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# PERSONALITY TRAITS AND MARITAL STABILITY AMONG MARRIED TEACHERS IN DELTA AND EDO STATES

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## ABSTRACT

*This study investigated personality traits and marital stability among married teachers in Delta and Edo States. Five null hypotheses were formulated and tested at 0.05 level of significance. The Ex-post facto research design was adopted in carrying out the study. A population of 5,500 married teachers in Delta and Edo States and a sample of 1,000 married teachers using multi-stage sampling procedures of purposive and simple random sampling technique of balloting were used. The instrument used for the study was a questionnaire based on personality traits and marital stability. The reliability of the instrument was established using Cronbach Alpha reliability method. The F-test statistic and Simple Regression Statistic was used to test the null hypotheses. The findings of the study showed that there was significant relationship between extraversion trait and marital stability among married teachers; there was significant relationship among extraversion trait, agreeableness trait and marital stability; there was significant relationship among extraversion trait, agreeableness trait, conscientiousness trait and marital stability among married teachers; there was significant relationship among extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait and marital stability among married teachers; and that there was significant relationship among extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait, openness trait and marital stability among married teachers. Based on the summary of the findings it was concluded that love styles and personality traits are related to marital stability and sexual satisfaction was not related to marital stability. It was recommended among others that married teachers should be properly counselled on the influence of personality traits on marital stability.*

**Keywords:** Married teachers, Personality Traits, Conscientiousness, Extraversion, Marital stability, Neuroticism.

## Introduction

The family is the most important primary group and the smallest social unit in the society. It is universal in the sense that no human society could exist without some form of family organization. Family, as noted by Yahaya et al. (2015) is also a group defined by a sex relationship which provides the procreating and up-bringing of children. However, procreating and up-bringing are not visible without a union between a man and woman. Marriage is an institution oriented towards fostering the coming together of two individuals with their personality traits as husband and wife to plan for their future and set up their own home (Yahaya et al., 2015).

Personality trait is one of the areas of communication between people with one another and the emotions that they are about to derive from their body's composition and physical fitness (Givi & Setayesh, 2018), it is evident that if a person does not have a good and proper perception of their body, then disillusioned with others is eminent (Givi & Setayesh, 2018). "Personality" refers to the total of all characteristics which gives a human being his individuality and distinguishes him/her as a person (Givi & Setayesh, 2018). For instance, it is believed that one's personality influences his or her behaviour. Personality has been classified into three aspects. First, is that some theorists define it as the individual's external appearance and behaviour or social stimulus value (Okorodudu, 2000). Second, personality is viewed in terms of characteristics and qualities that are conscious or unconsciously perceived within one's awareness; example is the belief that one is lovable or attractive, bright or stupid (Givi & Setayesh, 2018). The third class of personality focuses on the unique pattern or organization of an individual's adjustment habits; that is the persistent tendencies in his mental life, as developed through his capacities interacting with a complex social environment (Daisy, 2011). The emphasis of the current review is on this final definition of personality. This is a result of the person's overt or covert behaviours that are shown when interacting with her environment, communicating with coworkers, and having a positive or negative impact on those involved as well as the employer and her family as a whole. Since personality traits are specific qualities in a person's character that are plainly visible, the terms personality traits and characteristics are frequently used interchangeably.

Despite the fact that different theorists have different definitions of personality, the most crucial aspect of personality is that it is unstable and is made up of a set of presumptions and guidelines that relate to these definitions. For instance, it was discovered that patterns of mean-level change in personality traits occur over the course of a person's life and that people exhibit an increase in social dominance (a trait related to extraversion), conscientiousness, and emotional stability, particularly in their adolescence (Okorodudu, 2000). Additionally, during adolescence, people tend to be more open and socially vital, two aspects of extraversion, while as they age, both of these traits tend to decline (Daisy, 2011).

Different types of personality traits exist, such as Extraversion [gregariousness (sociable); assertiveness (powerful); activity (energetic); excitement-seeking (adventurous); positive emotions (enthusiastic); and warmth (outgoing)]. To reach an agreement with others, it is crucial to have the following qualities: trust ("forgiving"), straight-forwardness ("non-demanding"), altruism ("warm"), obedience ("not stubborn"), modesty ("not showing off"), and tender-mindedness ("sympathetic"). Competence (efficiency); organisation (organisational); diligence (not carelessness); accomplishment striving (thorough); self-discipline (not laziness); and deliberation (not impulsive) Neuroticism [anxiety (tense); angry hostility (irritable); depression (not contented); self-consciousness (shy); impulsiveness (moody); and vulnerability (not self-confident)] Openness to experience [ideas (curious); fantasy (imaginative); aesthetics (artistic); actions (wide interests); feelings (excitable); and

values (unconventional). Married teachers may have these personality traits that determine their marital stability.

An aspect of cognitive style that sets imaginative, conventional, and creative people apart from down-to-earth people is described by the openness to experience kind of personality. Intellectually inquiring, artistically inclined, and sensitive to aesthetics, open people value all three. They are frequently contrasted with closed individuals and are thought to be more sensitive. They frequently think and act independently and unconventionally (Briley & Trucker-Drob, 2014).

Conscientiousness is the personality traits of being thorough, careful or vigilant, efficient, organized, exhibit a tendency to show self-discipline, dutiful, aim for achievement, they display planned rather than spontaneous behaviour, dependable, hardworking and reliable (Carter *et al.*, 2015). It is significantly correlated with marital satisfaction were as low conscientiousness is negatively and significantly correlated to spousal abuse. The extraversion personality trait tend to be gregarious, outgoing, assertive, talkative and active, it tends to gain more strength when around with friends they are usually enthusiastic and animated. They often need to talk in order to think and they enjoy the limelight (Letzring & Nofhle, 2010). It measures sociability and have a positive effect.

The agreeableness type of personality is the tendency to be compassionate and cooperative towards others rather than suspicious and antagonistic, friendly, tactful, have an optimistic view, trustful and linked to altruism (Gleason *et al.*, 2004). Agreeableness has been found to be less strong in resulting to spousal abuse due to the present of the positive association of positive emotions and compassionate cooperative rather than antagonistic suspicious traits. Neuroticism personality trait is characterized by anxiety, fear moodiness, frustration, Jealousy and Loneliness. They respond more poorly to stressor and are more likely to interpret ordinary situations as threatening and minor frustrations as hopelessly difficult (Ormel, et al., 2013).

Marital stability is a general assessment of marital status, and one of its most important and complex aspects which ensures the family's mental health (Edalati & Redzuaun, 2010). Though, one of the vital aspects of a marital system is a major contribution to the progression and achievement of life's goals (Schmiedeberg & SchroÈder, 2015). Reduction and lack of marital stability is one of the most important reasons for couples to go to family counsellors and therapists. The upward trend in divorce statistics and the existence of conflicts and disturbances in couples' relationships has raised the incentive for researchers to find suitable solutions to counter this social phenomenon (Theiss, 2011).

The relationship between personality traits and marital stability has been a topic of interest among researchers studying the dynamics of marital relationships. Personalities traits, characterized by consistent patterns of thoughts, feelings, and behaviors, can significantly impact the quality and stability of a marriage. Research suggests that individuals high in openness to experience tend to have more satisfying and stable marriages (Roberts et al., 2007). Open individuals are more likely to engage in open communication, be receptive to new ideas, and exhibit a willingness to compromise and adapt, leading to better marital outcomes. Agreeableness is positively associated with marital stability (Watson et al., 2004). Individuals high in agreeableness exhibit traits such as kindness, empathy, and cooperation, which contribute to better conflict resolution, lower levels of hostility, and overall marital satisfaction.

Conscientiousness has been found to be a predictor of marital stability (Malouff et al., 2010). Conscientious individuals tend to be organized, responsible, and reliable, which positively affects relationship maintenance, household management, and long-term commitment. Emotional stability, or low neuroticism, is associated with marital stability (Karney & Bradbury, 1995). Individuals with high emotional stability are less prone to emotional volatility, anxiety, and depression, which can negatively impact marital satisfaction and stability. The association between extraversion and marital stability is more complex, with mixed findings in the literature (Karney & Bradbury, 1995). While extraversion can contribute to positive marital outcomes, such as social support and companionship, excessive extraversion or dominance can lead to marital conflicts and instability.

Ataeifar et al. (2016) the components of love were related to variables of the model of the big five personality factors. Results showed that there was a significant relationship between extraversion trait and marital stability among married persons and that the conscientiousness personality trait was a significant predictor of the passion, commitment and intimacy variables. Similarly, the agreeableness trait is linked to the three love dimensions, but conscientiousness is linked to commitment and intimacy, according to Ahmetoglu, et al. (2010), who were mentioned in Avendano's (2020) study with a sample of English people. The opposite was true, according to Javanmard and Garegozlo's (2013) research, which found no connection between extraversion and marital satisfaction.

Sayehmiri, et al., (2020) conducted a study on the relationship between personality traits and marital satisfaction: a systematic review and meta-analysis using the correlational research design and a sample of 4,049 came up with the findings there was a significant relationship among extraversion trait, agreeableness trait and marital satisfaction among couples. A study on personality qualities and marital satisfaction in long-term partnerships was done by Claxton et al. (2012) using an intra-couple discrepancy approach. The sample consisted of 125 heterosexual long-married couples. In order to predict marital stability and satisfaction for both husbands and wives, the study looked at both partners' personality qualities as well as the relative variations in how each partner perceives personality. The results indicated that extraversion, agreeableness, and marital happiness among couples were significantly correlated.

According to the research done by Shamoradi et al. (2014), there was a positive link between conscientiousness and agreeableness and marital stability, whereas there was a negative correlation between neuroticism and marital stability. Additionally, a few personality traits and marital stability showed a strong link. Additionally, extraversion, agreeableness, and conscientiousness were shown to have a positive correlation and a significant association with marital happiness, while neuroticism had a negative correlation and no significant relationship with marital satisfaction (Shamoradi et al., 2014). In the meantime, a study carried out by Furukawa, et al. (2002) strengthens the connection between the personalities of the spouse and the marital relationship. They discovered that the wife had a high conscientiousness score, which depicts their marriage as being more successful and stable. Women who score highly on the stages of agreeability are happier because their husbands lack discipline. While the husband displays the level of extraversion, this is crucial to the success and happiness of a marriage.

According to a study by Gattis et al. (2004), high levels of neuroticism, low levels of agreeableness, and low levels of conscientiousness all contribute to marital dissatisfaction. As a result of their research, it was discovered that unhappy couples are more likely to exhibit neuroticism traits than happy couples. Personality qualities play a significant impact in

determining how stable a marriage will be for newlyweds. The extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait, and marital stability among married couples were all found to be significantly correlated in their study.

According to Javanmard and Garegozlo's (2013) research, there is a substantial correlation between the five-factor personality type and marital satisfaction. The results of this study are also in line with those of Stroud, Durbing, Saigal, and Knobloch-Fedders (2013), whose findings indicated that the unique characteristics that spouses bring to their marriage, such as personality traits, have an impact on marital satisfaction. The outcome of this study is also consistent with Drahrman and Yusof's (2018) findings, who discovered a substantial correlation between personality characteristics and marital satisfaction on the quality of marriage among married couples in Selangor. The findings of this study therefore support the findings of a previous study by Shamoradi et al. (2014) that these internal determinants will have an impact on the quality of marriage, either directly or indirectly. Understanding how personality affects intimate relationships, like marriage, takes specialised knowledge and skills, therefore if there is any inside conflict between the couple, the effort to amend or modify should be made right away.

### **Hypotheses**

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

- H<sub>01</sub> There is no significant relationship between extraversion trait and marital stability among married teachers in Delta and Edo States.
- H<sub>02</sub> There is no significant relationship among extraversion trait, agreeableness trait and marital stability among married teachers in Delta and Edo States.
- H<sub>03</sub> There is no significant relationship among extraversion trait, agreeableness trait, conscientiousness trait and marital stability among married teachers in Delta and Edo States.
- H<sub>04</sub> There is no significant relationship among extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait and marital stability among married teachers in Delta and Edo States.
- H<sub>05</sub> There is no significant relationship among extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait, openness trait and marital stability among married teachers in Delta and Edo States.

### **METHOD AND PROCEDURE**

The study adopted the *Ex-post facto* design using correlational approach. The total population of married teachers in both Delta and Edo secondary schools was 5,500 (3,200 from Delta State and 2,300 from Edo State). The multi-stage sampling procedures of purposive and simple random sampling technique of balloting were adopted in the study. The instrument for the study was a questionnaire on love styles, and marital stability which was developed by the researcher. The instrument was content validated by two other experts in guidance and counselling and two measurement and evaluation experts. On the basis of the calculated reliability coefficients using Cronbach Coefficient Alpha, the instrument was considered reliable for the study. The questionnaire was administered with the aid of five research assistants. The simple Regression Statistic, the F-test (ANOVA) Statistic and Multiple Regression Statistic were used in testing the stated hypotheses. All statistical analysis was computed using SPSS.

### **Analysis of Data**

**Hypothesis 1:** There is no significant relationship between extraversion trait and marital stability among married teachers in Delta and Edo States.



Table 1: Regression Analysis of the relationship between extraversion traits and marital stability among married teachers in Delta and Edo States.

|            | Sum of square | Df  | Mean square | F      | Sig  |
|------------|---------------|-----|-------------|--------|------|
| Regression | 846.006       | 1   | 846.006     | 17.194 | .000 |
| Residual   | 49105.39      | 998 | 49.204      |        |      |
| Total      | 49951.40      | 999 |             |        |      |

  

| Coefficient        | Unstandardized coefficient |            | Standardized coefficient<br>Beta | T      | Sig  |
|--------------------|----------------------------|------------|----------------------------------|--------|------|
|                    | B                          | Std. Error |                                  |        |      |
| (Constant)         | 23.332                     | 1.432      |                                  | 16.293 | .000 |
| Extraversion Trait | .291                       | .070       | .130                             | 4.147  |      |

P ≤ 0.05 level of significance; N = 1,000

As shown in Table 1, the computed ANOVA produced an F = 17.194, df (1, 999), P ≤ 0.05. Therefore the null hypothesis is rejected. The finding is that *there is a significant relationship between extraversion traits and marital stability among married teachers in Delta and Edo States*. The B value obtained, revealed that extraversion traits (β = .291, P ≤ 0.05) has significant impact on marital stability among married teachers in Delta and Edo States. The conclusion is reached that extraversion trait has positive contribution to changes in marital stability among married teachers involved in this study.

**Hypothesis 2:** There is no significant relationship among extraversion traits, agreeableness traits and marital stability among married teachers in Delta and Edo States.

Table 2: Regression Analysis of the Relationship among Extraversion Traits, Agreeableness Traits and Marital Stability among Married Teachers in Delta and Edo States.

|            | Sum of square | Df  | Mean square | F      | Sig  |
|------------|---------------|-----|-------------|--------|------|
| Regression | 1374.563      | 2   | 687.281     | 14.106 | .000 |
| Residual   | 48576.84      | 997 | 48.723      |        |      |
| Total      | 49951.40      | 999 |             |        |      |

  

| Coefficient         | Unstandardized coefficient |            | Standardized coefficient<br>Beta | T     | Sig  |
|---------------------|----------------------------|------------|----------------------------------|-------|------|
|                     | B                          | Std. Error |                                  |       |      |
| (Constant)          | 18.658                     | 2.011      |                                  | 9.276 | .000 |
| Extraversion Trait  | .281                       | .070       | .126                             | 4.027 | .000 |
| Agreeableness Trait | .252                       | .077       | .103                             | 3.294 | .001 |

0.05 level of significance; N = 1,000

As shown in Table 2, the computed ANOVA produced an F = 14.106, df (2, 999), P ≤ 0.05. Therefore the null hypothesis is rejected. The finding is that there is a significant relationship among extraversion trait, agreeableness traits and marital stability among married teachers in Delta and Edo States. The B value obtained, revealed that extraversion trait (β = .281, P ≤ 0.05), agreeableness trait (β = .252, P ≤ 0.05) has significant impact on marital stability among married teachers in Delta and Edo States. The conclusion is reached

that extraversion trait and agreeableness traits have positive contribution to changes in marital stability among married teachers involved in this study.

**Hypothesis 3:** There is no significant relationship among extraversion traits, agreeableness traits, conscientiousness traits and marital stability among married teachers in Delta and Edo States.

**Table 3: Regression Analysis of the Relationship among Extraversion Traits, Agreeableness Traits, Conscientiousness Traits and Marital Stability among Married Teachers in Delta and Edo States.**

|            | Sum of square | Df  | Mean square | F      | Sig  |
|------------|---------------|-----|-------------|--------|------|
| Regression | 4024.690      | 3   | 1341.563    | 29.094 | .000 |
| Residual   | 45926.71      | 996 | 46.111      |        |      |
| Total      | 49951.40      | 999 |             |        |      |

  

|                         | Unstandardized coefficient |            | Standardized coefficient<br>Beta | T     | Sig  |
|-------------------------|----------------------------|------------|----------------------------------|-------|------|
|                         | B                          | Std. Error |                                  |       |      |
| (Constant)              | 12.949                     | 2.097      |                                  | 6.176 | .000 |
| Extraversion Trait      | .197                       | .069       | .088                             | 2.864 | .004 |
| Agreeableness Trait     | .061                       | .079       | .025                             | .774  | .439 |
| Conscientiousness Trait | .528                       | .070       | .247                             | 7.581 | .000 |

$P \leq 0.05$  level of significance;  $N = 1,000$

As shown in Table 3, the computed ANOVA produced an  $F = 29.094$ ,  $df (3, 999)$ ,  $P \leq 0.05$ . Therefore the null hypothesis is rejected. The finding is that *there is a significant relationship among extraversion traits, agreeableness traits, conscientiousness traits and marital stability among married teachers in Delta and Edo States*. The B value obtained, revealed that extraversion trait ( $\beta = .281$ ,  $P \leq 0.05$ ), conscientiousness trait ( $\beta = .247$ ,  $P \leq 0.05$ ) has significant impact on marital stability among married teachers while agreeableness trait ( $\beta = .025$ ,  $P \geq 0.05$ ) has no significant impact on marital stability among married teachers in Delta and Edo States.

**Hypothesis 4:** There is no significant relationship among extraversion traits, agreeableness traits, conscientiousness traits, neuroticism traits and marital stability among married teachers in Delta and Edo States.

**Table 4: Regression Analysis of the Relationship among Extraversion Traits, Agreeableness Traits, Conscientiousness Traits, Neuroticism Traits and Marital Stability among Married Teachers in Delta and Edo States.**

|            | Sum of square | Df  | Mean square | F      | Sig  |
|------------|---------------|-----|-------------|--------|------|
| Regression | 4227.587      | 4   | 1056.897    | 22.999 | .000 |
| Residual   | 45723.81      | 995 | 45.954      |        |      |
| Total      | 49951.40      | 999 |             |        |      |

  

|                         | Coefficient                |            | Standardized coefficient | T     | Sig  |
|-------------------------|----------------------------|------------|--------------------------|-------|------|
|                         | Unstandardized coefficient |            |                          |       |      |
|                         | B                          | Std. Error | Beta                     |       |      |
| (Constant)              | 9.434                      | 2.679      |                          | 3.521 | .000 |
| Extraversion Trait      | .178                       | .069       | .080                     | 2.572 | .010 |
| Agreeableness Trait     | .025                       | .080       | .010                     | .315  | .753 |
| Conscientiousness Trait | .475                       | .074       | .222                     | 6.420 | .000 |
| Neuroticism Trait       | .060                       | .028       | .073                     | 2.101 | .036 |

$P \leq 0.05$  level of significance;  $N = 1,000$

As shown in Table 4, the computed ANOVA produced an  $F = 22.999$ ,  $df(4, 999)$ ,  $P \leq 0.05$ . Therefore the null hypothesis is rejected. The finding is that *there is a significant relationship among extraversion traits, agreeableness traits, conscientiousness traits, neuroticism traits and marital stability among married teachers in Delta and Edo States*. The B value obtained, revealed that extraversion trait ( $\beta = .281$ ,  $P \leq 0.05$ ), conscientiousness trait ( $\beta = .247$ ,  $P \leq 0.05$ ) neuroticism trait ( $\beta = .073$ ,  $P \leq 0.05$ ) has significant impact on marital stability among married teachers while agreeableness trait ( $\beta = .010$ ,  $P \geq 0.05$ ) has no significant impact on marital stability among married teachers in Delta and Edo States.

**Hypothesis 5:** There is no significant relationship among extraversion traits, agreeableness traits, conscientiousness traits, neuroticism traits, openness traits and marital stability among married teachers in Delta and Edo States.



**Table 5: Regression Analysis of the Relationship among Extraversion Traits, Agreeableness Traits, Conscientiousness Traits, Neuroticism Traits, Openness Traits and Marital Stability among Married Teachers in Delta and Edo States.**

|            | Sum of square | Df  | Mean square | F      | Sig  |
|------------|---------------|-----|-------------|--------|------|
| Regression | 4229.935      | 5   | 845.987     | 18.392 | .000 |
| Residual   | 45721.46      | 994 | 45.997      |        |      |
| Total      | 49951.40      | 999 |             |        |      |

  

|                         | Coefficient                     |            | Standardized coefficient<br>Beta | T     | Sig  |
|-------------------------|---------------------------------|------------|----------------------------------|-------|------|
|                         | Unstandardized coefficient<br>B | Std. Error |                                  |       |      |
| (Constant)              | 9.318                           | 2.730      |                                  | 3.413 | .001 |
| Extraversion Trait      | .176                            | .070       | .079                             | 2.502 | .013 |
| Agreeableness Trait     | .020                            | .084       | .008                             | .238  | .812 |
| Conscientiousness Trait | .478                            | .075       | .223                             | 6.364 | .000 |
| Neuroticism Trait       | .057                            | .030       | .070                             | 1.922 | .055 |
| Openness Trait          | .017                            | .076       | .008                             | .226  | .821 |

$P \leq 0.05$  level of significance; N = 1,000

As shown in Table 5, the computed ANOVA produced an  $F = 18.392$ ,  $df (5, 999)$ ,  $P \leq 0.05$ . Therefore the null hypothesis which states that there is no significant relationship among extraversion traits, agreeableness traits, conscientiousness traits, neuroticism traits, openness traits and marital stability is rejected. The finding is that *there is a significant relationship among extraversion traits, agreeableness traits, conscientiousness traits, neuroticism traits, openness traits and marital stability among married teachers in Delta and Edo States*. The B value obtained, revealed that extraversion traits ( $\beta = .281$ ,  $P \leq 0.05$ ), conscientiousness traits ( $\beta = .247$ ,  $P \leq 0.05$ ) has significant impact on marital stability among married teachers while agreeableness traits ( $\beta = .010$ ,  $P \geq 0.05$ ), neuroticism trait ( $\beta = .073$ ,  $P \leq 0.05$ ), openness traits ( $\beta = .005$ ,  $P \leq 0.05$ ), has no significant impact on marital stability among married teachers in Delta and Edo States.

### Discussion of Findings

Hypothesis one revealed that there was a significant relationship between extraversion trait and marital stability among married teachers in Delta and Edo States. The findings of this study disagree with the findings of Javanmard and Garegozlo (2013) whose study indicated that there was no significant relationship between extraversion and marital satisfaction while the findings of this study are in agreement with the findings of Ataeifar et al. (2016) whose result revealed that there is a significant relationship between extraversion trait and marital stability among married persons. Hypothesis two revealed that there was a significant relationship among extraversion trait, agreeableness trait and marital stability among married teachers in Delta and Edo States. The result of this study is consistent with the findings of Sayehmiri et al., Gheshlagh (2020) and Claxton et al. (2012) who showed in their various studies that there is a significant relationship among extraversion trait, agreeableness trait and marital satisfaction among couples.

Hypothesis three revealed that there is a significant relationship among extraversion trait, agreeableness trait, conscientiousness trait and marital stability among married teachers in Delta and Edo States. The result of this study is in line with the findings of Shamoradi, et

al. (2014) who found that there was a positive correlation and significant relationship among extraversion, agreeableness and conscientiousness with marital satisfaction and there was a negative correlation and no significant relationship between neuroticism and marital satisfaction. Hypothesis four indicated that there was a significant relationship among extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait and marital stability among married teachers in Delta and Edo States. The result of this study disagrees with the findings of Shamoradi, et al. (2014) who found that there was a positive correlation and significant relationship among extraversion, agreeableness and conscientiousness with marital satisfaction and there was a negative correlation and no significant relationship between neuroticism and marital satisfaction while the finding of this study is in agreement with the result of Gattiset al. (2004) who found a significant relationship among extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait and marital stability among married couples.

Finally, the sixth finding revealed that there was a significant relationship among extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait, openness trait and marital stability among married teachers in Delta and Edo States. The result of this study is in agreement with the findings of Javanmard and Garegozlo (2013) whose study found that there was a significant relationship among the five factor personality type and marital satisfaction. The results of this study is consistent with the study by Shamoradi et al., (2014) proving that internal factors of personality will directly or indirectly affect the quality of marriage. Understanding the role of personality on intimate relationships such as marriage requires specialized knowledge and skills so that if there is any incompatibility between the couple in this aspect of the interior, the effort to adjust or modify should be done immediately by the couple involved while the findings of this study disagree with the study of Rumaya et al. (2014) with 549 Muslim newly-weds in Selangor, Putrajaya and Kuala Lumpur revealed that three out of the five personality traits have a significant relationship with the marital quality of the respondents.

### **Conclusion**

Based on the findings of this study, it was concluded that Extraversion trait is related to marital stability among teachers; extraversion trait and agreeableness trait are related to marital stability among teachers; extraversion trait, agreeableness trait and conscientiousness trait are related to marital stability among teachers; extraversion trait, agreeableness trait, conscientiousness trait and neuroticism trait are related to marital stability among teachers; extraversion trait, agreeableness trait, conscientiousness trait, neuroticism trait and openness trait are also related to marital stability among married teachers while sexual satisfaction does not hinders marital stability among married teachers.

### **Recommendations**

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

1. counsellors should be posted to all secondary schools so as to help counsel married teachers who are facing marital instability (problems) emanating from personality trait;
2. married teachers should be properly counselled on the influence of personality traits on marital stability;
3. practicing counsellors can assist the victims marital instability to identify the weak behavioural pattern and strengthen the same so that they can overcome the problems associated with marriage;
4. married teachers are encouraged to employ the various kind of personality traits to enhance marital stability;

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