

**PERSONALITY TRAITS AS PREDICTORS OF MARITAL SATISFACTION AMONG MARRIED PERSONS IN AWKA METROPOLIS, ANAMBRA STATE**

**<sup>1</sup>Umeaku, N. N., PhD; <sup>2</sup>Onyemaechi, C.I., PhD & <sup>2</sup>Okpaleke, V. U., PhD**

<sup>1</sup>Department of Psychology, Faculty of Social Sciences, Nnamdi Azikiwe University, Awka

<sup>2</sup>Department of Psychology, Faculty of Social Sciences, Chukwuemeka Odumegwu Ojukwu University, Igbariam

**Corresponding Author:** <sup>1</sup>Umeaku, N. N., PhD, lecturer in the Department of Psychology, Nnamdi Azikiwe University, Awka

Email: <sup>1</sup>nn.umeaku@unizik.edu.ng

**Abstract**

This study examined *Personality Traits as Predictors of Marital Satisfaction among Married Persons in Awka Metropolis, Anambra State*. A total of three hundred (300) participants were sampled for the study. The participants consisted of married persons residing in Awka Metropolis and were selected using a convenience sampling technique. Their ages ranged from 20 to 60 years, with a mean age of 37.5 and a standard deviation of 0.214. Two instruments were used for the study, namely the Index of Marital Satisfaction (IMS) developed by Hudson (1982) and the Ten-Item Personality Inventory (TIPI) developed by Gosling et al. (2003). The study adopted a survey research design with a cross-sectional approach, and multiple linear regression analysis was used to test the hypotheses. Five hypotheses were postulated. The first hypothesis, which stated that openness would significantly predict marital satisfaction, was rejected ( $B = -0.006, p > .05$ ). The second hypothesis, which stated that conscientiousness would significantly predict marital satisfaction, was accepted ( $B = -0.025, p < .05$ ). The third hypothesis, which stated that extraversion would significantly predict marital satisfaction, was rejected ( $B = 0.012, p > .05$ ). The fourth hypothesis, which stated that agreeableness would significantly predict marital satisfaction, was rejected ( $B = -0.016, p > .05$ ). The fifth hypothesis, which stated that neuroticism would significantly predict marital satisfaction, was also rejected ( $B = -0.017, p > .05$ ). Based on the findings of this study, the researchers recommend that clinical psychologists, marriage counsellors, and therapists should emphasize how personality traits—particularly conscientiousness—influence behavioural dynamics in marital satisfaction among married persons. The study contributes to a better understanding of the relationship between personality traits and marital satisfaction. This understanding may assist couples, counsellors, clinical psychologists, psychotherapists, and other mental health professionals in addressing marital dynamics to achieve optimal marital satisfaction outcomes.

**Keywords:** *Personality Traits, Married Persons, Marital Satisfaction, Awka Metropolis*

**Background to the Study**

Marital satisfaction is simply the way husbands and wives view the level of pleasure and fulfillment they derive in their marriages. Marriage is an important institution preordained by God (Umeaku, 2025a). Several cases of marital problems are consistently reported mainly by the women, and this usually leads to marital dissatisfaction; a good number of the women report; negligence, care free attitude, lack of respect, lack of financial support, infidelity, night crawling, verbal abuse, emotional abuse, and physical abuse from their husbands. These have profound effects on emotional well-being, contributing to **stress**, anxiety, depression, and relationship problems. Many variables or factors are responsible for marital satisfaction and these variables differ across people; financial stability, helping in taking care of the household affairs and provision of necessary things are also involved (Nwanna, 2021). Marital dissatisfaction is a major problem in our society due to several divorces, child labour and societal disharmonies it causes (Karney & Bradbury, 1995; Afram & Kashdan, 2015). Therefore, personality traits as predictors of marital satisfaction will be examined in this study.

Personality is that unique characteristics and qualities that make an individual different from others. It is a set of established patterns of behaviour that has been built over time. According to Baumeister (2006), it is a component of psychological magnesium organized within an individual that is relatively enduring and that influence the person's interaction and relationship as well as adaptation within the environment. This environment includes internal, physical and social environments. Personality has been studied in a variety of ways but one of the

commonest and adopted categorization of personality is the big five usually called OCEAN or CANOE. This means O stands for Openness to experience, C stands for Conscientiousness, E stands for Extraversion, A stands for Agreeableness and N stands for Neuroticism (Lim, 2023).

The beginning of studying of personality dates back during the time of Allport in the early 20th century, Carttel in 1966 continued and in 1984, Goldberg carried out a study that helped to simplify and bring out the five-factor model. According to several researches e.g., individuals with high traits of certain domains of the big five or the five-factor model score high in marital satisfaction. Example, individuals or persons who have the personality of openness otherwise known as openness to experience usually have positive correlation with marital satisfaction. Another study shows that conscientiousness personality has positive relationship with marital satisfaction, yet in another study, it was established that persons who score high in conscientiousness maintain very high intimacy in marriage.

Individuals with this Agreeableness personality trait have positive relationship with marital satisfaction. Neuroticism according to study has been seen that individuals with this usually demonstrate dissatisfaction or perform below optimal in marriage.

### **Statement of the Problem**

Marital satisfaction is an important asset in the hands of couple for progress, success and onward movement. Absence of marital satisfaction hinders the optimal progression and success in such a family or union (Umeaku, 2025b). Fundamentally, marriage or family is the unit of every nation and the presence of marital dissatisfaction will continuously produce situations that are dissatisfying across all the spheres of the country (Umeaku et al, 2022). Many studies have been conducted on marital satisfaction, using various factors, research designs, and locations. However, much remains to be done; divorce, marital breakups, and domestic violence appear to be increasing daily. Furthermore, several studies have looked at different areas and localities but there seems to be a dearth of research work in studying personality traits as predictors of marital satisfaction among married persons in Awka Metropolis, in the south eastern part of the Nigeria. Moreso, no study has been able to show the personality trait that suitably predict marital satisfaction among married persons living in the city (Awka Metropolis). Finally, this research work has come to provide a further literature in this area, and establish the predictive strengths of the five personality domains on marital satisfaction among married persons.

### **Purpose of the Study**

The general purpose of this study was to ascertain if personality traits will predict marital satisfaction. Specifically, the study sought to investigate;

1. If Openness will significantly predict marital satisfaction.
2. If Conscientiousness will significantly predict marital satisfaction.
3. If Extraversion will significantly predict marital satisfaction.
4. If Agreeableness will significantly predict marital satisfaction.
5. If Neuroticism will significantly predict marital satisfaction.

### **Research Questions**

1. Will Openness significantly predict marital satisfaction?
2. Will Conscientiousness significantly predict marital satisfaction?
3. Will Extraversion significantly predict marital satisfaction?
4. Will Agreeableness significantly predict marital satisfaction?
5. Will Neuroticism significantly predict marital satisfaction?

### **Relevance of the Study**

This study will have both practical and theoretical relevance. The outcome of this study will provide some important information that will guide not just researchers but practitioners as well as married persons. As a body of research this work will look into empirical, theoretical and conceptual aspect considering the various variables that influence marital satisfaction, thereby educating the readers and the stakeholders of the impact as well as the relationship among these factors. Lastly, this research work will add to existing knowledge in the field of personality studies, marital satisfaction studies in our society. Practically, the study will give insight on which of the personality traits predicts marital satisfaction and how they can be managed to ensure or enhance marital satisfaction among married persons.

### **Theoretical Framework**

Trait theory of personality was propounded by Allport (1936). He discovered in dictionary adjectives to define human Personality that are up to four thousand in number and he was able to categorize these traits into three levels. These they call the; Cardinal trait, the Central trait and the Secondary trait. To him the Cardinal trait is dominating but rare. The Central trait are not dominating but can be used in a way of describing the major characteristics of a person, while the Secondary trait usually appear only in unique situations or under specific conditions. In 1978, Cattell was able to reduce the number from four thousand, to sixteen major personality-trait categorization; he did this by using factor analysis and was able to remove the adjectives that are not very important. In the same way, he was able to join similar or common trait together. Personality traits are measured in high and low rather than present or absent; a trait of a personality can fit the criteria when a measurement takes place. It is important to say that the combination of various traits or different traits from personality is what makes individuals unique. Therefore, Trait Theory is able to explain and x-ray the dimensions and magnitudes of marital satisfaction among married persons; the inherent ability of the theory to establish the nexus between personality traits and marital satisfaction informed its choice as the theoretical framework.

Akinwumi (2017) conducted a study with the title Personality Trait and Sexual Satisfaction as Determinants of Marital Satisfaction among Couples in Ibadan. The study selected 300 married persons in the university college hospital (UCH) who were randomly selected. It adopted the cross sectional survey research design with multiple regression used for data analysis. The result reviewed that marital satisfaction has significant and positive relationship with sexual satisfaction at ( $r = .56, p < .01$ ), extroversion ( $r = .05, p > .05$ ), agreeableness ( $r = .12, p < .05$ ), neuroticism ( $r = .12, p < .05$ ) and openness to experience ( $r = .18, p < .01$ ). The study also found out that openness to experience, conscientiousness, extraversion, agreeableness and neuroticism, jointly explained 9% variance in marital satisfaction at ( $R^2 = 0.09, F(5,302) = 5.94, p < .01$ ); while only conscientiousness ( $\beta = -.27, p < .01$ ) and openness to experience ( $\beta = .30, p < .01$ ) were significant independent predictors of marital satisfaction. They recommended that counsellors should be mindful of these factors.

Onabamiro et al (2017), in a study titled Three-factor predictors of marital adjustment among couples in Abeokuta Metropolis, Ogun State, Nigeria. The purpose of the study was to investigate self-esteem, emotional intelligence and coping skills as predictors of marital adjustment among couples in Abeokuta metropolis. The target population for the study comprised all the married persons in Anglican Communion Churches in Abeokuta South and North Local Government Areas in Ogun State, Nigeria. Using simple, random sampling technique a total of fifteen married persons were selected from each of the churches, making a total of three hundred and thirty, married persons (330) from Abeokuta North and South Local Government Areas, Ogun State. The design used for the study was non-experimental ex-post facto research, while the statistics used was Pearson Product Moment Correlation and Multiple Regression analysis. The result shows that there is no significant relationship between coping style and marital adjustment, that there is no significant relationship between self-esteem, emotional intelligence, and marital adjustment. The study recommended among others that couples should endeavor to accentuate attitude of co-operative understanding, valuing partnership, demonstrating trust, general good will towards one another and positive values in their marriage while family counselors should organize workshops, seminars and conferences whereby couples would be sensitized on causes of marital adjustment and resolution strategies for resolving marital mal-adjustment.

Drahman et al. (2018) in a topic, The Relationship Between Personality Traits and Marital Satisfaction on Quality of Marriage among Married Couples in Selangor selected 110 married persons in the urban and suburban as well as rural areas of Selangor. The study adopted Pearson Moment Correlation Coefficient for data analysis and the study shows that there is a significant relationship between personality and marital satisfaction at point (.195), and the correlation between the two variables is significant at (0.05) level.

Ezeme et al. (2019) in a study titled Marital Satisfaction Impact of Personality Traits and Anxiety Or Depression in Pregnant Women, which adopted a cross sectional study design attended to pregnant women in antenatal clinic in Enugu state university teaching hospital. 200 participants who were pregnant women were used and were adopted for the study. The results shows that marital dissatisfaction positively correlated with neuroticism at ( $r = 0.16, p = 0.023$ ), Anxiety ( $r = 0.33, p = 0.001$ ) and Depression ( $r = 0.29, p = 0.001$ ), but was negatively correlated with Extroversion ( $r = -0.27, p = 0.001$ ), Agreeableness ( $r = -0.078, p = 0.27$ ), Conscientiousness ( $r = -0.027, p$

= 0.71), and Openness ( $r = -0.24$ ,  $p = 0.001$ ), but only Neuroticism, Openness to experience, and Anxiety possess predictive value.

Okoli (2023) with the titled Role of Personality Traits and Emotional Intelligence as a determinants of Marital Satisfaction among Married Female Bankers in Fidelity Bank, Abuja, Nigeria. The purpose of the study was to investigate personality traits and emotional intelligence as determinants of marital satisfaction among married female bankers of Fidelity Bank plc, Abuja, Nigeria. A total number of thirty-eight Married female bankers were randomly selected from different bank branches in Abuja. The study adopted a cross-sectional survey design while the statistics used for data analysis for the study is T- test. On the whole, three hypotheses were tested and results showed that agreeableness [ $t(1.36) = 2.369$ ;  $p < .05$ ], and conscientious [ $t(1.36) = 2.94$ ;  $p < .05$ ] predict marital satisfaction. While openness to experience [ $t(1.36) = 0.89$ ;  $p > .05$ ], extraversion [ $t(1.36) = -1.038$ ;  $p > .05$ ], and neuroticism [ $t(1.36) = 1.029$ ;  $p > .05$ ] were not predictors of marital satisfaction of female married bankers. On the other hand, result shows that emotional intelligence [ $F(13, 24) = 16.219$ ;  $p < .000$ ] significantly influence marital satisfaction. However, age did not significantly predict marital satisfaction [ $t(1, 36) = -.778$ ;  $p > .05$ ]. Based on the findings, the study recommended that individual personality traits and emotional intelligence should be considered in human organizations and situation of marital life. counseling sessions before and after the union.

### Hypotheses

1. Openness will significantly predict marital satisfaction.
2. Conscientiousness will significantly predict marital satisfaction.
3. Extraversion will significantly predict marital satisfaction.
4. Agreeableness will significantly predict marital satisfaction.
5. Neuroticism will significantly predict marital satisfaction.

### Methods

#### Participants

A total of 300 married persons from Awka Metropolis in Anambra Senatorial Zone of Anambra State served as participants for the study. The towns that were involved in the study were towns under Awka South Local Government in Anambra Central Senatorial Zone which include; Amawbia, Umuopku and Awka (the Core-Multi-Nuclei Urban Design). The males were one hundred and eighteen (118) in number, while the females were one hundred and eighty-two (182) in number, representing thirty-nine percent (39%) and sixty-one percent (61%) respectively. Their ages ranged from 20 (twenty) to 60 (sixty) years. Simple random sampling technique was used to select the villages, while convenient sampling technique was used to select the participants of this study, because the selection of the participants was based on availability, accessibility and willingness of the participants to participate in the study.

#### Instruments

The instruments used for collecting data in this study are:

##### 1. Index of Marital Satisfaction (IMS):

The instrument used in this study for data collection on marital satisfaction was the index of marital satisfaction by Hudson (1982). This instrument is a 25-item inventory that is designed to measure the degree or severity of the problems or satisfaction that one's spouse or partner perceives to be having in the marital relationship with his or her spouse. The instrument has a Likert response pattern ranging from 1 to 5, where 1 = Rarely or none of the time, 2 = A little of the time, 3 = sometimes, 4 = A good part of the time and 5 = Most or all of the time. There are direct scoring and reverse scoring items. Where the direct scoring is for negative word items which are items: 2, 4, 6, 7, 10, 12, 14, 15, 18, 22, 24, and 25; while the reverse scoring items are the positive word items which are: 1, 3, 5, 8, 9, 11, 13, 16, 17, 19, 20, 21 and 23.

To obtain raw scores, the result of the direct scores and the reverse scores were added together and 25 was subtracted from the raw score to obtain the clients final score, scores below 30 will be taken to indicate a satisfaction in relationship, while any score above 30 will be taken to indicate dissatisfaction in marital relationship. The items in the questionnaire include: I feel my partner is affectionate enough, I feel that my partner treats me badly, I feel that my partner really cares for me, I feel that I would not choose the same partner if I had it to do over, I feel that I can trust my partner and I feel that our relationship is breaking up.

The reliability coefficients reported by Hudson (1982) are, Cronbach Alpha internal consistency = .96, 2-hour-test-retest = .96. A concurrent validity coefficient of .48 was obtained by Anene(1994) by correlating Index of Marital Satisfaction (IMS) with Marital Stress Inventory (MSI). Also, Abamara (2019) reported alpha coefficient reliability of 0.70.

## 2. Ten Item Personality Inventory (TIPI):

The instrument used in this study for data collection of personality traits is the ten item personality inventory by Gosling et al (2003). The Ten Item Personality Inventory is a brief 10 item questionnaire that is used to measure the big five personality traits. The domains are: Openness to experience, Conscientiousness, extroversion, agreeableness and neuroticism are used in this study to correlate with marital satisfaction. This instrument has a Likert style response pattern ranging from 1 to 7. Where 1 = Disagree strongly 2 = Disagree moderately 3 = Disagree a little 4 = Neither agree nor disagree 5 = Agree a little 6 = Agree moderately 7 = Agree strongly. There are direct scoring and reverse scoring in this questionnaire. The directly scored items were Items 1, 3, 5, 7, and 9, whereas the reverse-scored items were Items 2, 4, 6, 8, and 10.

To ascertain the score of one's personality, you find the average of the two items that make up the said personality, by recoding the reverse score and adding it to the standard score then dividing it by two. Take for instance, using extroversion as an example: A participant has scores of 5 on item 1 (Extraverted, enthusiastic) and 2 on item 6 (Reserved, quiet). First, recode the reverse-scored item (i.e., item 6), replacing the 2 with a 6. Second, take the average of the score for item 1 and the (recoded) score for item 6. So, the TIPI Extraversion scale score would be:  $(5 + 6)/2 = 5.5$ . The items in the questionnaire includes: I see myself as Extraverted and enthusiastic, critical and quarrelsome, dependable and self-disciplined, anxious, easily upset, open to new experiences and complex. The norm scores for the TIPI were also reported thus; extraversion 4.44, agreeableness 5.23, conscientiousness 5.40, neuroticism 4.83, and openness to experience 5.38. Scores equal to or higher than the norms indicate that the individual manifests the specific personality trait while scores lower than the norm indicates that the individual does not manifest the specific personality trait.

Gosling et al (2003) reported that these scales showed high convergent validity with correlations with Big Five Inventory ranging from .65 (Openness), .70 (Agreeableness), .75 (Conscientiousness) to .81 (Neuroticism), and .87 (Extraversion). The Cronbach's alpha coefficients obtained were found in the range .40 - .73 for each subscale where; Agreeableness = .40, Openness = .45, Conscientiousness = .50, Extraversion = .48, and Neuroticism = .73.

Umeaku et al (2021) validated the TIPI in Nigeria using University Students of UNN. The results indicated that TIPI has construct validity at 627\*\* ( $p < .001$ ) significant level. On concurrent validity, the five domains of TIPI concurred with the five domains of the forty-four-item Big-Five Personality Inventory at 271\*\*, .419\*\*, .436\*\*, .163\*\* and .251\*\* ( $p < .001$ ) significant level. On discriminant validity, the five domains of TIPI discriminated with Neuroticism domain of the SCL 90 except the Emotional Stability domain at -.428\*\*, -.243\*\*, -.047, .447\*\* and -.505\*\* ( $p < .01$ ) significant level. Finally, on reliability, TIPI is reliable with Cronbach Alpha of  $r = .71$  and Split-Half of  $r = .76$ .

## Procedures

The researchers with the help of two research assistants went to the field, with copies of questionnaires which were administered to married persons in Awka Metropolis, Anambra State and this was done by tracing the locations or places where they could be found, which are; the churches (Roman Catholic, Anglican and Perfect Life Message International Ministry), schools (Nnamdi Azikiwe University) and workplaces (Nnamdi Azikiwe University and Anambra State Civil Service's Ministries and Departments).

A combination of simple random sampling techniques and convenience sampling techniques were used to select the villages and participants in this senatorial zone respectively. To select the villages, the names of the villages were written down in pieces of papers, and the villages picked were selected and used for the study. This enabled a true representation of the Core-Multi-Nuclei urban design across the Anambra Central Senatorial Zone. To select the participants, convenience sampling technique was adopted. Ethically, before completing the questionnaire, rapport was established, and the purpose of the study was adequately explained to the participants. Firstly, the informed consent was established with the participants and confidentiality was guaranteed. Secondly, they were assured of anonymity as well as privacy in the study. Thirdly, the consents of the participants were obtained before the copies of the questionnaires were administered and they were adequately informed about

choice to withdraw from the research at any given time they deem fit, they were given the assurance that whatsoever their responses were, would continue to be confidential. Three hundred and twenty (320) copies of questionnaires were administered, three hundred and ten (310) copies were returned, but three hundred (300) copies were valid; by the end of their responses, when the questionnaires were gathered, the valid ones were coded and analyzed using SPSS Version 21 with the appropriate statistics.

**Inclusion Criteria**

Married persons who live in Awka Metropolis

**Exclusion Criteria**

Engaged, married or divorced persons who live in Awka Metropolis

**Design and Statistics**

The study is a survey with a cross-sectional design, and SPSS version 21 was used for statistical analyses. Multiple Linear Regression was used for data analyses in testing the hypotheses in order to ascertain which personality traits predict marital satisfaction among married persons.

**Results**

**Table 1: Summary of descriptive statistics, mean and standard deviation**

GENDER	Mean	N	Std. Deviation
MALE	3.0895	118	.23625
FEMALE	3.1336	182	.19724
Total	3.1163	300	.21414

**Table 2: The Regression Analysis of the Study Variables: Personality Traits and Marital Satisfaction**

Model	Coefficients <sup>a</sup>				t	Sig.
	Unstandardized Coefficients		Standardized Coefficients	Beta		
	B	Std. Error				
	(Constant)	2.934	.119		24.683	.000
1	OP	-.006	.015	-.025	-.436	.663
	EX	.012	.013	.055	.940	.348
	CON	.025	.012	.122	2.072	.039
	AG	-.016	.011	-.084	-1.442	.150
	NEU	.017	.012	.081	1.397	.163

a. Dependent Variable: MS

The first hypothesis which stated that Openness will significantly predict marital satisfaction was rejected at  $B = -.006$ ;  $p < .663$ . The second hypothesis which stated that Conscientiousness will significantly predict marital satisfaction was rejected at  $B = -.025$ ;  $p < .039$ . The third hypothesis which stated that Extraversion will significantly predict marital satisfaction was rejected at  $B = .012$ ;  $p < .348$ . The fourth hypothesis which stated that Agreeableness will significantly predict marital satisfaction was rejected at  $B = -.016$ ;  $p < .150$ . The fifth hypothesis which stated that Neuroticism will significantly predict marital satisfaction was rejected at  $B = .017$ ;  $p < .163$ .

**Summary of Results**

1. Openness did not significantly predict marital satisfaction at  $B = -.006$ ;  $p < .663$ .
2. Conscientiousness significantly predicted marital satisfaction at  $B = -.025$ ;  $p < .039$ .
3. Extraversion did not significantly predict marital satisfaction at  $B = .012$ ;  $p < .348$ .
4. Agreeableness did not significantly predict marital satisfaction at  $B = -.016$ ;  $p < .150$ .
5. Neuroticism did not significantly predict marital satisfaction at  $B = .017$ ;  $p < .163$ .

**Discussion**

This study investigated Personality Traits as Predictors of Marital Satisfaction among Married Persons in Awka Metropolis, Anambra State. The first hypothesis which stated that Openness will significantly predict marital satisfaction was rejected and this is consistent with the work of Javanmard and Garegozlo (2013) who conducted

a study with the title the Study of Relationship between Marital Satisfaction and Personality Characteristics in Iranian Families and discovered that openness is not a predictor of marital satisfaction, but is it in dissonance with the work of Nweke et al (2021) who found that openness to experience can predict marital satisfaction.

The second hypothesis which stated that Conscientiousness will significantly predict marital satisfaction was accepted and this is consistent with the work of Seyehmins et al (2020), who access 18 correlation studies and found out that the big 5 personality trait correlated with marital satisfaction precisely the conscientious domain. It is also in agreement with the work of Okoli (2023) with the titled Role of Personality Traits and Emotional Intelligence as determinants of Marital Satisfaction among Married Female Bankers in Fidelity Bank, Abuja, Nigeria which found that conscientiousness is a predictor of marital satisfaction.

The third hypothesis which stated that Extraversion will significantly predict marital satisfaction was rejected and this is in disagreement with the study of Drahman et al (2018) in a topic, The Relationship Between Personality Traits and Marital Satisfaction on Quality of Marriage among Married Couples in Selangor which shows that there is a significant relationship between personality and marital satisfaction at point (.195), and the correlation between the two variables is significant at (0.05) level. The fourth hypothesis which stated that Agreeableness will significantly predict marital satisfaction was rejected and it is in agreement with the study of Javanmard and Garegozlo (2013) who conducted a study with the title the Study of Relationship between Marital Satisfaction and Personality Characteristics in Iranian Families and found that openness to experience did not predict marital satisfaction. The fifth hypothesis which stated that Neuroticism will significantly predict marital satisfaction was rejected and this consistent with the study of Ezeme et al (2019) who found that neuroticism does not predict marital satisfaction.

Indeed, looking at the outcome of this present study, and comparing the outcome with the works done before, it can be clearly seen and explained that various factors are responsible for the outcome of our study. This present study shows that only conscientiousness significantly predicted marital satisfaction among married persons in Awka Metropolis.

#### **Implications of the Study**

This study has great implications both in theoretical and practical aspects. The implications of the study include; Married persons can actually face challenges if they are low in conscientiousness; counsellors and psychotherapists should pay more attention by advising married persons on the implications of conscientious personality trait in their relationships in order to enjoy marital satisfaction.

#### **Limitations of the Study**

The major limitation of the study is geographical limitation. The research was carried out only in Awka Metropolis, Anambra State which can influence the extrapolation of the outcome of this study to the general population of interest.

#### **Recommendations/Suggestions for Further Studies**

There should be a further study within another geographical zone of the country for a further confirmation, and comparative study should be carried out between younger and older married persons on different personality traits and marital satisfaction.

#### **Conclusion**

The study titled *Personality Traits as Predictors of Marital Satisfaction among Married Persons in Awka Metropolis, Anambra State* adopted a survey research design with a cross-sectional approach, and multiple linear regression was used for data analysis. Five hypotheses were tested, out of which only one was supported.

The findings revealed that conscientiousness was the only personality trait that significantly predicted marital satisfaction. There is a need for further studies to explore other constructs and variables that may predict marital satisfaction among urban dwellers, as research of this nature would be beneficial to psychotherapists, counsellors, and scholars interested in human relationships and marriage.

## References

- Akinwumi, E. O. A. (2017). Personality traits and sexual satisfaction as determinants of marital satisfaction among couples in Ibadan. *Gender and Behaviour* 15 (1), 8421-8441.
- Allport, GW & Odbert HS (1936). "Trait names: A psycholexical study". *Psychological Monographs*, 47, 211.
- Anene, R. N. (1994). A comparative analysis of marital stress. *Unpublished B.Sc Thesis*, Department of Psychology, University of Lagos.
- Bandura, A. (1986). Social cognitive theory: An agentic perspective. *Annual Review of Psychology*, 37(1), 1-26. (2001). Retrieved from <https://doi.org/10.1146/annurev.ps.37.020186.000325>.
- Baumeister, R. F. (2006). *Social psychology and human nature*. New York, NY: McGraw-Hill.
- Cattell, R. B. (1966). *Factor analysis of personality*. London, UK: Penguin Books.
- Cattell, R. B. (1978). *The Scientific Use of Factor Analysis in Behavioral and Life Sciences*. New York: Plenum.
- Ezeme, M.S. ;Ohayi, R. &Mba, S. (2019). Marital satisfaction: impact of personality traits and anxiety/depression in pregnant women. *ISOR Journal of Dental and Medical Sciences*, 18 (12), 63-67. Doi: 10.9790/0853-1812126367
- Gosling, S., Rentfrow, P.J., & Swann, W. (2003). A very brief measure of the Big Five personality domains. *Journal of Research in Personality*, 37 (6), 504-528. [https://doi.org/10.1016/80092-6566\(03\)00046-1](https://doi.org/10.1016/80092-6566(03)00046-1)
- Hahn, CM; Hahn, IG & Campell, LJ (2021). Social Anxiety and Depression in Romantic Relationship: A Three-Sample Exploration. *Journal of Social and Clinical Psychology*, 40 (3), 175-200.
- Hudson, W.W. (1982). Index of marital satisfaction. The Clinical Measurement Package: A Field
- Javanmarda, G. H. & Garegozlob, R. M. (2013). The Study of Relationship Between Marital Satisfaction and Personality Characteristics In Iranian Families. *Social and Behavioral Sciences*, 84, 396 – 399. <https://doi.org/10.1016/j.sbspro.2013.06.573>
- Lim, A.G.Y. (2023, Sept 7th). Big five personality traits: the 5-factor model of personality. *Simply Psychology*. <https://www.simplypsychology.org/big-five-personality.html>
- Nwanna, U. C. (2021). Communication styles and sexual satisfaction as predictors of marital satisfaction among couples in Anambra state. *Sapientia Global Journal of Arts, Humanities and Development Studies*, 4(2).
- Nweke, K.O ; Dike-Aghanya, A.A ; Umeaku, N.N & Ofoma, E.B. (2021). Attachment styles and personality traits as predictors of marital satisfaction among employed married couples. *Nigeria Journal of Social Psychology*, 4 (1), 13-26.
- Okoli, A. (2023). Role of Personality Traits and Emotional Intelligence as a determinant of Marital Satisfaction among Married Female Bankers in Fidelity Bank, Abuja, Nigeria. *Jalingo Journal of Social and Management Sciences*, 5(2), 76-89.
- Onabamiro, A. A; Owoyele, J. W. & Elijah, A. O. (2017). Three-factor predictors of marital adjustment among couples in Abeokuta Metropolis, Ogun State, Nigeria. *Universal Journal of Psychology* 5 (5), 225-230.
- Sayehmiri, K ; Ibrahim, K. K ; Abdi, K ; Dalvand, S. & Gheshlagh, R. G. (2020). The relationship between personality traits and marital satisfaction: a systematic review and meta-analysis. *BMC Psychology*, 8 (15). <https://doi.org/10.1186/s40359-020-0383-z>
- Umeaku, N. N. (2025b). POCKET-PENIS SYNDROME: A NEED FOR PSYCHOLOGICAL INTERVENTION MODEL. *Journal of Psychology, Sociology, History and International Studies*, 1(2), 55-56.
- Umeaku, N. N. ;Nnedum, A. O. &Nweke, K. O. (2021). The validation of the Ten-item personality inventory (TIPI) in the Nigeria Sample. *Interdisciplinary Journal of African & Asian Studies*, 7(2),70-79.
- Umeaku, N.N ;Iwuchukwu, E. M ; Nweke, K . O & Oradiiegwu, S.U. (2022). The Influence of education level and duration of marriage on marital satisfaction among Nigeria couples. *Interdisciplinary Journal of African and Asian Studies*, 8(1), 95-203.
- Umeaku, N.N. (2025a). Exploring the Personality Trait for Marital Satisfaction: A Conscientious-Marital-Satisfaction Model. *Interdisciplinary Journal of African and Asian Studies*, 11(2), 43-51.