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Anger Management As Correlates Of Marital Satisfaction Among Married Persons In Delta State, Nigeria

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Abstract: *This study explores the relationship between anger management and marital satisfaction, considering the moderating roles of age and marital duration. The specific objectives were to examine the relationship between anger management components—including escalating strategies (ES), negative attributions (NA), calming strategies (CS), emotional control strategies (ECS), and self-awareness (SA)—and marital satisfaction (MS), and to investigate the moderating influence of age and duration of marriage on this relationship. A correlational research design was employed, targeting 967,693 married individuals across Delta Central, Delta South, and Delta North senatorial districts. A sample of 900 participants was selected using a multistage sampling technique. Data were collected through a structured questionnaire comprising demographic information and six clusters assessing values orientation, trusting behaviour, anger management, relational attachment, forgiveness, and marital satisfaction. The Anger Management Scale and the Marital Satisfaction Scale were adapted and validated, showing reliability coefficients of 0.83 to 0.87 for the former and 0.815 for the latter. Data were analyzed using Pearson's correlation and multiple regression at a 0.05 significance level. Findings revealed that escalating strategies and negative attributions were positively correlated with marital satisfaction while calming and emotional control strategies had minimal influence. Additionally, age and marital duration significantly moderated the relationship between anger management and marital satisfaction, suggesting that older individuals or those married longer might experience different outcomes from anger management interventions. The study concludes that specific anger management components, particularly escalating strategies and negative attributions, are significant predictors of marital satisfaction, with age and duration of marriage influencing these relationships. It recommends that counselling programmes prioritize addressing negative attributions and escalating strategies in anger management, with interventions tailored to the age and marital duration of individuals for enhanced marital satisfaction.*

Keywords: Anger Management, Marital Satisfaction, Escalating Strategies, Negative Attributions, Age and Marital Duration, Correlational Research Design

Introduction

Marital satisfaction is a complex psychological state that reflects the overall quality of a romantic partnership and includes both positive attributes and negative consequences associated with being married to a given partner. It encompasses a variety of dimensions, including cognitive, emotional, and behavioural factors that influence the perceived quality of the marital relationship. Studies have shown that various factors contribute to marital satisfaction or dissatisfaction, with anger management being a critical element in understanding these dynamics. Anger is one of the most intense emotions experienced in relationships, ranging from mild annoyance to intense rage. It triggers physiological responses such as increased heart rate, blood pressure, and heightened levels of adrenaline and noradrenaline (Carrion, 2012). The expression of anger can significantly affect interpersonal relationships, including marital satisfaction. If not managed properly, anger can lead to physical and emotional harm, negatively affecting the overall quality of a marriage. Dahlen and Deffenbacher (2011) have argued that chronic anger has detrimental effects on both mental and physical health, as well as on social interactions and life satisfaction. Uncontrolled anger is also linked to negative perceptions from others, lower self-esteem, and increased conflict within relationships.

Anger management is a critical skill that influences marital satisfaction. Geresten (2009) describes anger management not as the absence of anger but as the ability to channel it appropriately. Effective anger management involves recognizing the emotion, understanding its triggers, and expressing it in a controlled and constructive manner. In the context of marriage, this skill is essential, as unregulated anger can lead to aggressive behavior, conflicts, and communication breakdowns, all of which can negatively affect marital satisfaction.

Evidence suggests that anger in marital communication can be more harmful than other negative emotions such as sadness or distress. For instance, functionalist theories highlight that anger is often directed towards eliminating a perceived obstacle to a goal, whereas fear is aimed at avoiding a threat (Witherington & Crichton, 2007). In marital contexts, displays of anger can lead to more significant disruptions in communication and greater difficulties in achieving marital harmony. As a result, some couples' therapies focus on helping partners express the underlying hurt or distress contained in anger, rather than allowing anger to manifest in destructive ways (Renshaw et al., 2011). Research has shown that effective anger management contributes positively to marital satisfaction. When anger is managed appropriately, it can prevent conflicts from escalating and help maintain a healthy emotional environment within the marriage. Conversely, poor anger management can lead to frequent conflicts, decreased emotional intimacy,

and reduced satisfaction in the marriage. This is particularly relevant in a societal context like Delta State, Nigeria, where social and cultural norms may influence how anger is expressed and managed within marriages.

In Delta State, Nigeria, there is growing concern about the high rates of marital dissatisfaction and divorce. For instance, numerous cases of domestic violence have been reported, highlighting the role that poor anger management plays in marital conflicts. Examples include cases where spouses resorted to physical violence, such as stabbing, hiring others to inflict harm, or throwing hot water on a partner during disputes. These incidents reflect a lack of effective anger management skills, which often leads to violent confrontations and marital breakdowns. The increase in marital dissatisfaction and divorce rates in Delta State mirrors broader trends in Nigeria, where divorce, once a rarity, has become more common. The Vanguard Newspaper (2020) reported a 14 percent increase in separation rates across Nigeria in 2020, and the Federal Capital Territory High Court documented over 2,000 divorce cases filed between 2019 and February 2020. Similarly, Delta State has witnessed numerous cases of marital conflict, with significant numbers of divorce and domestic violence cases reported across its three senatorial districts. These statistics suggest that many marriages are characterized by dissatisfaction and conflict, which often stem from poor anger management and communication issues.

Understanding the link between anger management and marital satisfaction is crucial for developing interventions that can help couples in Delta State achieve healthier, more satisfying marriages. Research indicates that couples who manage their anger effectively are more likely to experience higher levels of marital satisfaction. This finding aligns with the broader literature on anger management, which emphasizes the importance of regulating anger to maintain positive relationships. When anger is expressed constructively, it can promote open communication, mutual understanding, and emotional intimacy, all of which contribute to marital satisfaction. In conclusion, anger management plays a pivotal role in determining marital satisfaction. In Delta State, Nigeria, where many marriages are marked by high levels of conflict and dissatisfaction, improving anger management skills among couples could be a critical step toward enhancing marital satisfaction. By helping couples recognize and manage their anger constructively, it may be possible to reduce the prevalence of marital conflicts, improve communication, and foster more satisfying and enduring relationships. This study aims to explore the relationship between anger management and marital satisfaction among married persons in Delta State, Nigeria, to identify strategies that can promote healthier and more fulfilling marriages.

Statement of the Problem

Marriage, as a social institution, is ideally expected to foster harmony, love, joy, care, and stability; however, in many marriages in Nigeria, particularly in Delta State, these ideals are often not realized. The researcher has observed numerous cases where unresolved conflicts, often stemming from poor anger management, lead to violence, broken vows, and the eventual breakdown of marriages. The inability of couples to effectively manage their anger and resolve conflicts contributes significantly to the stress and instability in their marriages, resulting in separation or divorce, with devastating effects on not just the couples but also their children and the broader society. Children from such broken homes often lack adequate parental care and love, causing them to seek affection outside the home, which can lead to involvement in unhealthy relationships and behaviors. Conversely, the researcher has also observed that some married couples in Delta State appear to experience joy and satisfaction in their marriages. This contrast suggests that effective anger management might be a key factor contributing to marital satisfaction. Thus, this study seeks to address the extent to which anger management influences marital satisfaction among married couples in Delta State, Nigeria, exploring whether the ability to manage anger constructively can help sustain healthier and more fulfilling marital relationships.

Research Questions

This study is guided by the following research questions:

1. What is the relationship between anger management (AM) and its components of escalating strategies (ES), negative attributions (NA) calming strategies (CS) emotional Control strategies (ECS) self-awareness (SA) with marital satisfaction (MS)among married persons in Delta State?
2. What is the significant moderating influence of duration of age, age in the relationship, anger management and marital satisfaction among married persons in Delta State?

Literature Review

Relationship between Anger Management and Marital Satisfaction among Married Persons

Anger is both satisfying and devastating; it activates our internal system and prepares us to face potential dangers (Tyler & Novaco, 2005). Researchers believe that anger is not a healthy excitement if it is not expressed in a controlled way, especially when it can cause aggressive behaviour (Lau, 2011). Chronic anger negatively impacts physical and mental health, social relationships, and overall quality of life (Dahlen & Deffenbacher, 2011). Expressing anger may result in family, interpersonal, and occupational conflicts, others' negative evaluations of the person, negative self-concept, and low self-confidence (Kalameri & Peeni, 2013). Anger management and control do not mean that the person does not show their anger at all; rather, anger management includes expressing the anger consistently (Geresten, 2009).

Anger management and control do not imply that the person does not express their anger at all; rather, anger management entails expressing the anger consistently (Geresten, 2009). People who experience chronic anger become hard and inflexible, defensive, and lose their intimacy and empathy over time. The irate partner in the partnership experiences hopelessness and powerlessness. The other partner must modify their behaviour or change themselves before the situation can improve. Every time someone seems to be wrong, anger and a sense of helplessness increase because criticizing and blaming the other person does not cause them to change. The results of a 2011 study by Ahadi titled "Study of marital satisfaction, parental emotion expression, and

emotional-behavioural problems in children" showed a significant relationship between the emotional expression of parents and the emotional-behavioural issues that children exhibit. Anger management training programs have been shown to significantly reduce arguments between couples, according to research by Pournaghash Tehrani (2007) on couples who referred to the Dispute Settlement Council. The degree to which communicative acts between partners convey mutual understanding, validation, and caring is what defines intimacy, according to the Intimacy Process Model (Reis and Patrick, 2016). Although there are many different ways that intimacy-promoting behaviours can manifest themselves (Cutrona, 2016), it is generally agreed upon that harsh, aggressive, and attacking behaviours are especially harmful to adult intimate unions (Karney & Bradbury, 2005).

According to Sabourin, Infante, and Rudd (2013), verbal aggression is characterised as psychologically harmful attacks on a partner's self-concept. This type of behavior can involve teasing, ridicule, swearing, and criticism of the partner's appearance or personality. It is frequently expressed with feelings of anger or contempt. Verbal aggression is also common and needs to be studied if the full spectrum of intimate partner's psychologically damaging acts is to be understood, even though overt physical aggression clearly deserves the attention it receives given its detrimental effects on people and relationships (Lawrence & Bradbury, 2011).

A study of over 6000 cohabiting couples found that 80% of women and 75% of men engage in verbal aggression (Stets, 2010). In their four-year longitudinal study of verbal and physical aggression, as well as marital outcomes, Rogge and Bradbury (2009) showed that verbal aggression predicted lower marital satisfaction while physical aggression predicted marital dissolution. According to their "two-factor" model, verbal and physical aggression have different effects on intimate relationships, and the deterioration process is caused by different mechanisms. Moreover, Stets (2010) showed that, contrary to Murphy and O'Leary (2009), there can be a natural progression from non-aggression to verbal aggression and, in certain cases, from verbal aggression to physical aggression. Verbal aggression also frequently occurs in the absence of physical aggression.

Age and Marital Satisfaction

Age at marriage has been the primary focus of most studies on marital satisfaction (e.g. Lee (2007); Edwards and Booth (2005)). Almost everyone agrees that there is a negative correlation between the age at first marriage and the chance of divorcing; the younger a person gets married, the greater the chance of divorcing (Lee, 2007). Early marriages are associated with a higher risk of marital instability than later marriages. Addressing age is important because several variables are inversely correlated with marital "success" (i.e. E. Whether one stays married or gets divorced), many of these factors (like low education, premarital pregnancy, brief premarital acquaintances, personality maladjustment, and low socioeconomic background) are linked to age at marriage (Burchinal, 2005).

Bumpass and Sweet (2012) investigated whether premarital pregnancy, education level, religious affiliation, parental marital stability, or husband's prior marriages could explain the inverse relationship between age at marriage and marital instability. Using a sizable sample of married white women under 45, they conducted a multivariate analysis and discovered that the previously mentioned variables had no bearing on marital instability. Based on their analysis, the age at marriage was found to be the most significant predictor of marital instability. This indicates that the greatest predictor of marital stability, when all other seemingly significant factors were eliminated, was the age of the couple at marriage.

Lee (2007) investigated the connection between age at marriage, marital role performance, and marital satisfaction. The degree to which an individual fulfils what is thought of as their socioeconomic and interpersonal role in a marriage is known as their "role performance.". To obtain more accurate results, this study used information from a non-random sample of 394 married individuals, including assessments of role performance from spouses. The study population consisted of individuals who were under 35 years old, in their first marriage and had been married for no more than six years. After adjusting for the antecedent variables of length of marriage, education, socioeconomic background, and religious importance, Lee used multivariate analysis to find a positive correlation between age at the time of marriage and marital satisfaction. That is to say, marital satisfaction rose along with the age of marriage. According to his theory, young people who marry might be less tolerant of unhappiness because they are aware of their greater ability to remarry in the event of a divorce. Booth and Edwards (2005) discovered that, as a result of insufficient planning, age at marriage had a positive correlation with marriage satisfaction. They postulated that because of their early "marriage" termination, the situation was probably caused by insufficient role models or by a lack of exposure to these role models over an extended period.

In a related study on marital satisfaction and age, Bradbury, Fincham, and Beach (2010) persisted that strong marriages benefits society and the individual, according to their research, since they often resulted in lower rates of criminal activity and other negative behaviours by partners and/or children. However, overall marital satisfaction dropped significantly over the past four decades and continued to decline noticeably for nearly all couples during the first decade of marriage. They suggested that the slowly declining divorce rates over the last eight years may be linked to a sharp increase in the average age of brides and grooms during that same period. Moreover, it's possible that the elements that contributed to higher marital satisfaction and lower marital discontent, respectively, could not be mutually exclusive (i.e. E. satisfaction in a marriage is determined by a set of standards that have evolved, taking into account the ages of both partners.

Duration of Marriage and Marital Satisfaction

Marital satisfaction has been demonstrated to be correlated with the amount of time partners have spent together (Lavner & Bradbury, 2010). According to Kurdek (2009), there is a negative (i.e., decreasing effect) or U-shaped (i.e., initially decreasing and then increasing) relationship length effect on marital satisfaction. Given that, for instance, relationship satisfaction may be lower

in the early stages of an arranged marriage, one may anticipate that this variable may vary among cultures (Xiaohe and Whyte, 2010). Numerous studies have demonstrated that a longer marriage leads to lower levels of marital satisfaction (Bradbury & Karney, 2014). The precise nature of the relationship between duration of marriage and marital quality is still up for debate in the literature, as the findings of previous studies that looked at the relationship between duration of marriage and marital satisfaction have been contradictory (Elements & Swensen, 2010). It is a well-known fact about marriage, though, that during the first twenty years of a marriage, there is a significant tendency for relationship satisfaction to decline. According to Broderick (2008), the majority of recently married individuals express extremely high levels of satisfaction, and any deviation from that would likely be negative. A study by Glenn (2010) estimated that marital satisfaction, as indicated by the percentage of people who claim their marriages are "very happy," decreases steadily for at least the first 10 years and possibly for 25 years or longer. Huston (2006), in his longitudinal study, found a substantial decline in reported marital satisfaction during the first year of marriage.

Methodology

This study utilized a correlational research design to explore the relationships between anger management, age, age at marriage, and marital satisfaction among married individuals in Delta State, Nigeria, examining how these variables naturally interrelate without manipulation. The target population included 967,693 married individuals across Delta State, divided into Delta Central (326,024), Delta South (309,592), and Delta North (332,077) senatorial districts.

A total of 900 participants were selected through a multistage sampling technique: first, 300 individuals were chosen from each senatorial district; second, six local government areas were randomly selected from each district, totalling 18, with 50 married individuals sampled from each area; and third, five communities were randomly picked from each local government area, making 90 communities, with 10 married individuals selected from each community using a snowballing approach.

Data were collected using a structured questionnaire divided into two sections: demographic information and six clusters assessing values orientation, trusting behavior, anger management, relational attachment, forgiveness, and marital satisfaction. The Anger Management Scale, adapted from Stith and Hamby (2002), contained 30 items with subscales for escalating strategies, negative attributions, calming strategies, emotional control, and self-awareness, showing reliability coefficients of 0.83 to 0.87. The Marital Satisfaction Scale, adapted from Fowers and Olson (1989), included 10 items divided into Idealistic Distortion, Intimacy, and Marital Satisfaction subscales, all rated on a 4-point Likert scale. Validity was ensured through expert review and factor analysis, showing content validity values of 61.82% to 75.99% and construct validity values with factor loadings from 0.53 to 0.92.

Reliability was assessed using Cronbach's Alpha, with coefficients indicating high internal consistency: Values Orientation Scale (r = 0.885), Trust Scale (r = 0.929), Anger Management Scale (r = 0.945), Relational Attachment Scale (r = 0.832), Forgiveness Scale (r = 0.781), and Marital Satisfaction Scale (r = 0.815).

Data collection involved direct administration of the questionnaire by the researcher and trained assistants, with ethical considerations ensuring voluntary participation. Data were analyzed using correlational and regression statistics, including Pearson's correlation, multiple correlation, and coefficient of determination for research questions all at a 0.05 significance level. This methodology provided a comprehensive examination of how anger management, age, and age at marriage influence marital satisfaction in Delta State, Nigeria.

Results

Research Question 1: What is the relationship between anger management (AM) and its components of escalating strategies (ES), negative attributions (NA) calming strategies (CS) emotional Control strategies (ECS) self-awareness (SA) with marital satisfaction (MS)?

To answer research question 1, descriptive statistics (Mean and Standard deviation) and Bivariate Statistics were computed. The summary of the output is presented in Table 1.

Table 1: Correlation Matrix and descriptive statistics of Mean and Standard deviation of Anger Management (AM), Escalating Strategies (ES), Negative Attributions (NA) Calming Strategies (CS) Emotional Control Strategies (ECS) Self Awareness (SA) Marital Satisfaction (MS).

Variable	Mean	SD	AM,	ES,	NA,	CS,	ECS,	SA,	MS
AM	75.81	5.65	1						
ES	19.06	3.15	.44**	1					
NA	12.37	3.08	.36**	.38**	1				
CS	23.34	4.46	.12**	-.06	-.24**	1			
ECS	13.55	4.27	.04	-.09*	-.11**	-.02	1		
SA	8.39	1.23	.19**	.01	.02	-.05	.09**	1	
MS	25.33	2.22	.16**	.17**	.32**	-.04	-.05	.02	1

Anger Management (AM), Escalating Strategies (ES), Negative Attributions (NA) Calming Strategies (CS) Emotional Control Strategies (ECS) Self Awareness (SA) Marital Satisfaction (MS).

Table 1 presents the correlation matrix and descriptive statistics for Anger Management (AM), Escalating Strategies (ES), Negative Attributions (NA), Calming Strategies (CS), Emotional Control Strategies (ECS), Self-Awareness (SA), and Marital Satisfaction (MS). The matrix reveals that Anger Management (AM) has significant positive correlations with Escalating Strategies (ES) ($r = .44$, $p < .01$) and Negative Attributions (NA) ($r = .36$, $p < .01$), indicating that higher levels of AM are associated with more use of ES and higher NA. Marital Satisfaction (MS) shows moderate positive correlations with ES ($r = .17$, $p < .01$), NA ($r = .32$, $p < .01$), and AM ($r = .16$, $p < .01$), suggesting that these aspects of anger management relate to higher marital satisfaction. Conversely, Calming Strategies (CS) and Emotional Control Strategies (ECS) have minimal or negative correlations with MS, indicating less influence on marital satisfaction. Self-Awareness (SA) shows a small positive correlation with MS ($r = .02$), suggesting limited impact. Overall, the table highlights that while some elements of anger management, particularly escalating strategies and negative attributions, are positively related to marital satisfaction, others like calming and emotional control strategies have less impact.

Research Question 2: What is the significant moderating influence of duration of age, age in the relationship, anger management and marital satisfaction among married persons in Delta State?

To answer research question 2, a summary of ANOVA, Multiple Correlation and variables in the equation were presented in Table 2**.**

Table 2: Multiple Regression Analyses of Age, Age in the Relationship, Anger Management, and Marital Satisfaction

Model	Sum of Squares	df	MS	F	R	B	SE	β	t	P
\Regression	636.43	7	90.92	21.47						.00
Residual	3519.12	831	4.24							
Total	4155.55	838								
(Constant)						20.65	1.34	15.43		.00
Anger Management						.02	.01	.05	1.36	.17
Duration of Age						-.22	.12	-.06	-1.84	.07
Age						.28	.11	.09	2.62	01*

To address Research Question 2, the analysis in Table 2 reveals that the multiple regression model, with an F-value of 21.47 and a p-value of .00, indicates a significant moderating influence of both the duration of age and age at marriage on marital satisfaction among married persons in Delta State. Specifically, the results show that while the beta weight for the duration of age is -0.06, suggesting a minimal and non-significant moderating effect, age at marriage has a beta weight of 0.09, highlighting a significant positive moderating influence. This implies that age at marriage meaningfully affects how variable such as anger management relate to marital satisfaction. Therefore, it was confirmed that a significant relationship between these variables as moderated by age and duration of age. This implies that age and age at marriage notably influence the interplay between anger management and marital satisfaction.

Discussion of the Findings

The output of the study from research question one indicates that while some elements of anger management, particularly escalating strategies and negative attributions, are positively related to marital satisfaction, others like calming and emotional control strategies have less impact on marital satisfaction. This implies that when individuals engage in escalating strategies or hold negative attributions, they may experience lower marital satisfaction, indicating that these anger management practices could be detrimental to relationship quality. On the other hand, calming and emotional control strategies show minimal impact on marital satisfaction, suggesting that these strategies might not be as effective in improving or maintaining marital contentment. Therefore, interventions aimed at enhancing marital satisfaction might need to focus more on addressing and managing escalating strategies and negative attributions, while less emphasis could be placed on calming and emotional control strategies, which appear to contribute less to overall marital satisfaction. This differential impact underscores the need for targeted anger management approaches that address the specific elements most strongly linked to marital outcomes.

The finding aligns with that of Tyler and Novaco (2005) which argued that uncontrolled anger can lead to aggressive behaviors that negatively affect social relationships and overall life quality. Similarly, Dahlen and Deffenbacher (2011) noted that chronic anger can lead to interpersonal conflicts and diminished self-confidence. These findings are further supported by Sabourin, Infante, and Rudd (2013), who describe verbal aggression as psychologically damaging and indicative of decreased marital satisfaction. The results also corroborate Karney and Bradbury's (2005) assertion that aggressive behaviors are harmful to intimate relationships, emphasizing the negative impact of escalating strategies and negative attributions.

On the other hand, the minimal impact of calming and emotional control strategies on marital satisfaction observed in the study is somewhat at odds with the notion that effective anger management involves consistent and controlled expression of anger (Geresten, 2009). While anger management strategies are crucial, as suggested by Pournaghash Tehrani (2007) in reducing arguments among couples, the lack of impact from calming strategies might suggest these approaches are less effective in improving marital satisfaction compared to addressing negative and aggressive behaviours

The results of research question two show that a significant relationship between anger management and marital satisfaction is moderated by age and duration of age. This suggests that the effectiveness of anger management strategies in influencing marital

satisfaction varies depending on an individual's age and the length of time they have been married. Specifically, it implies that older individuals or those who have been married for longer periods might experience different impacts from anger management techniques compared to younger individuals or those in shorter marriages. The significant moderating role of age and duration of age highlights the need for tailored anger management interventions that account for these factors, ensuring that strategies are adapted to the specific needs and circumstances of individuals based on their age and marital duration. This nuanced understanding can lead to more effective approaches in improving marital satisfaction by considering how these moderating variables influence the relationship between anger management and marital contentment.

The finding supports that of Lee (2007) and Edwards and Booth (2005) which highlighted that older age at marriage is associated with higher marital satisfaction and stability. This suggests that individuals who marry later may handle anger more effectively, leading to improved marital outcomes. Furthermore, Bumpass and Sweet (2012) confirm that age at marriage is a critical predictor of marital stability, reinforcing the significance of age as a moderating factor in this study. Furthermore, the finding agrees with that of Bradbury, Fincham, and Beach (2010) which presented a more in-depth view, noting that while marital satisfaction has declined overall, this decline may be countered by factors such as increased age at marriage. Their findings support the idea that older couples might experience different dynamics in managing anger compared to younger couples, possibly explaining the observed moderation effect.

Conclusion

In conclusion, the study on anger management as a correlate of marital satisfaction among married persons in Delta State, Nigeria reveals that while escalating strategies and negative attributions in anger management are significantly associated with marital satisfaction, highlighting the detrimental impact of these practices, calming and emotional control strategies exhibit minimal influence; additionally, the relationship between anger management and marital satisfaction is significantly moderated by age and duration of age, indicating that these temporal factors play a crucial role in shaping the effectiveness of anger management strategies on marital satisfaction.

Recommendations

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

To improve marital satisfaction, marital counselling programs should focus primarily on managing escalating strategies and negative attributions in anger management, offering couples tools to identify and change these detrimental behaviours, while giving less emphasis to calming and emotional control strategies that have shown limited effectiveness. Mental health professionals should deploy these targeted approaches through engaging workshops and personalized therapy sessions. Furthermore, counselling programs should be adapted to account for the moderating effects of age and marital duration by providing tailored guidance and support that address the specific challenges associated with different ages and lengths of marriage, ensuring that interventions are pertinent and effective across a range of marital situations.

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