

**INFLUENCE OF SEX LIFE SATISFACTION AND LONELINESS ON RELATIONSHIP  
SATISFACTION AMONG COHABITING STUDENTS**

**BY**

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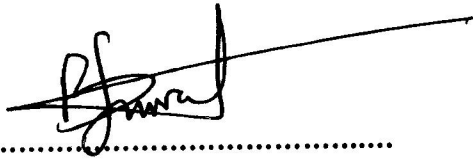
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**CERTIFICATION**

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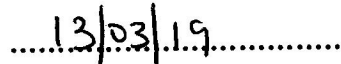


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## **DEDICATION**

This project work is dedicated to God Almighty, my Creator and Redeemer. In Him I have my total being. Without Him, I am nothing. I also dedicate this research work to my wonderful and darling parents Mr and Mrs Okereke.

## ACKNOWLEDGEMENTS

My profound gratitude goes to God Almighty for giving me the privilege of being alive till today and also rendering me with the ability and assistance to conduct this project successfully. Glory, honour and adoration are to His holy name.

I also appreciate my Parent, Mr and Mrs okereke for their assistance towards me financially, spiritually, emotionally and all the advices they had given me so far from the beginning of my life up to this moment, mummy and daddy, I am very grateful to you, may almighty God make you reap the fruit of your labour. And may all your effort over me never be in vain in Jesus name. I Am Very Grateful. And to my siblings, I wish to express my immeasurable gratitude for being with me and supporting me morally, spiritually and financial. I Love You All.

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## ABSTRACT

The study investigated the influence of sex-life satisfaction and loneliness on relationship satisfaction among cohabitating students in Federal University Oye-Ekiti, Ekiti state. The study adopted an ex-post facto research design. Three hundred and five (305) undergraduates were sampled from across departments and faculties of the institution. These participants were administered with scales measuring variables with demographic information. Three hypotheses were tested in the study using t-test for independent samples, two were confirmed and one was rejected. Results showed that sex life satisfaction significantly influenced relationship satisfaction ( $t = 6.22$ ;  $df = 303$ ,  $p < .05$ ). Loneliness significantly influenced relationship satisfaction ( $t = -7.283$ ;  $df = 303$ ,  $p < .05$ ). Gender did not significantly influence relationship satisfaction ( $t = -1.22$ ;  $df = 303$ ,  $p > .05$ ). Based on findings, it was concluded that sex life satisfaction and loneliness have direct influence on relationship satisfaction among cohabitating students, while gender did not. Findings were discussed in relation to previous studies and recommendation was given that there should be more improved and comprehensive study on the concept of cohabitation.

**Keywords:** Sex life satisfaction, loneliness, relationship satisfaction, gender, undergraduates, Federal University Oye-Ekiti, Ekiti state.

**Word Count:** 173

## CHAPTER ONE

### INTRODUCTION

#### 1.1. BACKGROUND OF STUDY

Generally, relationship satisfaction has been linked to numerous individual's and couple's outcomes including physical health, mental health, treatment of both physical and mental health disorders, work productivity, divorce rates, and general life satisfaction (Proulx, Helms & Buehler, 2007; Fincham & Beach, 2010). Defining what one means when speaking of relationship satisfaction has been the focus of thousands of studies in the social sciences for roughly three quarters of a century. Hamilton (1929) spearheaded one of the first published efforts, albeit in a clinical setting, to measure marital satisfaction and found 45% of couples there were experiencing serious maladjustment.

The strong predictive relationship between relationship satisfaction and these important life outcomes has made it a popular area of study over the last several decades. This vast quantity of research spans many areas of interest include gender differences in satisfaction, how relationship satisfaction impacts other areas of life such as parenting and child outcomes, how contextual and environmental influences impact relationship satisfaction, trajectories of marital satisfaction, how to measure relationship satisfaction, and the many potential predictors of relationship satisfaction (Bradbury, Fincham, & Beach, 2000; Fincham & Beach, 2010). Amato, Booth, Johnson, and Rogers (2007) however found positive interactions, consistency, support, conflict resolution, alignment, and commitment to be key components of mutually satisfying adult relationships, while participants in a study conducted by Collins and Feeney (2000) noted support-seeking and care-giving transactions. In a study by Duemmler & Kobak, 2001; Simpson, 1990, they found out that commitment and relationship stability were identified as important dimensions of a satisfactory



relationship. According to a review of the literature by Rhoades et al.(2009), premarital cohabitation is consistently associated with higher rates of divorce, less marital satisfaction, poorer communication, increased violence and conflict, and a greater likelihood for infidelity among wives.

Cohabitation is defined as an intimate sexual union between two unmarried partners who share the same living quarter for a sustained period of time (Bacharach et al, 2000). The rise in cohabitation represents one of the most significant changes in union formation patterns, in many developed and developing economies. The increase in cohabitation has occurred alongside other, related, major demographic shifts, including rising levels of divorce and delay in entry into marriage and childbearing (Coast, 2009). Research on cohabitation was relatively rare until the late 1980s, but it has dramatically increased in the past decade (Smock, 2000). Beyond documenting trends in cohabitation, much of research focuses on the meaning of cohabitation (whether it is a prelude or alternative to marriage), how cohabitation affects union formation and dissolution, and how it affects children and childbearing (Hatch, 1995; Smock, 2000). Only recently have researchers begun to examine factors such as relationship quality and interaction within cohabiting unions (Brown & Booth, 1996; Brown, 2003).

A number of studies have been done in comparing cohabitation with marital relationships. Cohabitation, like marital relationships involve sharing a household with an intimate partner who is a potential confidant, caretaker, and provider, and both involve social roles that are seen as improving health and well-being, including someone to monitor health, and provide information (Waite & Gallagher 2000). Previous studies among heterosexual couples who later married in the 1990s and in the early 20s, 50% to 70% reported that they lived together first (Stanley, Witton, & Markman, 2004). When surveyed, most of the couples who opted for cohabitation over marriage stated that they wanted to spend more time with

their partner (Rhoades, Stanley, & Markman, 2009) and that moving in together was something that “just happened” (Lindsay, 2000; Manning & Smock, 2005). Although a mere 15% were motivated to cohabit with the express intent to test the relationship first (Rhoades et al., 2009), Glenn (2005) found that the majority of heterosexual survey participants thought cohabitation to be a good premarital test of compatibility.

Sexual satisfaction is one of the most important issues in relationship between which has the highest effect on the stability or the failure of couples lives. The major aims of a good marriage include but not limited to: (1) having a satisfactory sexual-relationship and (2) maintaining a peaceful co-existence by being in agreement with one’s spouse (Ellis & Harper, 2005). Thus, most individuals agree/believe that having a satisfactory sexual-relationship and peaceful existence in agreement between the couples are considered as two inseparable components in a successful marriage. This is because where sexual satisfaction is absent, there will be no peace and where there is no peace and agreement, sexual relationship may not flow freely as necessary. Therefore, a successful marital relationship is formed when satisfactory sexual-relationship and “peace and agreement” are created continually and are interwoven with each other between the couple. By starting a marriage and creating marital relationship, sexual satisfaction and life satisfaction become very important variables in association with the marriage quality. Therefore, sexual satisfaction may be regarded as an important factor in stability of cohabitation.

## **1.2.STATEMENT OF PROBLEM**

An alteration in marital relationship pattern that parallels the rise in divorce rate is cohabitation of unmarried couples that is rampant in urban industrial cities of the world (Nebulla, 2011). Budinski and Trovato (2005) affirm that in most industrialized countries the

growing legitimization of cohabitation has made it almost an expected stage in the marriage process. Since 1970s to date, marriages have changed a great deal perhaps; the most spectacular changes have been the rise in the divorce rate and in the proportion of couples living together before they marry (De Vaus, Qu & Brow, 2003; Mattox, 1998). Between 1975 and 1995, the number of high school seniors agreeing that "it is usually a good idea for a couple to live together before getting married in order to find out whether they really get along," went up from thirty-five percent to fifty-nine percent (Popenoe, 1999 Cited in Change, 2003). The trend of cohabitation, therefore, witnessed a drastic change towards the last decades of the twentieth century as marriages began to be preceded by it. According to Campbell (2008), marriages frequently started to be supplanted by cohabitation that often ends in divorce in one-third of the time, and where three-quarters of the breakups are always requested by the woman. In recent times, the young adults seem to begin to consider premarital cohabitation as a substitute to marriage.

Premarital cohabitation, also known as trial marriage, has now become a common phenomenon in the modern time especially among adolescents. Rating this practice as a major threat to marriage and family life, Kate (2010) breaths a ray of hope by asserting that today's society is not broken yet, despite scaremongering statistics about increases in the rate of cohabitation over marriage, and of divorce. However, in an attempt to identify the constituent parts of relationship satisfaction, Makinen and Johnson (2006) summarized earlier findings that point to spontaneous acts of affection, reciprocity, and support with which each partner's mental and physical well-being are intertwined.

The research would therefore see to provide answers to the following questions.

- I. Will sex life satisfaction influence relationship satisfaction among cohabiting students in Federal University, Oye-Ekiti?

- II. Will loneliness influence relationship satisfaction among cohabiting students in Federal University, Oye-Ekiti?
- III. Is there a gender difference in relationship satisfaction among cohabiting students in Federal University, Oye-Ekiti?

### **1.3.PURPOSE OF STUDY**

The main purpose of this study is to assess if sex life satisfaction and loneliness will influence relationship satisfaction among cohabiting students in Federal University Oye-Ekiti, Ekiti state. The specific objectives are

- I. To determine if sex life satisfaction will influence relationship satisfaction of cohabiting students in Federal University, Oye-Ekiti.
- II. To investigate if loneliness will influence relationship satisfaction of cohabiting students in Federal University, Oye-Ekiti.
- III. To ascertain if there will be gender difference in relationship satisfaction of cohabiting students in Federal University, Oye-Ekiti.

### **1.4. SIGNIFICANCE OF STUDY**

This research is relatively important to the field of social psychology. Findings from this research would suggest the reasons why cohabiting relationships among college students last longer than they should. Research participants would also be provided enough detail on how to improve their relationship satisfaction. Conversely, researchers through their work have been able to map out that children reared by parents endorsing high levels of relationship satisfaction are more likely to have higher self-esteem (Amato, 1986) and to form subjectively satisfying romantic relationships (Amato & Sobolewski, 2001) than their

peers from families with distressed parental dyads. Due to the fact that young people grow up to rear children in ways very similar to their own experiences (Berlin & Appleyard, 2007), the social significance of understanding the factors that support high relationship satisfaction is clear. The findings of this study will however give an enlightenment and also contribute to positive social change by informing preventive measures for use by intending couples, researchers and clinicians who are eager to enhance relationship satisfaction across the globe.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1. THEORETICAL FRAMEWORK

These following theories were used in examining the variables considered for the research study.

##### **Attachment Theory**

##### **Attachment during Infancy, Childhood, and Adolescence**

Bowlby (1958) departed from the prevailing psychoanalytic tradition of his day when he postulated that attachment, driven by evolutionary forces, was at the heart of an individual's social and personality development. "Human infants, like infants of other species, are preprogrammed to develop in a socially cooperative way; whether they do so or not turns in high degree on how they are treated" (Bowlby, 1988). An ethological widely researched and widely accepted psychological constructs ever proposed even now (Cassidy & Shaver, 2008). According to His theory, attachment is an emotional bond between caregiver and care receiver that functions to ensure the survival of the helpless infant and, as an extension, the species as a whole. Crying, cooing, laughter, and other forms of early communication, he asserted, are used by the infant to maintain proximity and elicit care giving behaviors from the primary supporter; typically the mother (Bowlby, 1958). With her on-going provision of nutrition, warmth, interest, and proximity, the infant gains reassurance that caregivers will consistently and accurately meet its needs and that the world is a safe place in which to live and explore (Bowlby, 1958). Over time, mental and emotional representations of this dynamic develop (Bowlby, 1958). Termed internal working models (IWMs), they include the infant's preferred attachment patterns (styles), a sense of the extent to which the infant can rely upon others to meet their needs, and, as a result, a belief about the

extent to which they themselves are worthy of such care (Bowlby, 1969/1982, 1979). For better or worse, IWMs allow the individual to imagine how future encounters will likely unfold based on previous experiences.

Bowlby (1969/1982) asserted that children develop one of three attachment styles in reaction to their mothers' predominant interpersonal approach: secure, anxious/ambivalent, or avoidant/dismissive. The first of these, secure attachment, develops when the infant's needs are consistently and accurately met, thus facilitating healthy emotion regulation and social ease.

The second anxious/ambivalent attachment theory suggests that people's intimate relationships are related to their relationships with their attachment figure. This attachment figure is a primary caregiver. People have an attachment behaviour system that helps to control how close or distant they are from others. The way people develop this system is dependent on their perception of their attachment figure. When they feel secure that the attachment figure is present and responsive, people's attachment behaviour system relaxes. When they wonder whether the attachment figure is present and responsive, people's attachment behaviour system becomes activated. They become upset and strive to restore closeness to their attachment figure. Over time, people develop internal working models of attachment. These models include expectations regarding the degree to which their attachment figure will be responsive to their needs. These internal working models of attachment have been divided into three different types: (1) secure, in which the attachment figure is seen as reliable and expected to be responsive to the infant's needs, (2) avoidant, in which the attachment figure is seen as unavailable, and the infant defensively avoids close contact with others, (3) anxious/ambivalent, in which the attachment figure is not consistently available or responsive, and the infant becomes preoccupied with checking on the attachment figure's availability.

Attachment theory suggests that people apply these internal working models of attachment to their romantic relationships. Another line of attachment theory has focused on the underlying structure of people's attachment models. This theory has proposed two dimensions that can each range from negative to positive: (1) views of the self, and (2) views of others. People with positive views of self and other are classified as secure. People with positive views of the self and negative views of others are classified as dismissing of intimacy. People with negative views of the self and positive views of others are classified as preoccupied with relationships. People with negative views of the self and of others are classified as fearful of intimacy.

### **Sexual Script Theory**

The sexual script theory is based on the notion of social constructionism—the interpretation of reality, including human behavior, is derived from shared beliefs within a particular social group (DeLamater and Hyde 1998). In this case, the human behaviors in question are sexual, and the meanings attached to those behaviors, including what makes them “sexual” behaviors, derives from metaphorical scripts individuals have learned and incorporated as a function of their involvement in the social group (Simon 1996; Simon and Gagnon 1986, 1987, 2003). “Scripts are involved in learning the meaning of internal states, organizing the sequencing of specifically sexual acts, decoding novel situations, setting the limits on sexual responses and linking meanings from nonsexual aspects of life to specifically sexual experience”(GagnonandSimon1973). Social scripts are conceptualized as the mental representations individuals construct and then use to make sense of their experience, including their own and others' behavior.



Sexual script theory emphasizes that social context is extremely important for understanding human behavior, including the behavior of widespread adoption of the theory itself. There are several social factors that may have facilitated the proliferation of sexual script theory. First, Gagnon and Simon explicitly applied the sociological principles described earlier specifically to sexual behavior. Although such application seems commonplace decades after the fact, at the time such a perspective was novel. Second, the cultural milieu may have been ripe for such a social constructionist perspective on sexuality. As Simon and Gagnon (1984) noted, their perspective was a reaction to the dominant theoretical views of human sexuality at the time: psychoanalytic and biological (Plummer 1982, for comparison of social scripting to these then dominant, perspectives in sex research). Within these dominant perspectives, sexual behavior was seen as essentially determined, either by instincts or drives, inherently tied to human biology. For example, Freud based his psychoanalytic theory on an assumed instinct toward life and procreation—Libido—that may find natural and healthy expression or may be distorted into psychopathology.

Freudian psychoanalytic perspectives on sexuality continued to hold sway even as biological perspectives rose to attention. Perhaps the most famous of the “new” biological perspective on sexuality was Alfred Kinsey and his colleagues (1948, 1953) who catalogued sexual behaviors of respondents and plotted them against such variables as age, sex, and social class. Whereas some variables Kinsey and his colleagues considered relevant were societal in nature (e.g., social class, education), the underlying assumption seemed to be that these social variables distorted otherwise natural expressions of sexuality. Similarly, William Masters and Virginia Johnson (1966, 1970) focused their research and therapy on bodily response to sexual stimuli; work based on the assumption that there is universal, and therefore natural, sexual functioning. Even casual examination of the titles of the books by Kinsey and his colleagues (1948, 1953), and Masters and Johnson (1966, 1970), reveals the

assumption they were working under; that there were inherent sexual universals for humans that could be analyzed and described by researchers such as themselves.

### **Implicit Theory of Relationship Satisfaction**

The works of Dweck and colleagues suggested that people hold implicit theories about themselves and the world and that these theories guide their social behavior (Dweck & Leggett, 1988; Heine, Lehman, Markus, & Kitayama, 1999). Dweck and Leggett distinguished between people who believe that their personal attributes are fixed and unchanging (entity theory) and people who believe that these attributes are developed over the course of one's life (incremental theory). According to Dweck, Chiu, and Hong (1995), seeing the world in these fixed versus malleable terms is "fundamental to human cognition" (p. 327). These researchers have found that such theories have important consequences for cognition, affect, and behavior.

For example, believing that intelligence is fixed appears to affect beliefs about personal ability, frustration, and persistence in the face of challenges (e.g., Dweck et al., 1995). These theories have generally been examined in the academic context, but recent research has explored the role of such theories in social interactions (Erdley, Cain, Loomis, Dumas-Hines, & Dweck, 1997) as well as in stereotyping (Levy & Dweck, 1999; Levy, Stroessner, & Dweck, 1998). It is quite plausible that people have similar implicit theories about their romantic relationships. In recent research, Ruvolo and Rotondo (1998) found a stronger relation between ratings of partner characteristics and relationship well-being for entity theorists than for incremental theorists. Additionally, Knee (1998) found the correlates of endorsing a "destiny" theory of romantic relationships could be distinguished from those of endorsing a "growth" theory of relationships.

Specifically, Knee found that destiny believers give more weight to initial relationship satisfaction than do growth believers. He found that those who hold an entity theory are quicker to end their relationships than those holding an incremental theory when they were not satisfied early in the relationship. Although Knee's research represents an important step toward understanding implicit theories of romantic relationships, the theories he examined were limited to the importance of finding a compatible partner (destiny theory) and beliefs about whether or not relationships can change (growth theory). A good deal more research is needed to fully understand people's theories of relationships and the implications of such theories. Beyond simply believing that one does (or does not) have control over his or her romantic relationship, people may hold a constellation of beliefs that are related to this central idea. Some people may enter a romantic relationship expecting that the most important thing is to find the "right" person with whom one is passionately in love, and then one must simply let the relationship unfold.

In contrast, others may view a relationship as something that is constantly shaped and actively maintained by the relationship partners and do not believe that perfect compatibility is necessarily the key to a successful relationship. The former people may hold a soul-mate theory, similar to an entity theory (and destiny theory), whereas the latter people may hold a work-it-out theory, similar to an incremental theory (and growth theory). Although loosely based on Dweck and colleagues' entity and incremental theories, the soul-mate and work-it-out theories go beyond Dweck's distinction based on perceived control over one's individual traits by including other beliefs that may be relevant to relationships.

### **Theory of Attributions**

This theory was developed by Weiner in 1974 to explain how individuals explain events. Weiner's work (1974) has demonstrated that people give a variety of different causal

explanations for success and failure. These include four primary reasons (ability, effort, task difficulty and luck), plus several less common ones (e.g. mood, fatigue or illness). Specific causal explanations can be classified on two underlying dimensions: locus of causality (internal versus external vis-a-vis the actor) and stability (stable versus variable over time). Weiner's model suggests that causal attributions for loneliness should have implications for the person's expectations, emotions and behaviour. The stability dimension of attributions is especially important for the person's expectations. If one perceives the precipitating factors in loneliness as being stable or unchanging, then the person will probably anticipate being lonely in the future. Some studies (Mazo & Perlman, 1977) suggest that people who attribute their behaviour to internal causes cope more persistently and effectively. Perhaps people think and act as follows: "If I caused my situation, I can also change it." The one difficulty with this line of reasoning is that we previously linked internal, stable attributions to depression and despair. Such despair should inhibit coping.

### **Social Exchange Theory**

Social exchange theory is an interdisciplinary perspective that has roots in anthropology, economics, sociology, and social psychology. As it derives from so many different disciplines, social exchange theory, likewise, has been applied to a number of different topics (Emerson, 1976). Social exchange theory focuses on the outcomes of relationships. Social exchange theory suggests that relationship partners focus on the positive outcomes (rewards) and negative outcomes (costs) of their relationships. Rewards include social rewards and material rewards. Costs include opportunity costs. According to this theory, people evaluate their relationships both in terms of actual rewards and costs and in terms of anticipated rewards and costs. An important aspect of any romantic relationship is

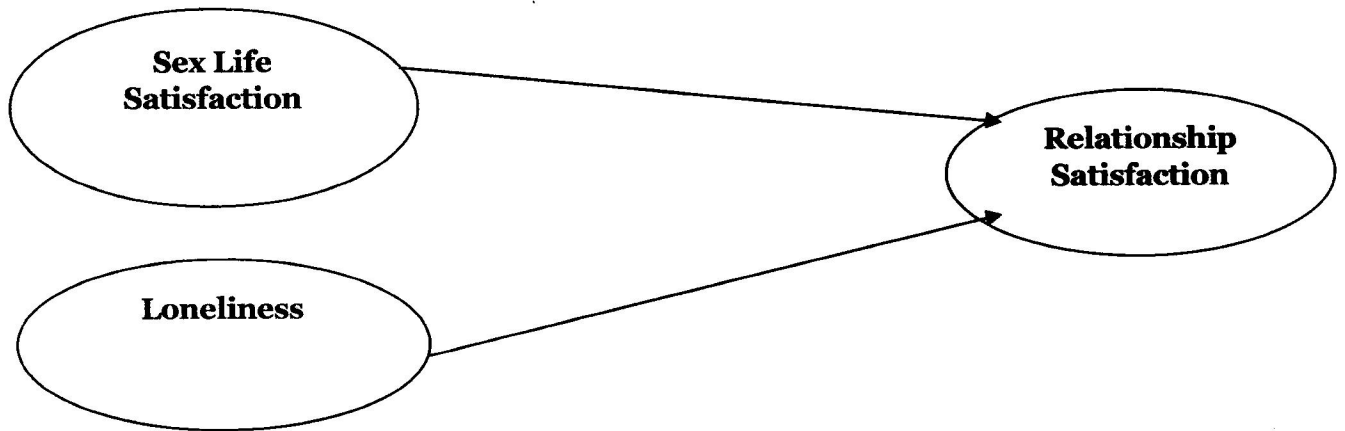
found in the selection process of a partner. Social exchange theory paired with matching hypothesis effectively analyses the mechanisms that lead an individual to select their partner. An individual must select a partner before a romantic relationship can even begin. While proximity, religious values, and personality all influence the decision making process, a particular focus should be given to Walster's matching hypothesis for partner selection.

According to this hypothesis, the more socially desirable a person is, in measurements of physical attractiveness, social status, skills, intelligence, etc., the more socially desirable this person will expect his or her partner to be (Sprecher, 1998). The second assumption in the matching hypothesis is that a relationship composed of two individuals who are equally socially desirable will be happier and longer lasting compared to a relationship with partners who are unequally socially desirable. Because most people prefer to be with the most socially desirable partner they can obtain, it is useful for individuals to display their most desirable features to society. In many cultures, it is commonplace for a man with wealth and status to form a romantic relationship with a woman who is young and beautiful. Gifts are a special form of exchange because of the symbolic meaning they carry. People usually refrain from exchanging monetary gifts because they are too convenient to give and may be perceived as evidence of the unwillingness to invest time or thought in the relationship.

People evaluate their relationship outcomes based on their comparison level and their comparison level for alternatives. Comparison level refers to the outcomes that people think they deserve, or can expect to get, in a relationship. Comparison level for alternatives refers to the outcomes that people think they could get if they were to enter a different relationship. People with a low comparison level and low comparison level for alternatives tend to have a high level of dependency on their relationship and may feel unable to leave. Alternatives are broadly construed. They include, not just alternative relationships, but alternatives to being in a relationship. They also include all the consequences someone might face for leaving his or

her relationship. These include losing investments that have been put into the relationship, social disapproval for leaving the relationship, and other factors that make people feel unable to leave, no matter how much they might want to. Commitment is a product of satisfaction and dependence. Commitment, defined as the intention to remain in a relationship, is comprised of the desire to stay (i.e., satisfaction) and the inability to leave (i.e., dependency).

## 2.2. THEORETICAL CONCEPTUALISATION



The diagram above shows the relationship between sex life satisfaction, loneliness, and relationship satisfaction.

### **The Concept of Sexual Satisfaction**

Sexual satisfaction has been conceptualized in different ways, even though its association with frequency of sexual intercourse and, more recently, with orgasm has prevailed (Haavio-Manila & Kontula, 1997; Laumann et al., 1994). Frequency of sexual intercourse and orgasm, although the variables mostly studied and associated with sexual satisfaction (Haavio-Manila & Kontula, 1997; Laumann et al., 1994), may be only some of the aspects of sexual activity (Bozon, 2002). Orgasm and frequency of intercourse remain the indicators that most easily allow assessment of sexual satisfaction (Haavio-Manila &

Kontula, 1997). Recent studies show the importance of a series of affective and relational variables (Davies, Katz, & Jackson, 1999; DeLamater, 1991; Haavio-Manila & Kontula, 1994, 1997; Laumann et al., 1994; Waite & Joyner, 2001; Yela, 2000). Post sexual sensations, particularly happiness or pleasure, maybe strongly associated with sexual satisfaction (DeLamater, 1991; Laumann et al., 1994). The absence of discrepancies for desiring sexual relations would be a variable closely associated with sexual satisfaction (Davies et al., 1999). Communication of sexual topics would be another important variable for sexual satisfaction (Byers & Demmons, 1999; Cupach & Comstock, 1990; Metts & Cupach, 1989). Also, discrepancy bargaining in desiring sexual relations would be a variable strongly connected with sexual satisfaction, particularly in contexts showing deep gender inequality (CONASIDA & ANRS, 2000). Finally, sexual satisfaction has shown to be related to various socio-demographic variables, such as age (middle-aged people report higher satisfaction), high educational level, stable marital status (being married or cohabiting), and high socioeconomic level (Laumann et al., 1994).

### **The Concept of Loneliness**

Research has shown that loneliness is prevalent throughout society, including people in marriages, relationships, families, veterans, and those with successful careers. It has been a long explored theme in the literature of human beings since classical antiquity. Loneliness has also been described as social pain—a psychological mechanism meant to motivate an individual to seek social connections. Loneliness is often defined in terms of one's connectedness to others, or more specifically as "the unpleasant experience that occurs when a person's network of social relations is deficient in some important way". People can experience loneliness for many reasons, and many life events may cause it, such as a lack of friendship relations during childhood and adolescence or the physical absence of

meaningful people around a person. At the same time, loneliness may be a symptom of another social or psychological problem, such as chronic depression. Many people experience loneliness for the first time when they are left alone as infants. It is also a very common, though normally temporary, consequence of a breakup, divorce, or loss of any important long-term relationship. In these cases, it may stem both from the loss of a specific person and from the withdrawal from social circles caused by the event or the associated sadness.

The loss of a significant person in one's life will typically initiate a grief response; in this situation, one might feel lonely, even while in the company of others. Loneliness may also occur after the birth of a child (often expressed in postpartum depression), after marriage, or following any other socially disruptive event, such as moving from one's home town into an unfamiliar community, leading to homesickness. Loneliness can occur within unstable marriages or other close relationships of a similar nature, in which feelings present may include anger or resentment, or in which the feeling of love cannot be given or received. Loneliness may represent a dysfunction of communication, and can also result from places with low population densities in which there are comparatively few people to interact with. Loneliness can also be seen as a social phenomenon, capable of spreading like a disease. When one person in a group begins to feel lonely, this feeling can spread to others, increasing everybody's risk for feelings of loneliness. People can feel lonely even when they are surrounded by other people.

In a similar manner, most people believe that external events, and other people, "cause" their feelings. This is a problematic belief. It leads to feelings of helplessness and the false conclusion that we can do nothing to feel better. Such a belief strengthens the reliance on addictive substances (or activities) as a means of relief from unpleasant feelings. Cognitive therapy teaches people to realize we cause our own feelings, not other people. It is



what we think and believe about things that causes our feelings. By changing our thoughts and beliefs, our feelings will change accordingly. Let's use a simple example to illustrate this important concept. Suppose someone has just stepped on my foot. One thought I might have (particularly if I believe that people are out to get me) is the foot-stepper did this on purpose. "I can't believe that idiot just stepped on my foot, how dare he!" These thoughts naturally lead to feelings of anger. Conversely, I could instead think (particularly if I believe most people are kind) the foot-stepper's action was clumsy and accidental. "Whoops, that guy sure is clumsy." This thought might lead to feelings of compassion. Notice the exact same event, caused two opposite feelings; just by the way I think about it. Thus, the situation did not "cause" my feelings. My own thoughts did.

## **2.3. REVIEW OF EMPIRICAL STUDIES**

### **2.3.1 Sex life satisfaction and relationship satisfaction**

Relationship quality has been the focus of numerous studies, of which the majority conclude that married couples are more satisfied with their relationship than are non-married cohabiting individuals (Brown & Booth, 1996; Brown, 2003, 2004; Stanley et al., 2004). Similarly, Nock (1995) reported that cohabiting individuals had lower levels of commitment when compared with married couples. When comparing the definition of relationship between these two categories of person, Stanley et al. (2004) found that the first group was significantly more dedicated to their relationships (i.e., a desire to prioritize the relationship). As Penman (2005) points out, it is less certain that differences can be attributed to the state of being married per se.

Huston & Melz (2004) flagged a number of methodological issues that they suggest would need to be addressed in order to confidently argue that such a case exists. With declines in marriage rates and rises in the rates of cohabitation (Kiernan, 2000; Whitehead &

Popenoe, 2006), it makes sense to focus attention on cohabiting couples as a discrete unit of analysis whenever possible. Casper & Cohen (2000) point out that estimates are very sensitive to how cohabitation status is inferred. Even asking about cohabitation directly can be problematic since subjective assessments from respondents are relied upon. People sometimes disagree about whether or not they are living with each other (Nock, 1995). These disagreements are consistent with research showing that couple relationships do not fall clearly into rigid one-or-the-other categories, but occur along a continuum (Ross, 1995).

There are value differences in many domains that likely affect couple interactions and individual well-being. Cohabitors tend to be less traditional and more individualistic than their married counterparts (Musick & Bumpass, 2006). On average, they have lower childbearing expectations, place a higher value on leisure time, and are less religious (Rindfuss & Vandenhuevel 1990; Axinn & Thornton 1992; Thornton, Axinn, & Hill 1992; Clarkberg, Stolzenberg, & Waite 1995). Many have more egalitarian attitudes about sex roles and a more equal division of household labour (South & Spitze 1994). The less structured roles and less traditional orientations of cohabiters may make it more difficult for partners to establish who does what in the relationship. The negotiation of new rules and meanings has the potential for greater conflict, but the greater flexibility of roles also leaves room for more rewarding, more egalitarian relationships (Brines & Joyner 1999; Cherlin, 2004). Corresponding to these findings, in a recent study, Musick (The Times of India, July 2012) pointed out that the idea that marriage has health and happiness advantages over cohabitation is overrated.

Notwithstanding the need to combine relationship categories in order to attain or preserve sufficiently large groups for statistical procedures, the considerable evidence that people in cohabiting relationships generally differ markedly in demographic terms from those who are married (Clarkeberg, Stolzenberg, & Waite, 1995; Dempsey & de Vaus, 2004)

suggests that treating cohabiting respondents as married for the purposes of analysis may mask important relationship effects (Penman, 2005). Although, motives for cohabiting may be grounded in emotional, economic and pragmatic reasons, the levels of commitment and the expectations regarding permanence have been found to differ among couples (Carmichael & Mason, 1998). Relationship satisfaction in men depended on health, physical intimacy and sexual functioning, while in women only sexual functioning predicts relationship satisfaction. Longer relationship duration predicted greater relationship happiness and sexual satisfaction for men (Heiman, Long et al. 2011). It is a period of acceptance of changes in virility in case of men and changes in fertility in case of women. A combination of anxiety and immaturity will lead the members of a couple to veer away from potentially conflict-laden subjects to more emotionally safe areas, so as to limit exchanges that cause arguments.

Pedersen & Blekesaune (2003) report in their findings that both males and females who are sexually active but unattached are less satisfied with their sex lives, while committed; long-term relationships seem to be of greater importance for women than for men. However, sexual satisfaction and relationship satisfaction usually change concurrently in relation to the quality of intimate communication (Byers, 2005). Reciprocal sexual self-disclosure contributes to relationship satisfaction, which in turn leads to greater sexual satisfaction, while on the other hand, own sexual self-disclosure leads to greater partner understanding of sexual likes and dislikes, which leads again to a more favourable balance of sexual rewards and costs and thus to higher sexual satisfaction (Byers 2005). Own sexual self-disclosure is more typical of women, while reciprocal sexual self-disclosure is found in both men and women (Byers 2005).

### **2.3.2. Loneliness on Relationship Satisfaction**

Research findings on the feeling of loneliness reports that it is a psychologically destructive and terrifying experience (Bekhet and Zauszniewski, 2012), that makes severe psychological and physical problems (Ditommaso, Brannen and Best, 2004; Stickley, Koyanagi, Roberts, Richardson, Abbott and Tumanov, 2013). In a review of the construct of loneliness and several measures developed to assess it, Oshagen and Allen (1992) noted that the prevalence of loneliness in the general population has been estimated to range from 15% to 28%. Relationships have been shown between loneliness and relational style, the quality of one's social networks, interpersonal skills, anxiety, depression, self-esteem, boredom, sex roles, and standard demographic variables (e.g., Cutrona, 1982; Kalliopuska & Laitinen, 1991; Levin & Stokes, 1986; Shaver & Buhrmester, 1983; Vaux, 1988). More recently, researches by Wei, Shaffer, Young, & Zakalik (2005) have found strong links between loneliness and attachment anxiety and avoidance, shame, depression, and the satisfaction of one's basic psychological needs, as well as the mediating roles of social self-efficacy and self-disclosure between loneliness and depression (Wei, Russell, & Zakalik, 2005).

In social interaction, satisfaction is very important and critical for health. Sense of loneliness could make problems in social interaction and decrease the self-protective behaviour potentials as a social threatening factor (Heinrich and Gullone, 2006). It is believed from previous researches that loneliness is a pervasive and dysphonic experience, which is the outcome of the expectation of individual and his or her current status. Feeling of loneliness has a direct relationship with the emotional domain and individual cognitive function and causes lack of adaptation in cognition, experience, and social expectations (van Baarsen, 2002). Studies are in favour of high prevalence of the sense of loneliness. Dykstra (2009), and Ditommaso et al. (2004) reported the prevalence rate about 8% to 10% and the other studies showed that 15% to 30% of people experience loneliness continuously. Heinrich

and Gullone (2006) believed that one out of four people suffer from chronic loneliness. A recent review by Hawkley and Cacioppo (2010) revealed that about 80% of people aged lower 18 and 40% of the over 65 years reported feeling of loneliness at least sometimes in their relationship.

Baumeister and Laery (1995) argued about the basic needs and the feeling of belonging as essential motivations in individual's emotion, thinking, and behaviour, which need at least a minimum of positive stable interpersonal relationship; therefore, an individual who develops problems in making and maintaining satisfactory relationship with the others will develop problems in satisfaction of the feeling of belonging, and this kind of deprivation leads to morbidity (Baumeister & Laery, 1995; Cacioppo, Ernst, Burleson, McClintock, Malarkey, & Hawkley, 2000; Brown, Ten Have, Henriques, Xie, Hollander, & Beck, 2005; Hawkley, Burleson, Berntson, & Cacioppo, 2003). Generally, drug abuse is a multi-factorial disorder in which every factor has its specific and common effects on the development and maintenance of addiction (Hosseinbor, Bakhshani, & Shakiba, 2012). Thus, any intervention concerning the prevention and treatment of addicted individuals should consider these factors or variables (Bakhshani, & Hosseinbor, 2013).

#### **2.4. STATEMENT OF HYPOTHESIS**

- I. Cohabiting students who score high in sex life satisfaction will significantly report higher relationship satisfaction than those who score low in sex life satisfaction.
- II. Cohabiting students who score low in loneliness will significantly report higher relationship satisfaction than those who score high in loneliness.
- III. Male cohabiting students will significantly report higher relationship satisfaction than female cohabiting students in Federal University, Oye-Ekiti

## **2.5. OPERATIONAL DEFINITION OF TERMS**

**SEX LIFE SATISFACTION:** Sex life satisfaction can be defined as an evaluation by the person of his or her sex life. This variable is not concerned with the standard placed on the sex life of individuals for it appears that individuals construct a standard, which they perceive as appropriate for themselves, and compare the circumstances of this sex life to that standard. This variable was measured using the five item satisfaction with sex-life scale developed by Neto (2012). High score on the scale indicates higher sex life satisfaction

**LONELINESS:** This refer to the feeling of lack of support and care from friends (social), family (Familial) and romantic partner (romantic). It was measured using the Social and Emotional loneliness scale developed by DiTommaso, et al (2004). High score on the scale indicates higher level of loneliness.

**RELATIONSHIP SATISFACTION:** Relationship satisfaction refers to the degree at which individuals have adjusted to the demands of their relationship. This variable was measured using the relationship assessment scale developed by Hendick (1988). High scores on the scale indicate higher relationship satisfaction in individual.

**COHABITING STUDENTS:** These refer to undergraduates of Federal University, Oye-Ekiti who are not married but are living together as partners because of an existing relationship between them.

**GENDER:** The biological act of being described as a male or female.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1 RESEARCH DESIGN**

The researcher adopted the use of ex-post facto research design because none of the independent variables of study was subjected to active manipulation; rather they were measured as occurred. The independent variables are sex life satisfaction and loneliness. The dependent variable is relationship satisfaction.

#### **3.2 SAMPLING TECHNIQUE**

The researcher adopted the use of Non-probability sampling because the technique is more reliant on the researcher ability to select for a sample. This was made possible through the use of referral/snow ball method.

#### **3.3 SETTING AND PARTICIPANTS**

The study was carried out among undergraduate students in the Federal University, Oye-Ekiti. The participants were 305 (157 male, 148 female) undergraduates with age range of 15 to 31 years and mean age of 21.49 years (SD = 2.82). Eighty three (27.2%) of the participants were 100 level students, 92 (30.2%) were 200 level students, 74 (24.3%) were 300 level students, 38 (12.5%) were 400 level students and 18 (5.9%) are 500 level students.

In terms of undergraduates' respective faculty, 58 (19%) were from Social Sciences, 35 (11.5%) were from Education, 66 (21.6%) were from Sciences, 43 (14.1%) were from Agriculture, 41 (13.4%) were from Engineering, 40 (13.1%) were from Arts and 22 (7.2%) were from Management Sciences. Regarding religious affiliation, 230 (75.4%) were Christian, 72 (23.6%) were Moslems and 3 (1%) were from other religions.

Analysis of undergraduates ethnicity revealed that 229 (75.1%) were Yoruba's, 54 (17.7%) were Igbo's and 22 (7.2%) were Hausa's. The duration of staying together or cohabitating by undergraduates revealed that 47 (15.4%) were together for less than three months, 43 (14.1%) were together for Three months, 65 (21.3%) were together for Six months, 54 (17.7%) were together for One year and 96 (31.5%) were together for More than one year.

### 3.4 INSTRUMENT

A questionnaire was used to collect data from the field in this present study. The questionnaire was design in sections comprising of standardized scales as follows:

**Section A** comprises of the demographic characteristics of undergraduates, such as their gender, age, duration of staying together, ethnic group, level of study and religion.

**Section B** measures relationship satisfaction. This is 7-item Relationship Assessment scale developed by Hendrick (1988). The scale was designed to measure general relationship satisfaction using 5-point Likert scale ranging from 1 (low satisfaction) to 5 (high satisfaction). The higher the score, the more satisfied the respondent is with relationship. Author reported reliability coefficient of 0.92 for the scale. The researcher reported Cronbach's alpha of 0.80 for the scale in the current study.

**Section C** measures sex life satisfaction. This was measured using the 5-item Satisfaction With Sex Life Scale (SWSLS) developed by Neto (2012). The scale has 5 point Likert response format, ranging from strongly disagree (1) to strongly agree (5). Higher scores indicate higher sex life satisfaction. The author reported a reliability coefficient of 0.92. In the present study; the researcher reported a reliability coefficient alpha of 0.71.



**Section D** measures loneliness using the 15 item Social and Emotional loneliness scale developed by DiTommaso, et al (2004). The scale has a 5 – point Likert response format ranging from strongly disagree (1) to strongly agree (5). Higher scores indicate higher loneliness scores. The author reported internal consistency, ranging from 0.87to 0.90, while in this present study; the researcher reported a reliability coefficient alpha of 0.76

### **3.5 PROCEDURE**

The researcher began the research process by seeking an approval from his supervisor and Head of Department to begin the data collection process. After the approval, the researcher proceeded to begin collection of data for the study. The participants were accosted and given questionnaires to fill. In the course of the administration, emphasis was laid on the anonymity of the respondents and they were all assured of utmost confidentiality of their responses. At the end of the filling in the questionnaire the participants were thanked for taking their time.

A total of 350 questionnaires were distributed, 342 were returned, but only 305 found properly filled were taken for data analyses in this study.

### **3.6 STATISTICAL METHODS**

The demographic data collected were analysed using descriptive statistics such as mean, range, standard deviation, frequency distribution and percentages. Hypotheses stated were analysed using inferential statistics. All the three hypotheses were tested using t-test for independent groups in order to compare and establish group differences.

## CHAPTER FOUR

### RESULTS

Hypothesis one stated that cohabiting students who scored high in sex life satisfaction would significantly report higher relationship satisfaction than those who scored low in sex life satisfaction. The hypothesis was tested using t-test for independent groups. The result is presented in Table 4.1.

**Table 4.1: t-test for Independent group showing differences in High and Low Sex Life Satisfaction on Relationship Satisfaction among cohabitating students**

Sex Life Satisfaction		N	Mean	SD	df	T	P
Relation. Satisfaction	Low	146	22.32	5.99	303	6.22	<.05
	High	159	26.10	4.58			

From Table 4.1, the result of the t-test shows that cohabitating students with high sex life satisfaction ( $X = 26.10$ ) significantly reported higher relationship satisfaction than those with low sex life satisfaction ( $X = 22.32$ ),  $t = 6.22$ ;  $df = 303$ ,  $p < .05$ . The results imply that sex life satisfaction significantly influence relationship satisfaction. Therefore, hypothesis one was confirmed.

Hypothesis two stated that cohabiting students who scored low in loneliness would significantly report higher relationship satisfaction than those who scored high in loneliness. The hypothesis was tested using t-test for independent group. The result is presented in Table 4.2.

**Table 4.2: t-test for Independent group showing differences in High and Low loneliness on Relationship Satisfaction among cohabitating students**

Loneliness		N	Mean	SD	df	T	P
Relationship Satisfaction	Low	157	26.39	5.22	303	-7.283	<.05
	High	148	22.06	5.16			

From Table 4.2, the result of the t-test shows that cohabitating students low in loneliness ( $X = 26.39$ ) significantly scored higher in relationship satisfaction than those high in loneliness ( $X = 22.06$ ),  $t = -7.283$ ;  $df = 303$ ,  $p < .05$ . The results imply that loneliness significantly influenced relationship satisfaction among cohabiting students. Therefore, hypothesis two was confirmed.

Hypothesis three stated that male cohabiting students would significantly report higher relationship satisfaction than female cohabiting students in Federal University, Oye-Ekiti. The hypothesis was tested using t-test for independent group. The result is presented in Table 4.3.

**Table 4.3: t-test for Independent group showing differences in Male and Female on Relationship Satisfaction among cohabitating students**

Gender		N	Mean	SD	Df	T	P
Relation. Satisfaction	Male	157	23.91	5.78	303	-1.22	>.05
	Female	148	24.69	5.44			

From Table 4.3, the result of the t-test shows that cohabitating students who were male ( $X = 23.91$ ) were not significantly different in relationship satisfaction from those who were female ( $X = 24.69$ ),  $t = -1.22$ ;  $df = 303$ ,  $p > .05$ . The results imply that gender does not significantly influence relationship satisfaction. Therefore, hypothesis three was not confirmed.

## CHAPTER FIVE

### DISCUSSION, CONCLUSION AND RECOMMENDATIONS

In this chapter, the results of the study are discussed based on the data analysis made in chapter four, interpreted and inference drawn from them. The study results revealed that sex life satisfaction has a significant influence on relationship satisfaction. Loneliness has a significant influence on relationship satisfaction. Gender has no significant influence on relationship satisfaction. Conclusions, implications and recommendations for further studies are made.

#### 5.1. DISCUSSION

An investigation into the influence of sex life satisfaction on relationship satisfaction revealed sex life satisfaction influence relationship satisfaction among cohabitating undergraduates. The study findings is consistent with the findings of Musick & Bumpass (2006) where they concluded that cohabiters tend to be less traditional and more individualistic than their married counterparts. However, Byers (2005) discloses that reciprocal sexual self-disclosure contributes to relationship satisfaction, which in turn leads to greater sexual satisfaction, while on the other hand, own sexual self-disclosure leads to greater partner understanding of sexual likes and dislikes, which leads again to a more favourable balance of sexual rewards and costs and thus to higher sexual satisfaction. Also, Rindfuss & Vandenhuevel (1990); Axinn & Thornton (1992); Thornton, Axinn, & Hill (1992); Clarkberg, Stolzenberg, & Waite (1995) explained that on average, cohabitating individuals have lower childbearing expectations, place a higher value on leisure time, and are less religious. This thereby explains better on their high sex life satisfaction towards their satisfying relationship.

An evaluation of the influence of loneliness on relationship satisfaction showed a significant influence. This study findings is however supportive of the works of Wei, Shaffer, Young, & Zakalik (2005) where it was concluded from their study findings that a strong link exists between loneliness and attachment anxiety and avoidance, shame, depression, and the satisfaction of one's basic psychological needs, as well as the mediating roles of social self-efficacy and self-disclosure between loneliness and depression. However, Baumeister & Laery (1995) works contradicts the study findings where it was argued that the basic needs and the feeling of belonging as essential motivations in individual's emotion, thinking, and behaviour, which need at least a minimum of positive stable interpersonal relationship; therefore, an individual who develops problems in making and maintaining satisfactory relationship with the others will develop problems in satisfaction of the feeling of belonging, and this kind of deprivation leads to morbidity.

Furthermore, the study revealed non-consistent findings towards gender and relationship satisfaction. The study results however explains the reason for this inconsistency based on Byers (2005) work where it was disclosed that sexual self-disclosure is more typical of women, while reciprocal sexual self-disclosure is found in both men and women. However, an international study, which queried committed, middle-aged couples from five countries disclosed that cuddling and caressing are important ingredients for long-term relationship satisfaction which is often common among cohabitating individuals. Also, contrary to expectations, men were more likely to report being happy in their relationship, while women were more likely to report being satisfied with their sexual relationship.

## **5.2. CONCLUSIONS**

Based on the findings of the study, the following conclusions are given:

- I. The study revealed that sex life satisfaction has a significant influence on relationship satisfaction.
- II. Moreover, study findings also indicated that loneliness has a significant influence on relationship satisfaction.
- III. Furthermore, the results of the study emphasized that there is no significant difference in gender between male and female on relationship satisfaction.

## **5.3. RECOMMENDATIONS**

Based on the following conclusion of the study, the following recommendations are given:

- I. More research should improve on the generalizability of the findings on cohabitating undergraduates' sex life satisfaction and loneliness by recruiting a more heterogeneous group of respondents in order to validate the authenticity of the research findings.
- II. A further examination of the contributing factor of other core socio-demographic variables (e.g., ethnicity, socio-economic status, age and family background) towards the development of cohabitating tendencies among undergraduates.
- III. A more comprehensive design (experimental design and longitudinal design) should be adopted to ensure a proper representation of research findings on cohabitating behaviours among undergraduates and adolescents in general.

#### **5.4. LIMITATIONS OF STUDY**

The findings of this study should be perceived in the context of certain factors. Firstly, the adoption of an expo facto research design limits the assertion and evidence of cause-effect relationship. This study was limited in scope as it laid more emphasis on undergraduates in Federal University Oye-Ekiti. It also fails to show comparisons in the cohabitating lifestyles of undergraduates' and its increased rate among the universities in Ekiti state which comprises federal, state and private universities. Another limitation to this study is the adoption of a minimal number of participants in the researched tertiary institutions; given the population of undergraduates in the tertiary institution.

Respondents also represented a specific geographical area (i.e., Northern part) of Ekiti state. In addition, the voluntary nature of participation, as well as relatively insignificant scores on sex life satisfaction, loneliness and relationship satisfaction may suggest that these respondents represented a motivated group, with more successful relationships than other groups of undergraduate students who have an absurd relationship in their cohabitating years. These factors all limit the generalizability of the findings.



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**DEPARTMENT OF PSYCHOLOGY  
FACULTY OF SOCIAL SCIENCES  
FEDERAL UNIVERSITY OYE-EKITI**

Dear respondent,

This questionnaire is designed to obtaining information on questions raised. Your **HONEST** and **CORRECT** responses are essential for this exercise to be successful. Please tell us a little bit about yourself. All of the information that you provide will remain anonymous and all data will be held confidential and strictly used for research purpose only. Thank you.

**SECTION A**

**DEMOGRAPHIC INFORMATION**

**Sex:** Male ( ) Female ( )

**Age:** .....

**Level of Study:** 100 ( ) 200 ( ) 300 ( ) 400 ( ) 500 ( )

**Faculty:** Social Sciences ( ) Education ( ) Sciences ( ) Agriculture ( )  
Engineering ( ) Arts ( ) Management Sciences ( )

**Religious Affiliation:** Christianity ( ) Islam ( ) Other Religion ( )

**Ethnicity:** Yoruba ( ) Igbo ( ) Hausa ( )

**State of Origin:** \_\_\_\_\_

**Duration of Staying Together:** Less than 3 months ( ) Three months ( ) Six Months ( )  
One year ( ) More than One Year ( )

**SECTION B:** Kindly circle the number that best explains satisfaction in your relationship with him or her using the guides in the table.

S/N	Item	Very Low	Low	Not Sure	High	Very High
1	How well does your partner meet your needs?	1	2	3	4	5
2	In general, how satisfied are you with your relationship	1	2	3	4	5
3	How good is your relationship compared to most?	1	2	3	4	5
4	How often do you wish you hadn't gotten into this relationship?	1	2	3	4	5
5	To what extent has your relationship met your original expectations?	1	2	3	4	5
6	How much do you love your partner?	1	2	3	4	5
7	How many problems are there in your relationship?	1	2	3	4	5



**SECTION C:** Below are five statements about your sexual life, with which you may agree or disagree. Using the 1-5 scale below, indicate your agreement with each item by ticking the appropriate option. Please be open and honest in your responses. Strongly Disagree (SD), Disagree (D), Undecided (U), Agree (A) and (Strongly Agree).

SN	ITEMS	SD	D	U	A	SA
1	In most ways my sex life is close to my ideal.					
2	The conditions of my sex life are excellent.					
3	I am satisfied with my sex life.					
4	So far I have gotten the important things I want in sex life					
5	If I could live my sex life over, I would change almost nothing					

**SECTION D:** Kindly tick on the best option that explains the extent to which you agree or disagree with each of the statements by using Strongly Disagree (SD), Disagree (D), Undecided (U), Agree (A) and (Strongly Agree).

S/N	Item	SA	A	U	D	SD
1.	I feel part of a group of friends.					
2.	My friends understand my motives and reasoning.					
3.	I don't have any friends who share my views, but I wish I did					
4.	I am able to depend on my friends for help.					
5.	I do not have any friends who understand me, but I wish I did.					
Q						
6.	I feel alone when I am with my family.					
7.	There is no one in my family I can depend on for support and encouragement, but I wish there was.					
8.	I feel close to my family.					
9.	I feel part of my family.					
10.	My family really cares about me					
11.	I have a romantic partner with whom I share my most intimate thoughts and feelings.					
12.	I have a romantic or marital partner who gives me the support and encouragement I need					
13.	I wish I had a more satisfying romantic relationship.					
14.	I have a romantic partner to whose happiness I contribute.					
15.	I have an unmet need for a close romantic relationship.					