

# Relationship Between Work-Related Stress and Ineffective Communication and Lack of Emotional Intimacy Among Married Academic Staff in Public Universities in Benue and Nasarawa States, Nigeria

<sup>1</sup> Omudu Rachel Ehi; <sup>2</sup> Prof. Igbo Happiness Ihuoma; <sup>3</sup> Prof. Orhungur M.

<sup>1,2,3</sup> Department of Educational Foundations, Rev. Fr. Moses Orshio Adasu University, Makurdi, Benue State – Nigeria

DOI: <https://doi.org/10.47772/IJRISS.2026.1026EDU0378>

Received: 30 May 2026; Accepted: 04 June 2026; Published: 23 June 2026

## ABSTRACT

This study investigated the relationship between work-related stress, ineffective communication and lack of emotional intimacy among married academic staff in public universities in Benue and Nasarawa States, Nigeria. The study was guided by two research questions, and null hypotheses were tested at 0.05 level of significance. Using a correlational survey design, data were collected from 363 married lecturers selected through multistage sampling from five universities. Two researcher-developed instruments the Work-Related Stress Inventory (WRSI) and the Ineffective Communication and Lack of Emotional Intimacy Inventory (ICLEI) measured occupational stress, ineffective communication and lack of emotional intimacy, respectively, and were analyzed using descriptive statistics, Pearson Product Moment Correlation was used to answer the research questions while linear regression was used to test the hypotheses. Findings revealed that higher work-related stress significantly predicted ineffective marital communication and reduced emotional intimacy, indicating that heavy workloads, research obligations, and administrative duties diminish emotional energy and time for marital interactions. The study concludes that work-related stress is a key contributor to ineffective communication and lack of emotional intimacy among academic staff and underscores the need for institutional interventions, including stress management programs, flexible workload policies, marital counselling, and work–life balance initiatives. Based on the findings, it was recommended that workshops and relationship-enrichment programs to equip lecturers with coping strategies that support marital satisfaction and relational harmony.

## INTRODUCTION

Marital instability as manifested in ineffective marital communication and lack of emotional intimacy has increasingly become a global social concern as modern relationships face numerous pressures that threaten their sustainability. Marriage is traditionally regarded as a stable social institution that fosters companionship, emotional support, and family development; however, many marriages today experience tensions that lead to dissatisfaction, separation, or divorce. Marital instability refers to the inability of couples to sustain a healthy, functional, and enduring marital relationship characterized by mutual commitment, emotional intimacy, effective communication, and shared goals (Okoh, 2016). When these essential components weaken, marital relationships become vulnerable to persistent conflicts, emotional distance, and eventual dissolution.

Global demographic reports indicate increasing divorce and separation rates across many societies as couples struggle to cope with economic pressures, work demands, and changing social expectations (Amato, 2018; Cherlin, 2020). In Sub-Saharan Africa, although marriage remains culturally valued, recent studies show a growing incidence of marital conflicts and marital dissolution due to socio-economic pressures and changing family structures (Clark & Brauner-Otto, 2019). These findings suggest that marital instability is not limited to Western societies but is increasingly becoming evident in African contexts.

In Nigeria, several empirical studies have confirmed the growing prevalence of marital instability. Ezegwu and Azowue (2024) found a high level of marital dissatisfaction and instability among working-class couples in Nigeria, linking the situation to economic hardship and increasing occupational pressures. Similarly, Dataphyte (2025) reported that Nigeria ranks 11th among 26 Sub-Saharan African countries with the highest divorce rates, indicating a rising pattern of marital breakdown. Supporting this trend, Osaji (2023) documented a high rate of separation and divorce among young couples in Nigeria, particularly within the first ten years of marriage. Afu and Nfeh (2020) also reported increasing cases of marital conflicts, extramarital relationships, and divorce across different Nigerian communities, highlighting the growing fragility of marital relationships.

Further empirical evidence from specific regions in Nigeria reinforces this concern. Ubi, Ubogu, and Yahaya (2024), in a study conducted across area councils in the twenty-three local government areas of Benue State, reported a significant increase in divorce cases between 2009 and 2022. Similarly, Idris (2021) documented a high prevalence of separation and divorce cases in Nasarawa State, indicating that marital instability is becoming a notable social issue within the North-Central region of Nigeria. These empirical findings collectively demonstrate that marital instability is a real and growing challenge affecting families across different parts of the country.

Scholars have identified several factors that contribute to marital instability. According to Okafor (2019), common indicators of marital instability include poor communication, lack of emotional intimacy, financial difficulties, infidelity, lack of mutual respect, weak commitment, incompatible goals, unhealthy sexual relationships, and unresolved conflicts. These factors weaken the marital bond and may eventually lead to dissatisfaction, separation, or divorce. Similarly, poor communication between partners can create misunderstandings, emotional distance, and unresolved conflicts, which gradually erode marital cohesion. However, Ortese (2025) argues that one of the most underexplored yet highly influential factors contributing to marital instability is work-related stress.

Work-related stress refers to the psychological and physical strain experienced by employees when job demands exceed their capacity to cope effectively. According to Oladipo (2016), work-related stress occurs when occupational demands, responsibilities, and pressures surpass an individual's coping ability, resulting in psychological and physiological strain. Studies have shown that excessive job stress often spills over into family life and negatively affects marital relationships. For example, Roberts and Nguyen (2021) found that high levels of occupational stress among married professionals significantly increase marital dissatisfaction and the likelihood of marital instability. Similarly, Musa and Ibrahim (2019) reported that persistent work stress weakens communication, emotional support, and mutual commitment between spouses, thereby increasing marital conflicts.

Within the academic profession, academic staff in public universities often experience heavy teaching loads, research expectations, administrative responsibilities, and pressure to publish scholarly work, all of which contribute to occupational stress. Ogunleye and Adebayo (2020) observed that university lecturers frequently experience high levels of job stress due to demanding workloads, performance expectations, and limited institutional resources. This pressure often results in emotional exhaustion, reduced family interaction, and strained marital relationships.

Ogunleye & Adebayo, 2020 observed that the academic environment in Nigeria remains highly competitive, with constant pressure to publish research, secure grants, and achieve career advancement, all of which intensify occupational stress and complicate the balance between professional and marital responsibilities.

One major pathway through which work-related stress may contribute to marital instability is ineffective communication. Ineffective communication refers to communication that fails to achieve mutual understanding due to misunderstandings, unclear expression, or breakdown in message interpretation (Poppulo, 2019). Many marital conflicts arise from ineffective communication, either because couples fail to communicate adequately or because their communication patterns lead to misinterpretation and emotional misunderstanding. Adebite (2019) notes that poor marital communication prevents couples from expressing their thoughts, emotions, and concerns effectively, thereby undermining mutual understanding and conflict resolution.

Another important dimension of marital instability associated with occupational stress is the lack of emotional intimacy. Lack of emotional intimacy occurs when partners are unable or unwilling to share their feelings, vulnerabilities, fears, and personal experiences with each other. It is characterized by emotional distance, limited empathy, reduced self-disclosure, and a diminished sense of connection between partners. When emotional intimacy is absent, couples may feel lonely and disconnected despite living together (Sheikh, 2024). Emotional intimacy is a fundamental component of marital stability because it fosters trust, understanding, and emotional bonding between partners (Ogunleye & Adebayo, 2020).

Given the increasing occupational demands placed on academic staff in public universities in Benue and Nasarawa States, it becomes important to examine how work-related stress influences marital stability. Understanding the relationship between work-related stress and marital instability will provide valuable insights into the challenges faced by academic professionals in balancing their professional and family lives. Such understanding is essential for developing policies, counselling interventions, and institutional support systems that promote work-life balance and strengthen marital relationships among academic staff.

## STATEMENT OF THE PROBLEM

Marital instability and dissatisfaction has become a significant social and psychological concern across the world, characterized by increasing cases of marital dissatisfaction, separation, and divorce. In Nigeria, this trend is also evident, particularly among academic staff in public universities whose professional responsibilities place considerable strain on their marital relationships.

The nature of academic work, which involves teaching, research, administrative duties, and community service, often requires long working hours, frequent travel, and sustained intellectual effort. These demanding responsibilities can lead to emotional fatigue and limited time for family interactions. In Benue and Nasarawa States, the situation is further worsened by systemic challenges such as inadequate infrastructure, irregular salary payments, delayed promotions, and insufficient research funding, all of which intensify work-related stress and increase the likelihood of marital tensions among university lecturers.

The effects of these pressures are often reflected in the quality of marital relationships among academic staff. Many lecturers return home physically exhausted and emotionally drained, leaving little opportunity for meaningful communication and emotional bonding with their spouses. As a result, marital relationships may experience poor communication, emotional detachment, unresolved conflicts, and in some cases, marital breakdown (Adebayo & Eze, 2019).

Although previous studies have examined the link between work-related stress and marital outcomes, most have focused on general occupational groups rather than the academic profession. Consequently, important aspects such as ineffective communication, lack of emotional intimacy, and other dimensions of marital instability among university staff remain insufficiently explored. This underscores the need for further investigation into how work-related stress influences marital stability among academic staff in public universities in Benue and Nasarawa States.

### Purpose of the Study

The purpose of this study was to examine the relationship between work-related stress, ineffective communication and lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States. Specifically, the study seeks to:

1. Determine the relationship between work-related stress and ineffective marital communication among academic staff in public universities in Benue and Nasarawa States.
2. Examine the relationship between work-related stress and lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States.

## Research Questions

This study was guided by the following research questions:

1. How does work-related stress relate to ineffective marital communication among academic staff in public universities in Benue and Nasarawa States?
2. In what ways does work-related stress relates to lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States?

## Hypotheses

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

1. Work-related stress has no significant relationship with ineffective marital communication among academic staff in public universities in Benue and Nasarawa States.
2. Work-related stress has no significant relationship with lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States.

## METHODOLOGY

The study adopted a correlational survey research design to examine the relationship between work-related stress, ineffective communication and lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States, Nigeria. The design enabled the researcher to determine the strength and direction of the relationship between the independent variable (work-related stress) and the dependent variables (ineffective communication and lack of emotional intimacy) without manipulating the variables.

The population of the study consisted of 3,841 academic staff drawn from five public universities: Rev. Fr. Moses Orshio Adasu University, Makurdi; Joseph Sarwuan Tarka University, Makurdi; University of Health Sciences, Otukpo; Nasarawa State University, Keffi; and the Federal University of Lafia. Using Glenn (1992) formula, a sample size of 363 married academic staff was determined. A multistage sampling technique was employed, which included stratified random sampling based on faculties and proportional sampling across the universities, while purposive sampling was used to select only married academic staff who were relevant to the study.

Two researcher-developed instruments the Work-Related Stress Inventory (WRSI) and the Ineffective Communication and Lack of Emotional Intimacy Inventory (ICLEI) were used to measure occupational stress and marital instability among academic staff. Both instruments, structured on a 4-point scale, were validated by experts in Guidance and Counselling, Mathematics, and Science Education to ensure content clarity and validity. A pilot test involving 30 married academic staff from the University of Calabar, who were not part of the main study, was conducted to assess reliability. The WRSI demonstrated excellent internal consistency with a Cronbach's alpha of 0.92, while the ICLEI yielded an overall coefficient of 0.84, with domain-specific values ranging from 0.71 for ineffective communication and 0.96 for lack of emotional intimacy indicating acceptable to very good reliability. Based on contemporary standards (Taber, 2018), these results confirm that both instruments are reliable for measuring work-related stress and marital instability in the main study.

The collected data were analyzed using descriptive statistics (frequency counts and percentages) to describe respondents' demographic characteristics, while Pearson Product-Moment Correlation was used to test the relationship between work-related stress and marital instability at the 0.05 level of significance. In addition, simple linear regression analysis was employed to determine the predictive influence of work-related stress on marital instability among academic staff.

## RESULTS

The collected data were presented in Table 1-4. Pearson Product Moment Correlation Coefficient (PPMC) was used to answer research questions and Linear Regression Analysis was employed to test hypotheses at the 0.05 level of significance.

### Research Question One

How does work-related stress relate to ineffective marital communication among academic staff in public universities in Benue and Nasarawa States?

**Table 1: Pearson Product Moment Correlation Coefficient Analysis of the Relationship Between Work-Related Stress and Ineffective Marital Communication Among Academic Staff in Public Universities**

Variables		Work-Related Stress	Ineffective Communication
Work-Related Stress	Pearson Correlation	1	<b>0.484**</b>
	Sig. (2-tailed)		0.000
	N	363	363
Ineffective Communication	Pearson Correlation	<b>0.484**</b>	1
	Sig. (2-tailed)	0.000	
	N	363	363

Table 1 presents the Pearson Product Moment Correlation analysis examining the relationship between work-related stress and ineffective marital communication among academic staff in public universities in Benue and Nasarawa States. The results reveal a moderate positive correlation between work-related stress and ineffective marital communication ( $r = 0.484$ ,  $N = 363$ ) among academic staff in public universities in Benue and Nasarawa States. This finding implies that as academic staff experience greater stress arising from work demands, there is a corresponding tendency towards poorer communication patterns in their marital relationships.

### Research Question Two

In what ways does work-related stress relates to lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States?

**Table 2: Pearson Product Moment Correlation Coefficient Analysis of the Relationship Between Work-Related Stress and Lack of Emotional Intimacy Among Academic Staff in Public Universities**

Variables		Work-Related Stress	Lack of Emotional Intimacy
Work-Related Stress	Pearson Correlation	1	<b>0.480**</b>
	Sig. (2-tailed)		0.000
	N	363	363
Lack of Emotional Intimacy	Pearson Correlation	<b>0.480**</b>	1
	Sig. (2-tailed)	0.000	
	N	363	363

Table 2 showed that r value between the two variables, work-related stress and lack of emotional intimacy of

academic staff in public universities,  $r = 0.480$  when  $n = 363$ . This indicated that the relationship between work-related stress and lack of emotional intimacy is positive. This indicate that there is a moderate positive correlation between work-related stress and lack of emotional intimacy in public universities in Benue and Nasarawa States, Nigeria. This result implies that as work-related stress increases among academic staff, emotional closeness and intimacy within marriage tend to decline.

### Hypothesis One

Work-related stress has no significant relationship with ineffective marital communication among academic staff in public universities in Benue and Nasarawa States.

**Table 3: Linear Regression Analysis of the Relationship Between Work-Related Stress and Ineffective Marital Communication Among Academic Staff in Public Universities**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	82.714	1	82.714	110.407	.000 <sup>b</sup>
	Residual	270.451	361	.749		
	Total	353.165	362			

Table 3 revealed the predictive relationship between work-related stress and ineffective marital communication among academic staff in public universities to be  $F = 110.407$  while the  $P$  (Sig.) value is 0.000 at  $(\alpha) 0.05$  with  $df$  of 361. Since  $P < 0.05$ , this means that the null hypothesis which states that work-related stress has no significant relationship with ineffective marital communication among academic staff in public universities in Benue and Nasarawa States is rejected. Thus, the alternative hypothesis is adopted. Therefore, work-related stress has moderate positive significant relationship with ineffective marital communication among academic staff in public universities in Benue and Nasarawa States.

### Hypothesis Two

Work-related stress has no significant relationship with lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States.

**Table 4: Linear Regression Analysis of the Relationship Between Work-Related Stress and Lack of Emotional Intimacy Among Academic Staff in Public Universities**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	64.153	1	64.153	108.011	.000 <sup>b</sup>
	Residual	214.415	361	.594		
	Total	278.568	362			

Table 4 showed the predictive relationship between work-related stress and lack of emotional intimacy among academic staff in public universities to be  $F = 108.011$  while the  $P$  (Sig.) value is 0.000 at  $(\alpha) 0.05$  with  $df$  of 361. Since  $P < 0.05$ , this means that the null hypothesis which states that work-related stress has no significant relationship with lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States is rejected. Thus, the alternative hypothesis is adopted. Therefore, work-related stress has moderate positive significant relationship with lack of emotional intimacy among academic staff in public universities in Benue and Nasarawa States.

## DISCUSSION OF FINDINGS

This study investigated the relationship between work-related stress and marital stability among married academic staff in public universities in Benue and Nasarawa States, Nigeria. The discussion of the major findings was organized on a hypothesis basis:

The first hypothesis revealed that work-related stress has a significant positive relationship with ineffective marital communication among academic staff in public universities. This implies that occupational pressures such as heavy teaching loads, research obligations, and administrative responsibilities impede effective dialogue between spouses. Academic staff experiencing high stress are more likely to exhibit miscommunication, misunderstandings, and reduced clarity in marital interactions. This finding aligns with Terkura (2021), who reported that elevated work-related stress among lecturers negatively affects communication within marriages, and Roberts and Nguyen (2021), who found that occupational stress undermines the quality and consistency of spousal interactions. The justification for this finding is grounded in the premise that effective communication is essential for marital stability. Work-related stress consumes emotional and cognitive resources, limiting the ability of couples to engage in meaningful and constructive dialogue, thereby increasing relational strain.

The second hypothesis revealed that work-related stress has a significant positive relationship with lack of emotional intimacy among married academic staff. This indicates that high occupational stress diminishes the capacity for affectionate interactions, empathy, and emotional support between spouses. Lecturers under intense work pressures may withdraw emotionally, reducing the quality of closeness and bonding within marriage. The finding corroborates Agbo (2018), who reported that occupational stress compromises emotional connection and intimacy among academic staff, and Harrison and Mitchell (2021), who found similar patterns among professionals in high-stress work environments. The justification is that emotional energy is finite, and prolonged exposure to stress drains resources necessary for nurturing intimacy, which is critical for sustaining marital satisfaction and stability.

## CONCLUSION

Based on the findings of this study, it can be concluded that work-related stress significantly undermines marital stability among academic staff in public universities in Benue and Nasarawa States. The evidence demonstrates that occupational pressures manifested through heavy teaching loads, research obligations, administrative responsibilities, and organizational demands adversely affect multiple dimensions of marital functioning, including communication, emotional intimacy, financial compatibility, mutual respect, conflict resolution, commitment, shared goals, and sexual relationships. Academic staff experiencing high levels of work-related stress were more likely to report ineffective communication, reduced emotional closeness and overall marital instability. The study underscores the critical importance of institutional support mechanisms, including stress management programs, flexible workload arrangements, marital counseling, and work-life balance initiatives, in mitigating the negative effects of occupational stress on marital life.

## RECOMMENDATION

Based on the findings of this study, it is recommended that:

1. University counsellors, family therapists, mental health professionals, academic administrators, and management boards should organize regular workshops, seminars, and relationship-enrichment programmes targeted at married academic staff. These programmes should emphasize stress management strategies and coping mechanisms to minimize the negative impact of work-related stress on marital communication, emotional intimacy, and relational harmony.
2. Marriage counsellors and religious institutions, including churches and mosques, should integrate teachings on emotional regulation and work-life balance into premarital and marital counselling programmes for academic staff. Such teachings should guide couples on maintaining emotional

closeness, empathy, and understanding despite work pressures, long hours, and administrative obligations.

## REFERENCES

1. Abiola, O. M., & Ogunlade, A. O. (2020). The impact of work-related stress on mutual respect among married workers in the manufacturing sector in Ogun State, Nigeria. *Journal of Occupational Psychology*, 16(3), 142–156.
2. Abiola, O. T., & Fatoye, M. O. (2018). Marital conflict resolution and spousal adjustment among working-class couples in Nigeria. *Nigerian Journal of Family Psychology*, 7(2), 45–60.
3. Adebajo, A. F., & Okonkwo, S. P. (2017). Emotional intimacy in Nigerian marriages: Cultural implications and communication styles. *African Journal of Marital Counselling*, 11(2), 49–62.
4. Adebajo, M. A., & Okonkwo, C. N. (2015). Cultural barriers to emotional intimacy in Yoruba marriages. *Nigerian Journal of Cultural Psychology*, 11(4), 33–45.
5. Adebayo, A. O., & Obinna, C. A. (2018). Impact of work-related stress on healthy sexual relationships among married couples in Ibadan, Nigeria. *Journal of Sexual Health and Marital Therapy*, 10(2), 67–80.
6. Adegbite, M. (2019). The role of conflict resolution in marital stability among working professionals in Nigeria. *Journal of Marriage and Family Therapy*, 11(2), 56–72.
7. Adegbite, T. (2019). Work-related stress and marital instability among professionals in Nigeria. *African Journal of Psychology*, 7(1), 45–61.
8. Adegoke, A. O., & Olowu, A. T. (2018). Emotional intimacy and marital satisfaction: The role of emotional transparency. *Journal of Marriage and Family Studies*, 10(3), 65–78.
9. Adegoke, T. G., & Olowu, D. A. (2016). Emotional dynamics in Nigerian marriages: The role of intimacy and trust. *Nigerian Journal of Family Studies*, 12(2), 67–79.
10. Adekanmbi, F. P., & Ukpere, W. I. (2019). The relationship between work-related stress and workplace deviant behaviours in the Nigerian banking industry. *Journal of Reviews on Global Economics*, 8, 1190–1202.
11. Adekunle, T. O., & Hassan, A. A. (2022). Marital stress, conflict management, and commitment among urban couples. *International Journal of Contemporary Social Science Research*, 7(1), 60–74.
12. Ademola, O. M., & Olumide, T. A. (2017). Impact of work-related stress on marital commitment among married couples in Lagos, Nigeria. *Journal of Applied Psychology*, 19(2), 112–124.
13. Ademola, R., & Eze, S. (2016). Cultural influences on communication effectiveness in Nigerian families. *African Journal of Family Development*, 11(2), 90–104.
14. Adeniran, A. T. (2020). Role performance and marital stability among working-class couples in Lagos. *Nigerian Journal of Family Psychology*, 13(1), 55–68.
15. Ajayi, F. A., & Ezeani, C. A. (2019). Budgeting and economic discipline as tools for financial stability among couples. *Journal of Marriage and Development Studies*, 14(1), 42–57.
16. Ajayi, K., & Olatunji, O. (2019). The role of communication in marital satisfaction among Nigerian couples. *West African Journal of Psychology*, 8(2), 56–73.
17. Ajayi, K., & Olatunji, R. (2019). Work-related stress and its impact on marital communication: A study of university lecturers in Nigeria. *Journal of Social Sciences and Humanities*, 10(3), 112–129.
18. Ajayi, L. (2015). The dynamics of feedback in interpersonal communication. *Journal of Psychology and Society*, 8(3), 45–56.
19. Ajayi, O. A., & Ezeani, N. C. (2021). Achieving financial stability in marriage through fiscal discipline. *Journal of Marriage and Family Studies*, 12(4), 78–91.
20. Ajayi, O., & Adeyemi, M. (2018). Financial strain as a major cause of marital instability in urban Nigeria. *Journal of African Economic Development*, 33(2), 113–130.
21. Ajayi, T. O., & Okafor, N. E. (2020). Religious congruence and shared goals in Christian marriages. *Nigerian Journal of Spiritual and Marital Studies*, 3(1), 12–22.
22. Ajibola, M. A. (2017). Marriage and family structures in Nigeria. *African Sociological Review*, 21(1), 45–59.
23. Akinboye, J. O., & Eyo, M. A. (2017). Communication competence and conflict resolution strategies among Nigerian couples. *African Journal of Behavioural Studies*, 6(1), 30–42.



24. Akinboye, S. A., & Eyo, A. F. (2019). Cultural influences on marital conflict resolution in Nigeria. *African Journal of Social and Behavioral Studies*, 4(2), 19–33.
25. Akinlade, S. K., & Nwosu, P. I. (2022). Professional support and shared ambitions in marriage. *Nigerian Journal of Career and Family Integration*, 2(2), 19–29.
26. Akinmoladun, O. (2019). Trust, communication, and their impact on marital stability in Nigerian marriages. *Journal of African Family Studies*, 19(2), 142–157.
27. Akinwale, O. A., & Babajide, O. T. (2018). The impact of work-related stress on conflict resolution skills in marital relationships of dual-income earners in Lagos State, Nigeria. *Journal of Organizational Psychology*, 12(2), 56–67.
28. Akinyemi, A. O., & Ogunlade, O. F. (2015). The role of mutual respect in marital satisfaction among Yoruba couples. *Nigerian Journal of Social and Behavioral Studies*, 6(1), 34–47.
29. Akinyemi, B., & Okoro, T. (2017). Communication patterns and marital adjustment among Nigerian couples. *Journal of Interpersonal Studies*, 12(3), 75–88.
30. Akinyemi, T. O., & Ogunlade, S. B. (2017). Mutual respect in marital relationships: A foundational approach to conflict resolution. *Journal of Marriage and Family Studies*, 12(1), 45–58.