WORLD WIDE JOURNAL OF
MULTIDISCIPLINARY RESEARCH AND
DEVELOPMENT

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Counselling Strategies for Marital Stability in Homes in Enugu State

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Abstract
The study examined the counselling strategies for marital stability in homes in Enugu State. Two research questions were raised to guide the study while two null hypotheses were formulated and tested at .05 level of significance. Descriptive survey research design was adopted for the study. The population was 4986 (901 males and 4085 females) married secondary school teachers out of the 8116 teachers in Enugu State. The researcher used simple random sampling technique to draw 499 married teachers (90 males and 409 females) from 4986 married secondary school teachers in Enugu State. The instrument for data collection for this study was a researcher structured questionnaire titled "Counselling Strategies for Marital Stability in Homes Questionnaire (CSMSHQ)". The instrument went through a validation process by three research experts. Two of the research experts were from the Department of Guidance and Counselling while one of them was from the Department of Mathematics and Computer Education (Measurement and Evaluation unit), all from Faculty of Education, Enugu State University of Science and technology (ESUT), Enugu. The result of the trial test was used to determine the internal consistency reliability of the instrument using Cronbach Alpha reliability estimate. The reliability coefficients for the various clusters are .81, and .81, for clusters 1, and 2, respectively. The overall reliability coefficient of the instrument is .81 which makes the instrument reliable and considered appropriate for data collection for the study. The researcher used mean scores, cluster mean and standard deviation in answering the five research questions. The interpretation of the test of hypotheses was based on the significance (sig.) values from the SPSS output using t-test statistic. The findings of the study showed that behavioural counselling, and cognitive behavioural strategies are effective for marital stability in homes in Enugu State. Based on the findings, the study recommended that family counsellors should organize workshops, seminars and conferences, whereby, couples would be sensitized on counselling strategies for the stability of home and help in empowering families for sustainable healthy lifestyles. Couples should also visit family counsellors when they need help.

Keywords: Counselling, Strategies, Marriage, Marital Stability, Homes.

Introduction
Marriage is considered a sacred state intended to create a unique lifelong partnership, blending the husband and wife into a harmonious union as one entity. It is expected that both partners will support each other, fostering a strong mutual understanding that nurtures trust between them (Nnadozie, 2014). Abubakar (2016), stated that marriage is a culturally accepted bond between one man and one woman (monogamy), one man and multiple women (polygamy), or one woman and multiple men (polyandry). In these unions, there is societal approval for sexual relations between the married individuals of opposite genders, with the expectation of bearing children from the relationship. Tolorunleke (2014), emphasized that marriage should be a thrilling and enriching journey, with the connection between spouses meant to improve as time passes, whether it be days or years. The foundation of a successful and enduring marriage hinges on effective communication, mutual respect, shared values, and a commitment to resolving challenges together. A study conducted by Teibowei (2011), discovered a disturbing trend in Enugu State, where divorce rates are on the rise, with four out of every ten marriages ending within the first two years and five out of ten marriages

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breaking up within the first four years. Factors such as conflicts and disappointment between spouses often contribute to the breakdown of marriages and unstable homes. However, marital counselling strategies may be necessary to promote stability within households.

Counselling addresses the unique needs of individuals and is a professional service that relies on scientific principles to conduct effective sessions with clients. According to Egbo (2013), counselling serves as a method for assisting individuals in adapting to their surroundings. It is seen as a personalized and intimate conversation between a person facing emotional, social, educational, physical, or vocational challenges and a professional counsellor (Oluka and Okorie, 2014). In the words of Fareo (2015), counselling is defined as a profession that aids troubled individuals in feeling and behaving in a more satisfying manner through interactions with a counsellor who offers services that encourage the client to develop behaviours that enable them to better cope with themselves and their environment. Counselling is a process that helps individuals enhance their self-awareness and their relationships with others (Okeke in Akuezuilo, Uzoekwe, and Obineli, 2012). Nevertheless, the focus of the current study is on marital counselling.

Marital counselling deals with personal and confidential issues within married couples that are not suitable for public discussions. According to Shanmugavelu and Arumugam (2020), marital counselling, also known as couples therapy, is a form of psychotherapy conducted by licensed therapists. It serves as a psychotherapeutic approach aimed at resolving issues within a married couple or long-term partners (Siji and Rekha, 2018). Siji and Rekha (2018), further suggested that marital counselling encompasses a wide range of technical interventions to reduce discord in marital relationships. The primary objectives of marital counselling typically revolve around resolving immediate issues and providing emotional support to the spouses while boosting their self-esteem and optimism. This process assists married couples in making informed decisions, bridging differences, and improving communication between them (Akuezuilo, Uzoekwe and Obineli, 2012). The primary goal of marital counselling is to address and resolve issues and conflicts experienced by spouses within a therapeutic setting. However, disagreements and conflicts within marriage can also serve as significant stressors that impact household stability. According to Gabbard and Beck (2015), there are various types of marital counselling approaches, including imago, Gottman method, behavioural approach, Ellen Wachtel's approach, cognitive-behavioural, discernment, psychodynamic, solution-focused, and emotionally focused methods. Nevertheless, for the purposes of this study, the researcher focused on the following marital counselling strategies: behavioural approach, and cognitive-behavioural approach. These counselling strategies mentioned above could play a crucial role in fostering stable and harmonious households.

Behavioural counselling is a therapeutic approach that focuses on identifying and modifying specific behaviours in order to improve a person's mental health and overall well-being. Behavioural counselling is a form of marital counselling that involves eliminating behaviours and habits that are destructive, unhealthy, or undesirable in the home (Demirbilek, 2016). It is based on the principles of behavioural psychology, which emphasize the role of learning and conditioning in shaping behaviour. Meanwhile, behavioural counselling is often used to address a wide range of psychological and emotional issues, including anxiety, depression, phobias, addiction, and relationship problems. Behavioural counselling flows out of the assumption that behavioural changes borne out of the interaction between marriage couples in therapy aid in producing sustainable positive attitudes in the thought, behaviour, and emotional patterns of individuals in the marital relationship (Granholm, 2015). Behavioural counselling theories hold that people engage in problematic thinking and behaviour when their environment supports it. Behavioural counselling can be a valuable approach to improving marital stability in homes. Marital stability refers to the ability of a married couple to maintain a healthy, fulfilling, and lasting relationship. According to (Granholm, 2015), It involves shaping behaviour by reinforcing positive behaviours that promote stability and satisfaction, while discouraging behaviours that foster negativity in marriages. The behavioural aspect of marriage counselling focuses on the fact that individual behaviour is learnt in the family and maintained through the use of previous reinforcers and behaviour changes (Demirbilek, 2016). Heidari, Ghamari, Jafari, and Armani (2021), conducted a study and found that behavioural counselling can be used as a treatment choice for improving family stability. Interpersonal relationship in marriages has been found to be a marital issue that can either enhance or mar marital life. It is on this aspect that cognitive behavioural counselling might be important for couples.

Cognitive-Behavioural Counselling (CBC) is a therapeutic approach that combines principles from cognitive-Behavioural Therapy (CBT) with techniques specifically designed for couples. It is a type of psychological services for couples whose interpersonal problems and barriers and their unconsciousness of appropriate behavioural practices have prevented their shared life satisfaction (Sher, 2011). It is a structured and goal-oriented form of couples' therapy that focuses on helping couples identify and change negative patterns of thinking, feeling, and behaving that contribute to relationship problems. It is an approach with robust empirical foundations established to alleviate relationship problems, address individual challenges in relationship and assist married couples (Fischer, Baucom and Cohen, 2016). The objectives of the cognitive-behavioural marital therapy are to increase relationship satisfaction and address and resolve conflicts, communication difficulties and incompatibilities (İkizoğlu, 2019). Ebadi, Pasha, Hafezi and Eftekhar (2018), revealed that cognitive behavioural couples' counselling influences the stability of homes. According to a study carried out by Aida and Leila (2017), they found that cognitive behavioural couple counselling has a meaningful influence on the stability of homes. Dei (2019), conducted a study and found that cognitive-behavioural marital counselling had a significant effect on the stability of homes. Therefore, this study ascertained the cognitive-behavioural couple counselling strategies for marital stability in homes in Enugu State. Cognitive behavioural couples' counselling involves identifying and changing thought patterns that negatively influence behaviour. Divorce in recent time has been on the increase. In an attempt to checkmate the rate of divorce in society, Cognitive-Behavioural Counselling

(CBC) for couples has been advocated particularly in Enugu State. This is the target of this study.

Meanwhile, teachers are the individuals entrusted with the duty of imparting essential knowledge and competencies to students within the educational institution. As stated by Okeke, Okaforcha, and Ekwesianya (2019), a teacher represents a fundamental component in a nation's educational progress, underscoring the importance of an educational system that is accountable and adaptable. Teaching is a demanding profession that often requires long hours of preparation, grading, and classroom management. When teachers feel supported at home, they may be better equipped to handle the challenges of their job notwithstanding their gender.

Gender is an important variable in this study. Gender according Onyeonoru (2015), is referred to as the differentiation in roles between men and women which is different from sex but construed by society through socialization. Berk (2018), affirmed that gender is a social construction that has to do with behaving according to type. In other words gender issue is a broad categorically characteristics attributes of a person based on his belonging to one of the two sexes. Promoting marital stability among male and female secondary school teachers in Enugu State, or anywhere else, requires a multifaceted approach that takes into account the unique challenges faced by teachers. Men and women often have different communication styles. Men may be less expressive with their emotions, while women may be more open. Counsellors should help couples bridge these communication gaps and teach effective communication skills. It is important to recognize that gender roles, expectations, and dynamics in relationships can vary significantly across cultures, and Enugu State is no exception.

However, the major worries of the researcher in this study are based on the rates of divorce and separation in modern society. Also, the rate of marital exhaustion is worrisome. Given these high rates and their effects, achieving stability in the home is very important. Over time, considerable research by Gabbard and Beck (2015), showed that distress associated with couples had a strong relationship with an individual's level of mental and physical problems. Immediately after wedding, couples learn that marriage is not easy as they thought it would be before entering into the marriage. It needs tons of commitment as well as hard work. After the honeymoon period gets over, they learn they are not as compatible as they thought they would be. They might encounter problems on simple issues or they are unable to make their relationship happy. These problems are not uncommon and seeking the guidance of marital counsellors might strengthen their relationship. Despite its advantageous and/or disadvantageous aspects and difficulties, marriage is considered as a relationship that should be maintained by a majority of the individuals (Mussatayeva, 2018). It is based on the above discourse that the researcher sought to conduct a study on counselling strategies for marital stability in homes in Enugu State.

Statement of the Problem
Today, it is widely known in Enugu State and other parts of Nigeria that some married couples do not make it to their first wedding anniversary. The increasing divorce rate among couples in recent times is a cause for concern. It is troubling to see that many families nowadays are

experiencing instability, as depicted in literature. This instability has led to instances of spouses separating, experiencing conflicts in their marriage, or even opting for a complete divorce. When two individuals enter into marriage, they not only have to navigate the process of getting to know each other better but also face challenges related to dealing with in-laws, managing family finances, attending to domestic needs, handling household chores, and taking care of their children. Additional hurdles include effective spousal communication, addressing sexual issues, managing their relationship, handling emotional and health issues, and more. These responsibilities exert significant pressure on couples, and if not managed properly, can lead to instability in the home. Given the adverse effects that family instability has on couples, their children, and society as a whole, the researcher is keen to explore why couples struggle to maintain stability in their families. The problem of the study put in question form is: "What are the counselling strategies for marital stability in homes in Enugu State?"

Purpose of the Study
The main purpose of the study was to ascertain the counselling strategies for marital stability in homes in Enugu State. Specifically, the study sought to:
1. ascertain the behavioural counselling strategies for marital stability in homes in Enugu State;
2. determine the cognitive behavioural counselling strategies for marital stability in homes in Enugu State;

Research Questions
The following research questions guided the study:
1. What are the behavioural counselling strategies for marital stability in homes in Enugu State?
2. What are the cognitive behavioural counselling strategies for marital stability in homes in Enugu State?

Hypotheses
The following hypotheses were tested at .05 level of significance:
H_{O1}: There is no significant difference in the mean scores of males and female married secondary school teachers on the behavioural counselling strategies for marital stability in homes in Enugu State.
H_{O2}: There is no significant difference in the mean scores of males and female married secondary school teachers on the cognitive behavioural counselling strategies for marital stability in homes in Enugu State.

Method
Descriptive survey research design was adopted for the study. Nworgu (2015), defined descriptive survey research design as one which aims at collecting data and describing in a systematic manner the characteristic features or facts about a given population. Descriptive survey research design was considered appropriate for this study because it allowed the collection of original data using appropriately designed instruments and describes the condition as they exist in their natural setting. In this study, the population was 4986 (901 males and 4085 females) married secondary school teachers out of the 8116 teachers in Enugu State. Married teachers were used because of their stake in the stability of homes. The researcher used simple random

sampling technique to draw a total number of 499 married teachers (90 males and 409 females). Stratified purposive random sampling was used to draw 10% of the entire population which is 499 married secondary school teachers. This was to ensure equal representation in accordance with (Uzoagulu, 2011). The instrument for data collection for this study was a researcher structured questionnaire titled "Counselling Strategies for Marital Stability in Homes Questionnaire (CSMSHQ)". The questionnaire was made up of two sections. Section A was on personal data of the respondents while section B which was in clusters contains 22 items based on the two research questions. Cluster 1 had 12 items based on behavioural counselling strategies for marital stability in homes; while cluster 2 had 10 items based on cognitive behavioural counselling strategies for marital stability in homes. The response options were Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD). The respondents were expected to respond to the instrument accordingly. An introductory letter was attached to the instrument to establish rapport with the respondents and acquaint them with the rationale for the study. The instrument went through a validation process by three research experts. Two of the research experts were from the Department of Guidance and Counselling while one of them was from the Department of Mathematics and Computer Education, all from Faculty of Education, Enugu State University of Science and technology (ESUT), Enugu. The research experts ascertained the appropriateness of language of the items of the instrument in order to know if it is related to the purpose of the study. The experts examined the clusters and matched them with the research questions and hypotheses. The researcher requested the experts to review the items in terms of clarity and appropriateness of instruction to the respondents. The researcher also provided space in the instrument to enable the experts to comment on the overall adequacy of the instrument. Based on the constructive criticisms of the experts, two items were discarded, six items were restructured and two new ones were introduced. The researcher effected the necessary corrections and arrived at an instrument with 22 items. The comments and corrections of the experts were extensively used in arriving at the final copy of the instrument with twenty-two (22) items. Thirty

(30) copies of the questionnaire were trial tested on 30 married secondary school teachers (15 males and 15 females) in Anambra State. Anambra State was chosen because of its similarities with Enugu State. The result of the trial test was used to determine the internal consistency reliability of the instrument using Cronbach Alpha reliability estimate. Nworgu (2015), stated that Cronbach's Alpha reliability estimate is used when the instrument is polychotomously scored, which is applicable to the current instrument. The reliability coefficients for the various clusters are .81, and .81, for clusters 1, and 2, respectively. The overall reliability coefficient of the instrument is .81 which makes the instrument reliable and considered appropriate for data collection for the study.

The 499 copies of questionnaire were administered to the respondents (male and female secondary school teachers) by the researcher and six research assistants. The research assistants were briefed by the researcher in a one-day consultative meeting because they assisted the researcher in the administration and retrieval of questionnaire to the respondents. They were briefed on how to be polite to the respondents as well as how to answer questions as regards the questionnaire. However, out of the 499 copies of questionnaire administered on the respondents, the researcher with her research assistants retrieved 476 copies (81 males and 395 females) which signifies 95.39% return rate. The researcher used mean scores, cluster mean and standard deviation in answering the five research questions. In rating the mean, each response option had a numerical value based on real limit of numbers: SA = 3.50-4.00; A = 2.50-3.49; D = 1.50-2.49; SD = 0.00-1.49. t-test statistic was used to test the null hypotheses at .05 level of significant. The interpretation of the test of hypotheses was based on the significance (sig.) values from the SPSS output. The null hypothesis was not rejected when the probability values are greater or equal to .05, but was rejected when the probability values are less than .05.

Results
Research Question 1: What are the behavioural counselling strategies for marital stability in homes in Enugu State?

Table 1: Mean Ratings and Standard Deviation of Male and Female Married Secondary School Teachers on the Behavioural Counselling Strategies for Marital Stability in Homes in Enugu State.

S/N	Behavioural counselling strategies include the following:	Male Teachers 81		Female Teachers 395		Overall 476		
		$\bar{x}$	SD	$\bar{x}$	SD	$\bar{x}$	SD	Dec
1	promoting desirable behaviours.	2.53	.89	2.55	.91	2.54	.90	A
2	reducing unwanted behaviours at home.	2.99	.84	3.04	.80	3.02	.81	A
3	not rewarding the wrong behaviour at home.	2.38	.82	2.33	.82	2.35	.82	D
4	trusting each other.	2.99	.80	2.96	.82	2.97	.81	A
5	being optimistic about the family goals.	2.44	.90	2.41	.93	2.43	.92	D
6	paying attention to the growth of the home.	3.05	.80	3.03	.82	3.03	.81	A
7	maintaining rational detachment at home.	2.36	.92	2.39	.94	2.38	.93	D
8	being mindful of one's reaction.	2.52	.88	2.50	.92	2.50	.91	A
9	recognizing one's limits.	3.06	.82	2.97	.82	3.01	.82	A
10	assisting each other at home.	2.98	.81	3.04	.81	3.01	.81	A
11	practicing behaviours that predict future stability.	3.00	.81	3.02	.80	3.01	.81	A
12	avoiding aggressive behaviour.	2.96	.84	3.02	.82	3.00	.83	A
	Cluster Mean/SD	**2.77**	**.84**	**2.77**	**.85**	**2.77**	**.85**	**A**

Table 1 is based on the mean ratings of male and female married secondary school teachers on the behavioural

counselling strategies for marital stability in homes. On Table 1, male teachers' mean ranged from 2.36 to 3.06,

while female teachers' mean ranged from 2.39 to 3.04. The respondents have cluster means of 2.77 and 2.77 as well as standard deviations of .84 and .85 respectively. On the overall, the respondents' mean ranged from 2.35 to 3.03 with cluster mean of 2.77 and standard deviation of .85. The closeness of the standard deviations showed that the respondents were homogenous in their responses. The

outcome signifies that behavioural counselling strategies are important for marital stability in homes in Enugu State.
H_{O1}: There is no significant difference in the mean ratings of male and female married secondary school teachers on the behavioural counselling strategies for marital stability in homes in Enugu State.

Table 2: Summary of t-test Analysis of the Mean Ratings of Male and Female Married Secondary School Teachers on the Behavioural Counselling Strategies for Marital Stability in homes.

Group	n	$\bar{x}$	SD	df	p-value	Decision
Males	81	2.77	.84			
				474	.091	Do not reject H_{O1}
Female	395	2.77	.85			

Data on Table 2 for male and female married secondary school teachers on the behavioural counselling strategies for marital stability in homes show that at 474 degrees of freedom, the p-value was .091. The outcome of the p-value is greater than .05 level of significance set for this study. This implies that the null hypothesis was not rejected and, therefore, there was no significant difference between the

mean ratings of male and female married secondary school teachers on the behavioural counselling strategies for marital stability in homes in Enugu State.
Research Question 2: What are the cognitive behavioural couples' counselling strategies for marital stability in homes in Enugu State?

Table 3: Mean Ratings and Standard Deviation of Male and Female Married Secondary School Teachers on the Cognitive Behavioural Counselling Strategies for Marital Stability in Homes in Enugu State.

S/N	Items	Male Teachers 81		Female Teachers 395		Overall 476		
	Cognitive behavioural couples' counselling strategies include the following:	$\bar{x}$	SD	$\bar{x}$	SD	$\bar{x}$	SD	Dec
13	teaching sexual skills.	2.32	.94	2.36	.92	2.34	.93	D
14	gradual exposure to different sexual situations.	2.50	.86	2.55	.88	2.52	.87	A
15	teaching skills of sexual relationship.	2.57	.86	2.58	.84	2.57	.85	A
16	styles of increasing marital relationships.	2.51	.91	2.56	.92	2.51	.92	A
17	increasing seductive subjects.	2.60	.96	2.58	.95	2.59	.96	A
18	cognitive reconstruction of maladaptive beliefs and thoughts.	2.50	.83	2.51	.82	2.51	.82	A
19	behavioural interventions and styles of marital relationships.	2.58	.83	2.51	.82	2.55	.83	A
20	mental visualization and sexual mind pictures.	2.52	.95	2.51	.98	2.52	.97	A
21	increasing sexual knowledge and awareness.	2.53	.92	2.54	.95	2.53	.94	A
22	solving semi-structured behavioural problems.	2.53	.89	2.59	.90	2.56	.90	A
	Cluster Mean/SD	**2.52**	**.90**	**2.53**	**.90**	**2.52**	**.90**	**A**

Table 3 is based on the mean ratings of male and female secondary school teachers on the cognitive behavioural counselling strategies for marital stability in homes. On Table 3, male teachers' mean ranged from 2.32 to 2.60, while female teachers' mean ranged from 2.36 to 2.59 respectively. The respondents have cluster means of 2.52 and 2.53 as well as standard deviations of .90 and .90 respectively. On the overall, the respondents' mean ranged from 2.34 to 2.59 with cluster mean of 2.52 and standard

deviation of .90. The standard deviations of the two groups of the respondents indicate that they were homogenous in their responses. The outcome signifies that cognitive behavioural counselling strategies are effective for marital stability in homes in Enugu State.
H_{O2}: There is no significant difference in the mean ratings of male and female married secondary school teachers on the cognitive behavioural counselling strategies for marital stability in homes in Enugu State.

Table 4: Summary of t-test Analysis of the Mean Ratings of Male and Female Married Secondary School Teachers on the Cognitive Behavioural Counselling Strategies for Marital Stability in homes.

Group	n	$\bar{x}$	SD	df	p-value	Decision
Males	81	2.52	.90			
				474	.102	Do not reject H_{O2}
Female	395	2.53	.90			

Data on Table 4 for male and female married secondary school teachers on the cognitive behavioural counselling strategies for marital stability in homes show that at 474 degrees of freedom, the p-value was .102. The outcome of the p-value is greater than .05 level of significance set for

this study. This implies that the null hypothesis was not rejected and, therefore, there was no significant difference between the mean ratings of male and female married secondary school teachers on the cognitive behavioural counselling strategies for marital stability in homes in Enugu State.

Discussion

The discussions of findings of the study are presented under the following subheadings:

Behavioural Counselling Strategies for Marital Stability in Homes in Enugu State

The findings of the study showed that behavioural counselling strategies are important for marital stability in homes in Enugu State. The evidence from the study indicated that behavioural counselling strategies are effective for promoting desirable behaviours, reducing unwanted behaviours at home, not rewarding the wrong behaviour at home, being mindful of one's reaction, recognizing ones limits for the stability of homes. The finding agrees with Heidari, Ghamari, Jafari, and Armani (2021), who posited that behavioural counselling can be used as a treatment choice for improving family stability. The finding is also in line with Granholm (2015), who posited that behavioural counselling strategies are significant for stability of homes. Further finding showed that there was no significant difference between the mean ratings of male and female married secondary school teachers on the behavioural counselling strategies for marital stability in homes in Enugu State.

Cognitive Behavioural Couples' Counselling Strategies for Marital Stability in Homes in Enugu State

The finding of the study showed that cognitive behavioural counselling strategies are effective for marital stability in homes in Enugu State. The evidence from the study indicated that cognitive behavioural counselling strategies are effective teaching skills of sexual relationship, styles of increasing marital relationships, increasing seductive subjects, cognitive reconstruction of maladaptive beliefs and thoughts, behavioural interventions and styles of marital relationships, mental visualization and sexual mind pictures, increasing sexual knowledge and awareness for the stability of homes. The finding agrees with Aida and Leila (2017), who posited that cognitive behavioural couple counselling has a meaningful influence on the stability of homes. The finding is in line with Ebadi, Pasha, Hafezi and Eftekhar (2018), who posited that cognitive behavioural couples' counselling influences the stability of homes. The finding is in line with Dei (2019), who stated that cognitive-behavioural marital counselling had a significant effect on the stability of homes. Further finding showed that there was no significant difference between the mean ratings of male and female married secondary school teachers on the cognitive behavioural counselling strategies for marital stability in homes in Enugu State.

Conclusion

The study on counselling strategies for marital stability in homes in Enugu State has shed valuable light on the critical role that counselling plays in maintaining healthy and stable marriages. Through an exploration of various counselling approaches and their effectiveness in addressing the unique challenges faced by couples in Enugu State, this research has provided essential insights. However, the study concludes that behavioural counselling, and cognitive behavioural counselling are effective for marital stability in homes in Enugu State. This study underscores the significance of counselling strategies tailored to the unique cultural and social context of Enugu State in fostering marital stability.

Educational Implication

The findings of this study have some important educational implications. They are as follows:

1. Behavioural counselling strategies are important for marital stability in homes in Enugu State. The educational implication is that parents can create a more stable and supportive home environment for their children. This can have a positive impact on the educational outcomes of children, as they are more likely to feel safe and secure in their home environment.

2. Cognitive behavioural counselling strategies are effective for marital stability in homes in Enugu State. The educational implication is that it helps parents develop better coping strategies, communication skills and parenting strategies. This can lead to better parent-child relationships and improved educational outcomes for children.

Recommendations

Based on the findings of the study, the researcher recommends that:

1. Family counsellors should organize workshops, seminars and conferences, whereby, couples would be sensitized on counselling strategies for the stability of home and help in empowering families for sustainable healthy lifestyles.

2. Couples should visit family counsellors when they need help.

3. Couples should endeavour to accentuate attitudes of co-operative, valuing partnership, demonstrating trust, general good will towards one another and positive values on their marriage.

4. The communication of forgiveness when one couple wrongs the other is important. Family counsellors and social workers to inculcate this in couples.

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