

Environmental Factors as Predictors of Marital Adjustment among Married Persons in Delta State of Nigeria: Implication for Counselling Practices

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ABSTRACT The study examines the nature and degree of correlation and degree of correlation between emotional expression, communication flow, financial management, work involvement and marital adjustment among married persons in Delta State, Nigeria. To give the study a direction, one stepwise hypothesis was raised and tested on 0.05 level of significance. The study is a survey and multi-stage sampling technique was used to select a sample of 2561 respondents from nine local government areas out of the three senatorial districts of Delta State. The instrument used in this study is titled "Marital Adjustment and Personality Types Inventory" (MAPTI). It has reliability co-efficient of 0.90. The face and content of this instrument was duly established. The results show that the variables of emotional expression, communication flow, financial management and work involvement were both correlates and predictors of marital adjustment among married persons in Delta State. To confirm the independence of the predictive capacity of each variable, residual statistics: that is Cook-D test was used. It confirmed the reliability and strength of these variables in predicting the dependent variable (marital adjustment). The implications of the findings for counseling practice were also identified.