

SELF-ESTEEM AND LOCUS OF CONTROL AS PREDICTORS OF MARITAL SATISFACTION AMONG WOMEN IN MIDDLE ADULTHOOD.

AMAKA LORRETA ODUCHÉ

DEPARTMENT OF SOCIOLOGY | PSYCHOLOGY
FACULTY OF MANAGEMENT AND SOCIAL SCIENCES
GODFREY OKOYE UNIVERSITY, UGWUOMU NIKE

ABSTRACT

The study examined self-esteem and locus of control as predictors of marital satisfaction among women in middle adulthood. The major objective of the study was to investigate whether self-esteem and locus of control will significantly predict marital satisfaction among women in middle adulthood. Participants were two hundred and forty (240) women in middle adulthood. Their ages ranged between 40 to 60 years, with a mean age of 47.33 and Standard Deviation of 6.47. According to Hurlocks, (1968) three instruments were used for data collection. Hudson (1982) Index of Marital Satisfaction Scale, Rosenberg (1968) Self-Esteem Scale and Craig, Franklin and Andrew (1984) Locus of Control Behaviour Scale. Hierarchical Multiple Regression was the primary technique used for data analysis, and cross-sectional design was adopted. Results of the regression analysis showed that self-esteem significantly predicted marital satisfaction among women in middle adulthood ($\beta = .21, t = 2.73, p < .01$). Locus of control ($P = .18, t = 2.47, p < .01$) significantly predicted marital satisfaction among women in middle adulthood. Internal locus of control ($P = .13, t = .63, p < .05$) significantly predicted marital satisfaction among women in middle adulthood, but external locus of control ($P = .33, t = 1.56$) did not significantly predict marital satisfaction among women in middle adulthood. The findings also indicated that increase in self-esteem also significantly predicted marital satisfaction among women in middle adulthood ($P = .21, t = 2.73, p < .01$). The implications of the finding are that a woman in middle adulthood with capacity for acceptance, tolerance, self-respect and personal satisfaction with regard to herself will achieve her marital satisfaction goals; internal locus of control is a psychological asset needed to improve marriages, and that enables women in middle adulthood to secure their marriages.

INTRODUCTION

Background to the Study

Marriage is a social and legal institution that forms the foundation of a committed and intimate relationship between two individuals. It is the oldest social institution ordained by God as a social contract between two individuals to become husband and wife, unifying their lives on legal, economic, and emotional levels. Marriage provides validation to the sexual aspect of a committed relationship, entails the anticipation of sexual intimacy between a man and a woman who are married, with the aim of procreating. Within the institution of marriage, couples endeavor to fortify the deep bond of friendship at the heart of their connection.

Marriage is not solely a personal arrangement but also a societal institution with one of its significant objectives: attaining happiness within the marital union. Throughout history, marriage has been an integral part of family customs, supported by religious and social guidance regarding the selection of a partner and the fulfillment of marital roles. Marital satisfaction plays a crucial role in the lives of married individuals and significantly impacts the stability and success of their relationship, especially for women in middle adulthood.

The dynamics of a marital relationship can vary widely depending on the individuals involved. Factors such as communication, trust, mutual respect, shared values, and compromise play important roles in maintaining a healthy and fulfilling marital relationship. It requires effort, understanding, and commitment from both partners to navigate challenges and maintain a strong bond over time. Societal perspectives on marriage have evolved over time, and different types of relationships, such as same-sex marriages and non-traditional partnerships, are increasingly recognized and accepted in many parts of the world.

Marital satisfaction refers to the overall happiness and fulfillment experienced by individuals in their marital relationship. It encompasses various aspects, including emotional intimacy, communication, trust, mutual support, shared values, and overall relationship quality. Marital satisfaction can fluctuate over time and may be influenced by factors such as individual personalities, external stressors, life events, and the quality of the relationship itself. Research by Emily & Todd (2015) suggests that high marital satisfaction is associated with several positive outcomes for individuals and couples, such as better physical and mental health, higher overall life satisfaction, increased stability in the relationship, and improved parent-child relationships. Marital satisfaction can be impacted by personal qualities such as personality traits, individual expectations, and past relationship experiences. Moreover, external stressors like financial struggles, difficulties in balancing work and personal life, and family problems can also influence marital satisfaction. A person's perspective on their own marriage is referred to as their marital satisfaction. As couples enter into marriage and build their marital bond, the level of marital satisfaction becomes a crucial factor that affects the overall quality and equity of the marriage. Marital satisfaction plays a crucial role in the mental well-being, emotional balance, and overall success of a marriage. It signifies a state where both partners, regardless of gender, find contentment and fulfillment in their relationship and marriage. It is crucial to remember that marital contentment can fluctuate over time and can be impacted by outside variables such as personal situations, financial difficulties, or stressors in life bond.

The concept of intimacy in a romantic relationship is largely determined by satisfaction with the marital relationship, which is particularly important for long-term success, especially among women in middle adulthood. A fulfilling partnership within marriage holds great importance, particularly for sustaining a successful long-term marriage, particularly for women in their middle adulthood.

Marital satisfaction plays a crucial role in different dimensions of couples' personal and social existence. When couples are happy with their marriage, it forms the basis for a harmonious family life, fostering the development of their children's skills and compatibility. Studies have shown that happy marriages have a positive impact on various aspects of life, such as educational success, decreased chances of substance abuse, improved overall health and longevity, and better nutritional habits. Additionally, research suggests that individuals in fulfilling marriages are less prone to cancer, depression, and other mental health issues.

When spouses are happy with their marriage, it has a positive impact on various aspects of their lives such as overall happiness, income, academic achievements, and job satisfaction. In simpler terms, if couples have problems getting along, it can affect their relationships with others, increase the likelihood of engaging in problematic behavior, and create differences in values between them. Having a strong agreement in marriage is closely tied to knowing and understanding each other well, and couples who possess this understanding are usually seen as a contented pair. Additionally, individuals who have a harmonious marital relationship tend to display fewer signs of mental disorders.

A heterosexual couple has legitimate motives for entering into marriage, including love, companionship, self-discovery, sexual closeness, and parenthood. The way the couple interacts and conducts themselves in their daily lives significantly affects the quality of their marital relationship. The quality of the relationship between the husband and wife is an important subject within the family. When the relationship is fulfilling, it brings comfort to the family and enhances their social functioning. Psychological factors, such as self-esteem and the perception of control, play a crucial role in achieving satisfaction within the marriage.

In modern society, marriage is no longer viewed as an obligatory duty but rather as a voluntary choice driven by love and the desire to be together. The satisfaction experienced within a marriage is vital for its overall quality and stability. Factors like self-esteem and the perception of control contribute to fostering authenticity and a successful romantic relationship. When self-esteem is low and the sense of control is weak, marital satisfaction can be negatively affected, irrespective of the duration of the relationship (Emily & Todd, 2015).

Self-esteem in marriage refers to an individual's overall sense of self-worth and value within the context of their marital relationship. It is an overall assessment of one's worth, manifested through a positive or negative orientation towards oneself. People with higher levels of self-esteem tend to have a more positive self-evaluation. Several research investigations on the relationship between self-esteem and marital satisfaction consistently show a significant and positive link between these variables. By placing emphasis on self-esteem as a psychological factor, couples have the potential to enhance their marital satisfaction and improve overall family dynamics. However, the question remains: Does self-esteem truly determine whether individuals have fulfilling marital relationships?

The way couples interact with each other can impact the quality of their marital relationships. Self-respect, a component of self-esteem, plays a significant role in fostering positive behaviors such as

understanding, forgiveness, and finding common ground within a marriage. Engaging in such positive behaviors is crucial for married couples to increase their satisfaction in their relationships.

Locus of control is a psychological concept that is often overlooked, but it is crucial in understanding the relationship between individuals' beliefs and their experiences. It can be classified into two categories: internal and external locus of control. Individuals with an internal locus of control believe they have significant control over their actions and outcomes in their lives, attributed to their abilities, efforts, and decisions. They are more likely to take responsibility for their actions, set goals, and believe they can shape their own destiny. Conversely, those with an external locus of control believe that external factors, such as luck or fate, primarily determine their outcomes. Research by Orth and Robins (2014) has shown that an internal locus of control is generally associated with better mental health, higher achievement motivation, and increased life satisfaction. However, an extreme internal locus of control can lead to unrealistic self-blame or a lack of recognition of external factors beyond personal control. On the other hand, an extreme external locus of control may lead to a sense of powerlessness and a decreased willingness to take action.

Understanding one's locus of control can be helpful for personal development and self-awareness. According to Rotter's social learning theory, individuals with an internal locus of control perceive themselves as having control over events and their life, while those with an external locus of control attribute their life events to chance or destiny. Studies indicate that a sense of control over one's environment is a psychological asset that positively contributes to both health and well-being.

The concept of locus of control is considered a significant aspect of personality, as emphasized by Rotter (1966). According to Kormanik and Rocco (2009), individuals develop their own explanations for the causes of their actions based on this belief, which subsequently shape their attitudes and behaviors. In the context of couples, it is essential to consider the nuances of internal and external locus of control. An internal focus needs to be complemented by competence, self-assurance, and equitable opportunity sharing between partners for a dynamic to be healthy. According to Rotter (1966), these elements are required for people to experience a sense of accomplishment and control. Married people with an external locus of control may have a calm and contented life, as they tend to put off or avoid solving problems. Research suggests that married partners with an external locus of control are more satisfied and less inclined to seek or capitalize on opportunities. On the other hand, people with a higher internal locus of control are usually driven by success and set higher goals.

Future research could explore additional factors and potential interactions that may contribute to marital satisfaction among women in middle adulthood, further enhancing our understanding of this complex area of study.

Statement of the Problem

The shift towards voluntary marriage in middle adulthood has led to a significant challenge to marital satisfaction, a crucial aspect for a stable married life. Middle adulthood has seen a shift towards voluntary marriage, causing many women to question the necessity of marriage as a mandatory obligation. This has led to a rise in divorces and separations, hindering the nurturing of marriages that promote personal growth. This study focuses on women in middle adulthood, examining the relationship between psychological traits like locus of control, self-esteem, and marital pleasure as also studied by Green, (2011). Self-esteem is a crucial psychological factor that influences couples' lives, and enhancing it can potentially increase marital satisfaction and family effectiveness. Supporters of the locus of control theory argue that spouses with a higher internal locus of control report higher levels of marital happiness, while those with an external locus of control attribute the outcomes of their lives to external factors such as chance and fate. Recent studies have highlighted the importance of control acquisition and maintenance in relation to marital satisfaction. A satisfactory relationship fosters a sense of comfort within the family, leading to improved social functioning. However, self-esteem is another important factor that affects marital satisfaction.

The present study investigates whether this association holds true for middle-aged women, while also examining the role of self-esteem in the process. The research questions addressed include whether middle-aged women's self-esteem will be a significant predictor of marital satisfaction, whether their locus of control will substantially predict their marital satisfaction, and whether middle-age among women, locus of control and self-esteem will be major predictors of marital satisfaction (Erol & Orth, 2013; Oprisan & Critea, 2012). The study specifically addressed the following

Research Questions.

1. Will middle-aged women's self-esteem be a significant predictor of marital satisfaction?
2. Will middle-aged women's locus of control predict their marital satisfaction?
3. Will middle-age among women, locus of control and self-esteem jointly predict marital

Objectives of the Study

The main aim of the present study was to investigate whether self-esteem and locus of control will significantly predict marital satisfaction among women in middle adulthood. Specifically, the study determined whether:

1. Self-esteem will significantly predict marital satisfaction among women in middle adulthood.
2. Locus of control will significantly predict marital satisfaction among women in middle adulthood.
3. Self-esteem and locus of control will jointly predict marital satisfaction among women in middle adulthood.

Hypotheses

The following hypotheses were tested.

1. Ho. Marital satisfaction will be significantly predicted by self-esteem.
2. Ho Marital satisfaction will be significantly predicted by locus of control
3. Ho Self-esteem and locus of control will jointly predict marital satisfaction.

Operational Definition of Terms

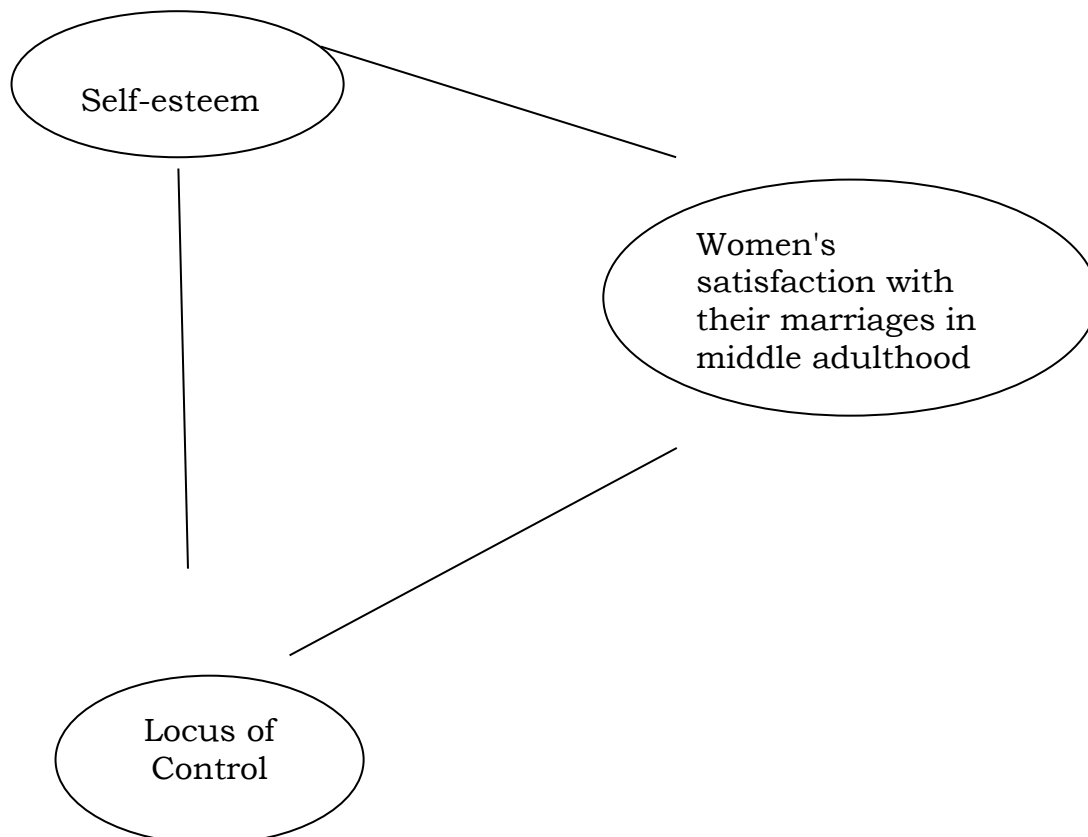
Marital Satisfaction: This refers to people's global subjective evaluation about the quality of their marriage as measured by scores on Hudson's (1982) index of marital satisfaction scale

Self-Esteem: Self-esteem refers most generally to an individual's overall positive evaluation of the self as measured by scores on Rosenberg, (1965) self-esteem scale

Locus of control: This refers to a person's perceived internal or external control over their own behaviour as measured by scores on Craig, Franklin and Andrews (1984) Locus of Control Behaviour Scale.

Conceptual Framework

The following figure illustrates how middle-aged women's self-esteem and locus of control relate to their marital satisfaction.



According to the diagram above, Self-esteem and Locus of control are the predictor variables while marital satisfaction is the criterion/dependent variable.

REVIEW OF RELATED LITERATURE

This chapter is divided into two, theoretical review and empirical review.

Theoretical Review:

The following theories were reviewed in this work

Theories of marital satisfaction

- i. Dynamic goal theory (Tianynan & Fung, 2011)
- ii. Gottman method theory (Gottman, 1998)

Theories of locus of control

- i. Attribution theory (Weiner, 1974)
- ii. Social learning theory (Rotter, 1954)

Theories of self esteem

- i. Self-Determination Theory (SDT) (Deci & Ryan, 2000)
- ii. Socio-meter theory (Leary, Tambor, Terdal & Downs, 1995)

Dynamic Goal Theory of Marital Satisfaction (Tianyuan & Fung, 2011)

Lu and Fung (2011) propose that marriage is primarily a voluntary union driven by the couple's love and desire to be together. The Dynamic Goal Theory of Marital Satisfaction is a theoretical framework that seeks to explain and understand the factors influencing marital satisfaction and the processes through which it changes over time. This theory proposes that marital satisfaction is not a static construct but rather a dynamic one that evolves as individuals and couples work towards achieving their goals within the marital relationship. According to the Dynamic Goal Theory, individuals and couples have both personal and relational goals that they aspire to within their marriage. Personal goals are individual desires and aspirations, while relational goals involve the desires and aspirations of the couple as a unit. These goals can be diverse and encompass various aspects of life, such as communication, intimacy, financial stability, career development, parenting, and leisure activities.

Marital satisfaction is influenced by the extent to which individuals and couples perceive that their goals are being met within the relationship. When individuals feel that their personal and relational goals are being fulfilled, they experience higher levels of marital satisfaction. Conversely, when goals are not being met, dissatisfaction may arise. According to the notion, marital pleasure is defined not only by goal achievement but also by the process of goal pursuit. Factors such as effective communication, cooperation, compromise, and mutual support are crucial in facilitating goal attainment and ultimately contribute to higher levels of marital satisfaction. Additionally, the theory acknowledges that goals and priorities may change over time as individuals and couples grow and evolve, leading to fluctuations in marital satisfaction.

The Dynamic Goal Theory emphasizes the importance of recognizing and understanding individual and shared goals within a marital relationship. It highlights the need for ongoing communication, negotiation, and collaboration to align and pursue these goals effectively. By actively working together to identify, understand, and support each other's goals, couples can enhance their marital satisfaction and overall relationship quality. It is worth noting that the Dynamic Goal Theory of Marital Satisfaction is a theoretical framework and its empirical validation and application may vary across different research studies and contexts. The satisfaction experienced within the marriage plays a crucial role in the dynamic goal theory of marital satisfaction, which examines both the overall quality of the marriage and the emotional aspect of the relationship. This theory asserts that marital goals serve as the fundamental basis of a marriage and must be achieved in order to attain marital satisfaction. The theory outlines three distinct types of marital goals. First, personal growth goals involve the individual's self-improvement and development within the context of the marriage, with the spouse's support. When these goals are successfully accomplished, a sense of fulfillment is experienced, boosting the spouse's confidence in tackling future challenges. These goals are particularly relevant for young adults who have their lives ahead of them. Second, companionship goals emphasize the emotional bond and meaningful connection between spouses.

These goals center on the need for companionship and mutual support in the relationship. Lastly, instrumental goals pertain to the practical tasks that arise throughout married life, including the utilization of each spouse's physical and mental resources. These goals often involve the division of household responsibilities and efforts. While instrumental support from a spouse can enhance marital quality, an unequal distribution of responsibilities may lead to marital conflict. Li and Fung's (2011) work highlights that marriage is voluntary and based on love and the desire to be together. Marital satisfaction is influenced

by the fulfillment of marital goals, which encompass personal growth, companionship, and instrumental aspects of the relationship. Achieving these goals is crucial for cultivating a satisfying and fulfilling marriage.

The theory of dynamic goal in relation to marital satisfaction suggests that couples adapt their lives to environmental changes by acknowledging their vulnerabilities and responding to stressful events, thereby influencing the stability of their marriage (Li & Fung, 2011). Research conducted by Forry, Leslie, and Letiecq (2017) indicates that wives, irrespective of their ethnicity, often perceive their marital relationships as unfair. In their study, the researchers examined 76 African American and White couples, taking into account elements including perceived injustice, sex role ideology, and marital quality.

The study involved couples who were either recent college graduates or enrolled full-time students. They had been married for an average of nine years, had an average household income of \$63,350, and on average had two children living with them. According to the study's findings, same-ethnic and interracial couples shared a comparable opinion of their spouses' low quality of relationships (Forry, Leslie, & Letiecq, 2017).

However, the study made clear that getting married to someone outside of one's race can have a big impact on both the non-White spouse's and the White spouse's racial identities. The White spouse may even face discrimination from their partners' race. In spite of this, a marriage happens when the worth of the two people who are joining each other surpasses their respective values when they are not joining (Fryer, 2007). As a result, interracial couples and same-ethnicity couples have comparable marriage relationships. However, because interracial couples do not uphold ethnic purity, they may encounter prejudice. Throughout adulthood, dynamic changes occur, and the significance of marital goals evolves accordingly. The prioritization of goals in a marriage can influence interaction patterns, simplifying the achievement of marital satisfaction. Present-day society has increasingly embraced and accepted interracial marriages and their offspring, contributing to the ease of success for such unions. However, it is important to note that societal acceptance and legal recognition of interracial marriages have not always been prevalent.

Gottman Method Theory (Gottman, 1998)

Gottman's theory from 1998 emphasizes the importance of positive interaction and friendship in achieving marital satisfaction and predicting long-term marital stability. The Gottman Method is widely used in couple's therapy and has been supported by extensive research. It provides practical strategies and interventions to help couples build and maintain healthy, fulfilling relationships. Therapists trained in the Gottman Method use various assessment tools, interventions, and exercises to tailor the therapy to the unique needs of each couple.

However, some recent criticism has been raised regarding the generalizability of Gottman's ability to accurately predict divorce, mainly due to the absence of cross-validation analyses (Heyman & Smith-Slep, 2011). In his research, John Gottman, a prominent psychologist and relationship expert, defined marital stability as the ability of a marriage to withstand the test of time and continue to thrive over the long term. He developed the concept of the "Gottman Ratio," which suggests that for a marriage to remain stable and happy, there should be at least five times as many positive interactions and expressions of love and affection as negative ones. Marital stability is associated with a strong foundation of trust, effective communication, emotional connection, and conflict resolution skills within a marriage.

In Gottman's theory (1999), introduces the concept of "sentiment override" within couples. In John Gottman's work, "sentiment override" refers to a psychological phenomenon in relationships where a person's overall emotional state or mood can influence how they interpret and react to their partner's words and actions. This can lead to a distortion in the perception of their partner's intentions and behaviors.

For example, if someone is in a negative or emotionally charged state, they may be more likely to interpret their partner's neutral or even positive actions as negative or hurtful. This distortion can lead to misunderstandings, conflicts, and further deterioration of the relationship.

Gottman's research has shown that couples who experience frequent negative sentiment override are at higher risk for marital problems and instability. Therefore, understanding and addressing sentiment override is crucial for improving communication and maintaining a healthy relationship. Notarius, Benson, Sloane, Vanzetti, and Hornyak (1989) found intriguing gender disparities regarding the validity of this phenomenon in a study that examined positive and negative emotion overrides. They discovered that, in comparison to other spouses, distressed wives were more likely to be negative, to interpret their partner's neutral and negative messages as negative (signalling a negative sentiment override), and to react negatively when given a negative assessment of their partner's previous message.

The criticism of Gottman is the limited focus on individual issues: The Gottman Method is primarily focused on improving the relationship between the couple. Addressing individual issues that may be contributing to broader relationship problems may require additional therapy and other techniques.

Attribution Theory' of Locus of Control (Weiner, 1974)

Attribution theory examines how individuals interpret events and their connection to their thoughts and actions. Heider (1958) was the first to propose a psychological theory of attribution, which suggests that people try to understand why others behave the way they do by attributing causes to their actions. The Attribution Theory of Locus of Control is a psychological concept that explores how individuals attribute the causes of events or outcomes in their lives, and it specifically focuses on the perceived location or locus of control over those events. Locus of control refers to the degree to which individuals believe they have control over the events that happen to them.

The process of attribution involves three stages: first, the person must perceive or observe the behavior; second, they must believe that the behavior was intentional; and third, they must determine whether the behavior was forced by the situation or voluntary on the part of the individual.

Weiner's attribution theory, specifically focused on achievement (Weiner, 1974), identified several key factors that influence attributions in achievement situations. These factors include ability, effort, task difficulty, and luck. Attributions are categorized based on three causal dimensions: locus of control, stability, and controllability. The locus of control dimension involves the distinction between internal and external factors. The stability dimension considers whether the causes of behavior remain consistent over time. For example, ability can be seen as a stable and internal cause, while effort is viewed as unstable and internal. Controllability differentiates between causes that individuals can control, such as their skills or efficacy, and causes beyond their control, such as aptitude, mood, others' actions, and luck.

According to the theory, individuals' perceptions of control can fall on a continuum ranging from an internal locus of control to an external locus of control:

Internal Locus of Control: Individuals with an internal locus of control believe that they have control over their actions and the outcomes they experience. They attribute the causes of events to their own efforts, abilities, decisions, and characteristics. They view themselves as being in control of their own destiny and believe that their actions can influence outcomes.

External Locus of Control: In contrast, individuals with an external locus of control believe that external factors, such as luck, fate, chance, or powerful others, determine the outcomes in their lives. They attribute the causes of events to external circumstances or forces beyond their control. They may feel that they have little influence over their lives and that their actions have minimal impact on the outcomes they experience.

The concept of locus of control was first proposed by Julian B. Rotter, an American psychologist, in the 1950s. Rotter suggested that an individual's locus of control can have significant implications for their motivation, behavior, and psychological well-being.

People with an internal locus of control tend to be more proactive, take responsibility for their actions, and believe in their ability to shape their future. They are more likely to set goals, work hard to achieve them, and persevere in the face of challenges. They also tend to experience higher levels of self-esteem and satisfaction with their lives.

Conversely, people who have an external locus of control could feel more reliant, docile, and powerless. Because they believe their efforts are not having a significant effect on the results they want, they may be more vulnerable to stress, anxiety, and a sense of helplessness.

It's crucial to understand that locus of control is not a binary idea. Individuals may display varying degrees of both internal and exterior locus of control, contingent upon the circumstances or area of their existence. When it comes to scholastic success, for instance, a person might have an internal locus of control, but when it comes to career progress, an external locus of control.

Comprehending a person's locus of control can be beneficial in a variety of settings, including employment, education, therapy, and personal growth. People's ideas about control can be identified and addressed in order to foster self-efficacy, empowerment, and personal development.

Social Learning Theory of Locus of Control (Rotter, 1954)

Rotter and his colleagues (1966) developed the idea of internal versus external control of reinforcement, which stems from Rotter's (1954) social learning theory (SLT) based on heurism principles. The concept emerged as an explanation for why certain individuals tend to disregard the consequences of reinforcement. A "generalised expectancy" is the belief that one's outcomes are more under personal control (internal) or more under the control of external factors (Rotter, 1966). A generalised expectancy was

proposed as the explanation for these people's behaviour, which differs from expected reactions to rewards and penalties (Phares, 1976). SLT is based on the idea that a person's interactions with a relevant environment play a major part in their personality development (Rotter, 1966). Nonetheless, reactions to an objective set of environmental stimuli are not thought to directly determine behaviour. Instead, Rotter (1954) suggests that understanding and studying behaviour effectively requires considering both the individual (including learning paradigms and previous experiences) and the environmental conditions that shape behavior (the various stimuli in the environment to which the individual responds). This integration brings together two main psychological theories, stimulus-response and cognitive theories, in an attempt to explain the complexity of human behaviour. Social learning theory also encompasses the concepts of needs and goals, which play a role in determining behavior and its outcomes. The conduct of an individual is determined by their goals, and the choice of how to proceed with that behaviour is influenced by their own requirements. This viewpoint is in favour of the idea of motivation since it makes the assumption that conduct is motivated by the needs themselves. The underlying principle of Social Learning Theory (SLT) is that human behaviour is malleable, implying that individuals can modify their typical evaluations of causal attributions once they become aware of the connections between behavior and expected outcomes (Lefcourt, 1982). SLT is a useful technique in real-life settings like the workplace since it implies that behaviour may be changed by modifying either the environment (external stimuli) or a person's cognitive processes. SLT also depends on a number of important presumptions. It is rooted in the concept of learned social behavior and follows a "field approach" as defined by Rotter (1966). This approach distinguishes SLT from other psychological theories, such as Freud's (1936) notions of instincts and mental entities, Sheldon's (1942) concept of constitutional types, or the subjective factors that phenomenologist attribute to behavior. However, this does not imply that human behavior cannot be described using alternative frameworks or that learning theory accounts for all the intricacies of human behaviour. SLT theory provides a behavioural prediction model. The behavioural potential, expectancy, reinforcement value, and psychological context are the four main parts of this paradigm. It suggests that all four elements need to be considered in order to correctly forecast behavioural states. The essential premise is that human behaviour changes over time as a result of new experiences that mould new expectations or modify the values a person identifies with reinforcements, even though this necessity complicates behavioural predictions.

For the most part, academic criticisms of the social learning theory are centered around questioning the extent to which an individual can determine their own behavior regardless of their environment, and in light of other factors like biology.

Self-Determination Theory (SDT) of Self-esteem (Deci & Ryan, 2000)

Another perspective on self-esteem comes from self-determination theory (Deci & Ryan, 2000). A fundamental postulation of self-determination theory is that humans have three innate psychological needs: competences, autonomy, and relatedness (Deci & Ryan, 2000). Competence refers to the feelings of effectiveness in interactions with one's environment. Autonomy refers to the feelings that one's behaviour is freely chosen. And last, relatedness is the wish to have ties to other people. The idea contends that circumstances that meet these three demands will encourage self-determined behaviour, or behaviour driven more by the need for autonomy than by outside forces. Higher degrees of well-being are associated with such self-determined activity (Ryan, Deci & Grolnick, 1995).

According to Deci and Ryan (1995), there are two sorts of self-esteem: contingent and true. This distinction is crucial when discussing self-esteem from the standpoint of self-determination theorists. According to this viewpoint, contingent self-esteem is defined as self-worth that varies according to one's ability to achieve particular high standards. One way to characterize contingent self-esteem is as something brittle and unstable that arises from circumstances that do not meet any or all of the three proposed psychological demands. Under these conditions, individuals defensively pursue self-worth by attempting to match themselves to standards that reflect external control or only partial internalization. On the other hand, genuine stable self-esteem represents a person's sense of worth that remains constant regardless of their achievements in circumstances that meet the three needs that have been mentioned; this means that the person does not feel the need to justify their own value, and their authentic self is the source of their behavioral control. According to these scholars, self-esteem is not given prominent emphasis when the three demands are integrated into self-regulation. It is only when these requirements are unmet that the pursuit of self-worth is suggested as a crucial objective. According to Ryan and Deci (2004), an interpersonal theory of self-esteem is insufficient since it implies that the quest for self-worth is only dependent on the fulfillment of relatedness demands. Furthermore, these writers contend that any theory that just views self-worth as a bulwark against anxiety fails to take into account people's innate desire for development.

Some critics argue that SDT oversimplifies the complex nature of human motivation by focusing primarily on autonomy, competence, and relatedness. They contend that other factors, such as cultural influences and personality traits, may play substantial roles in shaping motivation.

Socio-Meter Theory of Self-Esteem (Leary, Tambor, Terdal & Downs, 1995)

The socio-meter theory, which approaches self-esteem from an evolutionary psychological angle, contends that interpersonal connections are measured by socio-esteem. Leary, Tambor, Terdal, and Downs (1995) presented this theoretical viewpoint for the first time, and Kirk Patrick and Ellis (2001) later developed it. The concept of self-esteem as a socio-meter is covered in detail in Leary's research. In response to psychological phenomena such as social emotions, intrapersonal and interpersonal behaviours, self-serving biases, and rejection reactions, this theory was developed. According to this theory, one's ability to monitor acceptance or rejection from others in social interactions and relationships is measured by their level of self-esteem (Leary, 2005). This puts a focus on relational value, which is the importance that an individual places on their relationship with another and how it impacts their day-to-day existence. Numerous studies and researches have confirmed that people are more likely to have higher self-esteem if they are seen as having relationship value. The basic idea behind the socio-meter hypothesis is that an individual's self-esteem system can be used as a barometer to assess the quality of their present and future connections. Additionally, the relational enjoyment of these two kinds of connections is evaluated by this self-esteem scale. Others may see and value the relationships they have with the person in this way. Relational devaluation occurs when there is a negative difference in the appreciation of an individual. Relational devaluation exists in the format of belongingness, with a negative alteration allowing the socio-meter gauge to highlight these threats, producing emotional distress to act to regain relational appreciation and restore balance in the individual's self-esteem (Leary & Baumeister, 2000).

Leary states that there are five primary relational value categories that are categorised as having the biggest effects on an individual.

- 1) Macro-level relationships, such as those found in communities;
- 2) Instrumental coalitions, such as those seen in teams and committees;
- 3) Mating relationships;
- 4) Kin relationships; and
- 5) Friendships.

A study was conducted to determine the degree to which individuals depend on their peers, connections, and outside events to guide their life. The purpose of the study was to divide students into groups for a task based on their assessments. The study was divided into two groups. College students made up both groups, and after submitting, they underwent peer review. The students in the control group made a decision regarding whether they wanted to interact with the person or not. When asked before, some students said they were special or didn't care what other people thought of them. Upon analysis of the data, there was a great deal of diversity in overall self-esteem. People who received a low relationship value and were classified as belonging to the second group (of detachment) showed lower levels of self-esteem. This consequently jeopardized their ability to evaluate the issue. Self-esteem was high in the first group, where there was a strong perceived relational value. This offers some support for the evolutionary explanation of the basic human desire to fit in with the group and the cost that comes with being marginalized in society (Leary, 2005).

Theoretical Framework

The current study is based on the dynamic goal theory, which proposes three types of marriage goals: personal growth goals, instrumental goals, and companionship goals. The achievement of these goals, particularly those assigned higher importance, is the key element influencing marital pleasure, according to the idea. However, there are four essential elements of the dynamic goal theory that explain marital satisfaction. Firstly, individuals have multiple goals they aspire to accomplish in their marriage. Secondly, the relative importance of different marital goals changes over time during adulthood. Thirdly, the satisfaction of the prioritized marital goals during a specific developmental stage determines marital satisfaction. Lastly, external factors can impact marital satisfaction by altering the prioritization of different goals or facilitating the accomplishment of the prioritized goals. The partner's self-esteem plays a role in determining goal achievement, as well as the belief system, specifically the locus of control, which influences the manner in which goals are pursued and attained.

Empirical Review

Self-esteem and Marital Satisfaction

In their study, Zahra, Elham, Mojgan, Mohamad, and Razeze (2013) investigated the connections between women's marital happiness and self-esteem in Najafabad and Fuladshahr, Iran. 757 women (381) who had been married for at least three years—376 in Fuladshahr and 381 in Najafabad—were included in the case study. The results indicate a strong correlation between women's age, the length of their marriage, and their level of marital satisfaction. In general, Fuladshahr women also had greater rates of marital satisfaction. In both locations, it was discovered that there was a positive correlation between self-esteem and marital satisfaction, meaning that higher self-esteem was linked to higher levels of contentment. The results of the multiple regression analysis revealed that the age of the woman, the number of children, the length of the marriage, the number of children, and self-esteem could all explain 0.28% ($R^2=0.28$) of the marital satisfaction among women in Fuladshahr. These factors could also predict 19.5% ($R^2=19.5$) of the dependent variable variations in Najafabad. Claude, Marie-France, Stephane, Caroline, Ghassan, and Yvan (2014) looked at the connection between marital adjustment, certain coping mechanisms, and self-esteem. The sample is made up of 216 participants from 108 couples who finished the ways of coping checklist, the Rosenberg Self-Esteem Scale, and the Dyadic Adjustment Scale. The findings support the existence of a link between men's and women's self-esteem, certain coping mechanisms, and marital adjustment. High self-esteem and marital adjustment are associated with the use of problem-solving strategies and less avoidance as a coping strategy. Furthermore, cross studies reveal a link between a person's sense of self-worth and their spouse's capacity to communicate. At Payam-e-Noor University, Mohammad and Elham (2015) investigated the relationship between working women's marital satisfaction and their feeling of self-worth. The purpose of the 2014 study was to look into the connection between women working at Payame Noor-e-University of Shahre Rey's self-esteem and marital contentment. In it were ninety-four persons. Iranian nationality, marriage for a minimum of one year, and other conditions were required for inclusion; refusal to continue cooperating and responses receiving a score of four out of eight on the Cooper-Smith self-esteem assessment were among the exclusion criteria adjust to married life. These findings' theoretical ramifications are examined. The majority of participants (55.6%) reported a rather modest level of marital satisfaction, according to the results. 92% of the samples showed high levels of self-esteem. The three variables—marital satisfaction, economic status, and sexual satisfaction—were significantly correlated. According to the results of the logistic regression analysis, the likelihood of marital dissatisfaction is nine times higher in individuals with low self-esteem, five times higher in those who have low sexual pleasure, and three times higher in those who are struggling financially. The findings indicate a strong correlation between self-esteem, sexual satisfaction, and economic status and marital discontent. In their 2016 study, Rezvan, Zahra, Maryam, Mirbabaei, and Shima Hosseinpour examined the connections between married university students' levels of optimism, religiosity, and self-esteem and their marital and life happiness. A descriptive study with some correlation was used as the research methodology. Two hundred married students were chosen by simple random sampling to make up the sample group. The results showed that optimism, religiosity, and self-esteem predicted marriage satisfaction rather than life contentment. The strongest correlation between religiosity and marital satisfaction was found.

Erol and Orth (2016) conducted research on romantic relationship quality and self-esteem. The paper reviews the theoretical viewpoints and empirical data regarding the following topics: (a) how people's self-esteem affects the quality of their romantic relationships; (b) how partner self-esteem similarity affects relationship quality; and (c) potential psychological explanations for the relationship's positive correlation. Overall, the data point to the advantages of having a high sense of self-worth in romantic relationships. Moreover, studies employing information from both partners in relationships indicate that having a high sense of self-worth positively impacts the partner's satisfaction in the partnership. Research, however, suggests that a couple's level of relationship happiness is unaffected by how comparable their respective self-esteems are. Further research is necessary to thoroughly understand the mechanisms via which self-esteem leads to a successful relationship, even though evidence suggests that perceived regard and secure bond between the partners explains why self-esteem is good in romantic partnerships.

Qagla (2004) investigated the relationship between locus of control, self-esteem, and marital satisfaction as determinant of sexual satisfaction in a project carried out in Middle East Technical University's graduate school of social sciences. The study's main concerns were group differences in sexual satisfaction, marital satisfaction, locus of control, and self-esteem, as well as determining which predictor variables contribute significantly to the variance in the criterion variable of sexual satisfaction. 200 married people made up the study's sample, which was examined. The groups' levels of sexual and marital satisfaction were shown to be differed by gender, education level, and the interplay of these variables. But the only factor that significantly distinguished the groups on the locus of control was education level. In

addition, the groups' self-esteem was differed by gender and educational attainment. Sexual satisfaction was significantly predicted by marital satisfaction, locus of control, self-esteem, length of marriage, frequency of intercourse, and frequency of orgasms.

The goal of the Jahanshirair and Fahimeh (2016) study was to determine how well mothers in Qaen, Iran, were able to predict their level of marital satisfaction based on their sexual self-esteem (2014). The study included 120 mothers as participants. A multi-stage random sampling method was used to pick 60 mothers with mentally retarded children and another 60 mums with normal children, who were then assigned to case and control groups, respectively. The mothers were chosen using a census. The findings demonstrated that mums of normally developing children had significantly higher levels of marital satisfaction overall, as well as all of its components, than mums of mentally challenged children ($P < 0.05$). Mothers with normal-behaving children showed a significant ($P < 0.05$) improvement in sexual self-esteem and all of its components. Multiple regression analysis revealed that, for mums of mentally retarded and normal children, sexual self-esteem can account for 0.741 and 0.766 of the variance in marital satisfaction, respectively. Therefore, it is advised that mums of intellectually handicapped children undergo marital adjustment training. Additionally, sexual self-esteem training may be one way to improve marital pleasure, particularly for women. Shackelford (2001) examined marital self-esteem. In addition to answering questions about marital satisfaction and conflict, 214 people completed self-evaluations. Two interviewers interviewed couples, evaluating each participant's physical beauty and mate worth on their own. The findings lend credence to the two proposed roles of self-esteem. Among the significant findings are the following: Wives' self-esteem is inversely connected with husbands' criticism of their physical attractiveness and favourably correlated with interviewers' evaluations of their physical beauty. Wives' allegations of abuse and jealousy, as well as their sexual infidelity, are negatively connected with husbands' sense of self-worth.

According to Leary and Baumeister (2000) there are two problems with this theory. First, it doesn't account for many of the established causes and effects of self-esteem. Second, when people are ineffectively coping this would lead to low self-esteem and more avoidance of threats in one's environment.

Locus of Control and Marital Satisfaction

Ganji and Navabinezhad (2012) investigated the connection between marital satisfaction and locus of control. Sixty-two spouses were used as responses. The results of these studies demonstrated a substantial correlation between the couples' internal locus of control and marital satisfaction. In a 2015 study, Masoud and Elham compared the locus of control, emotional intelligence, and attachment patterns of divorcing couples to those of non-divorcing couples. The research's statistical population was made up of all the divorcing couples in Qazvin City as well as all the couples who filed for divorce and were sent to the family court. Ex post facto research was conducted (correlation, causative). For sampling, the convenient sampling method was use because the overall demographic statistics for the study were uncertain, a research sample of 100 divorcing couples and 100 non-divorcing couples was selected. Attached Inventory of Goods the Bar-On Emotional Intelligence-Inventory, the Hazen Shaver, and the Rotter's Locus of Control Scale were among the measurement instruments. Among divorced spouses, there was a significant relationship between emotional intelligence and locus of control (internal and external control) at the significance levels of 0.01 and 0.05. Nonetheless, in no divorcing couples, there was a substantial correlation between emotional intelligence, locus of control, and internal control. There was no discernible difference between divorcing and non-divorcing couples on the locus of control.

Aliyha, Sadaqat, and Muhammad (2013) looked into the connection between a woman's locus of control and her marital adjustment in the city of Gujrat, Pakistan. Using the purposive sampling technique, 140 female teachers in the age range of 22 to 42 were chosen from 13 government secondary schools in the city of Gujrat, Pakistan. The Demographic Information Sheet, the Work Locus of Control Scale [1], and the Dyadic Adjustment Scale [2] were completed by the participants. The association between locus of control and marital adjustment was investigated using the Pearson Product Moment Correlation Coefficient, and the differences in locus of control and marital adjustment according to the respondent's family system were found using the Independent Sample t-test. The locus of control and marital adjustment were shown to be significantly positively correlated, and the respondents' internal and external loci of control were also found to be significantly positively correlated with their marital adjustment. In terms of family system, there was also a noteworthy distinction observed, indicating that respondents from nuclear families had greater differences in locus of control and marital adjustment than respondents from joint families.

The study conducted by Askari and Drshokouh (2012) investigated the connection between a couple's locus of control and marital satisfaction. The research is being conducted using a descriptive, correlation-based methodology. Students at Sari's Islamic Azad University who are married are included in

the statistical population. Sixty-two couples made up the research sample, chosen using a multi-step clustered sampling technique. Research instruments include marital satisfaction (Enrich) and locus of control (Rotter). Deductive and descriptive statistical procedures (such as the t-test, X² square, and agreed correlation coefficient) were used to analyse the data. The results indicated a strong correlation between the couples' internal locus of control and marital satisfaction. The findings also indicated that there is no discernible difference between the couples' levels of marital happiness and their gender, kind of locus of control, or both. According to the research's findings, couples who experience a decline in their level of satisfaction in their marriage tend to place more emphasis on external control. As a result, it is advised to substitute internal control for external control in order to improve marital relationship issues and create a coordinated, alluring, and fulfilling marriage. In 2015, Botello looked into if spouses of veterans suffering from post-traumatic stress disorder (PTSD) as a result of combat could predict their level of marital happiness using the psychological construct of locus of control. It was found that no previous research has examined this association after a thorough literature search. With the help of the family systems theory, this study attempted to compare the reported marital happiness of wives who had an external versus internal locus of control. This study included 111 wives of veterans with PTSD related to combat. They responded to the Duttweiler Internal Control Index, the Kansas Marital Satisfaction Survey, and demographic questions. A multiple linear regression analysis was conducted to determine whether age, years of marriage, number of children, education level, household income, and internal locus of control were predictive determinants of the marital happiness reported by wives of veterans with combat-related PTSD. The results demonstrated that an internal locus of control explained a substantial amount of the variance in marital satisfaction, in contrast to the demographic characteristics, which were not significant predictors of marital pleasure. The study encourages social change by providing an empirical understanding of the connection between locus of control and marital satisfaction in the situations of wives of PTSD veterans.

The results of the study may aid clinicians in better comprehending locus of control and in developing therapeutic treatment plans that take the veteran's locus of control orientation into account, thus enhancing the quality of life for PTSD sufferers. Comparing locus of control and quality of life in married couples with high and poor marital satisfaction was the goal of Solaimani's (2014) study. The study was both causal-comparative and descriptive. Thus, using an intended sample strategy, 30 couples with high and 30 couples with low marital satisfaction were selected. The information was gathered using the two Locus of Control and Quality of Life questionnaires. The study hypothesis was tested using multivariable variance analysis. The locus of control variable showed a considerably lower average score in couples experiencing high marital satisfaction than in those experiencing low marital satisfaction, according to the results. Couples with high marital satisfaction also reported significantly higher life satisfaction than did couples with poor marital satisfaction.

Mostadim (2016) looked at the possibility that a person's degree of marital pleasure could be influenced by their orientation towards control, whether it be internal or external. Could a person's locus of control be a reliable indicator of marital pleasure, according to this study as well? The internal locus of control hypothesis states that those who have an internal locus of control orientation are more likely to report having a high level of marital satisfaction. The findings supported this theory. Research by Gabelman (2012) demonstrated that a person's whole well-being is better served by having an internal locus of control and a high degree of self-differentiation. Researchers intended to demonstrate evidence that a high degree of self-differentiation and an internal locus of control are linked to greater relationship satisfaction by using a sample of patients from a university-based couple and family therapy clinic. Survey data was analysed, and it was discovered that for men, relationship satisfaction was positively correlated with both locus of control and self-differentiation, as well as between the two. The couples in my empirical studies were middle-aged.

Summary of Literature

According to Tianyuan and Fung (2011)'s Dynamic Goal Theory of Marital Satisfaction, one of the main parts of the theory is the objectives people wish to achieve in their marriage.

Gottman (1998) states that positive interaction and friendship is the key to marital satisfaction and prediction to marital stability over time.

Attribution theory of locus of control is concerned with how individuals interpret events and how this relates to their thinking and behaviour (Heider, 1958). Weiner focused his attribution theory on achievement (1974). He identified ability, effort, task, difficulty and luck as the most important factors of attributions theory towards achievement.

Social learning theory is the foundation that builds the development of an individual personality which is highly dependent on interaction with meaningful environment (Rotter, 1966)

Self-determination theory believes that human beings have three innate psychological needs

- ❖ Competence
- ❖ Autonomy
- ❖ Relatedness.

Previous studies (e.g, Zahra, Elhan, Mojgan, Mohamad, and Razeye, 2013) have examined the relationship between self-esteem and marital satisfaction but to the best knowledge of the present Authors/Researchers, none has considered self-esteem and locus of control as joint predictors of marital satisfaction, hence the significance of this study.

Competence: refers to the feelings of effectiveness in interaction with one's environment. Autonomy: refers to the feelings that one's behaviour is freely chosen.

Relatedness: refers to the desire to be connected to others. The theory argues that conditions that are supportive of these needs will foster behaviour that is self-determined or motivated by personal choice rather than external control. Such self-determined behaviour is related to higher levels of well-being (Ryan, Deci & Grolnick 1995). Socio-meter theory is a theory of self-esteem from an evolutionary psychological perspective which proposes that self-esteem is a gauge (or socio-meter) of interpersonal relationships.

This theory was created as a response to psychological phenomenon i.e. social emotions inter-and intra-personal behaviors, self-serving biases, and reactions to rejection. Based on this theory, self-esteem is a measure of effectiveness in social relations and interactions that monitors acceptance and/or rejection from others (Leary, 2005). With this, an emphasis is placed on relational value, which is the degree to which a person regards his or her relationship with another, and how it affects day-to-day life. If a person is deemed having relational value, they are more likely to have higher self-esteem.

Furthermore, earlier in the study, marital satisfaction is the most important issue in marital life which has the highest effect on the stability and failure of couples' lives (Askari, & Drshokouh, 2012). Following this couples usually agree that they will attain their two main goals in the marriage having satisfactory marital relationship and mental agreement with the spouse. Nowadays, achieving marital satisfaction has become a major issue of concern in the lives of most married people. Prior research, as demonstrated by Mohammad and Elham (2015), suggested a positive correlation between increased self-esteem and increased contentment. Additionally, the likelihood of marital dissatisfaction is three times higher in those with poor economic conditions, five times higher in those with low sexual pleasure, and nine times higher in those with low self-esteem than in the general population.

Botello (2015) indicated that a significant positive correlation was found between locus of control and marital satisfaction. Although previous empirical works indicated above state that both self-esteem and locus of control play roles in marital satisfaction for married couples as a whole, the present study is particularly interested in finding if this is true for only middle adult women; since previous works failed to give percentage of roles self-esteem as well as locus of control play in each category of married couples or even for women only. Similarly, the study aims at filling the gap of whether the practical nature of marriage couples enjoy are keen in making self-esteem and locus of control play roles.

RESEARCH METHOD

Participants

Participants in this study were 240 women in middle adulthood in a non-religious marriage seminar organized in Enugu North/Enugu East Local Government Area. Participant's ages ranged from 40-60 years with a mean age of 47.33 and SD of 6.47. According to Hurlock (1968) middle adulthood ranges from 40-60 years. Therefore, purposive/availability sampling approaches were utilised to pick study participants, whereas balloting, purposive sample technique, was used to choose the distribution point and venue. To select the participants, the following control variables such as age, marital status, religion, years of work experience and ethnic group was explored

Instruments

Three Questionnaires comprising of demographic information, particularly sex, age, and gender were used. In this investigation, three instruments were employed. These are the Rosenberg (1968) self-esteem measure, the Hudson (1982) index of marital happiness scale, and the Craig, Franklin, and Andrew (1984) locus of control behaviour scale.

Index of Marital Satisfaction (IMS) (Hudson1982).

A self-report questionnaire called the Index of Marital contentment (IMS) was created by Hudson (1982) to measure marital contentment. This 25-item questionnaire is intended to gauge the extent, gravity, or size of issues

that one spouse or partner believes they are having in their marriage to their partner. Omualabi (1999) revalidated it for use in Nigeria. The objects are scored both directly and in reverse. 2, 4, 6, 7, 10, 12, 14, 15, 18, 22, 24, 25 are the direct score items. Some items have their scores reversed. Its internal consistency according to Cronbach alpha which is .96% After that, respondents circle one of the five response categories, which are numbered and run as follows: (1) Seldom or never, (2) A little sometimes, (3) Some of the time, (4) Good portion of the time, and (5) Most of all the time. Hudson (1982) reported internal consistency of 0.96 and test-retest reliability of 0.96. However, Anene (1994) using Nigerian sample correlated Hudson (1982) index of marital satisfaction with Omuluabi (1994). Marital stress inventory obtained divergent validity of 0.48. He also reported internal consistency of 0.75.

Rosenberg Self-Esteem Scale (RSE) (Rosenberg, 1965)

To examine self-assessment attitudes, the Rosenberg self-esteem scale (RSE) (1965) was employed. The scale is made up of ten items, each with four possible answers on a Likert-type scale. It is possible to get a total score ranging from 10 to 40. Higher scores indicate greater self-esteem. The RSE has proven to be reliable and discriminating (Harter, 1983; Wylie, 1974). Furthermore, preliminary results show that the RSE (Vallieres & Vallerand, 1990) has internal consistency (alpha ranges from .70 to .89), construct validity, and temporal stability (test-retest correlation $r=0.84$, $p<0.001$). The researcher in a pilot study using women in middle adulthood, from Government owned secondary schools e.g. Uwani Girls Secondary School, Urban Girls Secondary School, ($n=101$) Cronbach Alpha of 0.69 was obtained. Convergent reliability of 0.73 was also reported using Hudson (1982) 25 item index of self-esteem scale.

Locus of Control Behaviour Scale (Craig, Franklin & Andrews, 1984)

Locus of control behaviour scale (Craig, Franklin & Andrews, 1984) consists of items designed to measure internality and externality of control. Items are scored on a 6-point Likert format of strongly disagree (0), to strongly agree (5). Sample items in the scale include: I can anticipate difficulties and take actions to avoid them; When I make plans, I am almost certain I can make them work; my life is controlled by outside actions and events; etc. A Cronbach's alpha reliability of internal consistency of .79 was reported by Craig, *et al.* (1984). Previous studies have reported adequate Cronbach's alpha reliability ranging from .75 - .79 (Taiwo, Olapegba & Adejuwon, 2005; Nwankwo, Balogun, Chukwudi & Ibeme, 2012; Abdollahia & Talib, 2014) and a split half reliability of .73 (Ibeagha, *et al.*, 2004). Abdollahia and Talib (2014) also showed a convergent validity by extracting an average variance of .56.

Procedure

The researcher drew participants from population of women in middle adulthood in a non-religious marriage seminar organized in Enugu North/Enugu East Local Government Area using simple random sampling techniques. A letter was obtained from department of Psychology Godfrey Okoye University. The researcher took permission from the organizers of Non-Religious Marriage Seminar (NGO). 250 copies of questionnaire were distributed among the women in middle adulthood using purposive/availability sampling technique. A research assistant was employed in distribution and collection of the questionnaire, participants were assured that responses are voluntary and participants are free to withdraw any time they deem fit. After two weeks 240 copies of the questionnaire were completely filled and retrieved for data analysis, through their co-ordinator.

Design/statistics

Cross-sectional survey design was adopted; is a means of data collection to make inferences about a population of interest (universe) at one point in time. The statistics that was adopted is multiple regressions with the aid of SPSS version (23) because the researcher wants to know the level of interaction between each variable.

RESULTS

The study variables' means, standard deviations, and correlations were calculated from the participant data. After that, multiple regression was used to evaluate the hypotheses, with marital happiness serving as the dependent variable. Models were used to enter the variables into the equation. To account for their potential influence on middle-aged women's marital satisfaction, control variables were included to the first model of the equation. Model 2 of the equation was used to input the locus of control, and Model 3 of the equation was used to enter the internal and external locus of control. Self-esteem was added to the equation's model

4. To see how well the variables predicted marital satisfaction, they were put into models.

Table 1: Means, standard deviations, and correlations for demographic variables, locus of control, internal, external and self-esteem on marital satisfaction

s/ N	Variables	2	3	4	5	6	7	8	9	10	11	12	M	SD
1	M_Satisfact i	.03	.14*	.04	.14*	-.14*	.07	.26***	.20**	.17**	.23***	.22***	50.53	22.54
2	Age	-	.14	-.05	.04	.19**	.20**	.25**	.11*	.09	.13*	.10	47.3	6.47
3	Religion		*					*				3		
3	Religion		-	.47***	.41***	.22**	.03	.43***	.00	-.03	.05	-.06	1.59	6.88
4	Num of Child			-	.21***	-.09	.16**	.19**	-.07	-.07	-.06	.11*	2.37	1.04
5	Marit Status				-	-.07	.26***	.23***	.15**	.12*	.16**	-.03	1.23	.42
6	Occupation					-	-.14*	-.14*	-.05	-.04	-.06	.09	2 .40	81
7	Ethnic Group						-	-.06	.05	.02	.10	-.04	1 .25	.66
8	Years of exp							-	.11	.11*	.09	.00	4.67	5.75
9	Locus of									.97**	.94**	.42**	29.9	10.2
10	Cont									*	*	*	4	5
10	Internal locus									-	.84***	.42***	18.04	6.30
11	External locus										-	.38***	11.91	4.36
12	Self-Esteem											-	27.95	6.41

Note. $N = 451$, $* = p < .05$ (two-tailed), $** = p < .01$ (two-tailed),. Age was coded in years, M_satisfaction = marital satisfaction; Num of Child = number of children; Marit Status = marital status; Year of exp = years of experience; Locus of cont = locus of control. Result of correlation table show that marital satisfaction was significantly related to age ($r = .14$, $p < .05$), marital status ($r = .14$, $p < .05$), occupation ($r = -.14$, $p < .05$), years of experience ($r = .26$, $p < .001$), locus of control ($r = .20$, $p < .01$), internal locus of control ($r = .17$, $p < .01$), external locus of control ($r = .23$, $p < .001$) and self-esteem ($r = .22$, $p < .001$).

Thus, middle adulthood women with high locus (internal) are more likely to report having marital satisfaction. Similarly, increase in self-esteem levels leads to increase in marital satisfaction among women of middle adulthood. Age was significantly related to religion ($r = -.14$, $p < .05$), occupation ($r = .19$, $p < .01$), ethnic group ($r = .20$, $p < .01$), years of experience ($r = -.25$, $p > .001$), locus of control ($r = .11$, $p < .05$), and external locus of control ($r = .13$, $p < .05$). Religion was significantly related to number of children ($r = .47$, $p < .001$), marital status ($r = .41$, $p < .001$), occupation ($r = -.22$, $p < .001$), and years of experience ($r = -.43$, $p < .001$). Number of children was significantly related to occupation ($r = .21$, $p < .001$), ethnic group ($r = .16$, $p < .01$), years of experience ($r = .19$, $p < .01$), and self-esteem ($r = .11$, $p < .05$). Marital status was significantly related to ethnic group ($r = .26$, $p < .001$), years of experience ($r = .23$, $p > .001$), locus of control ($r = .15$, $p < .01$), internal locus of control ($r = .12$, $p < .05$) and external locus of control ($r = .16$, $p < .01$). Occupation was significantly related to ethnic group ($r = -.14$, $p < .05$), and years of experience ($r = -.14$, $p > .05$). Years of experience was significantly related to internal locus of experience ($r = .11$, $p < .05$). Locus of control was significantly related to internal locus of control ($r = .97$, $p < .001$), external locus of control ($r = .94$, $p < .001$) and self-esteem ($r = .42$, $p < .001$). Internal locus of control was significantly related to external locus of control ($r = .84$, $p < .001$) and self-esteem ($r = .42$, $p < .001$). External locus of control was

significantly related to self-esteem ($r = .38, p < .001$).

Table 2: Showing the prediction of ‘marital satisfaction’ from control variables, locus of control (and dimensions) and self-esteem

	R	R2	R2A B	Beta(0)	T
Model 1	.30**	.09**	.09**		
Age				1.44	.03
Religion				-.04	-.01
Number of Chil				-.84	-.04
Marital Status				3.30	.06
Occupation				-2.79	-.10
Ethnic Group				.81	.02
Years of Experi				.98	.25
					3.16**
Model 2					
Locus of Control	.34**	.12**	.03**	.39	.18
					2.47**
Model 3	.36*	.13*	.01*		
Internal Locus				.30	.13
External Locus				1.70	.33
					1.56
Model 4					
Self-Esteem	.40**	.16**	.03**	.74	.21
					2.73**

Note. $N = 451$, * $=p < .05$ (two-tailed), ** $=p < .01$ (two-tailed). **Number of Chil = number of children; Years of Experi = years of experience**

Regression result in table 2 above indicated that amongst the control variables only years of experience significantly predicted marital satisfaction ($\beta = .25, t = 3.16, p < .01$) amongst middle adulthood women. Locus of control ($\beta = .18, t = 2.47, p < .01$) entered in model two of the equation significantly predicted marital satisfaction among middle adulthood women. It made 3% variance in predicting marital satisfaction among middle adulthood women ($R^2 = .03, p < .01$). Thus increase in locus of control (internal) appear to increase marital satisfaction. For the two dimensions of locus of control entered in model three, only internal locus of control ($\beta = .13, t = .63, p < .05$) significantly predicted marital satisfaction among middle adulthood women, but external locus of control ($\beta = .33, t = 1.56$) did not significantly predict marital satisfaction among middle adulthood women. The two dimensions made 1% variance in predicting marital satisfaction among middle adulthood women ($R^2 = .01, p < .01$). Self-esteem was entered last in model four of the equation. Regression result showed that it significantly predicted marital satisfaction among middle adulthood women ($\beta = .21, t = 2.73, p < .01$). Similar to locus of control, it explained 3% of the variation in middle-aged women's marital happiness ($R^2 = .03, p < .01$). This implies that the higher the level of self-esteem a middle adulthood woman has, the more marital satisfaction she will report having.

Summary of Findings

1. In the correlation result marital satisfaction was significantly related to control variables (age, occupation, years of experience), locus of control (and dimensions internal and external) and self-esteem.
2. Locus of control significantly predicted marital satisfaction among women in middle adulthood. Dimensions of locus jointly predicted, marital satisfaction.
3. Amongst the two dimensions of locus of control, only internal locus of control significantly predicted marital satisfaction among women in middle adulthood.
4. Self-esteem significantly predicted marital satisfaction among women in middle adulthood.

DISCUSSION

The study's first hypothesis, that self-esteem will strongly predict marital satisfaction among women

in middle adulthood, was confirmed, and so the hypothesis was accepted, as a rise in self-esteem level increased marital satisfaction. This study shows that married women in their middle adulthood who have a good and important sense of self are more likely to be satisfied in their marriage. Self-esteem is a psychological variable that plays an important role in the lives of people such as women in middle adulthood.

Focusing on the couples' self-esteem could result in increasing their marital satisfaction and improving the families' efficiency in the end. According to Cohen, Geron, and Farchi (2009) self-esteem is a factor that is effective in women marital satisfaction rate compared to men. Many studies, practitioners, and ordinary people feel that a couple's self-esteem can influence marital pleasure.

According to Mark *et al.*, (1999) in socio-meter theory self-esteem is often over attributed and misperceived in society as the driving force behind many behaviors. The present finding is in agreement with the theory, hence they proposed, however, that self-esteem evolved to monitor one's social acceptance and is used as a gauge for avoiding social devaluation and rejection. The socio-meter hypothesis assumes that self-esteem evolved to alert individuals as to whether or not they might be rejected or excluded from some social group (Leary, Tambor, Terdal, & Downs, 1995).

The second hypothesis tested in the study was that internal locus of control will significantly predict marital satisfaction. The findings of the present study partially confirmed the hypothesis indicating that locus of control (internal) played a major role in predicting marital satisfaction among women in middle adulthood. According to Rotter (1966), individuals with an internal locus of control feel in charge of their life and have power over events, whereas those with an external locus of control think that their life and its events are determined by outside forces like fate and chance. Furthermore, research suggests that locus of control, particularly internal locus, is important because a sense of control over one's surroundings is a psychological resource that is beneficial to one's health and well-being. Women in their forties who have an internal locus of control believe they can affect the events in their married relationships and, to a large extent, their consequences (Cummings & Swickert, 2010). This relates to Rotter's question about how much people believe they have control over events in their lives. According to Rotter, reinforcements such as rewards and penalties drive behaviour (Kormanik & Rocco, 2009). People build and believe in contingencies such as incentives and punishments to explain what drives their actions (Kormanik & Rocco, 2009). They influence people's attitudes and behaviours. As a result, an individual's locus of control orientation depends on whether they think their actions have an internal control orientation or an external control orientation, which is influenced by influences outside of their control (Kormanik & Rocco, 2009). Given that a higher internal locus of control is frequently seen as desirable, internal locus of control implies that a middle-aged woman has control over the things she can influence. This is psychologically healthy (Ng, Sorensen, & Eby, 2006). Middle-aged women who possess an internal locus of control may be perceived by others as self-assured, capable, or resolute. According to certain theories, people become more inward-looking as they get older (Grey-Stanley *et al.*, 2010). This has been shown to improve marital connections. The findings corroborate Tianyuan and Fung (2011)'s (2011) position in dynamic goal theory of marital satisfaction that marital goals - the goals people wish to achieve in their marriage - are the essential ingredients in dynamic goal theory of marital satisfaction. The most important factor of marital satisfaction is if marital goals, particularly prioritized ones, are met in the marriage. Those elements like locus of control influence marriage pleasure by either shifting the priority of distinct marital goals or by making it easier to attain the prioritised marital goals.

Implications of the Findings

The present study has some practical implications for the society and especially married persons. First high self-esteem was found to be a good factor in determining marital satisfaction. Women in their forties who have the capacity for acceptance, tolerance, self-respect, and personal happiness with themselves will achieve their marital satisfaction goals. Women in their forties who have the capacity for acceptance, tolerance, self-respect, and personal happiness with themselves will achieve their marital satisfaction goals. A positive view of oneself empowers women to stay positive in their marriage and build on them, instead of thinking/focusing more on challenging factors in their marriages. Self-esteem boosts the self-worth and morale, thereby making women in middle adulthood to value their marriage as the best. Women in middle adulthood which is a significant point in the lives of every woman comes with opportunities such as gaining more connections, learning more about marriage, seems high self-esteem is crucial in achieving them. Also, high self-esteem makes women in middle adulthood more proactive especially in understanding their spouse and challenges they have. It makes them more assertive in their relationship which enables them to build their marriages without having issues with their spouse.

The findings equally showed that women in middle adulthood with internal locus of control enjoy

more marital satisfaction. They are able to understand and control what happens in their marriage and feel happy. This is due to the fact that married adult women with an internal locus of control are confident, in control, or determined in their marriages. Women tend to become more internal as they progress through the interpersonal patterns of middle adulthood.

Middle adulthood women with internal locus of control, holds their marriage secure and avoid problems that may be coming from outsiders. Hence, internal locus of control is a psychological asset needed to improve marriages. It keeps married people from being prone to outside influences that cause marital dissatisfaction.

Limitations of the Study

The study like every other research is not without limitations. First, the findings are limited to only married women in middle adulthood. Therefore, the finding may not be significantly generalized to married women outside the present population. The study could provide reasons why lower self-esteem, as well as external locus of control could not predict marital satisfaction of married middle adulthood women. The sample size equally limited the present study. Although the participants are the samples of interest in the study, the size and scope/location with which the participants were drawn limited the study. Because of the small sample size.

Suggestions/Recommendations for Further Studies

Following the limitations highlighted for the study, the following suggestions are made to guide further studies interested in same variable - marital satisfaction as this. Future researchers on this variable may consider involving young adulthood women, and late adulthood women alongside middle adulthood women to be able to make comparisons in findings, and establish the true nature of marital satisfaction existing among married women. The sample size and location of participants should be increased to enable better generalization and far reaching interpretations of result implications. Further studies may involve other research techniques such as interviews that would enable the women to give real life experiences.

Further researchers may equally consider involving other variables such as; resilience, grit, health self-efficacy, religiosity. More so, there is need for longitudinal studies in this type of population.

Conclusion

Marital satisfaction has remained the most important issue in marital life which has the highest effect on the stability and failure of couples' lives. Scholars indicated that it is influenced by the type of locus of control an individual particularly a middle adulthood women has as well as self-esteem levels. Middle adulthood women with capacity for acceptance, tolerance, self-respect and personal satisfaction with regards to one's self will achieve their marital satisfactions goals, and that high self-esteem empowers them to see positives in their marriage and build on them, instead of thinking/focusing more on challenging factors in their marriages.

Women in their forties and fifties who have an internal locus of control are confident, in control, or determined in their marriages. As a result, as they progress through relational structures, they tend to become more internal.

REFERENCES

- Abdollahia, A., & Talib, M. A. (2014). To examine the relationship between emotional intelligence, locus of control and smoking in adolescence. *The Social Sciences*, 9(3), 157-162.
- Abubakar, H.S. (2016). Sex, family and marital counselling. *Unpublished Lecture Manuscript*, Department of Educational Foundations, Faculty of Education and Extension Services, Usmanu Danfodiyo University, Sokoto.
- Ackerman, R. A., Witt, E. A., Donnellan, M. B., Trzesniewski, K. H., Robins, R. W., & Kashy, D. A. (2011). *What Does the Narcissistic Personality Inventory Really Measure? Assessment* 18(1)67-87 DOI: 10.1177/1073191110382845
- Adejare, T.A., Okolie, B.O., Musa, T., Shehu, N. & Dalhatu, H. (2019). Marital satisfaction and stability: Efficacy of counselling. *International Journal of Research and Innovation in Social Science (IJRISS)*, 3(2), 315-321.
- Aliyha, G., Sadaqat, G., & Muhammad, S., (2013/ Role of locus control in marital adjustment among school teachers: A study of working women in Gujrat-Pakistan. *World Applied Sciences Journal*, 25(4), 694-698.

- Amato, P. R. (1993). Children's adjustment to divorce: Theories, hypotheses, and empirical support. *Journal of Marriage and the Family*, 23-38.
- Anderson, N. B. (2010). Retrieved from website:472.<http://dx.doi.org/10.1016/j.sbspro.2012.01.165>
- Anene, R.N (1994) *A comparative analysis of marital stress*. Unpublished Bsc Thesis, Department of Psychology, University of Lagos
- Anthony, D. B., Holmes, J. G., & Wood, J. V. (2007). Social acceptance and self-esteem: Tuning the socio-meter to interpersonal value. *Journal of Personality and Social Psychology*, 92(6), 1024-1039
- Anthony, D. B., Wood, J. V., & Holmes, J. G. (2007). Testing socio-meter theory: Self-esteem and the importance of acceptance for social decision-making. *Journal of Experimental Social Psychology*, 43(3), 425-432.
- Askari, A. G., & Drshokouh, N. (2012). The relationship between locus of control and marital satisfaction of couples. *Life Science Journal*, 9(4), 294-298.
- Askarian Omran S, SHaikha-Leslami F, Tabri R, Kazemnejad lili E, Pariad E, (2016). Role of Career factors on Marital Satisfaction of Nurses: Nursing & Midwifery Community.
- Azimi, R. (2001). *Examining the relationship between self-esteem and stress among teachers in Kermanshah* (Master thesis, School of Management and Planning. Tarbiat Modarres University).
- Bakhshipoor, P., & Amerian, A. (2005). The relationship between life satisfaction and social support and mental health in college students. *Journal of Mental Health*, 7(28), 12-23.
- Baltatescu, S. (2003). *Psycho-social approaches towards satisfaction and happiness (pp.3-5)*. *Life Quality*, XIV, No. 2, Oradea: University of Oradea Publishing.
- Baumeister, R.F., & Bushman, B. (2008). *Social psychology and human nature (1st Edition)*. Belmont, CA: Wadsworth.
- Bird, G., & Melville, K. (1994). *Families and intimate relationships*. London: McGraw-Hill, Inc.
- Claude, B., Marie-France, D. S., Stephane, S., Caroline, D., Ghassan, E. B., & Yvan, L. (2014). Self-esteem, coping efforts and marital adjustment. *Journal of Psychology*, 10(4), 660-671, doi:10.5964/ejop.v10i4.807
- Cohen, O., Geron, Y., & Farchi, A. (2009). Marital quality and global well-being among older adult Israeli couples in enduring marriages. *The American journal of family therapy*. 37, 299-317.
- Coombs, R. H. (1991). Marital status and personal well-being: A literature review. *Family relations*, 97-102.
- Craig, A. R., Franklin, A. J., & Andrews, G. (1984). A scale to measure locus of control behavior. *British Journal of Medical Psychology*, 57, 173-180.
- Crowe, M., & Reedly, J. (2000). *The applied couple therapy -with systemic- behavioural procedure*. Translation by Ashraf al sadat Mousavi. Mehr Kaviyan publications.
- Cumming, S. M. (1997). *Fathers in family context: effects of marital quality on child adjustment in the role of the father in child development*. 1st. Ed. New York: John Wiley and sons; 1997. pp.: 863-891.
- Demo, D. H., & Acock, A. C. (1996). Singlehood, marriage, and remarriage: The effects of family structure and family relationships on mothers' well-being. *Journal of Family Issues*, 17(3), 388-407.
- Emily, A.S. & Todd, K.S. (2015). Marital Satisfaction. Retrieved from: DOI:<http://dx.doi.org/10.4135/9781412956253.n323>
- Emily, G. (2012). The effects of locus of control and differentiation of self on relationship satisfaction.
- Erol, R. Y., & Orth, U. (2013). Actor and partner effects of self-esteem on relationship satisfaction and the mediating role of secure attachment between the partners. *Journal of Research in Personality*, 47(f), 26-35. Doi:10.1016/j.jrp.2012.11.003
- Erol, R. Y., & Orth, U. (2013). Actor and partner effects of self-esteem on relationship satisfaction and the mediating role of secure attachment between the partners *Journal of Research in Personality*, 47(1), 26-35. <http://dx.doi.org/10.1016/j.jrp.2012.11.003>
- Eryilmaz, A., & Atak, H. (2011). Investigation of starting romantic intimacy in emerging adulthood in terms of self-esteem, gender and gender roles. *Educational Sciences: Theory & Practice*, 77(2), 595-600.
- Fatemeh, S. (2014). Comparing control locus and quality of life in couples with high and low marital satisfaction. *Journal of Life Science and Biomedicine*, 4(2), 131-134.
- Fincham, F.D., & Beach, S.R. (2010). "Marriage in the New Millennium: A Decade in Review." *Journal of Marriage and Family*, 72: 630-49.
- Fisher, T. D., & McNulty, J.K. (2008). Neuroticism and marital satisfaction. The mediating role played by the sexual relationship. *Journal of Family, psychology*, 225, 112, 122.
- Glasser, W., & Glasser, C. (2007). *Eight lessons for happier marital life*. Translation by Mehrdad

- Firouzbakht, Tehran, Virayesh publications, 111-115.
- Gray-Stanley, J. A., Muramatsu, N., Heller, T., Hughes, S., Johnson, T. P., & Ramirez- Valles, J. (2010). Work stress and depression among direct support professionals: the role of work support and locus of control. *Journal of Intellectual Disability Research*, 54(8), 749-761.
- Griffin, D. P. (2014). Locus of Control and Psychological Well-Being: Separating the Measurement of Internal and External Constructs —A Pilot Study. *EKU Libraries Research Award for Undergraduates*.2.<http://encompass.eku.edu/ugra/2014/2014/2>
- Hewith, J. P. (2005). The Social Construction of Self Esteem. In Snyder, C. R. & Lopez, S. J. (Eds) *Handbook of Positive Psychology* (Pp. 155-148) New York: Oxford University.
- Hosogi, M., Okada, A. & Fujii, C. (2012). Importance and usefulness of evaluating self-esteem in children. *BioPsycho Social Medical*, 6(9), 23- 30.
- Howard, S. P. (2000). Spousal bereavement in older women: The impact of self-esteem and retrospective reports of marital satisfaction and marital support on adjustment [Abstract]. *Dissertation Abstracts International: B. The Sciences and Engineering*, 60, 4226. <http://dx.doi.org/10.1016/j.irp.2014.08.007http://www.apa.org/news/press/releases/stress/national-report.pdf>
- Hudson, W. W. (1982). *Index of marital satisfaction. The clinical measurement package: A field manual*. Chicago: Dorsey Press
- Hussani, M., & Adejare, T.A. (2021). Marital instability as perceived by married academic staff of Shehu Shagari College of Education, Sokoto: Implications for marital counselling. *International Journal of Humanities and Social Science Invention (IJHSSI)*, 10(7), 9-15.
- Ibeagha, P. N., Balogun, S. K., & Adejuwon, G. A. (2004). Resilience of inner-city Yoruba university undergraduates in South Western Nigeria. *ATwraZ-Rq/ Studies of Tribes and Tribals*, 2(2), 125-129.
- Jahanshir, T., & Fahimeh, R.N. (2016). Sexual self-esteem as a predictor of marital satisfaction in mothers with normal or mentally retarded children. *International Journal of Life Science & Pharma Research*, 1, 1-8.
- Jesus, B. (2005). *Combat-related posttraumatic stress disorder: Locus of control and marital satisfaction*
- Johnson, Background, Sorlie & Loveness (2000). *Marital Satisfaction & Family life* Oxford University.
- Klonowicz, T. (2001). Discontented people: reactivity and locus of control as determinants of subjective well-being. *European Journal of Personality*, 15, 29-47.
- Kwon, D. O. (2001). The relationships between marital satisfaction, self-esteem, and Bowen's differentiation of self [Abstract]. *Dissertation Abstracts International: B. The Sciences and Engineering*, 61(12-B), 6710.
- Leahy (Ed.), *The development of the self* (pp. 205-246). New York, NY: Academic
- Leary, M. (2000). The nature and function of self-esteem: Socio-meter theory. Burlington: Elsevier.
- Leary, M. R., Tambor, E. S., Terdal, S. K. & Downs D. L. (1995). Self Esteem as an Interpersonal Monitor. The Sociometer Hypothesis. *Journal of Personality & Social Psychology* 68 (3) Pp 518-530.
- Leary, M. R. (1999). Making sense of self-esteem. *Current directions in psychological science* 8(1), 32-35. doi:10.1111/1467-8721.00008
- Leary, M. R. (2003). Interpersonal aspects of optimal self-esteem and the authentic self. *Psychological Inquiry*, 14(1-1), 52.
- Lippes, T. E. (1999). Mutuality in marriage: The self-esteem connection. A self-in-relation analysis (Abstract). *Dissertation Abstracts International: B. The Sciences and Engineering*, 59(9-B), 5095.
- Lu, A., Hong, X., Yu, Y., Ling, H., Tian, H., Yu, Z., & Chang, L. (2015). Perceived physical appearance and life satisfaction: A moderated mediation model of self-esteem and life experience of deaf and hearing adolescents. *Journal of Adolescence*, 39, 1-9. <http://dx.doi.org/10.1016/j.adolescence.2014.11.005>
- Lu, M., Yang, G., Skora, E., Wang, G., Cai, Y., Sun, Q., & Li, W. (2015). Self-esteem, social support, and life satisfaction in Chinese parents of children with autism spectrum disorder. *Research in Autism Spectrum Disorders*, 17, 70-77. <http://dx.doi.org/10.1016/j.rasd.2015.05.003>
- Lung, Tang (2014). Marriage of Inanna and Dumuzi. *Ancient History Encyclopaedia*.
- Maciver, J.E. & Dimkpa, D.I. (2012). Factors influencing marital stability. *Mediterranean Journal of Social Sciences*, 3 (1), 33-43.
- Maizaic KH, Karimi KH, Shayryari P. (2014). Employment on Marital Satisfaction of Men.
- Masoud, H., & Elham, Kia. (2015). The relationship between attachment styles and emotional intelligence

- and locus of control in couples applied for divorce compared with that of non-divorcing couples. *International Journal of Academic Research in Business and Social Sciences*, 5, 7. DOI: 10.6007/IJARBS/v5-i7/1719 URL: <http://dx.doi.org/10.6007/IJARBS/v5-i7/1719>
- Minev, M., Petrova, B., Minava, K., Petkova, M. & Strebkova, S. (2018). Self-Esteem in Adolescents. *Trakia Journal of Science*, 2(1), 114-118.
- Moghadam S, Askari F, Marouzi P, Shams H, Tahmasbi S, (2012). Comparison of Marital Satisfaction in house wives and employed women & their husbands.
- Mohammad, E. T., & Elham, K. (2015). Relation between self esteem with marital satisfaction of employed women in Payam-e-Noor university. *Mediterranean Journal of Social Sciences*, 6, 6 S6 Doi:10.5901/mjss.2015.v6n6s6p41
- Ng T. W. H., Sorensen, K. L., & Eby, L. T. (2006) Locus of control at work: A meta-analysis. *Journal of Organizational Behaviour*, 27(8), 1057-1087. doi: 10.1002/job.416
- Noronha, L., Monteiro, M. & Pinto, N. (2018). A study on the self-esteem and academic performance among the students. *International Journal of Health Sciences and Pharmacy*, 4(8), 12-33.
- Nwankwo, B. E., Balogun, S. K., Chukwudi, T. O., & Ibeme, N. C. (2012). Self-esteem and locus of control as correlates of adolescents well-functioning. *Journal of Arts and Social Sciences*, 9(11), 214-228.
- Oliya, N. F., & Maryam, B. F. *Teaching of marital life enrichment*. Tehran Danzheh publications, 18-29.
- Omualabi, P. F. (1994). *Psychosocial causes and remedies of single parenthood*. Paper presented at the first APQUEN conference, Enugu.
- Oprisan, E., & Cristea, D. (2012). A few variables of influence in the concept of marital satisfaction. *Procedia-Social and Behavioral Sciences*, 33, 468
- Oprisan, E., & Cristea, D. (2012). A few variables of influence in the concept of marital Satisfaction. *AweJzTz - Social and Behavioral Sciences*, 33, 468 - 472
- Pakravan, E., Haghayegh, S., Nshatdoust, H. & Molavi, H. (2014). Efficacy of problem solving method on the marital satisfaction and psychological profile of the couples of Brojen city. *Culture counseling*. 4(16):15–31.
- Peterson, J. L., Bellows, A., & Peterson, S. H. (2014). Promoting connection: Perspective taking improves relationship closeness and perceived regard in participants with low implicit self-esteem. *Journal of Experimental Social Psychology*, 56, 160-164. <http://dx.doi.org/10.1016/j.jesp.2014.09.013>
- Qagla, B. (2004). *An exploration of marital satisfaction, locus of control, and self-esteem as predictors of sexual satisfaction a thesis submitted to the graduate school of social sciences of Middle East technical university*.^ thesis submitted to the graduate school of social sciences of Middle East Technical University.
- Rajabi G, Sarvestani T, Aslanikh, Khojastemehr R, (2013). Predictors of Marital Satisfaction in Married Female Nurses.
- Rezvan, H., Zahra, D. B., Maryam, S. M. G., & Shima, H. (2016). Relationship between Optimism, Religiosity and Self-Esteem with marital Satisfaction and life satisfaction. *Journal International Education Studies*, 9, 6.
- Ronald, M. S. (1986). Locus of control, locus of control differences, and quality of relationship in married dyads. *Psychological Reports*, 58, 939-945.
- Rosenberg, M. (1985). *Self-concept and psychological well-being in adolescence*. In R. Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.
- Ross, C. E. (1991). Marriage and the sense of control. *Journal of Marriage and Family*, 53(4), 831-839.
- Ruth, Y. E., & Ulrich, O. (in press). Self-esteem and the quality of romantic relationships/ropeow *Psychologist* (in press).
- Ryan, M. R. & Deci, E. L. (2004). Avoiding death or Engaging Life as Accounts of Meaning and Culture: Comment on Pys2c2ynski et al; (2004) *Psychological Bulletin*, 130 (3), pp 473-477.
- Schaffhuser, K., Wagner, J., Liidtko, O., & Allemand, M. (2014). Dyadic longitudinal interplay between personality and relationship satisfaction: A focus on neuroticism and self-esteem. *Journal of Research in Personality*, 53, 124-133.
- Sciangua, A., & Morry, M.M. (2009). Self-esteem and perceived regard: How I see myself affects my relationship satisfaction. *Journal of Social Psychology*, 149(2), 143-158.
- Shackelford, T. K. (2001). Cohabitation, marriage and murder, woman-killing by male romantic partners *Aggressive behaviour*, 27, 284-291.

- Shanavas, P., & Venkatammal, P. V. (2014). A study on determinants of marital *ab\us\mcnt*. *Online International Interdisciplinary Research Journal*, 4(4), 1-24.
- Sinha, A. K. (1985). Job satisfaction: A study of the bank employees. *Journal of Industrial Relations*, 21, 62-65.
- Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family*, 38, 15-29.
- Spector, P.E. (1988). Development of the work locus of control *scale*. *Journal of Occupational Psychology*, 61, 335-340.
- Taiwo, A. O., Olapegba, P. O., & Adejuwon, G. A. (2005). Psychosocial factors associated with smoking behaviour among secondary school students in Ibadan metropolis. *African Journal for the Psychological Study of Social Issues*, 8, 264-279.
- Todd, K. S. (2001). Self-esteem in marriage. *Personality and Individual Differences*, 30, 31\|- 390.
- Tolorunleke, C. (2014). Causes of marital conflicts amongst couples in Nigeria: Implication for counseling psychologists. *Procedia - Social and Behavioural Sciences*, 140, 21 – 26.
- Understanding State Status on Minimum Marriage age & Exception Law Retrieved 27th May, 2017.
- Weiner, B (1985). An attributional theory of achievement-related emotion and motivation. *Psychological Review* 29, 548-573
- Weiner, B (2006). *Social Motivation, Justice and the Moral Mahwah, NJ; Eribaum*
- Williams, K., & Umberson, D. (2004). Marital status, marital transitions, and health: A gendered life course perspective. *Journal of Health and Social Behavior*, 45, 81-98; doi: 10.1177/002214650404500106
- Zahra, Y., Elham, Naseri, M. S., Mohamad, K., & Razeye, A. (2013). Relationships between Self-Esteem and Marital Satisfaction among Women. *Psychology and Behavioral Sciences*. 2, 3, 124-129. doi: 10.11648/j.pbs.20130203.17
- Zaice T, Jamatiy, Mbasheri E, Taghavi T, Abdollahi H, Modanloo M, et al (2014). *The relationship between Marital and Sexual Satisfaction among Married Women Employees*. Golestan University of Medical Sciences, Iran.
- Zandipour, T., Momeni, J. M. (2011). A study on the relationship between marital satisfaction and job satisfaction among employees of sewage water company in Tehran. *Quarterly Journal of Career & Organizational Counselling*, 3 (7), 113-29.
- Zarea B, Safyari Jafarabad H, (2015). *Relationship between affecting factors on Marital Satisfaction among Married Men and Women*.