



Concept of Rational Emotive Behaviour Therapy on Reduction of Extramarital Affairs in Rivers State

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ABSTRACT

The study seeks to provide an insight into the effects of rational emotive behaviour on the reduction of extramarital affairs Rivers State, Nigeria. Theoretical evidence was reviewed. The researcher reviews secondary source of data through historical review of issues in Rational Emotive Behaviour Therapy and Reality Therapy on the reduction of Extramarital Affairs Among Female Married teachers by using article, journals, textbooks, archival sources, newspaper, magazine, conference papers. The study conclude that The study conclude that Rational Emotive Behavior 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. This simply indicates that the gain of the application of REBT is quite enormous. It is also concluded that location of the school do not affect the effectiveness of Rational Emotive Behavior Therapy in the reduction of infidelity among female married teachers in school in Rivers State. The study recommended amongst others that; the tenants of Rational Emotive Behavior 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: *Rational Emotive, Behavior, Therapy, Extramarital Affairs, Married Teachers*

Introduction

In the African society, extramarital affair among women is seen as a taboo. It has caused many marriages to end unceremoniously. A married woman is expected to remain faithful in her marriage. One begins to wonder what actually attracts women to be involved in extramarital affair. This has been the main attraction for this study. Most marriage runs into problems as a result of extramarital affairs. Supporting this view, Mobolaji (2015) noted that extramarital affair is the root cause of broken homes in most parts of the world. Extramarital affairs, infidelity or cheating is used interchangeably in this study to suit the nomenclature of previous researchers which will be reflected in the empirical review. Before launching into a discussion of extramarital affairs in marriage, it is important that we specifically explain our working definition of the concept. Extramarital affair is viewedor defined asa married person engaging in sexual activity with someone other than his or her spouse. Most people have equated infidelity with extra marital sex that is, referring to sex with someone other than the primary partner (Atkins, Baucom & Jacobson, 2001). Munschi (2012) observed that there is no universal definition of infidelity because different people have defined it in different ways according to how men and women perceived it with respect to their culture. The concept of infidelity has been defined in literature by multiple terms such as extramarital sex, extramarital behaviour, extra-dyadic involvement, non-monogamy, extramarital coitus, and polyamory depending on the features of a particular study (Munschi, 2012). Extramarital affairs can have a devastating effect on marriages and individuals (Bird et al, 2007). When a partner is unfaithful it can lead to several issues such as divorce, separation, emotional breakdown, and so on. Supporting this assertion, Shackelford, Basser, and Goetz (2008) say that extramarital affairs have been reported as a major reason for divorce and marital problems. However, research has shown that infidelity is not only sexual but emotional in nature as well (Urooj, Anisul, Haque & Anjumet, 2015).

The phenomenon of infidelity has been found to be present in marital, dating, and cohabitating relationships (Fieldman & Cauffman, 2000, Lishner, Nguyen, Stocks & Zillmer, 2008). Supporting this view Science Daily (2008) says that researchers believe that the probability of someone cheating during the course of a relationship varies between 40 and 76 percent. Different reasons have been advanced by researchers for cheating or infidelity in course of relationships such as lack of offspring, economic hardship, sexual incompatibility, unattractiveness etc (Olaosebikan, 2017). Science Daily (2019) reported a study in a human behaviour lab which took a closer look at cheating during periods of relative economic abundance and scarcity to determine whether cheating for monetary gain is a product of the economic environment. During the experiment it was revealed that cheating is more likely caused by an individual's propensity to cheat than external factor. One may be tempted to conclude by this revelation that cheating emanates from a person's idiosyncrasy. Extramarital affairs on the part of a married woman in the African society is seen as a taboo but on the part of a man it is

a normal thing because Africans believe that a man can marry as many wives as he wants. Men in African society are at liberty to be involved in extramarital affairs as best as they could, the women they get involved with are referred to as concubines but a woman involved in infidelity is seen as a deviant from societal norms. This study intends to address extramarital affairs in marriage among female teachers in Rivers State through the instrument of counselling.

Extramarital affairs in marriage have sent many women packing from their matrimonial homes. It is one of the problems expressed in problematic marriages. Extramarital affairs come in different shapes, colours and sizes. A one night stand at a professional conference that is framed as a superficial chance encounter or a four-year alternative relationship that involves day-to-day deception and strong emotional involvement (Olaosebikan, 2017). Some people begin an affair to end marriage, others think it is important to have an occasional recreational affair to feel good though they don't have problems with their marriage. One of the main reasons couples seek therapy is due to infidelity (Leeker&Carlozzi, 2014). Agi, (2005) also noted that lack of communication is another reason for seeking therapy, because when communication in marriage is lacking can lead to infidelity. Fye and Mims (2018) note that approximately 11-25% of all married couples experience infidelity. Russell, Baker and McNulty (2013) assert that in these cases, couples have already experienced infidelity and are seeking interventions. There are few preventive approaches strictly dedicated to helping couples maintain monogamy such as premarital counselling, even though premarital counselling can increase marital satisfaction and reduce divorce (Tambling & Glebova, 2013), maintaining monogamy is not a common focus within premarital services says (Fye & Mims, 2018).

Several effective therapeutic approaches to work with couples or individuals after infidelity has occurred were identified such as emotionally focused couples counselling, taking a forgiveness and reparative approach, traditional family therapy theories, narratives of attachment, an integrative approach, a debriefing and so on. There are also useful premarital programmes, assessments and curriculum available to help people prepare for marriage. These programmes and materials tend to focus on relationship enhancement, skill building, education, and religious implications (Hawkins, Blanchard, Scott and Fawcett 2008). However, in spite of the plethora of therapeutic approaches used in working with couples after infidelity has occurred this study is aimed at helping married teachers in Rivers State to reduce infidelity in their marriages with Rational Emotive Behaviour therapy (REBT) to reduce the incident a of extra-marital affairs.

Rational Emotive Behaviour Therapy (REBT) is one of the independent variables of this study, it is referred to as the ABCDE of psychotherapy and was founded in 1950s by Albert Ellis. This counselling approach is also known as the ABCDE model of psychological disturbance and change. This model is a behavioural therapy, it is one of the cognitively oriented approaches to counselling and psychotherapy, and it is also directive in nature. Ellis as cited in Ebenezar and Eremie (2019) expressed that working to change your personal philosophy is a valid therapeutic technique which can lead to a genuine growth. Behaviour, emotion and cognition are also interrelated. Ellis further explains that irrational belief patterns are recognized based on "must and should" He then presents methods for self-analysis and therapy as modelling approach, use of humour, cognitive homework, unconditional acceptance of client, the use of strong language and dealing with low frustration tolerance. He also describes the application of these principles in his own life experience.

Jorn as cited in Ebenezar and Eremie (2019) explained that in the ABCDEF system A refers to the activating or external event which can be an activity, action or event, "B" refers to irrational beliefs about "A", that belief can then lead to "C", C refers to the feelings, emotions and behaviours that result from "B" (e.g "A" does not cause "C", but "B" causes "C) D stands for disputes or arguments against irrational beliefs "E-stands for new effects. The result of holding healthier beliefs. Then F-refers to the developed feelings of oneself either at point "C" or at point "E". The philosophy behind this theory is that man is basically rational and irrational. When he is rational, he is effective, happy and competent. However, illogical or irrational thinking of the client manifests sometime as a result of emotional disturbance or neurotic behaviours. This therapy will be applied to help the married female teachers in Rivers State who indulge in Extra-marital affairs or have propensity for it to debunk their faulty or wrong analysis of their self-defeating beliefs which is "B" that has caused them to exhibit maladaptive behaviours and then help them adopt a positive perception and interpretation of analysis of "A" which is the behaviour causing them to involve in extra-marital affairs so as to become well-adjusted and develop a healthy behaviour that will discourage extramarital affairs and promote fidelity. On the other hand, Reality therapy is the second independent variable, it is a method of counselling and psychotherapy that was developed by William Glasser in the 1960s according to Nwamuo (2016). This maintains that the individual is suffering from a socially universal human condition rather than a mental illness. It is in the unsuccessful attainment of basic needs that a person's behaviour moves away from the norm. Since fulfilling essential needs is part of a person's present life, reality therapy does not concern itself with a client's past neither does this type of therapy deal with unconscious mental processes. In this ways reality therapy is very different from other forms of psychotherapy (Lane, 2011). This approach has been successfully taught and practiced in many nations. According to Akinade (2012) the focus of reality therapy is directed towards individual's current behaviour, it assumes that the first step in changing behaviour is to find out what behaviour we are trying to correct. We must face reality and admit that we cannot re-write a person's history. Reality therapy believes that the basic psychological need of all human across cultures is the need for identity.

Theoretical Foundation

This study is underpinned on *Psychoanalytical Theory*

Psychoanalytical Theory

Akande (2013) says that Sigmund Freud was the founder of psychoanalytical theory. He centered this theory on the basic instructional energy called the libido and was convinced that this basic energy was characterized by strong sexual component. He defined sex to include many types of pleasurable sensations not just those centering on genitally induced organs. The term psychoanalysis refers to a method of psychological treatment that examines past causes to understand present behavior. The main focus is on how the individual adjusted to the various conflicts in his development. Freud relied heavily upon his observations and case studies of his patients when he formed his theory of personality development.

Nature of Man, including Personality Development

1. Man is irrational, destructive and evil and constantly controlled by the forces of id, ego and superego. This is the concept of biological or psychic determinism in which Freud holds that none of man's action comes by chance but rather by forces beyond his control. Man is therefore called to action by forces or factors which he may not be aware of.
2. Man's behavior is influenced by the phenomenon of unconscious motivation (Nwoye, 1988). This means that even though man is made of three parts-the conscious, subconscious and the unconscious most of his actions are determined by forces within the unconscious.
3. Arising from (2) above, man may not always be aware of the true cause of his behavior, even though, he tries to explain it using the socially acceptable reasons.
4. Man's early childhood experiences, especially within the first five years determine his adult personality in life
5. Arising from (4) above, man's personality formation therefore depends on the parental upbringing at that early age.

Personality development according to Sigmund Freud therefore emanates from the interaction of the three powerful forces within the individual - the id, ego and the superego.

The **id** is the animal or primitive instinct in man. It is raw, unorganized, selfish and biological. It is the seat of all drives focusing mainly on pleasure seeking (constantly craving for sex and aggression and always avoiding pain). It is unconscious, illogical, amoral and inconsistent (Bunks & Steffre cited in Nwaogu, 2002). The id possesses two core drives: Eros (life, sex, love) and Thanatos (death, hate, aggression). The **ego** is the reality principle of personality. It is rational and an intermediary between the id and the superego. It is situated in the conscious and seeks to bring a balance between pleasure and what is real. It is psychological and acts as the executive of the personality. It makes decisions, controls actions and allows thinking and problem solving of a higher order than the id is capable (Okafor, 2000). It separates wishes from fantasies, and can tolerate tension and compromise over time (Alutu, 2007). The ego therefore spends its entire life shuttling between the id and the superego in order to ensure that psychopathology does not develop. In reality however, there are instances where the id overruns the ego and hence psychopathology develops (slips, animalistic behaviours, dropping of objects, excessive aggression, and sexual promiscuity among others) or even when the superego overruns the ego, again psychopathology develops; (excessive obedience to rules and regulations, inability to take, the initiative, "zombies" among others).

The **superego** is the moral conscience of the society that is always striving for perfection as handed down by one's parents, teachers and significant others. It is the part of personality on which the norms and moral values of the society are encoded. It contains societal "dos" and "don'ts". It represents the ideal rather than the real. The lack of reality within the superego leads man to strive towards greater virtue, for example, striving for perfection without being able to make life compromises needed to make life worth living (Okafor, 2000). This is why the ego shuttles to allow the id some gratification it needs while reducing the excessive moralistic tendencies of the superego. The force of the id, ego and superego are so strong that for Freud they determine the individual's personality. These series of power games which may lead to weak ego system coupled with early childhood experiences in the hands of caretakers combine to make a balanced personality or a psychopathic individual. So much was Freud's interest in this personality formation that he articulated his thoughts in the now very popular theory of psychosexual development which is important for understanding the origin of and development of neurosis in human (Nwoye, 1988). Let us examine briefly the five stages of Freud's Psycho-Sexual Development to give us a bird's eye view of how our personality is formed.

Oral Stage (0-1 year)

At this stage, the libidinal energy is centered in the oral cavity, the mouth. The child derives joy from poking things and objects into his mouth; he bites, swallows and sucks. If caretakers are loose and allow an overindulgence on the part of the child at this stage, for example, feeding him anytime he cries, allowing him to swallow or poke objects into his mouth without control, the child may grow up into an adult personality that is fixated. Such fixations may be witnessed in adult persons that suck, kiss and chew gums without control. In addition, they may grow up very gullible people or "born fools" who swallow whatever they are told without questions. Such individuals lack independence and a feeling of security. On the other hand, if the child is negatively fixated as a consequence of being denied swallowing, biting and sucking all or most of the time, he may grow into an insulting, nagging, miserly, and uncooperative and an argumentative personality. Since virtue is in the middle, we recommend a "relaxed and generous but not over indulgent feeding habit to produce cooperative, friendly, optimistic, peace-loving and generous adult" (Nwoye, 1988, p.21).

Anal Stage (1-4 years)

The libidinal energy now moves from the mouth to the anal region (anus). During the stage, the child derives joy in expelling and withholding of faeces, even as he also defecates in unauthorized places. The work of the caretaker at this stage is toilet training which could also produce fixation if not well handled. If caretakers are loose and allow little or no control and the child defecates anywhere he likes, he may grow up into an untidy adult. On the other hand, if caretakers are too strict and insist on an appropriate toilet place all the time, the child may lack the spirit of natural exploration and may grow into an adult personality characterized by miserliness, orderliness, neurotic of cleanliness among others. The balanced individual who combines some amount of obedience, cleanliness and self-initiative is that one whose upbringing could have been favored by a moderated upbringing (a little to the right and a little to the left).

Phallic Stage (4-5 years)

This stage of development according to Freud is marked by the libidinal energy shifting to the genitals hence the child derives joy by fondling with his penis (for males) and with her clitoris (for females). The child now queries while his or her genital is different from the other person's own. As part of the pleasures of this stage, the primitive sexual orgies for the male become directed at the mother while for the females they become directed at the father. For the males, this stage becomes known as the **Oedipus complex** in reference to Greek mythology in which Oedipus married a woman who was later found out to be his mother. The boy develops so much envy for the father that he senses that in the rivalry that follows the father will sever off his penis in order to control his emotions toward the mother. This may lead to **castration anxiety**. In a similar vein, the girl child begins to develop strong sexual feeling towards the father and attempts to take over him from the mother. She however senses a rivalry between her and the mother

(Electra conflict). These conflicts (castration anxiety and Electra conflicts) in both the male and the female if not resolved may lead to an adult personality that is afraid of the opposite sex and unable to forge a heterosexual relationship. For Freud, these unresolved conflicts are at the root of chronic bachelorhood and spinsterhood. On the other hand, if caretakers are loose and do not exercise any control over the child, he grows up into an adulthood marked by sexual pervasion.

Latency Stage (6-age 10)

This is a period in which the libidinal energy is "asleep". According to Freud, no significant sexual development takes place at this age. Consequently, there is no development known to psychologists at this stage that is likely to impact on the adult personality. It is a period marked by repressed sexual urges and lack of interest in matters of sex.

Genital Stage (10 years and above)

This stage coincides with the adolescence stage. According to Freud, at this stage, all the libidinal energies that were "asleep" suddenly wake up with vigor. The child matures physically and sexually and thus reaching puberty in which there is the growth of secondary sexual characteristics. The child first forms an identity with his own sex before forging a heterosexual relationship. He now turns to partners for relationships both as friends and lovers. It can be a very turbulent stage if not well managed but according to Freud, if the earlier stages of life have been well handled by caretakers, there are likelihoods of the child developing a healthy adult personality capable of a true hetero-sexual adult life. The stages of development shown above reveal how the human personality can develop given a combination of the biological and the parenting factors. For Freud, errors in parenting may lead to certain **personality** disorders including;

Concept of Rational Emotive Behaviour Therapy

The Rational Emotive Behavior Therapy was developed by Albert Ellis in the 1950s according to Uzoeshi (2013), Akinade (2012), Eremie (2006), Alutu et al (2016). His doctrine of Rational Emotive Therapy was published in a book titled 'Reason and Emotion in Psychotherapy. The major theme of his theory is that man is rational and irrational. Ellis believes that man's emotional problem is caused by his illogical thinking. Ellis in Uzoeshi (2013: 138) listed eleven irrational and illogical ideas held by man which can lead to self- defeat and neurosis as follows:

- (1) *It is a dire necessity for an adult human being to be loved or approved by virtually every significant other person in his community*
- (2) *One should be thoroughly competent, adequate and achieving in all possible respect if one is to consider oneself worthwhile.*
- (3) Certain people are bad, wicked or villainous and they should be severely blamed and punished for their villainy.
- (4) It is awful and catastrophic when things are not the way one would very much like them to be.
- (5) Human unhappiness is externally caused and people have little or no ability to control their sorrows and disturbances.
- (6) If something is or may be dangerous or fearsome one should be terribly concerned about it and should keep dwelling on the possibilities of its occurring.
- (7) It is easier to avoid than to face certain life difficulties and self-responsibilities.
- (8) One should be dependent on others and needs someone stronger than oneself on whom to rely.
- (9) One's past history is an all-important determiner of one's present behavior and because something once strongly affected one's life, it should indefinitely have a similar effect.
- (10) One should become quite upset over other people's problems and disturbances
- (11) There is invariably a right precise and perfect solution to human problems and it is catastrophic if this perfect solution is not found.

Ellis added the ABC theory of personality to explain what makes people disturbed. According to him, "A" represents an external or activating event to which a person is subjected; "B" stands for the individual's rational belief system- a succession of self-talk in which the individual is engaged in response to A or the individual's interpretation of "A" as being very bad. "C" refers to the feelings and behavior that result from "B". Ellis explains that "A" is not the determinant of "C", instead "B" (the self-verbalization) is the cause. Therefore, if "B" is checked, then "C" will not originate. In everyday event, this explanation is true because two people may react differently to the same situation depending on what takes place at the "B" stage.

Implication of REBT for Counselling

The rational emotive behaviour therapy is directive in nature more like teaching and has been found to be very effective for school counselling. During rational counselling the client is expected to pay attention to his sentences. When he recognizes that he interprets relatively neutral stimuli through exaggerated internal modifiers, he is helped by the counsellor to attack these statements and replace them with more rational and sensible beliefs. He is also expected to change his behaviour in accordance with these sentences. Rational counselling is easy to learn and apply. It also produces results. It permits an effective use of the counsellor's limited time being a shorter technique than most others.

Cognitive Behavior Therapy

This theory was developed by Aaron Becks in 1976 after he became disenchanted with the practice of psychoanalytic methods. He found out that patients' self-critical cognition which he referred to as automatic thoughts are one of the keys to successful therapy (Akinade, 2012). When clients are helped to pay attention to the stream for automatic thoughts (internal dialogue) that accompany and guide actions, they can make choices about the appropriateness of these statements, and if necessary introduce new thoughts and ideas, which led to a happier and more satisfied life later. Cognitive therapy tradition became a combination of cognitive and behavioral ideas and methods, which became known as cognitive behavior therapy (McLeod, 2009).

Cognitive Behavior Therapy is an umbrella term that covers variety of actions. It is based on the idea that a client's cognition has an enormous impact on his feelings and behavior i.e. how we think (cognition) how we feel (emotion) and how we act (behavior) all interact together. Therefore, negative

and unrealistic thoughts can cause us anxiety, anger, depression, unhappiness and other psychological problems which can result in major problems. The emotional and behavioral difficulties that people experience in their lives are not caused directly by events but by the way they interpret and make sense of these events. According to Becks, when clients can be helped to pay attention to the “internal dialogue”, the stream of automatic thoughts that accompany and guide their actions, they can make choices about the appropriateness of these self-statements, and if necessary introduce new thoughts and ideas which lead to happier or more satisfied life. When an individual suffers psychological distress, the way in which he interprets situations become skewed, which in turn has a negative effect on his behavior. Three theoretical principles of Cognitive Behavior Therapy as identified by Dobson & Dobson in McLeod (2009) are as follows;

- i. Cognitive activity affects behavior.
- ii. Cognitive activity may be monitored and altered.
- iii. Desired behavior change may be affected through cognitive change.

Extramarital Affairs

Extramarital affairs are relationships outside of marriage where an illicit romantic or sexual relationship or a romantic friendship or passionate attachment occurs. Olaosebikan (2017) defined extramarital affairs as emotional or sexual relationships outside the marriage. Extramarital affairs have been reported as one of the leading causes of divorce and marital problems (Shackelford Besser & Goetz, 2008). Extramarital affairs comes in different kinds and colours as enumerated by Kenkel in Olaosebikan (2017) these includes;

- (a) **One night affair:** this type of affair mostly happens unintentionally and there may be no sexual affairs at all.
- (b) **Emotional outbreak affairs:** this generally happens when the marriage is expressing problems and during those times, one partner turn towards a friend or companion of the opposite sex.
- (c) **Emotional sexual affair:** this is an affair whereby the unfaithful spouse does not only give the body but also the heart and there are slim chances of reunion.
- (d) **Sexual addict affair:** in this type the sexual addict use sex over again to cause inner pain and emptiness.

Five phases of extramarital affairs were identified by Dreyer in Olaosebikan (2017) as follows;

- (1) **Inception phase:** this is the genesis of an affair which may be as a result of closeness of two opposite sex working together and seeing each other always.
- (2) **Recovery Phase:** this is where mate struggle to unbound and rebound and come to grips with the fact that their marriages had much more glue and uniqueness than just sexual faithfulness.
- (3) **Pre-discovery Phase:** It is a phase whereby parties involved are blinded to the changes taking place and the deteriorating level the affair is having on their marriage, for example, partner tend to see each other as less attractive.
- (4) **Discovery Phase:** This is when the affair is revealed to the cheated on how he/she gets to know is not most important, in the recovery phase, mate struggle to unbound and rebound and come to grip with the fact that their marriages had much more glue and uniqueness than just sexual faithfulness.
- (5) **Resolution Phase:** The couple working on recovery slowly re-establishes the equilibrium and depends on the intimacy of their partner.

Reasons for Extramarital affairs

Perry (2008) assert that people get involved in extramarital affairs when certain challenging issues arise in their marriages and of which they may be unwilling to seek a divorce due to certain sentimental considerations but would remain in marriage and get involved in extra dyadic relationship, these includes;

- (a) Children – many people remain in unhappy marriages because they would like to provide a stable home for their children. In such marriages there is little or no intimacy in the relationship, many of such relationship leads to extramarital affairs in an effort to find the type of love and intimacy they lack in their marriage. In other cases when there is no child in a marriage spouse who are desperate to have children resort to extramarital affairs to have children believing that one’s partner is impotent or cannot be pregnant.
- (b) Physical Attraction – People lose interest in their spouses as they grow old and desire younger ones that are attracted to them. Loss of tooth, hair, weight gain etc might make a spouse to loss interest in his/her partner and seek for someone for an extramarital affairs to fill that void in their lives.
- (c) Work – when a married person shows more commitment to his/her work than he does to his spouse, this can have a negative effect on their marriage. The person’s partner may feel neglected and lonely in the relationship and sought for an affair with someone that will make him/her feel special.
- (d) Sex – in some cases sex life becomes boring after years of marriage and some partners will begin to avoid it. If his/her partner has a significantly higher sex drive that partner may have to find someone else to fulfill that desire.
- (e) Lack of commitment – some people lack commitment to their marriages, they find it extremely difficult to remain committed to their marital vows, this makes them to fall prey to extramarital affairs.

Empirical Review

Cookey, Kennedy and Eremie (2021) investigated the effects of Rational Emotive Behaviour therapy on bullying behavior among senior secondary school students in Rivers State of Nigeria using a pre-test, post-test quasi experimental design. Two research questions and two null hypotheses were postulated to guide the study. The population of the study consist of 145,894 senior secondary one students in Rivers State. A sample size of 320 students possessing bullying characteristics chosen from the three senatorial zones of the state were used. The subjects were equally distributed to two experimental conditions (control and experimental group) for comparison. The experimental group received REBT while the control group received no

treatment. The outcome measure was the Adapted Olweus Bullying Questionnaire (AOBQ). Data collected was analyzed with the paired sample t-test for hypothesis one and the one-way ANCOVA for hypothesis two using Minitab 19 statistical analysis software. Result revealed that the two hypotheses were rejected and a significant mean difference was found between the pre-test and post-test mean scores of the experimental group and between the experimental and control group. REBT was found to be effective in reducing the incidence of bullying among senior secondary one students in Rivers State.

Eremie, Asodike and Kennedy (2020) investigated the effects of Rational Emotive Behaviour Therapy on self-concept of physically challenged undergraduate students in Rivers State, Nigeria. The study utilized the pre-test, post-test control group quasi-experimental design with a population of 36 physically challenged students identified in two state owned universities using a census sampling technique to study the entire population. The outcome measure was a standardized instrument developed by Iwuji (1996) and named Self Concept Scale (SCS). Three research questions and three hypotheses were formulated to guide the study. The independent t-test statistic was used to test the hypotheses at 0.05% level of significance. Results indicated that REBT had a tremendous effect on the self-concept of physically challenged undergraduates when the experimental and control groups were compared.

Olaosebikan (2017) investigated the effects of Rational Emotive Behaviour Therapy on reduction of extramarital affairs among married women in Abeokuta, Ogun State, Nigeria using a quasi-experimental pre and post-test control group design. The sample of the study consist of 40 married women with the use of multi-stage sampling technique, two groups were constituted for the study, one treatment group and the other control. One research question and one hypotheses were raised to guide the study. The hypotheses was tested at 0.05% level of significance using the t-test statistics. Four outcome measures were used for the study and they were: Marital comparison level index (MCLI) which was used for baseline data assessment, Justification for extramarital involvement Questionnaire (JEIQ), Index of Marital satisfaction (IMS) and Personal report of spouse communication apprehension (PRSCA) which were used for pre and post-test. One research question and one null hypothesis were raised to guide the study. The hypothesis was tested using t-test at 0.05 level of significance and the hypothesis was rejected. The study revealed that Rational Emotive Behaviour therapy was effective in reducing participants' post-test scores on proneness to extramarital affairs. The hypothesis was rejected and alternate hypothesis accepted.

Again, Ukwueze (2013) conducted a quasi-experimental study investigating the impact of rational emotive behaviour therapy on students' irrational thoughts and feelings: A panacea for youth restiveness and terrorism in Nigeria. The participants were 36 senior secondary students in their second year (SSII) from an intact class from the command secondary school Abakalike, South East Nigeria. Two groups were created for the study (experimental and control group) and two levels of treatment were conducted, the experimental group received REBT while the control received Placebo. The Rational Emotive Inventory (RIE) was the outcome measure. Data was analyzed using descriptive statistics while the two null hypotheses were tested at 0.05% level of significance. Results indicated that there was a significant effect of rational emotive behaviour therapy on the experimental group unlike the control group that merely received placebo. The study recommends the use of rational emotive behaviour therapy in secondary schools to restructure the mind set of students in order to nip the cases of youth restiveness and terrorism among Nigerian students.

Conclusion

The study concluded that Rational Emotive Behavior Therapy and 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. This simply indicates that the gains of the application of REBT and RT are quite enormous. In comparison, as against involvement in extra-marital affairs both REBT and RT none was found to be non-effective in the reduction of Extra-marital affairs, although REBT showed more promise than RT, they were all effective in bringing about behavioural changes. It is also concluded that location of the school do not affect the effectiveness of Rational Emotive Behavior Therapy and Reality Therapy in the reduction of infidelity among female married teachers in Rivers State.

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