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INFLUENCE OF COMMUNICATION ON MARITAL STABILITY AMONG COUPLES IN ENUGU METROPOLIS OF ENUGU STATE.

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Abstract

The study examined the relationship between communication and marital stability among couples in Enugu Metropolis. It specifically sought to find out the extent to which communication influences marital stability among couples in Enugu Metropolis

in terms of love, tolerance, trust and conflict management. The researcher adopted a descriptive survey research design. The population for the study was 20,000 couples comprising 10000 males and 10000 female couples. Simple random sampling technique was used to sample 1000 male and female couples. A total of 994 copies of the instrument was returned given 96 %. A self-structured questionnaire developed by the researcher was used to collect data for the study. The instrument was face validated by three (3) research experts: one in Measurement and Evaluation and two others in Guidance and Counselling Department. Cronbach Alpha reliability estimate was used to ascertain the internal consistency of the instrument. Data collected for this study were analyzed using mean, grand mean and standard deviation, to answer the four research questions and the four research hypotheses were tested using z-test statistics. The result obtained from the analysis showed that communication influences marital stability among couples in Enugu Metropolis.. Based on the findings, the researcher recommended, among others that sex Education should be introduced at all levels of Education to teach on communication in relationship of any kind.

Keywords: Influence, Communication, Marital Stability, Couples, Enugu Metropolis.

INTRODUCTION

Traditionally, African religion without exception recognizes that God created the first man and the first woman, thus instituting marriage. It is believed that God made the husband first and then a wife for him so he would have someone with whom to communicate with; a help mate for him. Yet some believe that there was one man and one woman in the beginning. Some believe that the Lord did not create Adam and Eve together at the same time, instead, Adam was created first to occupy the universe and have control over everything created, but when God saw the loneliness in Adam's life, He decided to create Eve to keep him company. God caused a deep sleep to fall upon Adam and he slept and he took one of the ribs and closed up the flesh instead thereof and the rib which God had taken from man, made he a woman and brought her unto the man. Adam got up from sleep and the first person he communicated to was Eve when he said this is bone of my bones and flesh of my flesh, she shall be called woman because she was taken out of man. Therefore, is the issue of marriage, a man shall leave his father and his mother and shall cleave unto his wife and they shall become one flesh. Egbo (2012), defined marriage as a legal union of mature man and woman for the purpose of living as husbands and wife or couple. In other words marriage is meant for people for understand the rudiments of marriage. Egbo also noted that marriage is a relationship between a man and a woman in which the independence is equal, the dependence mutual and the obligation reciprocal. Marriage is seen as an institution under which a man and a woman become leally united on a permanent basis.

Marriage is a union that brings joy and happiness to the society and honour to those who are in it. Marriage is sacred to those involved and indispensable to the social order. It is absolutely necessary in the interest of the society. It is the only source of security to the man and woman's love. It is an institution meant for permanence and as long as life is concerned .It is a socially acknowledged and approved union between a man and woman for procreation.

Marriage has been defined by Maonroe (2003), as a religious duty and is consequently a moral safeguard as well as a social necessity. In fact when people make choices to marry, they want to live happily ever after. They want a loving, happy, successful marriage. After they have been married for a while, and the novelty has worn off, they tend to discover that marriage does not maintain itself (Satir, 2015). A successful marriage is like food. It depends on many key ingredients to be successful. These ingredients include such attributes as trust, love, tolerance, friendship, ability to manage conflict, loyalty, sincerity and, above all, effective communication. Ugulu (2016) stated that if marriage is meant to be a permanent relationship, there is need for happiness, love, joy, trust tolerance and couples ability to manage their marital conflict for a stable home. Ugulu stated that for a stable home couples must learn to communicate with each other effectively.

Communication is a process of expressing ideas and feelings or of giving people information. It is an act of conveying meanings from one entity or group to another through the use of mutually understood signs, symbols and semiotic rules. Communication according to Esere (2011) is a life wire of marriage relationship or any other meaningful relationship. Esere stated that it is the elixir for ailing marital relationship, noting that many problems escalate when there is no communication and many problems are resolved when there is effective communication. Communication can be said to be the glue that holds the world continents, countries, states, societies, communities, people and marriage generally, (Adekunbi, 2014). Marital communication is the study of the communication perspective in a broadly defined marriage, with intimacy and trusting relationship. The main goal of marital communication is to understand the interactions of marriage and the pattern of behaviour of couples. Open and honest communication creates an atmosphere that allows couples to express their differences as well as love and admiration for one another (Wickrama, 2006 & 2012).Marital communication is seen as face to face communication between couples. Marital communication is seen as a process in which couples share information, ideas and feelings which involves not only the spoken and written word but also body language, personal mannerisms and styles. It is a pillar which maintains the structure of peaceful coexistence and mutual understanding. (Esere, 2011) noted that communication is very vital in all areas of human life especially the marriage relationship. Esere further stated that communication is a key to a stable relationship for it allows partners to experience, love, trust, tolerance, patience and management of conflict of marriage stability. According to Idowu (2007), more than half of the failed relationships are due to the fact that there was a severe lack of communication between couples. Idowu stated that in order to have a stable marriage relationship with someone, one must have excellent communication skills. One must be able to know how to convey ones emotions and thoughts as well as being able to absorb one's partner's emotions and thoughts. Marital stability is defined as remaining legally married without divorce, physical separation, or legal separation. Marital stability is related to marital adjustment, marital satisfaction and marital success. Scheen, (2002) stated that marital stability is associated with love, happiness, tolerance, trust, patience, ability to manage conflict etc. Marital stability can be defined as the endurance of a marriage due to the cooperation of both husband and wife. In fact, marital stability is viewed as a function of the comparison between one's best available marital alternative and one's marital outcome (Lenthal, 2009). A marriage without effective communication is very likely to crumble.

Love means strong feeling of deep affection for somebody especially a member of your family or a friend Ugulu (2016), defined love as a strong affection of care, compassion, and reciprocity for someone. Stability in marriage provides love and affection to the couples, provides essential ingredients to the family life, promotes unity and harmony which extends to every member of the family.

Tolerance is the ability or willingness to accept the existence of opinion or behavior that one dislikes or disagrees with. It is the capacity to endure without complaining. Tolerance which we sometimes used in place of the words respect, mercy, generosity, or forbearance is the most essential feature of a stable home. It calls for discipline and a celestial virtue of a stable marriage.

Trust is the belief that somebody is good, sincere, and honest and will not try to harm or deceive you. It is a firm belief in the character, strength, or truth of one's partner. Trust is an essential feature of a stable home, where each partner feels secured by whatever action or behaviour of the other partner (Adekunbi, 2014).

Conflict management is the process of limiting the negative aspects of conflict while increasing the positive aspects of conflict; the aim of conflict management by couples is to enhance stability in marriage relationship.

Couple means two people who are married or who have romantic or sexual relationship, two people who are together are called couple. When two adults come together in marriage, they are regarded as couple. Couples are expected to learn and grow in their relationship through effective communication. Egbo (2012) stated that parties in marriage may be male and female, male and male, female and female. In this study, men and women in marriage is the focus. In marriage, at times, men and women find it difficult to understand one another. There are many differences in issues of marital stability and communication. Marital relationship becomes stable when couple pay attention to each partner but when the reverse becomes the case, marital disharmony sets in.

Marital instability has been linked with more negatively and less positively usually as conflicts; negative reciprocity and difficulty getting out of the negative reciprocity cycle and more importantly, for the purpose of this study, non-verbal communication and verbal communication have been observed in unstable marriages. Unhappy couples display, among others, more criticism, dominance and withdrawal, and less support and problem-solving behaviours, and the demand-withdraw pattern of communication has been linked repeatedly to marital dissatisfaction and satisfaction (Lazarides, Belanger &Sabourin, 2010). These same set of people usually are unable to function well in their places as they carry their marital problems to their work places, constituting a nuisance to their employers. These and many more problems escalate when there is no communication, and many problems are resolved when there is effective communication in a marriage, (Satir, 2015). The need for this present study, Relationship between communication and marital stability among couples in Enugu Metropolis becomes apparent.

Statement of the Problem

The family is seen as the smallest unit of the society and one cannot talk of family without marriage. It is only through marriage that children born in every society are given legitimacy; therefore, when there is instability it gives rise to negative effects on the society. It brings problem in raising the children in such marriages, thereby given rise to an increase in rate of behaviour problems in the society. We live in a world where family members come home only to sleep and eat, and then dash out. Seldom do they actually sit around a table to enjoy a meal together. The sense of family belonging is missing; there is lack of instability in the homes as a result of what the researcher is yet to know.

As a result of societal, economic and governmental changes, problems in marriage have surfaced on a greater scale. There has been notable increase in the divorce, separation of couples, remarriages of divorce parents and children living in stepfamilies as a result of divorce. The element responsible could be improper communication (Eniba, 2009). Some couples lack the way with which to express themselves through communication, leading to misunderstandings between each other.

Instability in the home is associated with consequences that are of great concern to the society. It may manifest itself in the behaviour of children like robbery, prostitution, arson, murder, truancy, lies, aggression, bullying. There is chaos in the family that is experiencing instability since each member of the family is troubled. Such a family is regarded by others as a problem and troublesome home and tend to keep away from them, hence the need to find out the Influence of communication and marital stability in Enugu metropolis.

Purpose of the Study

The main purpose of this study is to find out the Relationship between communication and marital stability among couples in the Enugu Education Zone. Specifically, the study seeks

1. To find out the influence of Communication and marital stability in terms of love among couples in Enugu Metropolis.
2. To find out the influence of Communication and marital stability in terms of Tolerance among couples in Enugu Metropolis.
3. To find out the influence of Communication and marital stability in terms of Trust among couples in Enugu Metropolis.
4. To find out the influence of Communication and marital stability in terms of conflict management among couples in Enugu Metropolis.

Research Questions

The following Research questions guided the study:

1. To what extent does communication influence marital stability of love among couples in Enugu Metropolis.?
2. To what extent does communication influence marital stability in terms of tolerance among couples in Enugu Metropolis.?
3. To what extent does communication influence marital stability of trust among couples in in Enugu Metropolis?
4. To what extent does communication influence marital stability of conflict management among couples in Enugu Metropolis?

Research Hypotheses

The following hypotheses were tested at 0.5 level of significance to guide the study:

1. There is no significant difference in the mean response of male and female respondents on influence of communication on marital stability of love among couples in Enugu Metropolis.
2. There is no significant difference in the in the mean response of male and female respondents on influence of communication on marital stability of tolerance among couples in Enugu Metropolis.
3. There is no significant difference in the mean response of male and female respondents on influence of communication on marital stability of trust among couple in Enugu Metropolis.
4. There is no significant difference in the mean response of male and female respondents on influence of communication on marital stability of conflict management among couples in Enugu Metropolis.

Method

Description survey research design was used in this study. According to Osuala (2007), a survey research studies both large and small population by selecting and studying samples chosen from the population to discover the relative incidence, The study was carried out in Enugu Metropolis of Enugu State Enugu Metropolis with a target population 20,000 (twenty thousand married) couples.

The researcher used simple random sampling technique to select a total number of 1000 couples. Stratified purposive random sampling was used to draw 5% of the entire population which is 1000 couples from different churches within the three local government that are in Enugu metropolis of Enugu. This was to ensure equal representation in accordance with (Uzoagulu, 2011). This sample comprised of 463 males and 537 females. However, during data collection two females and four males could not return copies of the questionnaire given to them. This brought the actual sample used for the study to 459 males and 535 females, hence, a total of 994.

A structured questionnaire designed by the researcher tagged Influence of Communication and Marital Stability among Couples in Enugu Metropolis (ICMSCACEMQ) was used for the study. The questionnaire was divided into two parts. Part A and B. Part A sought information on demographic data of respondents, while part 'B' contained items that measured the relationship between communication and marital stability among couples in Enugu Metropolis. It is divided into Clusters. Cluster A has 10 items, Cluster B has10 items, Cluster C has 8 Clusters and Cluster D has 12, and the response format was in form of a four-point Likert Scale, ranging from SA- Strongly Agree, A-Agree, SD-Strongly Disagree, D-Disagree. The respondents were requested to tick the options that best match their opinion in each item. An introductory letter stating the reason for the study will be attached to the instrument for the respondent's easy reference.

The methods of data analysis used were Mean and standard deviation. The responses to the items were interpreted using limit range. Strongly Agree = 3.50-4.00 Agree = 2.50-3.49 Disagree = 1.50-2.49 Strongly Disagree = 0.50-1.49

Based on the above limits, any item in section A –D that has a mean score of 3.50 -4.00 were regarded as strongly Agree. Mean score of 2.50-3.49 were regarded as Agree, 1.50-2.49 as Disagree and 0.50-1.49 as Strongly Disagree. The z-test statistics was used to test the four null hypotheses at 0.05 level of significance. The decision rule for the null hypothesis was that if z -calculated is equal or greater than z- critical at the chosen confidence level (.05) the null hypothesis of no significance difference was rejected, If on the other hand, the calculated value is less than the value of t critical from the table, then the null hypothesis was not rejected.

Results; **Research Question 1**

To what extent does communication influence marital stability of love among couples in Enugu Metropolis?

Table 1: Mean Ratings Sores for Male and Female Respondents on Research Question 1

Item		**Male**			**Female**			**Overall**		
		Mean	SD	Remark	Mean	SD	Remark	Mean	SD	Remark
1	Communication helps to stimulate love in my marriage	3.2	0.09	GE	3.0	0.11	GE	3.3	1.33	GE
2	Communication between me and marriage partner enhances my love for my marriage partner	3.0	0.09	GE	3.0	0.12	GE	3.1	0.40	GE
3	Makes us to care for each other	2.5	0.41	GE	3.0	0.23	GE	2.9	0.12	GE
4	Keeps us in constant contact	3.4	0.11	GE	2.8	0.11	GE	3.2	0.31	GE
5	my partner indulges me excessively	2.2	0.31	LE	2.0	0.51	LE	2.2	0.12	LE
6	My partner pays too much attention to me because we share ideas.	3.0	0.33	GE	3.0	0.50	GE	3.0	0.13	GE
7	My partner makes me smile through text messages often,	3.3	0.21	GE	3.4	0.17	GE	3.3	1.12	GE
8	Makes us value each other	2.4	0.11	LE	2.0	0.04	LE	2.3	1.04	LE
9	Makes us emphasize what we share	2.8	0.01	GE	3.0	0.51	GE	2.9	1.11	GE
10	Expresses our love for each other.	3.1	0.13	GE	2.8	0.31	GE	3.0	0.45	GE
GRAND		**2.9**	**0.18**	**GE**	**2.8**	**0.26**	**GE**	**2.9**	**0.61**	**GE**

From table 1, the grand mean for male respondents was 2.9, it was 2.8 for female respondents while the overall grand mean for both male and female respondents was 2.9. This result implies that both male and female respondents rated that communication influences marital stability of love among couples in Enugu Metropolis to a great extent.

Research Question 2

To what extent does communication influence marital stability in terms of tolerance among couples in Enugu Metropolis.?

Table 2: Mean Ratings Sores for Male and Female Respondents on Research Question 2

Item		Male			Female			Overall		
		Mean	SD	Remark	Mean	SD	Remark	Mean	SD	Remark
11	Communication is an avenue for tolerating each other.	3.5	0.33	VGE	2.6	0.90	GE	3.1	0.88	GE
12	Understand what the other partner tolerates	2.8	0.35	VGE	2.8	1.26	GE	2.9	0.95	GE
13	Work towards what the other partner tolerate	2.6	0.52	VGE	3.4	1.06	GE	3.0	1.06	GE
14	Adjust to accommodate what the other partner does not tolerate.	3.3	0.21	GE	3.4	1.14	GE	3.1	1.15	GE
15	imbibe the spirit of live and let live	3.5	0.33	VGE	3.3	1.04	LE	3.3	1.12	LE
16	Learns to take it easy with my partner	2.8	0.33	GE	3.0	0.90	GE	3.3	0.88	GE
17	Do not question every action of mu=y partner	2.5	0.44	GE	2.5	0.85	GE	3.3	0.93	GE
18	Accept my partners weakness	2.5	0.35	LE	3.0	0.99	GE	3.4	1.11	GE
19	Encourage my partner in the area of strength	2.5	0.35	GE	2.5	1.26	GE	3.3	0.95	GE
20	Work within the limit of my partner	3.5	0.33	VGE	2.6	0.90	GE	3.1	0.88	GE
GRAND		**3.0**	**0.36**	**GE**	**2.9**	**1.03**	**GE**	**3.2**	**1.00**	**GE**

From table 2, the grand mean for male respondents was 3.0, it was 2.9 for female respondents while the overall grand mean for both male and female respondents was 3.2. This result implies that both male and female respondents rated that communication influences marital stability terms of tolerance among couples in Enugu Metropolis to a great extent.

Research Question 3

To what extent does communication influence marital stability of trust among couples in Enugu Metropolis?

Table 3: Mean Ratings Sores for Male and Female Respondents on Research Question 3

Item		Male			Female			Overall		
		Mean	SD	Remark	Mean	SD	Remark	Mean	SD	Remark
21	Build trust for each other	2.6	1.11	GE	2.6	0.12	GE	3.5	0.33	VGE
22	Work towards our mutual trust	2.7	0.45	GE	2.6	0.13	GE	2.8	0.21	GE
23	Reinforce trust for each other	2.6	0.50	GE	2.6	0.16	GE	2.7	0.11	GE
24	Communication enables each partner to trust the lies from each other	2.5	0.11	GE	2.5	0.33	GE	3.7	0.01	VGE
25	Learn what creates mutual trust	2.6	0.33	LE	2.6	0.45	LE	2.6	0.09	LE
26	Down plays what creates distrust in marriage	3.4	0.09	GE	3.4	0.11	GE	3.2	1.15	GE
27	bother less about the absence or whereabouts of each	3.5	0.09	VGE	2.5	0.12	GE	3.0	1.12	GE
GRAND		**2.8**	**0.38**	**GE**	**2.6**	**0.20**	**GE**	**3.0**	**0.48**	**GE**

From table 3, the grand mean for male respondents was 2.8, it was 2.6 for female respondents while the overall grand mean for both male and female respondents was 3.0. This result implies that both male and female respondents rated that communication influences marital stability terms of trust among couples in Enugu Metropolis to a great extent.

Research Question 4

To what extent does communication influence marital stability of conflict management among couples in Enugu Metropolis?

Table 4: mean ratings sores for male and female respondents on research question 4

Item		Male			Female			Overall		
		Mean	SD	Remark	Mean	SD	Remark	Mean	SD	Remark
28	Understands causes of marital conflicts	3.5	0.21	VGE	3.3	0.17	GE	3.4	0.88	GE
29	utilise conflict management strategies	3.0	0.11	GE	3.4	0.04	GE	3.0	0.95	GE
30	Understand when my partner is on the part of having conflict with me	3.2	0.01	GE	3.0	0.51	GE	3.0	1.06	GE
31	The use of non-verbal communication helps couples to live happily	3.4	0.09	GE	3.4	0.11	GE	3.4	1.15	GE
32	For stability couples will fight and settle with a short period.	3.5	0.09	VGE	3.4	0.12	LE	3.4	1.12	LE
34	Reduces incidences of conflict in the family	2.7	0.41	GE	3.4	0.23	GE	3.4	0.88	GE

35	Positions couples to manage their conflicts well	2.8	0.33	VGE	3.0	0.90	VGE	3.3	0.88	VGE
36	Encourages prevention of conflicts in family relationship	2.8	0.44	GE	3.3	0.85	GE	3.3	0.93	GE
37	Strong argument is encourages in marriage	2.5	0.35	GE	3.0	0.99	GE	3.4	1.11	GE
38	Communication enables each partner to have a say in the relationship	3.5	0.09	VGE	3.4	0.12	LE	3.4	1.12	LE
39	Communication encourages reciprocal and mutual relationship devoid of harassment.	2.8	0.35	GE	2.8	1.26	GE	2.9	0.95	GE
40	Encourages apology when a partner is wrong.	2.6	0.52	GE	3.4	1.06	GE	3.0	1.06	GE
28	Understands causes of marital conflicts	3.3	0.21	GE	3.4	1.14	GE	3.1	1.15	GE
29	utilise conflict management strategies	2.8	0.35	GE	2.8	1.26	GE	2.9	0.95	GE
GRAND		**3.0**	**0.25**	**GE**	**3.2**	**0.62**	**GE**	**3.2**	**1.01**	**GE**

From table 3, the grand mean for male respondents was 2.8, it was 2.6 for female respondents while the overall grand mean for both male and female respondents was 3.0. This result implies that both male and female respondents rated that communication influences marital stability terms of conflict management among couples in Enugu Metropolis to a great extent.

Hypothesis 1

There is no significant difference in the mean response of male and female respondents on influence of communication on marital stability of love among couples in Enugu Metropolis.

Table 5: z-test analyses for hypothesis 1

Group	n	$\dot{x}$	SD	z-calculated	z-critical	Remark
Male	459	2.9	0.18			Not significant
				0.88	1.96	(Do not reject
Female	535	2.8	0.26			hypothesis)

From table 5, z-calculated (0.88) is less than z-critical (1.96). Hence, at .05 significant level, the mean ratings of the two groups (male and female) do not differ significantly. Consequently, hypothesis one is not rejected as stated, implying that there is no significant difference in the mean response of male and female respondents on influence of communication on marital stability of love among couples in Enugu Metropolis.

Hypothesis 2

There is no significant difference in the in the mean response of male and female respondents on influence of communication on marital stability of tolerance among couples in Enugu Metropolis.

Table 6: z-test analyses for hypothesis 2

Group	n	$\dot{x}$	SD	z-calculated	z-critical	Remark
Male	459	3.0	0.36			Not significant
				0.62	1.96	(Do not reject
Female	535	2.9	1.03			hypothesis)

From table 6, z-calculated (0.62) is less than z-critical (1.96). Hence, at .05 significant level, the mean ratings of the two groups (male and female) do not differ significantly. Consequently, hypothesis two is not rejected as stated, implying that there is no significant difference in the in the mean response of male and female respondents on influence of communication on marital stability of tolerance among couples in Enugu Metropolis.

Hypothesis 3

There is no significant difference in the in the mean response of male and female respondents on influence of communication on marital stability of trust among couple in Enugu Metropolis.

Table 7: z-test analyses for hypothesis 3

Group	n	$\dot{x}$	SD	z-calculated	z-critical	Remark
Male	459	2.8	0.32			Not significant
				0.30	1.96	(Do not reject
Female	535	2.6	0.20			hypothesis)

From table 7, z-calculated (0.30) is less than z-critical (1.96). Hence, at .05 significant level, the mean ratings of the two groups (male and female) do not differ significantly. Consequently, hypothesis three is not rejected as stated, implying that there is no significant difference in the in the mean response of male and female respondents on influence of communication on marital stability of trust among couple in Enugu Metropolis.

Hypothesis 4

There is no significant difference in the mean response of male and female respondents on influence of communication on marital stability of conflict management among couples in Enugu Metropolis.

Table 9: z-test analyses for hypothesis 4

Group	n	$\dot{x}$	SD	z-calculated	z-critical	Remark
Male	459	3.0	0.25			Not significant
				0.72	1.96	(Do not reject
Female	535	3.2	0.62			hypothesis)

From table 9, z-calculated (0.72) is less than z-critical (1.96). Hence, at .05 significant level, the mean ratings of the two groups (male and female) do not differ significantly. Therefore, hypothesis four is not rejected as stated, implying that there is no significant difference in the mean response of male and female respondents on influence of communication on marital stability of conflict management among couples in Enugu Metropolis.

Discussion of Findings

The first research question sought to find out the influence of communication on marital stability of couples in Enugu metropolis. The result in Table 1 showed that communication influences marital stability of love among couples in Enugu metropolis. The first research hypothesis examined if there is a significant difference in the mean scores of male and female couples on the influence of communication on marital stability of love among couples in Enugu metropolis. The analysis of the z-test comparison according to Table 5 showed that there is no significant significance difference in the mean response scores of male and female couples on the influence of communication on the marital stability of love among couples in Enugu metropolis. The finding corroborates with Wickrana (2006), who held that the most direct way of going to the heart of marriage is the way of love. He maintained that love in the family may not allow others to disrupt their marriage. In the same line of thought Esere (2011), stressed that love is the most essential element of marriage and a radiant with power to resist and overcome all odds.. The second research question sought to determine the influence of communication on marital stability of tolerance among couples in Enugu metropolis. The result in Table 2 showed that communication influences marital stability of tolerance among couples in Enugu metropolis. The second research hypothesis determined if there is a significant difference in the mean scores of male and female couples on the influence of communication and marital stability of tolerance among couples in Enugu metropolis. The analysis of the z-test comparison according to Table 6 showed that there is no significant difference in the mean response scores of male and female couples on the influence of marital stability of love among couples in Enugu metropolis. The finding is in line with Satir (2015), who held that tolerance is the safest and a fortress against the handicaps that arise in reaching mutual understanding He stated that couples should learn to close their eyes at the fault of their partners. In the same line of thought Esere (2011), stresses that if couples behave tolerantly and overlook by forgiving each other in relationship they should expect a stable home. Ugulu, (2016) also in his studies observed that relationship in a tolerant family is more stable and communication higher than a family where no partner wishes to accept the ill behaviours of the other..

The third research question sought to determine the influence of communication on marital stability of trust among couples in Enugu metropolis. The result in Table 3 showed that communication influences marital stability of trust among couples in Enugu metropolis. The third research hypothesis ascertained if there is a significant difference in the mean scores of male and female couples on the influence of communication on marital stability of trust among couples in Enugu metropolis. The analysis of the z-test comparison according to Table 7 showed that there is no significance difference in the mean response scores of male and female couples on the influence of communication on marital stability of trust among couples in Enugu metropolis. The finding is in line with Egbo, (2014) who observed in her study that a happy marriage rests on the unquestioned trust marital culture, interpersonal relationship and harmonious existence in marriage.

The fourth research question sought to determine the influence of communication on marital stability of conflict management among couples in Enugu metropolis. The result in Table 4, showed that communication influences marital stability of conflict management among couples in Enugu metropolis. The fourth research hypothesis identified if there is a significant difference in the mean scores of male and female couples on the influence of

communication on marital stability of conflict management among couples in Enugu metropolis .The analysis of the t-test comparison according to Table 8 shows that there is no significant difference in the mean response scores of male and female couples on the influence of communication on marital stability of conflict management among couples in Enugu metropolis. The finding is in agreement with Iheagwan (2001) who observed in his study that when couples are not well exposed enough to manage conflict in the home through communication, there is bound to be problem in their marriage, hence the need for couples to always be aware of the need to resolve conflict through one on one discussion or communication

Conclusion

Conclusively from the above analysis and interpretations done and the information from related literature, it implies that Communication influences marital stability of among couples in Enugu metropolis. Thus there is a great need for sex education in schools and outside through counselling to educate intending couples on the need for communication in relationship.

Recommendations

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

- Counsellors should be employed in schools to provide the necessary assistance to support students, teachers who are into marriage on the essential ingredients of happy home,
- School Counsellor should be employed in schools to provide the necessary psychological supports for students and staff who are from unstable home.
- There is the need also to counsel parents on the importance of the home structure and the life of students so that they can understand the implication and consequences of parental separation and thus mobilize all resources to curtail the problems from arising.
- Every effort must be made to ensure that the affected students and staff have stable, preferably, home/family based care and adequate social support. Various government policies and interventions to help them improve in their academic pursuit.
- Government; community organization courts and religions organizations should work together to ensure that all unhappily married couples have access to counselling that is both affordable and friendly..
- If the above recommendations are strictly adhered to, the problem of unstable marriage may come to an end.

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