



Effects of Reality Therapy on Reduction of Extramarital Affairs Among Female Married Teachers in Rivers State

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ABSTRACT

The study investigated the effects of Reality Therapy on the reduction of extramarital affairs among female married teachers in Rivers State, Nigeria. The pre-test, post-test, control group quasi experimental design was adopted for the study. The population of the study consists of 27 married female teachers who accepted involvement in Extramarital affairs in Rivers State while the sample was made up of 16 married female teachers who volunteered to see/talk to a counsellor and six who did not consent to any form of counselling but accepted to be involved in the study, they were used as the control group. Extramarital Affairs Involvement Questionnaire (EMAIQ) was the instrument used for data collection. Its face and content validity was censured by test experts and experts in guidance and counselling while its reliability was ensured through the test-re-test reliability method which yielded a value of $r = 0.79$. One treatment group and one control group were formed for the study. The group benefited from Reality Therapy while the control group received no form of treatment. Results revealed that reality therapy have significant effect in the reduction of extramarital affairs among female married teachers in Rivers State, and no significant statistical mean difference was found between urban and rural female married teachers in the experimental group. In the same vein no significant statistical mean difference was found between the pre-test and post-test mean scores of the control group. Based on the findings it was recommended amongst others that; the tenants of Reality Therapy should be taught in counsellor training programs not merely taught through theoretical processes but practically in work-shops and professional conferences to make counsellors more effective in the discharge of their duties.

Keyword: Reality Therapy, Extramarital Affairs, Female Married Teachers

Introduction

Contemporary society is bedeviled with marital problems which are not in accordance with the standards, norms and values of traditional society. From creation every society has its traditional practices such as loving one's spouse, having sex only with one's partner among others; which are pronounced during marriage ceremonies and are expected of couples to boost the image and self-esteem of their partners. However, some partners deviate from these norms and exhibit it outside their marital homes. This has been a source of marital dispute and instability among couples. The negative outcome of this oftentimes, impacts the children psychologically and socially (Fernando, 2013). Marriage is one of the oldest institutions associated with human society. It is one that has repeatedly been emphasized in every society and constitutes the yardstick for the determination of responsibility in the families. Society prescribes the duties associated with and governing the institution of marriage to ensure that the children born into the families are well trained, fed and protected. According to Addai (1997) marriage is a legitimate way of establishing close romantic relationship between two or more people. Nwoye (1991) pointed out that it is a sacred and permanent contract which is enacted when two people decide on their own volition to express their love and sharing of access with each other for the purpose of growth and welfare of each other in marital life; to fulfill their promise in the present of witness especially during wedding.

Furthermore, Nwoye explained that marriage is the social approved sexual union of two or more people for the purpose of bearing children in the society. Thus, marriage is a union between a man and a woman as husband and wife for the purpose of procreation and establishment of a family or families. Whenever marriage takes place in any particular setting the husband and wife will then live together and enter into marital relationship, which is meant for procreation and satisfaction of urge, love, feelings and desire. The sexual intercourse involve in it will then turn the partners into one flesh, forming a union and this will strengthen the marital status by sealing it, constituting it and making it fruitful for the glory of God and for human appreciation (Harmon, 1995). Therefore from this union of husband and wife comes up the children which make up the family. Family is the most important primary group and the smallest social unit in any particular society. It has its roots in the human biological and physical nature. It is universal in the sense that no human society exists or has existed without some form of family organization. Family is any group of people who interact and communicate with each others such as husband, wife and children in organizational settings (Akubue & Okolo, 2008). It is also the primary institution that socializes and protects the behaviours of the young ones and their parents. Okorodudu (2010) stated that, it is the role of the family to see that the

child is nurtured and shielded from all forms of physical, mental, social attack and see to the growth and development of the child in the society. In the context of this study therefore family is a group of people who are united for the purpose of living together as husband and wife with children and other members such as siblings, uncles and grandparents each exhibiting the appropriate behaviour accepted by the culture. Behaviour is the action of human being under specified circumstances (Farlex, 2012). Behaviour is any activity of an organism which is either overt or covert towards a particular event or situation. Overt behaviour is one that can be observed and is frequently recorded, while covert behaviour is one that is concealed and done secretly (Essuman, Nwaogu & Nwachukwu, 1990). Behaviour is the response of an organism to both internal and external stimuli, which may be observable or inferred. Thus, behaviour is any change in life space which is subject to psychological laws; the change may be in relation to location of a person and his environment, or a restructuring of his person including any change in valence of any part of his life space. There are behaviours that are appropriate in marital relationship such as having sex, fondling of breast, deep kissing among others; which becomes extra marital if exhibited outside marriage and can cause problems like quarrelling, fighting among couples.

Extramarital behaviour is the violation of set rules or relationship norms expected of married people, which results in feelings of sexual jealousy and rivalry. The violation can be sexual in nature, for example kissing, fondling or having sex with another individual outside of the relationship (Leeker & Carlozz 2012). Schneider, (2003) stated that it is a relationship between a person and someone other than his spouse that has an impact on the level of intimacy, emotional distance and over all dynamic balance in the marriage. Modie-moroka, (2009) has it that people who engage in extra marital behaviours are at high risk for Human ImmunoDeficiency Virus (HIV) that causes Acquired Immune Deficiency Syndrome (AIDS) infection and transmission. Extra marital behaviour is therefore the violation of the marriage vows made in the presence of witnesses to be faithful to one's husband or wife, it can be sexual or non sexual in nature. Extra marital behaviours have been one of the social problems resulting from hazardous life style though it has many forms; it deals with all sexual relations outside marriage in every life endeavour. (Bucher & Trotter, 1990).

There are many factors that lead to and increase the likelihood of anyone engaging in extra marital behaviours. Such factors include exhibiting sexually permissive attitude, being educated, living in an urban center, less religious, poor communication and self esteem problems among others (Feldman & Cauffman, 1999). Blow and Hartnett, (2007) stated that marital problems and being too older than one's spouse are also other factors that cause and affect the likelihood of one being involved in an extra marital behaviour. Extra marital behaviour exposes spouses to a lot of physiological, sociological and psychological problems that may lead to family instability (Obi, 2003). Physiological problems are concern with such basic activities that take place in living organisms (married people) during the performance of life functions such as reproduction, growth among others. In this effect, extra martial behaviour predisposes married people to the risk of contacting sexually transmitted infections like gonorrhea, syphilis, Human Immuno Virus, Acquired Immuno Deficiency Syndrome and candidiasis among others as a result of increased rate of hotels in the area which lure married people into unprotected sex with multiple partners especially in Owerri education zone of Imo state. All these reproductive tract infection can lead to infertility (Obi, 2003).

Furthermore, Obi explained that Human Immuno Virus and Acquired Immuno Deficiency Syndrome is a deadly disease which has become a challenge to the whole world in general. Obi further noted that unwanted pregnancy may result from this, thereby leading to abortion with its complications or even death, on the other hand, an illegitimate child is born. This lends credence to Ogan's (2001) view that there are numerous health risks associated with extra marital behaviour which serve as factors that affect their well being. Ogan went further to explain that partners who cheat risk been found out with its attendant hurt feelings or lost of trust by their partners. This can affect both the partners and their children negatively. A study done by Schnieder, Irons and Corley, (1999) reported that nearly 60% of the partners who cheated in marriage, suffered psychological problems and depression as a result of disclosure of the extra marital behaviour from their spouse. Other negative consequences have included not only damage (instability) to their marriage but also to the relationship with the children, parents, friends and with legal consequences (Blow & Harnett 2007). Sociological problem is concerned with the behaviour of people that can cause social risk in the society such as armed robbery, aggression among others as collaborated by (Standfort, Hubar and Baro 1998). Mbiti, (2008) highlighted that; there may be family instability due to the complicated issues that surround marriage. Mbiti pointed out that family instability always leads to neglect on children's upbringing, leaving little or no time to monitor their growth and development, thereby exposing them to truancy, prostitutions and other social and psychological illness.

Gender is the socially learned behaviours and expectation associated with males and females. Polland and Morgan (2002) in a related explanation, conceptualized gender to mean the socially constructed behavioural expectations for male and female, as well as the rights and obligations granted to them by the society. However, gender describes the biological sex of individuals in terms of being male or female. Azikiwe (2001) is in agreement with this position. Thompson (2007) opined that gender is an important variable to consider in any investigation of extra marital behaviours and family instability. A study conducted by Amaro (1998) showed that males engaged in extra marital behaviour than females.

Statement of the Problem

The subject of extramarital affairs has been a great concern amongst counsellors, married couples, courts and researchers, this issue need a proper attention to curb its occurrence in marriage. Extramarital affairs is a violation of the commitment to sexual loyalty by one or both members of a committed romantic relationship. Why people are willing to conduct themselves in ways that could be very damaging to them and to their relationship. Researchers have struggled to accurately assess the occurrence of infidelity among married and unmarried couples. Results have shown great inconsistencies with findings and estimates ranging from rates as low as 1.5 to as high as 50% (Glass Nguyen, 2008). There is a plethora of research

available on extramarital affairs in literature, especially in the western world but there seems to be dearth of literature on extramarital affairs among married female teachers in Nigeria, particularly in Rivers State. It is rather disturbing that despite the negative consequences extramarital affairs have on marriages no much research studies in the field of counselling have paid attention to it, especially in relation to rational emotive behaviour therapy and reality therapy. People see it as a private issue that should not be encroached on. Although the issue of extramarital affairs among married women is highlighted from time to time on social media, media houses, courts etc.

This current research thus attempts to fill this gap by addressing the issues on extramarital affairs among female married teachers in Rivers State through the instrument of counselling. This study therefore, attempts to provide more explanations on female married teachers who engage in extramarital affairs to the counselling modalities of Reality Therapy (RT) to see if female teachers in Rivers State can successfully practice fidelity by eschewing extramarital affairs in marriage to help them avoid the damaging and traumatic experiences of extramarital affairs in marriage. The problem is can, the techniques of RT successfully address the issue of extramarital affairs among married female teachers in Rivers State having been successfully used to address other life challenging issues around the world? Thus, the researcher finds it incumbent on herself to address the issue of extramarital affairs among female married teachers with the techniques of RT in individual counselling situation. Therefore, the statement of problem is, what is the extent of reduction of extramarital affairs among female married teachers in Rivers State when exposed to the techniques of RT?

Purpose of the Study

The main purpose of this study is to investigate the effects of Reality Therapy on reduction of extra-marital affairs among female married teachers in Rivers State. Specifically, the objectives of the study are to:

1. Determine the effects of Reality Therapy on reduction of extramarital affairs among female married teachers in Rivers State when the pre-test and post-test mean scores of experimental group two (RT) are compared.
2. Find out the effects of Reality Therapy on reduction of extramarital affairs among married female teachers in Rivers State when the post-test mean scores of experimental group two (RT) are compared to that of the control group.

Research Questions

The following research questions guided the study:

1. What is the extent to which Reality Therapy reduces extramarital affairs among female married teachers?
2. What are the effects of Reality therapy in the reduction of extramarital affairs among married female teachers when compared to the control group?

Hypotheses

The following null hypotheses were formulated and tested at 0.05 level of significance:

- H₀₁:** There is no significant difference in the effects of Reality Therapy in the reduction of extramarital affairs among female teachers.
- H₀₂:** There is no significant difference in the effects of Reality therapy in the reduction of extramarital affairs among female married teachers when compared to the control group.

Methodology

The study adopted a quasi-experimental research design with a population of 27 female married teachers in public secondary schools in Rivers State for 2021/2022 academic session. This figure was captured from their responses to Extramarital Affairs Involvement Questionnaire (EMAIQ) which was administered to the female teachers in the state. As at the time of this study, the total number of female teachers in Rivers State stands at 4,718 for junior secondary and 3,403 for senior secondary. Grand total of female teachers in the state for 2021/2022 academic session is 8,121. The purposive sampling technique was used to select 27 female married teachers who admitted involvement in extramarital affairs for the study. However, this was achieved following the procedure explained below to get a good spread in the three senatorial zones of the state. The number of married female teachers in the drawn schools that indicate involvement in extramarital affairs or show propensity for it were used for the study thus the sample was formed purposively, out of 1015 female married teachers sampled in the 12 schools chosen for the study, 27 female teachers agreed to involvement in extramarital affairs while only 16 agreed to see/talk to a counsellor, and this number formed the sample. The face and content validities of the instrument, 'Extramarital Affairs involvement Questionnaire (EMAIQ)', was ensured using the following method. Face Validity of EMAIQ: To establish the face validity of Extramarital affairs involvement Questionnaire (EMAIQ). Three copies of it were given to three experts in the field of Educational psychology/guidance and counselling and measurement and evaluation.

Content Validity of EMAIQ: Content validity of EMAIQ was determined in two phases. In phase one three copies of the instrument was given to three other experts from the departments of Educational psychology/guidance and counselling and measurement and evaluation experts in three universities in the Rivers state one from each university to make their input. Reliability of extramarital affairs involvement questionnaire (EMAIQ) was established through the test-retest method for a measure of stability. Thirty (30) female married teachers outside the sampled schools were given the instrument to respond to. After three weeks' interval of the first administration a retest was given to the same female married teachers. The initial and re-test scores were correlated using Pearson Product Moment Correlation test and it yielded a coefficient value of 'r' 0.79. Experts in test confirmed that it was strong

enough for utilization. Treatment of subjects was not needed to establish the reliability of the instrument. All the research questions were answered using mean and standard deviations. Hypotheses 1 and 2 were tested with paired sample t-test at 0.05 level of significance.

Results

The results obtained in this study after data analysis were presented and analyzed below:

Research Question 1: What is the extent of reduction of extramarital affairs among female married teachers when the pre-test and post-test mean scores of experimental group two (RT) are compared?

Table 1: Pre-test, Post-test Mean Scores/Standard Deviation of Experimental Group 2 (RT) Reality Therapy

Group	n	Mean	Standard deviation	Pretest/posttest mean difference
REBT Recipients				
Pre-test	8	62.25	7.8	32.1
Post-test	8	30.3	5.5	

Table 1 shows the pre-test and post-test mean scores of the experimental group 2, it shows that experimental group 2 (RT) had a pre-test mean score of 62.4 and standard deviation of 7.8, while post-test mean score shows a mean of 30.3 and a standard deviation of 5.5 with a pre-test, post-test mean difference of 32.1. This shows the gains of REBT. The experimental group members shows an involvement in extra-marital affairs behaviour before counselling and after being exposed to the counselling tenants of RT the score range dropped to absence of extra-marital affairs behaviour. The answer to research question 1 therefore is: RT reduces extra-marital affairs to a large extent among female married teachers in Rivers State

Research Question 2: What are the effects of Reality therapy in the reduction of extramarital affairs among married female teachers when the post-test mean scores of Experimental Group 2 (RT) are compared to that of the control group?

Table 2: Post-test Mean Scores/Standard Deviation of Experimental Group 2 (RT) and Control Group

Group	n	Mean	Standard deviation	Post-test mean diff. RT/control
Experimental Group 2 (RT)	8	30.3	5.5	35.54
Control Group	6	65.84	8.1	

Table 2 shows the post-test mean scores of the experimental group 2 and the control group, it shows that experimental group 2 (RT) had a post-test mean score of 30.3 and standard deviation of 5.5 showing absence of extra-marital involvement behaviour while post-test mean score of the control group shows a mean score of 65.84 and a standard deviation of 8.1 with a post-test mean difference of 35.54 for both groups. This shows the gains of RT. The experimental and control group members showed an involvement in extra-marital affairs behaviour before counselling of the experimental group and after being exposed to the counselling tenants of RT the score range of the experimental group 2 dropped to absence of extra-marital affairs behaviour while that of the control group remains involvement in extramarital affairs because they received no treatment. The answer to research question 2 therefore is: RT reduces extra-marital affairs to a large extent among female married teachers in Rivers State when compared to the control group.

Hypothesis 1: There is no significant difference in the effects of Reality Therapy in the reduction of extramarital affairs among female teachers when the pre-test and post-test mean scores of Experimental Group 2 (RT) are compared.

Table 3: Summary of paired sample t-test analysis on the significant difference between pre-test and post-test mean scores of the experimental group 2 (RT)

Experimental group 2 (RT)	N	Mean	sd	df	P	t-cal	t-crit	Post-test mean difference	Decision
Pre-test	8	62.4	7.8						
Post-test	8	30.3	5.5	15	0.05	9.5	2.132	32.1	Reject Ho ₂

Source: Field Survey, 2023: The mean difference is significant at 0.05*

Following table 3, a paired sample t-test was carried out to determine if there was a significant difference in the effects of Reality Therapy in the reduction of extra-marital affairs of female married teachers in Rivers State as indicated by their pretest and post-test mean scores. The hypothesis was tested at 0.05 level of significance. The result of table 3 was $t(15) = 9.5$, $p = 0.05$. On the basis of this result the null hypothesis of no significant difference in the effects of RT was rejected and the alternate hypothesis accepted. This suggests that there is a significant difference in the effects of Reality Therapy in the reduction of extra-marital affairs among married female teachers in Rivers State, hence the null hypothesis was rejected.

Hypothesis 2: There is no significant difference in the effects of Reality therapy in the reduction of extramarital affairs among female married teachers in Rivers state when the post-test mean scores of the experimental Group 2 (RT) are compared to that of the control group.

Table 4.13: Summary of independence t-test analysis on the significant difference between post-test mean scores of the experimental group 2 (RT) and the control group

Experimental groups	N	Mean	sd	df	P	t-cal	t-crit	Post-test mean difference	Decision
RT Group	8	30.3	5.5						
Control Group	6	65.84	8.1	14	0.05	9.264	2.145	35.54	Reject Ho ₅

Source: Field Survey, 2023: The mean difference is significant at 0.05*

Following table 4, an independent t-test was carried out to determine if there was a significant difference in the effects of Realty Therapy and the control group in the reduction of extra-marital affairs among female married teachers in Rivers State as indicated by the post-test mean scores of the RT experimental group and the control group. The hypothesis was tested at 0.05 level of significance. The result of table 4, was $t(14) = 9.264$, $p = 0.05$. On the basis of this result the null hypothesis of no significant difference in the effects of REBT and the control group was rejected and the alternate hypothesis upheld. This suggests that there is a significant difference in the effects of Reality Therapy and the control group in the reduction of extra-marital affairs among married female teachers in Rivers State, hence the null hypothesis was rejected.

Discussion of Findings

The main objective of this study was to investigate the effects of Reality Therapy in the reduction of extra-marital affairs among female married teachers in Rivers State. The study utilized the pretest, post test control group quasi-experimental design. This design allows for results gotten from experimental and control groups to be genuinely compared using pretest and post-test as well as experimental and control groups; that were not constituted by random assignment of the subjects. The study also investigated the effect school location has on the application of the treatments in reducing extra-marital affairs.

The first hypothesis also revealed a significant mean difference in the effect of Reality Therapy in the reduction of extramarital affairs among female married teachers in Rivers State as indicated by the pretest and post-test mean scores of RT recipients. The result indicated a t-test value of 9.5 and a critical value of 2.132 with a degree of freedom of 15 at 0.05 level of significance which implied that the application of Reality Therapy (RT) proved significant in the reduction of extra-marital affairs among female married teachers in Rivers State. The result of this finding collaborates that of

Ojewola (2016), who used Reality therapy to reduce indiscipline among in-school adolescents in Ogbomosho Township in a quasi-experimental study of this nature, the result revealed that Reality Therapy proved effective in reducing indiscipline behaviour among the respondents. Significant difference was found between the pre-test and Post-test mean scores of the experimental group as well as among male and female students in the experimental group. The result of the findings have far reaching implication for Counselling Psychologist, Educational administrators, Policy makers and the Nigerian government he concluded. Again the study of Nematzadehs and Sary (2014) also collaborates the findings of this study they investigated the effectiveness of group reality therapy in increasing teachers' happiness using a quasi-experimental pretest, posttest control group design. The research result revealed that reality therapy in group counselling has increased the teachers' happiness and its related components judging from the pre-test and post-test mean scores of the experimental group (RT).

The result of the fifth hypothesis shows that the calculated t-test value is 9.264 with a critical table value of t-test which is 2.145 and a degree of freedom of 14 at 0.05 level of significance, this implies that there was a significant difference in the post-test scores of the experimental group recipients that received RT and the control group. This implied that there was major disparity in extramarital affairs behavior patterns between the experimental group and the control group at post-test. This result is however not surprising but expected because the control group had no contact with any form of treatment while the experimental group did, so it is not surprising at all that the RT experimental group improved over the control group. This study is in harmony with that of Farnoodian (2016) who investigated the effectiveness of group reality therapy on mental health and self-esteem of all the students in Karaj branch of Pnu, B. A students in Iran for 2014/2015 academic session they constituted the population. Results indicated that the average mental health score in the experimental group's posttest are lower than that of the posttest in the control group. Also the self-esteem scores in the experimental group's posttest are higher than that of the posttest in the control group. It was thus concluded that reality therapy is influenced in promoting the mental health and self-esteem of the PNU students in Karaj. This study also aligns with that of Ukoima (2021) who found the recipients of Reality therapy experimental group to improve over the control group in her investigation of Reality Therapy in curbing truancy behaviour among students in Rivers State.

Conclusion

The study concluded that Reality Therapy had significant effects in the reduction of extra-marital affairs among married female teachers in Rivers State. This was evident in the significant drop in mean scores of the actions and behaviours of female teachers involved in Extra-marital affairs after the treatment was administered. It is also concluded that location of the school do not affect the effectiveness of Reality Therapy in the reduction of infidelity among female married teachers in Rivers State. The comparison of the pre-test and post-test mean scores of the control group do not bring about any reduction in extra-marital affairs among female married teachers in Rivers State. All the above claims were made with statistical proofs emanating from the results of data collected for the study.

Recommendations

The following recommendations are made based on the findings of the study:

1. To avoid a relapse, the same research can be re-conducted by another researcher among female married teachers in Rivers State so as to retain the gains of counselling.
2. Other researchers can as well undertake the same research in other states because Extra-marital affairs are an age long problem and it is not peculiar to Rivers State.
3. Professional Counselling bodies like the Association of Professional Counselors in Nigeria (APROCON), Counselling Association of Nigeria (CASSON) should continuously train and re-train their members with the practical techniques of Rational Emotive Behavior Therapy and Reality Therapy to enable them utilize it effectively for their job.

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