

# Domestic Violence among Young Couples and Associated Factors in South-West of Nigeria

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## Abstract

Domestic violence among young couples in Nigeria was observed to be an event that can happen anywhere but certain factors seem to increase its likelihood, and its adverse effect on psychological, physical and social wellbeing of the couples and their children. This attracted the attention of this study to examine the influence of personality factors, marital stress and hopelessness on domestic violence among young couples in south-west of Nigeria. The study adopted descriptive cross sectional research design and Questionnaires were used to gather data from the selected young couples. Multistage sampling technique was utilized; Simple random sampling technique was used to select two (2) states out of six (6) states in south-west geopolitical zone of Nigeria and purposive sampling technique was used to select two hundred young couples who participated in the study. The result revealed that personality traits had significant joint influence on domestic violence among young couples in south-west of Nigeria ( $F(5,193)=11.250$ ;  $p<0.05$ ;  $R=0.495$ ,  $R^2=0.245$ ) and out the five personality trait (agreeableness, emotional stability, openness to experience, extraversion and conscientiousness) agreeableness, emotional stability and openness to experience had significant independent contribution to domestic violence ( $\beta=-0.191$ ;  $t=-2.795$ ;  $p<0.05$ .  $\beta=0.270$ ;  $t=3.762$ ;  $p<0.05$ .  $\beta=0.235$ ;  $t=3.476$ ;  $p<0.05$ ). The result also revealed that there was significant difference in the domestic violence of young couples with low marital stress compared to those with high marital stress ( $t(198)=-3.121$ ,  $p<0.05$ ). Also, there was significant difference in the domestic violence among young couples with low hopelessness and those with high hopelessness ( $t(198)=-3.187$ ,  $p<0.05$ ). Furthermore, it was discovered that marital stress and hopelessness had significant joint influence on domestic violence among young couples in south-west of Nigeria ( $F(2,196)=23.921$ ;  $p<0.05$ ;  $R=0.445$ ,  $R^2=0.198$ ). The study concluded with discussion of findings and recommends that young couples with domestic violence should endeavor to seek help from clinical psychologist, mental health practitioners and counseling psychologist in order to help adjust to behaviours that will help keep their marriage from domestic violence before it results to psychopathology.

## Keywords

Personality Factors, Marital Stress, Hopelessness, Domestic Violence, Young Couples

## 1. Introduction

Domestic violence among couples worldwide has resulted to some psychological disorders in some families in south-west of Nigeria. Research has shown that many wives are suffering from depression, posttraumatic stress disorder, anxiety, chronic stress disorder and physical injury as a result of this violence. Studies have found that women and children

are usually at the receiving end during and after domestic violence, but it was observed that men also suffer emotion disturbance during and after the violence. Human resource, clinical psychologist, counselors and social workers are sometimes called to duty by some organizations whenever they observed low job productivity among male employees most especially when they perceived that such employee is experiencing domestic violence in marriage. Accident and depression are observed to be among the impact or influence

of domestic violence on quality of life of couples. Many conduct disorders observed among some youth and adolescents can also be linked to their home domestic violence.

Domestic violence is abuse that occurs between two individuals involved in a close relationship and involves the use of violence to intimidate, control and/or cause harm to one's partner [6]. However, domestic violence is only one of several types of abuse that can occur between two individuals involved in an intimate relationship. Other forms of domestic abuse include, forcing a partner to take part in a sexual act (sexual abuse), threatening a partner with words, weapons, gestures, or any other means used to communicate harm (verbal/psychological abuse), threatening a partner's sense of self-worth, threatening a partner's possessions and/or loved ones, stalking and/or restricting a partner from engaging with friends and/or family (emotional abuse), [6]. The Center for Disease Control [6] states that domestic violence often begins with emotional abuse and often progresses to physical and/or sexual abuse and that the different types of domestic abuse often co-occur. This violence was observed to have significant influence on the prevalence rate of parental separation, infidelity, sexual transmitted diseases such as HIV/AIDS and gonorrhea, death of a spouse or both, bipolar disorders, promiscuity, single parenting and some observable abnormal behaviors among the spouse and children from domestic violence family. It was observed that this violence among couples also contributed to moral deterioration in the society and fosters some belief which does not fit into many countries' cultural belief. Belief such as living and raising children without husband or wife. This gives room for marriage to same sex which technically refers to gay and lesbianism or marriage to animals which has results to many diseases in the society. However it is a common expectation that family relationships are the sources of emotional support, that home is a place where individuals seek love, safety and shelter. Although, there is evidence that relationship are sometimes tense and result in feelings of despair, anxiety and guilt because of experience of domestic violence but home is still noted as a safest place for an individual. The domestic violence could be influence by personality factors.

Personality refers to relatively enduring personal characteristics in the sense of generalized and basic conduct tendencies which reflect long term, pervasive individual differences in emotional style and general influence on emotional responses [15]. Understanding predispositional characteristics and their relationship with domestic violence among young couples is imperative because it contributes to theoretical basis of the construct. According to Bandura [5], behaviour is a process of reciprocal determinism in which there is a continuous reciprocal interaction among behaviour, personal characteristics and environmental factors. Determinism means "the production of effects by events" rather than a predetermined manner independent of the individual. In interacting with the environment in the case of other partner, individuals do not simply react to

external stimuli; rather, external factors affect behaviour through internal processes. These internal processes in part determine what will be observed, how it will be interpreted, and how it will be used in the future. Because individuals can think reflectively and plan behaviour in advance, they can change their environment. Hence, behaviour is not only influenced by the environment but the environment is partially shaped by the individual. Studies have shown that among the personality traits that have been considered as predictors of domestic violence, neuroticism has gained the strongest empirical support [9]. Higher levels of neuroticism have been consistently linked to elevated rates of domestic violence among young couples. This was established in a longitudinal study that followed 300 couples over nearly 50 years and the finding revealed that neuroticism at the start of the study was associated with subsequent domestic violence and divorce [9]. Some other studies have established that low levels of agreeableness and high levels of extraversion are predictors of relationship dysfunction [10]. However, there are some other factors that can predispose couples to domestic violence that previous studies have not taken into consideration, which are marital stress and hopelessness.

Hopelessness is an emotion characterized by a lack of hope, optimism and passion. An individual who feels hopeless may often have no expectation of future improvement or success. Hopelessness is a powerful emotion that often contributes to low mood and may adversely affect the way one perceive him/herself, other individual, personal circumstances and even the world. Often hopelessness can have a significant influence on human behaviour, as it may reflect an individual's negative view of the future. Feeling of hopelessness can often lead an individual to lose interest in important object, activities, event or people. Some couples who have become hopeless may no longer value things that were once important in their relationship and this can elicit unwanted or undesirable behaviour. This emotion is observed to often associate with a lack of inspiration as well as feelings of powerlessness, abandonment, captivity, oppression and isolation. Hopelessness is observed to reflect a mental style consisting of negative perception and acknowledgments about the future and about one's incapability to improve prospects for the future. In support of this perspective, several studies in nonpsychotic populations suggest that the assessment of hopelessness can help identify those at increased risk for suicide. Kuo, Gallo, and Eaton [12] in their study found that hopelessness predicted suicidal thoughts, suicide attempts, and completed suicide over a 13-year follow-up interval. This shows that hopelessness have capacity to elicit abnormal behaviours. On this background, it was observed that hopelessness could be among factors that predispose young couples to domestic violence and in order to proffer actionable recommendations before it result to divorce makes it imperative to examine the direction of significant influence on domestic violence. Among other factors observed that could predispose young couples to domestic violence is marital stress because it was observed

that many young couples did not prepare for this stress or many of them were not prepared by their parents for this type of stress.

Marital stress is observed among young Nigerian couples as a form of undesirable effects such as frustration and anxiety, which results from aspects of marriage. It was observed that interpersonal relationship, marital stress, marital satisfaction and some other factors to have influence on young couple's mood, health and well-being. This was established in a study conducted by Lugaila, [13] among married couples in the United States regard their spouse as their central social partner, so it is not surprising that marriage impacts mental health and well-being to a greater extent than do other social relationships. Married adults are healthier and happier than single individuals [11], although this association is critically moderated by marital quality which is expected to be free from marital stress and domestic violence is predictive of higher life satisfaction, lower depression, and lower blood pressure [7]. Despite marriage potential for improving well-being, depending on marital quality, it can still be a source of domestic violence that serves as a chronic social stressor and can be influence by different factors. Moreover, previous studies have examined factors that predispose couples to domestic violence most especially among young couples in Nigeria and worthy to mention are Aina [2] who investigated the phenomenon of domestic violence among the Yorubas. Tenuche's [14] study focused on Tiv, Idoma and Igede peoples of Kogi and Benue States. The minority ethnic groups in Edo and Delta States were explored by Aderinto [1], while Alumanah [3] undertook a study of the Igbos. Idialu [8] also investigated the causes of crises among couples in Edo State and concluded that financial problems put enormous strain on family relationship. Anyakoha and Eluwa [4] addressed the factors which affect family relationship and concluded that variables such as changes in growth and development, individual differences, home conditions, family size, human needs, parental attitudes and child-training methods were quite significant in the explanation of such phenomenon. But less studies has being conducted to examine personality factors, marital stress and hopelessness as factors that could make young couples susceptible to domestic violence in Nigeria. Therefore, this study investigated the influence of personality factors, marital stress and hopelessness on domestic violence among young couples south-west of Nigeria. To this end, this study focused on following objectives and hypotheses:

- i. To investigate the influence of personality traits on domestic violence among young couples in south-west of Nigeria.
- ii. To determine whether hopelessness will significantly influence domestic violence among young couples in south-west of Nigeria.
- iii. To investigate the influence of marital stress on domestic violence among young couples in south-west of Nigeria.
- iv. Proffer credible and actionable recommendations to

identified problems.

Hypotheses

- i. There will be no significant and joint influence of personality factors on domestic violence among young couples in south-west of Nigeria.
- ii. Young couples with low marital stress will report significant high domestic violence than young couples with high marital stress among young couples in south-west of Nigeria.
- iii. Young couples with low hopelessness will report significant high domestic violence than young couples with high hopelessness among young couples in south-west of Nigeria.
- iv. There will be no significant and joint influence of marital stress and hopelessness on domestic violence among young couples south-west of Nigeria.

## 2. Methodology

### 2.1. Research Design

This study utilized cross sectional research design with the use of structured questionnaires. This rationale for this type of design is that the variables of interest (domestic violence, marital stress, personality trait and hopelessness) had already occurred prior to the commencement of the study. The independent variables are marital stress, personality trait and hopelessness while the dependent variable is domestic violence

### 2.2. Research Setting

The study was conducted among young couples in south-west of Nigeria. Couples whose their marriage was between 1 to 10 years, and resided in south-west geopolitical zone of Nigeria. South-West Nigeria is one of the geopolitical zones of Nigeria, consisting of the following states; Ekiti, Lagos, Ogun, Ondo, Osun and Oyo state.

### 2.3. Study Participants

The participants of the study were young married couples in south-west of Nigeria. Couples who their marriage is between 1 to 10 years and their chronological age is between 20 to 40 years, and resided in south-west geopolitical zone of Nigeria. A total number of two hundred (200) young couples were used for the study. Demographic characteristic of the respondents revealed that majority of the respondents were male 102 (51.0%) and couples who practice Christian religion dominated the study with 120 (60.0%). Large number 130 (65.0%) of the couple are from Yoruba ethnic group while some 50 (25.0%) of them were from Igbo ethnic group and the rest were from 20 (10.0%). Their age range varies. Couples with age range of 20 to 25 years were 59 (29.5%) while those within age range of 26-35 years were 84 (42.0) and the rest 57 (28.5%) were couples within the age range of 36 to 40 years.

## 2.4. Sample and Sampling Technique

This research adopted multistage sampling technique, random sampling techniques in selecting the cities from six states in south-west geopolitical zone of Nigeria; two cities (Ibadan and Abeokuta) were randomly selected. Two hundred young couples (200) who participated in the study were selected using purposive sampling technique which was based on their willingness and readiness to participate in the study. Also, the young couples were purposively selected because their age is between age range of 20 to 40 years and their marital age is between age ranges of 1 to 10 years.

## 2.5. Research Instruments

Questionnaires were used to collect relevant information from the participants of the study. The questionnaire was divided into three segments with each of the segments tapping information based on the identified variables of interest. It comprised of five sections; A, B, C, D and E. The structure of the questionnaire is outlined below.

### Section A: Socio-demographic Variables

In this section of the questionnaire, demographic information of the participants were captured ranging from variable to variable. This section consisted of variables such as age, gender, marital status, educational status and religion.

### Section B: Marital Stress Inventory

The Marital Stress Inventory (MSI) was developed by Omoluabi (1994). The scale was used to determine causes of stress among couples and evaluate their stress reaction level. The author reported Cronbach's alpha co-efficient of 0.92, Gutman Split half co-efficient of 0.92 and beta coefficient scale were obtained. A concurrent validity of 0.32 was obtained by correlating (MSI) with marital satisfaction index (NSI) developed by Hudson (1982).

With the pilot test sample, the Marital Stress Inventory (MSI) yielded alpha coefficient of .79.

### Section C: Big Five Personality Inventory

The 10-Item Big Five Inventory (BFI-10) was extracted from work of Rammstedt & John (2007). This version of the well-established Big Five Inventory was developed to provide a personality inventory for research settings with extreme time constraints. It allows assessing the Big Five trait by only two items per dimension. Previous research has clearly shown that the BFI-10 possesses psychometric properties that are comparable in size and structure to those of the full-scale BFI.

With the pilot test sample, the resultant 10 - item inventory yielded alpha coefficient of .87.

### Section D: Hopelessness Scale

The Hopelessness scale was developed by Beck (1974) to assess the extent to which people are hopeful for the future. This scale consists of a list of twenty statements. The respondent is instructed to attest if the statement describes his/her attitude for the past week, including today; tick 'T' or 'true', and if the statement is false for you, tick 'F' or 'false'. Previous studies that have used the scale reported good internal consistency.

With the pilot test sample, the hopelessness scale yielded alpha coefficient of .41

### Section E: Hurt-Insult-Threaten-Scream Scale (HITS):

This is a short Screening tool for measuring Domestic Violence in the Family practice Setting. This instrument was designed by Kevin M. Sherin, James M. Sinacore, Xiao-Qiang Li, Robert E. Zitter, and AmerShakil in 1998. The questionnaire measures how often couples physically Hurt, Insulted, Threatened with harm, and Screamed at their spouse. The HITS scale showed good internal consistency and concurrent validity with the CTS verbal and physical aggression items. The HITS scale also showed good construct validity in its ability to differentiate family practice patients from abuse victims. The scale is a 5 points likert scale format. The options ranges from 1-Never, 2-Rarely, 3-Sometimes, 4-Fairly Often, 5-Frequently. It is directly scored and score of 10 and above indicate a victim of domestic violence. The scale yielded internal coefficient of .80.

## 2.6. Procedure for Data Collection

Written informed consent letter was collected from the collected from the head of the department of psychology to seek permission from the families selected to participate in the study. Permission was sought from Head of the family visited before the administration of the questionnaires. The purpose of the research work was explained, the researchers then gave copies of the questionnaire to the respondents after explaining the instruction on how to fill the questionnaire. Confidential treatment of information was assured. In all, two hundred (200) questionnaires were distributed (100%) and all were retrieved (100%) and statistically satisfied

## 3. Results

Hypothesis one predicted that there will be no significant and joint influence of personality factors on domestic violence among young couples in south-west of Nigeria was tested using multiple regression analysis. The result is presented in table 1.

*Table 1. Multiple-regression analysis of independent and joint prediction of personality trait on domestic violence.*

Predictor	Beta ( $\beta$ )	t-value	Sig	R	R <sup>2</sup>	F	Sig.
Extraversion	-0.127	1.600	.111	0.495	0.245	11.250	0.000
Agreeableness	-0.191	-2.795	.006				
Conscientiousness	0.139	1.830	.069				
Emotional stability	0.270	3.762	.000				
Openness to experience	-0.235	3.476	.001				



Table 1 shows that personality traits yielded a coefficient of multiple correlations (R) of 0.495 and multiple correlations square of 0.245. This shows that about 50% of the total variance of domestic violence among the young couples was accounted for by the linear combination of the personality traits while the remaining 50% could be assigned to other estranged factors not considered in this study. The table also indicated that personality traits had significant joint influence on domestic violence among young couples in south-west of Nigeria ( $F(5,193)=11.250$ ;  $p<0.05$ ;  $R=0.495$ ,  $R^2=0.245$ ).

Also, the table shows that personality trait (agreeableness, emotional stability and openness to experience) made

significant independent contribution to domestic violence ( $\beta=-0.191$ ;  $t = -2.795$ ;  $p<0.05$ .  $\beta=0.270$ ;  $t = 3.762$ ;  $p<0.05$ .  $\beta= 0.235$ ;  $t = 3.476$ ;  $p<0.05$ ) while extraversion and conscientiousness personality trait had no significant independent contribution to domestic violence ( $\beta=0.127$ ;  $t =1.600$ ;  $p>0.05$ .  $\beta=0.139$ ;  $t =1.830$ ;  $p>0.05$ ). Therefore, the hypothesis was partially confirmed.

Hypothesis two which stated young couples with low marital stress will report significant high domestic violence than young couples with high marital stress among young couples in south-west of Nigeria was tested using t-test for independent measure. The result is presented in Table 2 below;

**Table 2.** Summary Table of t-test for independent measures showing comparison marital stress with domestic violence.

	Marital stress	N	Mean	SD	df	T	Sig
Domestic violence	High	121	15.90	4.68	198	-3.121	.002
	Low	79	17.76	2.865			

From Table 2, the result shows that there was significant difference in the domestic violence of young couples with low marital stress and those with high marital stress among young couples in south-west of Nigeria ( $t(198)=-3.121$ ,  $p<.05$ ). From the table above, young couples with low marital stress had a mean score of 17.76 on domestic violence, while young couples with high marital stress had a mean score of 15.90 with a mean difference of 1.86 and

statistically significant. Therefore, the hypothesis was confirmed.

Hypothesis three which stated that young couples with low hopelessness will report significant high domestic violence than young couples with high hopelessness among young couples in south-west of Nigeria was tested using t-test for independent measure. The result is presented in Table 3 below;

**Table 3.** Summary Table of t-test for independent measures showing comparison of hopelessness with domestic violence.

	Hopelessness	N	Mean	SD	df	T	Sig
Domestic violence	High	118	16.09	16.09	198	-2.187	.030
	Low	82	17.41	17.41			

From Table 3, the result shows that there is significant difference in the domestic violence of young couples with low hopelessness and those with high hopelessness among young couples in south-west of Nigeria ( $t(198)=-3.187$ ,  $p<.05$ ). From the table above, young couples with low hopelessness had a mean score of 17.41 on domestic violence, while young couples with high hopelessness had a mean score of 16.09 with a mean difference of 1.32 and

statistically significant. Therefore, the hypothesis was confirmed.

Hypothesis four predicted that there will be no significant and joint influence of marital stress and hopelessness on domestic violence among young couples south-west of Nigeria was tested using multiple regression analysis. The result is presented in table 4.

**Table 4.** Multiple-regression analysis of independent and joint prediction of marital stress and hopelessness on domestic violence.

Predictor	Beta ( $\beta$ )	t-value	Sig	R	R <sup>2</sup>	F	Sig.
Marital stress	-0.393	-6.047	.000	0.445	0.198	23.921	0.000
hopelessness	-0.162	-2.492	.014				

Table 4 result shows that marital stress and hopelessness yielded a coefficient of multiple correlations (R) of 0.445 and multiple correlations square of 0.198. This shows that about 44.5% of the total variance of domestic violence among the young couples was accounted for by the linear combination of the marital stress and hopelessness while the remaining 55.5% could be assigned to other estranged factors not considered in this study. The table also indicated that marital stress and hopelessness had significant joint influence on domestic violence among young couples in south-west of

Nigeria ( $F(2,196)=23.921$ ;  $p<0.05$ ;  $R=0.445$ ,  $R^2=0.198$ ).

Also, the table shows that marital stress and hopelessness made significant independent contribution to domestic violence ( $\beta=-0.393$ ;  $t = -6.047$ ;  $p<0.05$ .  $\beta=-0.162$ ;  $t = -2.492$ ;  $p<0.05$  among young couples in south-west of Nigeria. Therefore, the hypothesis was disconfirmed.

#### 4. Discussion

Domestic violence among young couples in Nigeria was

observed to be an event that can happen anywhere but certain factors seem to increase its likelihood. Previous studies established that these factors include the age of the wife (the younger the mother, the more likely she will become a victim), poverty and unemployment, and alcohol and substance abuse. One study in Canada found that women who lived with heavy drinkers were five times more likely to be assaulted by their partners than those who lived with non-drinkers. This study also considered other factors that can predispose couples to domestic violence. Hypothesis one of this study predicted that there will be no significant and joint influence of personality factors on domestic violence among young couples in south-west of Nigeria and the result revealed that personality traits had significant joint influence on domestic violence among young couples in south-west of Nigeria. Also, the result revealed that personality trait (agreeableness, emotional stability and openness to experience) made significant independent contribution to domestic violence among young couples in south-west of Nigeria while extraversion and conscientiousness personality trait had no significant independent contribution to domestic violence. However, previous studies have not fully delineated the direction of influence of personality factors but in a study conducted by Uebelacker and Whisman [15], it was found that neuroticism shows a moderation effect between relationship conflict and depressive symptoms within the context of women in intimate relationships.

The study examined the significant differences in domestic violence of young couples with low marital stress and those with high marital stress among young couples in south-west of Nigeria. This was tested using t-test for independent measure and the result revealed that there is significant difference in the domestic violence of young couples with low marital stress and those with high marital stress among young couples in south-west of Nigeria. Further analysis revealed that young couples with low marital stress reported higher domestic violence than their counterpart with high marital stress. It is expected that young couples with high marital stress should reported high domestic violence but it was observed during the research that majority of couples who are experience marital stress had lethargy (lack of energy and enthusiasm) which incapacitate them from engaging in domestic violence even if their situation demand it. Previous studies have not delineated the direction of effect or influence of marital stress on domestic violence among young couples.

The study also tested the stated hypothesis which predicted that young couples with low hopelessness will report significant high domestic violence than young couples with high hopelessness among young couples in south-west of Nigeria using t-test for independent measure and the result revealed that there is significant difference in the domestic violence of young couples with low hopelessness and those with high hopelessness among young couples in south-west of Nigeria. Further analysis revealed that young couples with low hopelessness reported significant higher domestic violence than young couples with high hopelessness. It was

deduced that hopelessness had significant influence on domestic violence among young couples in south west of Nigeria. Young couples with low hopelessness were observed during the study to be looking at the future with expectation that their current situation will change for better and some feel like they still have so many things they can do with their live and there is no need to settle for something less from their partner. This makes them not to be submissive and agree with some things less to their expectation in marriage because many of them enter into marriage with many expectations. This can be one of the major reasons why they tend to involve less in domestic violence than their counterpart with high hopelessness that sees no need to have a peaceful living with each other. Previous studies have not delineated the direction of effect or influence of hopelessness on domestic violence among young couples.

Hypothesis four predicted that there will be no significant and joint influence of marital stress and hopelessness on domestic violence among young couples south-west of Nigeria was tested using multiple regression analysis and the result revealed that marital stress and hopelessness had significant joint influence on domestic violence among young couples in south-west of Nigeria. Further analysis revealed that marital stress and hopelessness made significant independent contribution to domestic violence among young couples in south-west of Nigeria. Previous studies have not delineated the direction of effect or influence of marital stress and hopelessness on domestic violence among young couples in south-west of Nigeria.

## 5. Conclusion

The conclusions that are made are:

- i. The finding of the study revealed that that there is significant main and interaction influence of personality traits on domestic violence among young couples in south-west of Nigeria.
- ii. The result also shows that that there is significant difference in the domestic violence of young couples with low marital stress and those with high marital stress among young couples in south-west of Nigeria
- iii. further analysis revealed that there is significant difference in the domestic violence of young couples with low hopelessness and those with high hopelessness among young couples in south-west of Nigeria.
- iv. Furthermore, the finding of the study revealed that marital stress and hopelessness had significant joint influence on domestic violence and also made significant independent contribution to domestic violence among young couples in south-west of Nigeria.

The present research has examined the influence of personality traits, marital stress and hopelessness on domestic violence among young couples in south-west of Nigeria. Based on this finding of the study, the following recommendations are made:

- i. It is recommend that society for family health, mental health practitioners and counseling psychologist should design psycho-educational intervention programme to help young couples militate against marital stress which will invariably reduce domestic violence because the findings of this study revealed that marital stress had significant influence on domestic violence among young couples.
- ii. Also, It is recommend that young couples with domestic violence should endeavor to seek help from clinical psychologist, mental health practitioners and counseling psychologist in order to help them adjust to behaviours that will help them keep their marriage from domestic violence before it results to death of a spouse or divorce as the result of this finding revealed that personality traits had significant independent and joint influence on domestic violence among young couples.
- iii. It is also recommend that counselors, clinical psychologists and health related professionals should develop hope therapy, marital stress free therapy or any therapies that will militate against the high prevalence of domestic violence among young couples in the society.

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