
Emotional Intelligence and Age as Determinants of Marital Adjustment Among Married Women in Ogba, Egbema, Ndoni Local Government Area of Rivers State, Nigeria

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Abstract: *This study investigated on Emotional Intelligence and age as determinants marital adjustment among married women in Ogba, Egbema, Ndoni Local Government Area of Rivers State. The study adopted the correlational and descriptive research design. A total of three hundred and twenty nine (329) married women were accidentally sampled for the study. Two instruments named the “Marital Adjustment Scale” (MAS) and the “Emotional Intelligence Scale” (EIS) were used for the study. Reliability of the instrument were 0.89 and 0.90 for MAS and EIS respectively. Simple regression and ANOVA were used in analysing the data. Findings were that emotional intelligence significantly predicts marital adjustment among married persons while age had insignificant influence on marital adjustment. Based on these, it was recommended among others that focus should be channelled by counsellors and therapist unto developing the emotional capacity of married couples in order to have better adjustment.*

Keywords: emotional intelligence, age marriage, marital adjustment

INTRODUCTION

Marriage is the oldest known human institution. The institution of marriage is so paramount and significant in the affairs of humanity. In fact, there would have been no humanity if there is no institution of marriage that is to say that marriage institution is the factory that produces the human race of all colours and races. When God created the first man and woman, he automatically instituted the institution of marriage for procreation of humanity. The institution of marriage stands at the core of the family and serves a very important function in the process of building and maintaining the family.

One of the most important interpersonal relationships most adults experience is marriage and is one part of natural progression into adulthood, a means of achieving independence and an identity distinct from one's parents and kindred. In our continent, "Africa", marriage serves the purpose of procreation and familiar bonding between the husband and wife. And in Nigeria, it is usually based on mutual consent of the families of the man and woman that which to come together as husband and wife. This means that the approval of both families must be sought before marriage can hold. It is a very important aspect of Nigeria culture because it is the means of establishing new families. Marriage is found in all societies and it is seen to be legal. Coontz (2005) opined that marriage is a legally and socially sanctioned union, usually between a man and a woman that is regulated by laws, rules, customs, beliefs and attitudes that prescribe the rights and duties of the parties and accords status to their offspring's if any. Marriage can be defined as the legal and cultural joining of a man and a woman as husband and wife with the expectation that children will be born in the relationship. It is a union between the opposite sexes and does not include same sex marriage as it is commonly practiced in some countries. It is designed by God that conjugal relational should be between opposite sexes so that they can complement each other and to give to the other what each lack, (Uwe as cited in Okorodudu 2010).

When couples marry, they always make commitment to remain in the bond. But unfortunately statistics of marital breakdown shows that many do not keep their vows (National Center for Health statistics, 2000-2009). Among Nigerian spouses the incidence of divorce is alarming; marriages are plagued with quarrelling and fighting which leads to separation and divorce. Couples are becoming more impatient with each other and have failed to understand that marital adjustment is a lifelong process which begins after marriage is legalized through till death.

Adjustment in marriage is inevitable due to the coming together of two different individuals with different personality, socio-cultural and economic background in a complex society. Adjustment is the effort couples make to meet the demands and challenges placed on them by the world in which they live in. It plays a central role in the existence of man, as he strives to achieve a happy and fulfilled life. Spanier, Lewis and Cole (2002) defined marital adjustment as the integration of the couple in a union in which the two personalities are not merely merged but interact to complement each other for mutual satisfaction and the achievement of common objectives. Marital adjustment is an adaptation between husband and wife to a point where there is companionship, agreement on basic issues, values, affection, intimacy and accommodation of each other.

The American survey on incidence of divorce (2011) showed that when both partners are under the age of 20 or have dropped out of high school to get married, the divorce soar to 80% unlike those between the ages of 22- 30 years. Men in this part of the world, African and Nigerian in particular prefer to marry women who are younger in age because they believe it is easier to control a younger spouse. They also take into account the child bearing age of their partners. Okorodudu (2010) states, that those who are older in age especially among women find it difficult to attract

younger men either of their age bracket or older in age. This is perhaps why marriage counselors and experts recommend marriage between the 20s and early thirties. Some researchers suggest that the age gap between spouses should be between 2 years while maximum should not exceed ten years difference (Ebenum, 2010).

It could be that couples who are far apart in educational qualification may find it difficult to cope with each other due to difference in status, intellectual reasoning and values, which in most cases causes incompatibility. Traditionally, it is often believed that children and marital happiness go together. Many happily married couples look forward to seeing the arrival of children as an integral part of the family. As children are added to the family, stress is added to the marriage due to the large amount of time, energy and resources that growing children require. Obviously with the arrival of children comes extra financial responsibility.

Adjustment in marriage is diverse and a continuous process that strengthens the growth of the relationship. Marital tension by personal, social and educational, factor yield either positive or negative results depending on the duration of the marriage. Couples must determine to keep their marital relationship by commitment, acceptance, mutual love and positive fulfillment. As length of marriage progresses, children are added to the marriage and the arrival of children calls for extra financial responsible.

Financial adjustment is another sensitive area in marriage. Money or lack of it has a profound influence on adjustment to marriage. Money is important in every venture including marriage and family. It is the medium of exchange for everything. It is obvious that as long as we live in this world, it is indispensable that couples may be grossly dissatisfied with their marriages due to concern with issues affecting financial management. Such issues which may arise as a result of who spends the money, how the money is being spent, who provides more financially are often stressed. No wonder the Bible quotes that money answers all things and also the root of all evil. In all these, many factors could be responsible for marital adjustment. These may include both the emotional level and intelligence of the couple as well as their age.

The concept of emotional intelligence can be seen as a combination of emotion and intelligence (Salovey and Mayer, 1993). Understanding how our emotions work is important for every human being but emotional intelligence becomes a particular essential tool in marriage. The term Emotional intelligence is seen as the ability of an individual to appropriately and successfully respond to a vast variety of stimuli being elicited from the inner self and the immediate environment (Chadha 2009). According to Goleman (1995) who popularize the term emotional intelligence claimed that emotional intelligence can be as powerful than intelligent quotient (IQ). he explained that emotional intelligence creates passion, confidence, friendliness, motivation, pride and energy in individual Vanrooy & Visvesvaran (2004) viewed emotional intelligence as the set of abilities – verbal and non-verbal that enables a person to generate, recognize, express, understand and evaluate their own and others emotions in order to guide their thinking and actions

and successfully cope with environmental demands and pressures. Aaron in Singh (2008) defined emotional intelligence as comprising an array of non-cognitive capabilities, competencies and skills that influence one's ability to succeed in coping with environmental demands and pressure.

According to Salovey et al, (1997) Emotional intelligence is the ability to perceive (e.g. identifications of emotion from the facial expression of others) understand (e.g. understanding the transition of emotion from one component to another), use (e.g. using emotion to facilitate thought process) and regulate emotions (management of emotion). Emotionally intelligent people or individual use their emotions to engage in intelligent thoughts and also possess the ability to think intelligently about their emotions (Mayer, Salovey and Caruso, 2000). Emotional intelligence is an ability that involves the interchange of emotions and intelligence, people that are emotionally intelligent possess a clear understanding of the feelings and can restore their moods more quickly than those individuals with low level of emotional intelligence (Ciarrochi, Chan and Caputi, 2000). Emotional intelligence is so vital to every individual whether parents, teachers, government, community leaders and students. It enhances the emotional competency of normal people in the society. This implies that couples who are abnormal may not be able to enjoy the relevance of emotional intelligence. Its first place of usefulness is in the home where parents need to apply it in fashioning a proper modeling pattern of management in their children's emotional behavioural patterns to be a better role model to their wards. They should be able to radiate love instead of hatred, joy in place of depression and sadness through the effective use of their emotions. When children enjoy such display or manifestation of emotional intelligence from home, it is then carried over to the society where it reflects in their societal activities. It also becomes a positive influence transferred from one person to another.

The application of emotional intelligence in the family cannot be overemphasized as husband and wife alike need it to sharpen and bring their emotion under subjection to avoid transfer of aggression in the home and unnecessary bully of their children or themselves and also aids them in understanding themselves better for better marital happiness. The home is the place where both positive and negative emotions are exhibited from courtship to marital relationship. These emotions which could assume the form of happiness, anger, disgust, crying, joy, laughter etc should be brought under control by everybody who has involve his/herself in marital relationship for peaceful coexistence. In addition, this can be achieved when the couples are acquainted with competence or knowledge of emotional intelligence. The lack of emotional intelligence could be said to have emotional intelligence disorder whose cause is not far from factors such as organic disorder and functional disorder (White, 1997).

Women with high emotional intelligence might be seen to possess the following capabilities. Ability to identify and name their emotional states when there is conflict in the home, dissatisfaction in their husband and children. Ability to manage and control their emotional states when there is marital distress. Ability to change into the right emotional states in order to achieve

their set goals in their marriage. They possess the ability to understand, be sensitive to and influence positively as well as interpret other people's emotions correctly. They also seem to possess the ability to enter and maintain interpersonal relationships both at home and the society.

Couples who lack emotional intelligence show some troubles and may fail to handle effectively the demands of marriage. In effect, their actions becomes noticeable to friends and relatives who are watchful and concern. Such couples might be said to have little or no emotional intelligence and may not be able to attain marital goals. Couples who are emotionally disconnected will feel unsafe, insecure, lonely, misunderstood and disvalue their marriage. Emotionally disconnected couples will either continue to live under the same roof, protecting their hearts while going through the motions of life, or they eventually divorce. In many homes, it is just wall-to-wall hell. There are couples who may not be legally divorced, but who are psychologically divorced. Emotionally divorce is an oriented relationship in which partners live separate levels with absence of normal interaction between them Vandebos (2007). It has been estimated that seventy-five percent of married couples consider their marriage a failure and their homes unhappy. Psychologists estimate that seventy five to eighty-five percent of married couples live with emotional divorce (Newman, 1990). Drawing on experiences and empirical studies, this situation has been described as empty-shell marriages- where the spouses live together, remain legally married but their marriages exist in name only. Okorodudu (2010), opined that the empty shell type of marriage is characteristic by a history of dissatisfaction on the part of the couples. It is empty because either one spouse or both spouses are unsatisfied with the contents of the marriages experiences and/or the couples are lacking in effective ways of appreciating the marital life experiences and circumstances in their marriages. Historical evidence gives the impression that empty-shell marriages are more likely to end in separation and divorce today than in the past. There is empirical evidence that couples need emotional intelligence abilities for their vivacity relationship. Brackett, Warner and Bosco (2005) found that couples tend to have greater positive relationship when atleast one partner has greater emotional intelligence abilities. Bricker (2005) found that overall emotional intelligence is significantly correlated with marital satisfaction positively researcher shows that the most important indicator for how long people remain happily married, is whether or not they are emotionally connected (Stoop & Stoop, 2002).

Joshi and Thingujam (2009) investigated the relationship between emotional intelligence and marital adjustment over and above personality dimensions and social desirability with a sample size of 60 married couples. Results showed that cohesion and overall emotional intelligence. Further results indicated that overall emotional intelligence's correlation with overall marital adjustment remained significant after controlling for social desirability, extraversion, agreeableness, conscientiousness and neuroticism. Dildar, Bashir, Shaaib, Sulten and Saeed (2012) carried out a study "Chains do not Hold Marriage Together: Emotional Intelligence and marital Adjustment", the aim of the research study was to find out the relationship between emotional intelligence and marital adjustment of couples. The study was a cross sectional survey design, a

sample of 60 couples (120 participants) within the age range of 25-45 selected by purposive sampling technique from the district of Guyrat was used. Their results revealed that there was no significant influence of age and gender on the marital adjustment among couples. However, family income had a significant influence on the marital adjustment among couples.

Age at marriage means the couples age at the time of marriage relationship. Early age in marriage is a global issue. It is seen as a barrier to achieving marital goal. It may lead to breakdown of marriage as the young couple is immature to shoulder their responsibility. Sweet & Bumpass (2002) describe age at marriage as the single best predictor of marital satisfaction. There is virtually unanimous agreement that there is an inverse association between early age and the probability of divorce, meaning that the younger the age at marriage, the higher the likelihood of divorce (Dobson, 1994). People who marry early are at a higher risk of marital instability than those who marry later in life. Sweet & Bumpass (2002) used the marital instability as well as multiple items to assess role performance alternatives to the present marriage and external pressure for marriage. They found that marital instability is highest for those who married before 20 years of age. Those who married in their twenties scored the lowest marital instability. They also found out that those who married later than their twenties scored similarly to those that married earlier, which suggested that marital stability may have a curvilinear relationship with age. Bradbury Fincham and Beach (2000) continued in this similar study of marital satisfaction in relation to age. Their research indicated that both society and the individual benefit when couples form strong marriages, as those unions frequently lead to less involvement in crime and other detrimental activities by spouses and/or offspring. Slowly declining divorce rates over the average age of brides and grooms during that same span of time. However, overall marital satisfaction has dropped significantly over the past four decades and continues to noticeably decline for nearly all couples during the first decade of marriage. Uwe and Obot (2000) in identifying the impact of immaturity on the part of the couple, said where there is a conflict of interest preferences and disagreement in values, couples are likely to have the problem of striking a balance. These differences are seen in terms in what each other wants, thinks, does best and how they can carry out his or her responsibilities. Uwe et al (2000) explained the situation that immature people do not know how to disagree because they operate from the principle that love and total agreement go together always.

Furthermore, Jose & Alfons (2007) examined the effects of age, number of children, employment status and length of marriage on marital satisfaction. They find out that those who married later were more likely to remain married, but also that those who married younger and get divorced are more likely to remarry. Ebenuwa-Okoh (2011) examined the impact of gender and age on the relationship between emotional expression, financial management, communication flow, work involvement and marital adjustment, Expo-Facto was adopted, Multi-Stage purposive technique was used and 2561 married persons from nine local governments were sampled out to represent all married persons in Delta State. Marital Adjustment and Personality Types Inventory (MAPTI) was used to elicit information for the study. The finding showed that gender and age do not

moderate the relationship between emotional expression financial management, communication flow, work involvement and marital adjustment. From the above study, age and gender were moderators of emotional expression, communication flow, work involvement financial management and marital adjustment of married persons, acquainting the researcher response of married persons in Delta State, whereas the researcher used gender and age as correlates of personality, occupational stress and marital adjustment of married teachers in Delta and Edo States. Dimkpa (2010) carried out a study on the marital adjustment roles of couples practicing child adoption. Findings showed that the couples have high patterns of marital adjustment in almost all the items I the areas of communication, cohesion, consensus and affectionate expression. Specifically the author reported that the respondents indicated low marital adjustment in 6 out of 20 items namely household tasks, agreeing on ways of handling in-laws, telling friends that their children were adopted, laughing together and involvement in extra marital; affairs. The researcher further reported that no significant differences was found in the pattern of adjustment between the young and old couples. Seyyede (2008) investigated marital adjustment and intimacy in middle aged spouses selected randomly through stratified random sampling. The Family Assessment Device (FAD) by Epstein Baldwin and Bishop, Intimacy Scale (IS) and Spanier Dyadic Adjustment Scale (SDAS) was used for data collection. The result showed that marital adjustment and intimacy in two groups (middle aged and young spouses) were not significant. Another finding was that there was no significant difference between means of dependent variables when the subjects were studied by continuation of marriage. Also, there was significant positive correlation between marital adjustment and intimacy (0.71), between family functioning and marital adjustment (0.68), and between family functioning and intimacy (0.50). Sweet and Bumpass (2002) studied whether the inverse relationship between age at time of marriage and marital instability was attributable to the participant's education, premarital pregnancy, religious affiliation, parental marital stability, or husband's marital history. They performed a multivariate analysis on a large sample of married white women under the age of 45 and found that in all the variables, age was the strongest predictor of marital stability. Sweet and Bumpass (2002) in another work studied the relationship between marital satisfaction, age, and marital role performance, Role performance was defined as the extent to which a person acts out what is perceived to be their role socio-economically and interpersonally in marriage. This study used the data that was already investigated from a non-random sample of 394 married couples, including spouses' evaluations of role performance in order to gain a more accurate response.

All respondents were in their first marriage and had been married six years or less at the time of the study. They were under 35 years of age through use of multivariate analysis. Sweet and Bumpass (2002) found a positive correlation between age and marital satisfaction after controlling for the antecedent variables of length of marriage, education, socioeconomic background, and religious importance. This means that as the age increased, marital satisfaction increased as well. This positive correlation finding was true for both males and females. They concluded, however, that the strength of the correlation was moderate at best, and may be related to an unmeasured third variable potential for remarriage. He hypothesized that those who marry young may be cognizant

of their better potential to remarry in the event of a divorce, and may then be less willing to tolerate dissatisfaction.

In Nigeria, particularly Rivers State, getting married is an expectation of adult males and females but often time, majority of them they lack the understanding of what it takes to make marriage work. Today many marriages are in trouble. Marriage conflict in recent times is assuming an epidemic status. Divorce is becoming increasingly common. The frightening spread of teenage drug abuse, cultism, teenage pregnancy, robbery and prostitution as a result of the modern plague of divorce, family violence and the explosive growth in the number of single parenting have rendered millions of homeless children roaming the streets as a result of broken homes. Furthermore, alcoholism, death of couples and other devastating problem have rob many marriages of happiness because couples are unable to adjust to these challenges. With reference to Ogba, Egbema, Ndoni local government area, the researcher have observed that the problem remains the same and has greatly affected the children born into this local government. These attendant problems especially coupled with the security challenges arising in the area, it is imperative that a management strategy if not total solution in terms of exposing the root causes be set on course. This will help in ascertaining whether much of the social issues experience in this region stems from lack of marital adjustment. Hence, the problem of the study is; are emotional intelligence and age determinants of marital adjustment among married women?

Aim and Objectives of the Study

The aim of the study is to investigate emotional intelligence and age as determinant of marital adjustment among married women in Ogba, Egbema, Ndoni Local Government Area of Rivers State.

The following specific objectives will guide the study

1. To find out the relationship between emotional intelligence and marital adjustment among women.
2. To find out the influence of age at marriage and marital adjustment among women.

Research Question

The following research questions were answered in this study

1. To what extent does emotional intelligence predict marital adjustment among married women in Ogba Egbema Ndoni Local Government Area?
2. To what extent does age at marriage influence marital adjustment among married women in Ogba 'Egbema Ndoni Local Government Area?

Hypotheses

The following null hypotheses were tested at 0.5 level of significance, have been formulated to guide this study

1. Emotional intelligence does not significantly influence marital adjustment among women in Ogba, Ebema Ndoni Local Government Area.
2. There is no significant influence of age at marriage on marital adjustment among women.

METHODS

The design of the study is both correlational and descriptive design. The present study is a correlational research because it seeks to determine the relationship between the emotional intelligence and marital adjustment. Again, descriptive design is adopted to find out the influence of age on marital adjustment of married couples. The population for the study consists of all the registered married women in Ogba, Egbema, Ndoni local Local Government Area. A sample of 329 married women were used for this study. The sample size for the study was statically drawn using Taro Yamen's formula for sample size, which estimated a minimum sample size of 255. Thus, in line with Nwankwo (2013), the study can use a sample larger than the minimum sample size estimated by the Taro Yamen's formula. At stage two, the researcher used accidental sampling technique to draw available respondent (i.e. married women) in Ogba/ Egbema/ Ndoni Local Government Area (targeted population) to constitute the chosen sample size of 329 married women.

Two instruments were used for the study which was the Dyadic Adjustment Scale (DAS) which would be used to assess the marital adjustments of married women and the Emotional Intelligence Scale (EIS) to be used to assess the married women's level of emotional intelligence. The two instruments are non-cognitive assessment tools. The Dyadic Adjustment Scale is an adapted but modified instrument of Locke- Wallace (1959). The instrument was adopted in areas of the item variables which were modified to suit the local content. The instrument contains 30 items measuring the overall happiness in marriage, the degree of agreement between spouse and their ways of solving problems. Face and content validity of the instruments were achieved through expert opinion. While the reliability of DAS and EIS was determined through Cronbach Alpha method for measuring internal consistency. Accidental sampling technique was used to draw a sample of 30 married women for the reliability test. Copies of the instrument were administered to the sample and the researcher requested that the items be responded to, as honestly as possible. The scores obtained from the univariate DAS and EIS instrument were subjected to Cronbach Alpha analysis, which produced a coefficient of 0.67 for DAS where it was adapted which has test-retest stability coefficient of 0.89. Also, a coefficient of 0.837 was obtained for EIS adapted from Schutte et al (1998) where it had a Cronbach Alpha coefficient of 0.90. Therefore, the instrument are reliable. The researcher employed simple linear regression in analysing research question one and its corresponding hypothesis. The t-test was used in analysing research question two and its corresponding hypothesis while the one way analysis of variance was employed in analysing research question 3-6 and their corresponding hypothesis.

RESULT

Research Question One: To what extent does emotional intelligence predicts marital adjustment among married women in Ogba Egbema Ndoni L.G.A?

Hypothesis One: Emotional intelligence does not significantly predicts marital adjustment among women in Ogba Egbema Ndoni Local Government Area.

Table 1: Shows Simple Linear Regression of Emotional Intelligence as a Predictor of Marital Adjustment

R	R²	Adj. R²	Std. Error	Unstandardized B.		
0.180	0.032	0.030	12.768	0.165		
	Sum of sq.	d.f	Mean sq.	F.	Sig.	Result
Regression	1790.187	1	1790.187			Significant
Residual	53311.807	327	163.033	0.05	0.001	(Reject Ho)
Total	55101.994	328				

From the analysis in table 1, it is revealed that $R = 0.180$, $R^2 = 0.032$, Adjusted $R^2 = 0.030$, Standard error = 12.768 while unstandardized B value = 0.165. From the R^2 value, it could be seen that emotional intelligence relates about 3.2% with marital adjustment among married women in ONELGA. Furthermore, the unstandardized B value also reveals that for every additional one unit increase or decrease in emotional intelligence scale, there is an additional 0.165 unit increase or decrease relatively with marital adjustment of women. Again, the analysis of variance reveals sum of square for both regression and residual to be 1790.187 and 53311.807 respectively. Their mean square values were 1790.187 and 163.033. A calculated f-value of 10.981 was realized, while a sig-value of 0.001 was realized. Hence, since sig-value ($p=0.001 < 0.05$) is less than 0.05 chosen alpha, the null hypothesis rejected meaning that emotional intelligence significantly predicts marital adjustment among women in Ogba, Egbema, Ndoni Local Government Area.

Research Question Two: To what extent does age at marriage influence marital adjustment among women in Ogba, Egbema, Ndoni L.G.A?

Hypothesis Two: Age at marriage has no significant influence on marital adjustment among women in Onelga.

Table 2: Shows t-test analysis of influence of age at marriage on marital adjustment among women.

Age	N	\bar{x}	S.D	α	t-cal	d.f	Sig.	Result
Below 21 years	83	89.20	15.44	0.05	0.591	327	0.56	Insignificant (Accept Ho)
Above 21 years	246	90.24	13.13					

The analysis in table 2 reveals that 83 respondents married women below age 21 while 246 were married women above 21 years. Mean and standard deviation for the first group was 89.20 and 15.44 respectively while 90.24 and 13.13 was for the above 21 group. A t-calculated value of 0.581 was realized. Also, a sig-value of 0.56 was realized. Hence, since sig ($p=0.56 > 0.05$) is greater than the alpha of 0.05, at 327 degrees of freedom, the null hypothesis was accepted meaning that age at marriage does not significantly influence marital adjustment among women in ONELGA. .039 were realized. Hence, since sig-value ($p=0.039 < 0.05$) is less than the 0.05 alpha level, the null hypothesis was rejected meaning that years or duration of marriage has no significant influence on marital adjustment among women in ONELGA.

DISCUSSION OF FINDINGS

From research findings one, it is seen that emotional intelligence significantly predicts marital adjustment among women in ONELGA. This result means that the ability of an individual to appropriately and successfully respond to a vast and variety of stimuli being elicited from the inner self and his immediate environment can actually determine how well or how bad he can adjust to his marriage. It means that individuals with low level of emotional intelligence would actually adjust poorly to marital issues while on the other hand, those with high level of emotional intelligence would adjust adequately. This is actually true because one level of emotional intelligence will determine how alert he will be towards issues and as a component of emotional intelligence, one ability to manage himself and others is very vital when dealing with general adjustments. This findings however may come because a lot of attention have now been shifted from the intelligence quotient (IQ) to emotional intelligence. That is why one educational qualification or level at times does not define how well individuals can manage or adapt to others. The result of this findings is however very expected because the researcher is quite aware that without an individuals ability to manage himself and others properly, he cannot adapt to any lifestyle of any individual he meets. Same is application in marriage. The present findings in line with that reported earlier by Joshi and Jhingujam (2009) who reported that the over-all emotional intelligence correlate significantly with marital adjustment of couples- same reported by Dildar, Bashir, Saalb, Sulten and Saheed (2012) who noted that EI is positively correlated with couples marital adjustment.

Research findings two also reveals that age at which an individual is in marriage has no significant influence on marital adjustment among women. This result means that the chronological or maturational years of individual does not in any way determine if such individuals can adapt or adjust to their marriages. It indicates that whether individual gets married early in life or whether they marry late, this cannot make them to adjust better and make a good home or not. This has also debunk the notion that age has influence rather it has proved that maturity in terms of wisdom and serve as what individual use in adjusting to their marriages. This findings by implication also means that an individual can marry early in life and make a good home. Leaving peacefully and in harmony while another who is advanced in age may marry and experience problems in the home. On the contrary, it may also mean that younger couples may experience difficulty in adjusting to one another even when they have kids later and vice versa. This finding may come because there are many who have experience great marriage either by marrying early in life or later. Hence, this observations may inform the respondents choice of their response. This finding however disputes that reported by Dildar et 'al (2012) earlier reported who noted that age and gender significantly influence marital adjustment. Furthermore, the finding of Ebebuwa-Okoh (2011) however supported this present finding when he reported that age and gender do not moderate the relationship between emotional adjustment in marital relationships. Dimkpa (2010) also reported in support of the present study when he stated that there was no difference in the adjustment patterns of old and young couples.

Recommendations

Based on the findings, it is recommended that;

1. Focus should be channelled more on developing emotional competencies by marriage counsellors and teachers. Couples as well should be encouraged to seek counselling in their marriage issues.
2. Though age at marriage has been found not to influence marital adjustment, intending couples should be encouraged not to rush into marriages. Rather, they should be assessed on their maturity. If they need to get to forty before they are ready, they should be encouraged to wait because it is worth waiting.

CONCLUSION

Marital union over the years are facing many challenges which have led to separation, divorce and at worst scenarios, death. These cha;;enges range from physical conditions of the environment to psychological state and preparedness of the couples. One of such psychological and physical factors are emotional intelligence. Inability of couples to be emotionally compatible by understanding themselves and others, managing themselves and others and as well being able to manage and understand their partners emotions are the main reason why couple mal-adjust in marriages. Age on the contrary is insignificantly related to marital adjustment or maladjustment.

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