees with Nwobi & Nwobi, (2021), who conducted a study in Rivers State and found that both internal and external locus of control significantly relate to marital stability among married adults. According to the authors, Individuals with an internal locus of control tend to believe that their actions significantly influence their marital outcomes, which leads to proactive engagement in resolving marital issues, thereby enhancing stability. In contrast, those with an external locus of control may feel powerless in their relationships, attributing difficulties to external factors, which can lead to marital discord. The finding however, disagrees with arXiv (2023), who found that no significant relationship between the two variables, that while locus of control may influence certain aspects of marital relationships, it may not directly predict the likelihood of divorce or separation.

The possible reason for the difference with this current finding and that of arXiv (2023) could be that the unique stressors associated with the teaching profession, such as the emotional demands of working with students, administrative pressures, and the need to balance work and family responsibilities. These specific stressors might make the relationship between locus of control and marital stability more pronounced among teachers than in other populations.

Moderating Impact of Level of Education on the Relationship between Locus of Control and Marital Stability

The fifth finding revealed that there is no significant moderating impact of level of education on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District. This finding suggests that the influence of locus of control on marital stability is consistent regardless of the educational attainment of the individuals involved. Locus of control, whether internal or external, appears to impact marital stability independently of a teacher's educational level. This could indicate that the personal belief system about control over life events plays a more critical role in determining marital outcomes than formal education does. In other words, whether a teacher holds a degree or an advanced qualification might not alter the way their locus of control affects their approach to maintaining a stable marriage.

One reason for this finding could be that locus of control is a deeply ingrained psychological trait that shapes how individuals perceive and respond to challenges in their marriage, regardless of their educational background. Teachers with an internal locus of control, for instance, are likely to take proactive steps to resolve marital conflicts and

improve their relationship, irrespective of their level of education. Conversely, those with an external locus of control might feel powerless in the face of marital issues, and this perception may persist regardless of how educated they are. Since locus of control influences behaviors and attitudes that directly impact marital stability, its effects might overshadow any potential moderating role of education.

The above finding agrees with Nwobi & Nwobi (2021), whose finding suggests that while locus of control is a predictor of marital stability, the level of education did not significantly alter this relationship. According to the authors, the psychological constructs of locus of control may operate independently of educational background when it comes to their influence on marital dynamics. The finding however, disagrees with an more older study conducted by Doherty & Ryder (1979), which suggests that education could play a role in enhancing communication skills and conflict resolution strategies, which are essential for marital stability. According to the authors, educated individuals may be more adept at navigating interpersonal relationships, potentially impacting how locus of control manifests in their marriages.

The reason for the difference with the study of Doherty & Ryder (1979) could be because it was conducted in different populations or cultural contexts where education played a more prominent role in shaping personal beliefs and behaviors. For instance, in settings where higher education is closely linked to broader worldviews and problem-solving skills, the level of education might have shown a stronger impact. However, among married teachers, who may already possess a certain level of education and professional training that emphasizes self-management and problem-solving, the locus of control might have a more direct and uniform influence on marital stability. Additionally, societal shifts over time might have reduced the moderating impact of education on personal traits like locus of control. As access to education has become more widespread and societal attitudes towards marriage have evolved, the differences in how educated individuals manage their relationships might have diminished. This could explain why more recent studies, such as this one, find no significant moderating effect of education on the relationship between locus of control and marital stability among married teachers.

Moderating Impact of Duration of Marriage on the Relationship between Locus of Control and Marital Stability

The third finding showed that there is no significant moderating impact of duration of marriage on the relationship between locus of control and marital stability among married teachers in Delta Central Senatorial District. This finding suggests that the influence of locus of control on marital stability remains consistent regardless of how long the marriage has lasted. This indicates that whether a teacher has been married for a few years or several decades, their perception of control over life events—whether they have an internal or external locus of control—affects their marital stability in a similar way. This finding highlights the idea that locus of control, as a core psychological trait, exerts a steady influence on how individuals navigate and maintain their marriages over time.

One reason for this finding could be that locus of control shapes fundamental attitudes and behaviors in marriage that are not significantly altered by the passage of time. Teachers with an internal locus of control, who believe they can influence their marital outcomes, are likely to consistently take proactive steps to nurture and stabilize their marriage, regardless of its duration. On the other hand, those with an external locus of control may continue to

perceive marital issues as beyond their control, potentially leading to passivity or resignation, irrespective of how long they have been married. Since locus of control influences how individuals respond to marital challenges, its impact on marital stability may remain stable throughout different stages of marriage.

The above finding agrees with Kahler (2017), who found no significant relationship between the duration of marriage and the impact of locus of control on marital stability. The finding also agrees with Nwobi & Nwobi (2021), who found that both internal and external locus of control were significant predictors of marital stability, independent of the length of the marriage. The finding however, disagrees with Doherty and Ryder (1979), who found in their study that longer marriages may provide couples with more opportunities to develop effective coping strategies, potentially altering the impact of locus of control on marital stability.

One reason why this current study is different from that of Doherty and Ryder (1979) could be because this current study was conducted in different contexts or populations where the length of marriage more heavily influenced relationship dynamics. For example, in populations where the challenges and dynamics of marriage change significantly over time—such as during the transition to retirement or when children leave home—duration might have had a stronger moderating effect. However, among married teachers, the nature of their profession and the consistent demands it places on work-life balance might lead to a more uniform relationship between locus of control and marital stability, regardless of how long the marriage has lasted. Additionally, changes in societal attitudes towards marriage and the increasing emphasis on emotional intelligence and self-management within relationships might have reduced the significance of marriage duration as a moderating factor. In contemporary marriages, where adaptability and communication are valued throughout the relationship, the consistent influence of locus of control might overshadow the impact of how long a couple has been married. This could explain why more recent studies, including this one, do not find marriage duration to significantly moderate the relationship between locus of control and marital stability among married teachers.

Conclusion

Based on the findings of the study, the researcher concluded that married teachers who exhibit a proactive attitude towards controlling their life circumstances effectively are more likely to experience stable and fulfilling marriages. That locus of control affects how teachers manage marital challenges. This element, therefore, is vital for sustaining marital stability, highlighting the need for focused support in this area. That the level of education and duration of marriage do not significantly moderate the relationships between locus of control and marital stability.

Recommendations

Based on the findings and conclusion of the study, the following recommendations were made:

1. Guidance counsellors should design and offer comprehensive relationship workshops that address all three areas—locus of control. These workshops should aim to equip teachers with practical tools and strategies to apply these concepts in their marriages.
2. Married teachers should focus on building a proactive mindset where they take responsibility for both positive and negative aspects of their marital relationship.

3. Guidance counsellors should tailor support programs to emphasize the development of internal locus of control for all teachers, without focusing on educational levels, to ensure that the benefits are universally applicable.
4. Guidance counsellors should offer ongoing support and resources that reinforce the importance of locus of control at all stages of marriage, ensuring that teachers receive consistent guidance throughout their marital journey.

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