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**PREVALENCE OF EXTRA-MARITAL RELATIONSHIP AS EXPRESSED BY  
MARRIED SECONDARY SCHOOL WOMEN IN UYO SENATORIAL DISTRICT OF  
AKWA IBOM STATE**

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**ABSTRACT**

*This descriptive survey-research study investigated the prevalence of extra-marital relationship as expressed by married women Akwa Ibom State. The term “kop no mi” which means “gree for me” (VL) buttress how resident of Uyo Metropolis perceive sexual misconduct even as married couples. Descriptive research design was adopted for the study. The simple random sampling technique was used for selecting 448 married female teachers across the 12 purposively selected secondary schools as participants. The instrument designed for the study is Prevalence of Extra-marital Relationship Questionnaire (PEMRQ), administered to the selected respondents for the collection of relevant and meaningful data. T-test and Analysis of Variance (ANOVA) statistical methods were used to test the 4 null hypotheses generated for the study. The findings showed that there were no significant differences in the expression of respondents irrespective of variables being considered like age (0.67<3.00), family types (0.28<1.96), marital situation (0.20<2.60) and religious affiliation (0.12<3.00). Based on the findings, the researchers recommended the need for the establishment of more counselling units or clinics where couples could receive appropriate counselling on marital problems like extra-marital relationship which has become prevalent.*

**KEYWORDS: Extra-Marital Relationship, Married Secondary School Women, Uyo Senatorial District, Akwa Ibom State.**

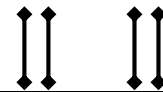
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**INTRODUCTION**

Marriage is a socially and legally recognised union between two people who agree to live together as partners, often to build a family and support each other emotionally socially and economically.

According to Oniye (2004), as referred to (Waite and Gallagher, 2000), marriage is a permanent sacred contract between two consenting adults usually male and female in which they decide to live together in line formally sharing vocational, mutual growth and welfare as partners throughout their lifetime.

Though, marriage has so many importance and advantage to couples and the society at large, recently, marriage as a basic institution of life has been facing marital instability and this has become a worrisome issue that is mostly studied now because its effect over years have torn many marital relationships (homes) and adversely affected the growth and development of homes and the children



Amao-Kehinde (2002), in Rivers State, examined about 507 case of marital conflicts between 1998 and 2000 in his study. About 314 dissolved their marriages on prejudices related to extra-marital relationship and vices that are beyond negotiation to a successful marriage. Only 206 out of those studies were able to resolve their marital issues.

Extra-marital relationship is not a new social phenomenon among couples, where wife can be unfaithful by having an unlawful relationship with another man; so also a husband may be unfaithful to his wife by having an unlawful relationship with another woman. At times, it is between a married coupled and an older partner known as sugar daddy or sugar mummy syndrome as a result of the trending social vices issue such as: Queer community. (Homosexuals LGBTQ<sup>+</sup> lesbian, Gay, Bisexual, Transgender) Queer have been on the rise and many couples are engaged in and as a result has got its root in marital relationship and its effect cannot be overemphasised.

In order to buttress this, Adegbola (2007) opined that extra-marital relationship is a major cause of frequent marital problems among couples undergoing separation and divorces. Olanrewaju (2002), was of the view, that the rate of marital infidelity is so profound in the society, where the social institution has been contaminated with this syndrome termed marital unfaithfulness or marital disloyalty. Peterson (2003) submitted that, after reviewing 25 studies of infidelity, estimated that '25% of wives and 44% of husbands were involves in infidelity at one time or the other.' This, however, excludes emotional affairs in which no sexual activity has taken place. Fabarebo (2004) claimed that almost half of the population of married men appear to have intercourse with women other than their wives during the marriage course. Notwithstanding, have it that, issue of extra marital relationship are so rampant worldwide to the extent that hardly is there a society that is totally free from this ugly trend. Going by this, a careful look at the contemporary Nigerian society indicates that marital infidelity is increasingly becoming an important social issue with adverse effects on socio-economic system of the country where valuable human and material resources are lost or damaged. This phenomenon is disheartening among the people of Uyo senatorial district and a call for wake up because its root deep in the extent that most homes are affected.

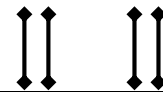
Infidelity is one of the major causes of marital instability due to its negative effect impact on the sociological, psychological and emotional well-being of the couple. It often leads to misunderstanding, conflicts and crises within and outside the matrimonial home. In unchecked situation, it lead to dichotomy, separation and divorce. It may also lead to sustenance of physical and psychological injury and, at the worst, it may lead to loss of life of the culprit or innocent one (Olanrewaju, 2002).

Furthermore, some Ibibio women and men are known to use “kop no mi” The expression kop no mi is a formal Ibibio linguistic meaning “hear for me”

A love spell that made you do a bidding of the one who cast the spell injected as solid or liquid food (field observation Ibibio speaker 2026)

This compels partner to loss interest on others and focus solely on the concerned. Eventually if the spell expires they face the consequences of separation or divorce.

Apart from the husband and wife, the children from such family are not left out of the consequences; especially when the relationship and companionship head south. According to Lusterman (2005), when infidelity occurs among the couples with children, it affects the entire family, children of early age group are usually affected profoundly by their parents' infidelity. Children who suffer from such infidelity often grow up to be unfaithful to their own partners or have difficulty in forming and maintaining trust and intimate relationships. Despite all these negative effects, many are still engaging in it.



Numerous researchers have done lots of researches on the topics, however, looking at all the topics one would discover that almost all of them focused their researches on both sexes (married men and women). Therefore, it is with this in mind that, the researcher deems it necessary to study the expression of married women on the prevalence of extra-marital relationship in Uyo Senatorial District of Akwa Ibom State.

### **RESEARCH QUESTIONS (RQ)**

RQ1: Is there significant differences in the prevalence of extra marital relationships as express by married female teachers base on their age group?

RQ2: Is there significant differences in the prevalences of extramarital relationships as expressed by married female teachers based on their family types?

RQ3: Will there be significant differences in the prevalences of extramarital relationships as expressed by female teachers on the basis on marital situations?

RQ4: Will there be significant differences in the prevalences of extramarital relationships as expressed by female teachers on the basis their religious affiliation?

### **RESEARCH HYPOTHESES**

The following null hypotheses were generated to guide the conduct of this study:

HO1: The respondents with MAWR (2.75) Agreed that there is no significant difference in the prevalence of extramarital relationship as expressed by married women on the basis of age groups.

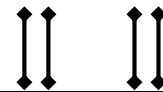
HO2: The respondents with MAWR (2.57) Agreed that there is no significant difference in the prevalence of extra-marital relationship as expressed by married women on the basis of family type.

HO3: The respondents with MAWR (3.22) Agreed that there is significant difference in the Prevalence of extra marital relationship as expressed by married women on the basis of marital situation

HO4: The respondents with MAWR (3.15) Agreed that there is no significant difference in the Prevalence of extra marital relationship as expressed by married women on the basis of religious affiliation

### **METHODOLOGY**

The research design that was adopted for this study is the descriptive Survey method since the method involves careful study and observation of the existing attributes of a particular event/situation. The simple random sampling technique was used in the selection of twenty married female teachers from each of the twelve purposively selected and sampled secondary schools across Uyo Senatorial District of Akwa Ibom State, making a total number of two hundred and forty respondents. A questionnaire tagged "Prevalence of Extra-Marital-Relationship-AS Questionnaire" (PEMRO), developed through extensive literature review, was used to collect data. The instrument was sub-divided into two major section: A and B. Section 'A' focused on background information about the respondents which consists of four item-questions like age group, family type, marital situation and religious affiliation. Section 'B' consists of 15 structured items focused on prevalence of extra-marital relationship. Copies of the initial draft were given to



experts in the Department of Counsellor Education, University of Uyo and Federal College of Education Ididep, to vet both the content and the face validity of the test. The Suggestions, views and comments given by these experts were noted and effected to establish the face and content validity of the instrument. To establish the reliability of the instrument, a test - retest method of reliability was adopted.

The instrument was administered twice with an interval of four weeks -to the same set of respondents. The two sets of scores were corelated using Pearson Product Moment Correlation Coefficient (PPMC) and the calculated r-value is 0.75, which indicated that the instrument is reliable. For the analyses of data, frequency counts and simple percentages were used for the analyses of demographic data. Mean average weighted responses (MAWR) used to test hypothesis 1, 2, 3 and 4.

**Inferences from table to the hypothesis stated**

Using 4 – point likert scale to test hypothesis 1, 2, 3 & 4

Interpretation key: 0.01 – 2.00 = Disagree / No  
2.01 – 4.00 = Agree / Yes

**RESULTS AND DISCUSSIONS**

The results were based on the hypothesis formulated for study

**Hypothesis 1:** There is no significant difference in the prevalence of extra- marital relationship as expressed by married women on the basis of age group.

**Table 1:**

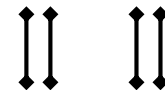
**The Mean Average Weighted Response of the Respondents' Expression on Prevalence of Extra-Marital Relationship on the Basis of Age Group**

**MAWR Table of items 9, 10, 11 and 13 of Questionnaire**

ITEMS	4 SA (W)	3 A (W)	2 SD (W)	1 D (W)	AWR	MARK/ INTERPRETATION
9	1(4)	3(9)	4(8)	3(3)	2.18	2. 75  AGREE
10	6(24)	3(9)	1(2)	1(1)	3.27	
11	4(16)	3(9)	1(2)	3(3)	2.72	
13	3(12)	5(15)	1(2)	2(2)	2.81	

$\alpha= 0.05$

The result in Table 1 indicates that the AWR of items 9, 10, 11 and 12 which corresponds to research question 1 and hypothesis 1 had AWR of (2.18), (3.27), (2.72) and (2.81) respectively at 0.05 alpha level of significance. The Mean Average Weighted Response (MAWR) of the items was (2.75) which interpret as Agreed. Thus, the hypothesis is accepted. This indicates that there is no significant difference in the prevalence of extra-marital relationship as expressed by married women on the basis of age-group. In other words, regardless of age groups, the sampled population agree that all married women tend to have equal propensity towards being predisposed to marital



infidelity. In view of this some of the respondents disclosed to the researcher in confidence that they endeavour to stay faithful due to the fear of being caught by their husbands. In turn they go the length of incapacitating their husbands so as to also stay faithful to them. They do this by attempting to impair their erection whenever such men attempt to have sexual intercourse with other women (Adegbola, 2007).

**Hypothesis 2:** There is no significant difference in the prevalence of extra- marital relationship as expressed by married women on the basis of family type.

**Table 2**  
**The Mean Average Weighted Response of the Respondents' Expression on Prevalence of Extra-Marital Relationship on the Basis of family type**

**Table of MAWR of items 1 2, 3 and 4 of Questionnaire**

ITEMS	4 SA (W)	3 A (W)	2 SD (W)	1 D (W)	AWR	MARK/ INTERPRETATION
1	1(4)	6(18)	-	3(3)	2.27	2.57  AGREE
2	3(12)	1(3)	1(2)	6(6)	2.09	
3	4(16)	5(15)	1(2)	1(1)	3.09	
4	4(16)	3(9)	2(4)	2(2)	2.81	

$\alpha = 0.05$

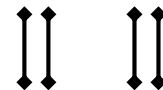
The result in Table 2 indicates that the AWR of items 1, 2, 3 and 4 which corresponds to research question 2 and hypothesis 2 had AWR of (2.27), (2.09), (3.09) and (2.81) respectively at 0.05 alpha level of significance. The Mean Average Weighted Response (MAWR) of the items was (2.57) which interpret as Agreed. Thus, the hypothesis is accepted. This indicates that there is no significant difference in the prevalence of extra-marital relationship as expressed by married women on the basis of family-type. In other words, regardless of age groups, the sampled population agree that all married women are liable to engaging in extra marital affairs regardless of family type.

**Hypothesis 3:** There is no significant difference in the prevalence of extra- marital relationship as expressed by married women on the basis of marital situationship.

**Table 3**  
**The Mean Average Weighted Response of the Respondents' Expression on Prevalence of Extra-Marital Relationship on the Basis of marital situationship**

**Table of MAWR of items 12, 14, 15 and 16 of Questionnaire**

ITEMS	4 SA (W)	3 A (W)	2 SD (W)	1 D (W)	AWR	MARK/ INTERPRETATION
12	5(20)	4(12)	2(4)	-	3.27	3.22  AGREE
14	3(12)	5(15)	2(4)	1(1)	2.90	



						AGREE
15	6(24)	3(9)	2(4)	-	3.18	
16	6(24)	5(15)	-	-	3.54	

$\alpha = 0.05$

The result in Table 3 indicates that the AWR of items 12, 14, 15 and 16 which corresponds to research question 3 and hypothesis 3 had AWR of (3.27), (2.90), (3.18) and (3.54) respectively at 0.05 alpha level of significance. The Mean Average Weighted Response (MAWR) of the items was (3.22) which interpret as Agreed. Thus, the hypothesis is accepted. This indicates that there is no significant difference in the prevalence of extra-marital relationship as expressed by married women on the basis of marital-situationship. In other words, regardless of age groups, the sampled population agree that all married women are liable to engaging in extra marital affairs regardless of marital situationship.

**Hypothesis 4:** There is no significant difference in the prevalence of extra- marital relationship as expressed by married women on the basis of religious affiliation.

**Table 4**  
**The Mean Average Weighted Response of the Respondents' Expression on Prevalence of Extra-Marital Relationship on the Basis of religious affiliation**

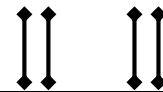
ITEMS	4 SA (W)	3 A (W)	2 SD (W)	1 D (W)	AWR	MARK/ INTERPRETATION
5	7(28)	2(6)	2(4)	-	3.45	3.15  AGREE
6	5(20)	3(15)	1(2)	2(2)	3.54	
7	3(12)	4(12)	2(4)	2(2)	2.72	
8	5(20)	2(6)	2(4)	2(2)	2.90	

$\alpha = 0.05$

The result in Table 4 indicates that the AWR of items 5, 6, 7 and 8 which corresponds to research question 4 and hypothesis 4 had AWR of (3.45), (3.54), (2.72) and (2.90) respectively at 0.05 alpha level of significance. The Mean Average Weighted Response (MAWR) of the items was (3.15) which interpret as Agreed. Thus, the hypothesis is accepted. This indicates that there is no significant difference in the prevalence of extra-marital relationship as expressed by married women on the basis of religious affiliation. In other words, regardless of age groups, the sampled population agree that all married women are liable to engaging in extra marital affairs regardless of religious affiliation.

**DISCUSSION**

The first finding agrees that there is no significant difference in the prevalence of extra-marital relationship as expressed by married women on the basis of age group. That is, all the respondents accepted that prevalence of extra- marital relationship has nothing to do with age-group. This is in line with Fabarebo (2004) who claims that about half of all married couples



(irrespective of age) appear to have intercourse with another person other than their spouse during the course of their marriage.

In a similar vein, the second finding agrees that there is no significant difference in prevalence of extra-marital relationship as expressed by married women on the basis of family type. That is, all the respondents accepted that prevalence of extra-marital relationship has nothing to do with family type. This is against the stand of Blow and Hartnett (2005) who state that marital infidelity is common among those who engage in polygamous family because there are lots of marital dissatisfactions therein.

In a like manner, the third finding concludes that there is no significant difference in the prevalence of extra-marital relationship as expressed by married women on the basis of marital situation. This means that all the respondents accepted that the prevalence of extra-marital relationship has nothing to do with marital situation. This is in line with the finding of Elizabeth and Tony (2006) who show that involvement in extra-marital relationship is not limited to any marital situation.

The fourth finding concludes that there is no significant difference in the prevalence of extra-marital relationship on the basis of religious affiliation. This implies that all categories of respondents accepted that the prevalence of extra-marital relationship has nothing to do with religious affiliation. This corresponds with the finding of Oloyede, Afar, Kareem and Lateef (2003) who state that despite the fact that all existing religions preach against the act of infidelity, many adherents of these religions still engage in this evil act because their behaviours are not in conformity with the teachings of their religions.

## **CONCLUSION**

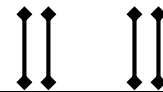
Based on the findings of this study, the following conclusions were drawn:

1. It is clearly shown that there is no significant difference in the expression of married women on the prevalence of extra-marital relationship on the basis of age group.
2. The result also reveals that married women of different family types did not significantly differ in their expression on the prevalence of extra-marital relationship.
3. It is found that married women of different married situations were not significantly different in their expressions on the prevalence of extra-marital relationship.
4. The finding indicates that despite the respondents' different religious Affiliations, no significant difference in their expressions on the prevalence of extra-marital relationship.

## **IMPLICATIONS FOR COUNSELLING**

Marital counselling is a process of helping persons through interviewing and other therapeutic systems to assist the individuals faced with marital problems such as extra-marital relationship. Since it has been confirmed that prevalence of extra-marital relationship cuts across different age groups, this finding implies that the need for constant counsellor patronisation by people and organisations for adequate counselling programmes at all levels of life, be it adolescence for pre-marital counselling; married couple for marital counselling and divorced persons for post-marital counselling; most especially on the evil effects of extra-marital relationship, is highly recommended.

The finding shows that prevalence of extra-marital relationship has nothing to do with family type; it means that it affects polygamous just as it affects monogamous families. This

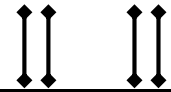


implies that counsellors are urgently needed to meet the needs of the couples that are troubled because of extra-marital Relationship (for its discovery, recovery and protecting measure) in order to enhance a decent, peaceful, harmonious and problem-free marriage and society at large; for the family is the nucleus of every society.

As confirmed, the prevalence of extra-marital relationship has nothing to do with marital situation, be it couple living together, living separate, divorced, or widowed; they may still involve in marital infidelity. This finding will help the counsellors to be aware of the prevalent rate of the situation and proffer effective strategies to assist the married couple who have already fallen victims of infidelity. Since the finding shows that prevalence of extra-marital relationship has nothing to do with religious affiliation, it means all people involved in this shameful act belong to one religion or the other. This calls for the need of religious leaders in churches and mosques to join hands with counsellors and teachers by preaching against marital infidelity in their different places of worship because these people believe much in their religious leaders.

### **RECOMMENDATIONS**

1. In the light of the findings, the following recommendations were made. More counselling units or clinics should be established within the reasonable distance from resident areas where couple could receive appropriate counselling OR marital problems like extra-marital relationship which has become prevalent.
2. The counselling Association of Nigeria (CASSON) should try to enlighten the public on the importance of counselling through public campaigns, seminars, symposia, workshops for different categories of people so as to facilitate proper patronisation of counselling centre for their psychological and personal social problems as they patronise hospitals on their health problems and engineers when their automobiles develop fault.
3. In a like manner, government or curriculum planners should emphasize more on the curriculum on family life and family adjustment, in the counselling curriculum of Nigerian universities and should be made compulsory for all counselling students.
4. Principles of religion on matters involving marital issue should be adequately taught in the school and higher institutions. Religious leaders in worship centres should join hands with counsellors and teachers by organising seminars and workshops on marriage matters such as issue of marital infidelity and its consequences and the need for faithfulness so as to curb the prevalence and motivation for that scourge (extra-marital relationship).



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