Title of Abstract: Predictors of Healthy Living and Stabilized Family Life among Married Women in Two Private Universities in Ogun State.

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Abstract:

This study examined the predictors of healthy living and stabilized family life among married women in two private universities in Ogun State. Two hundred (N=200) women were selected using stratified random sampling technique. Family Assessment Device, a subscale of McMaster Family Functioning Scales and Predictors of Family Stability Questionnaire (PFSQ, 2007) were used to measure healthy living, stabilized family life, communication, and marital suspicion. Three null hypotheses were raised and tested using regression analysis. Results showed that the combination of communication and marital suspicion accounted for the variation of 71.91% in healthy living and stabilized family life. The findings also revealed that there was a combined prediction of communication and marital suspicion on healthy living and stabilized family life at \( f_{(1, 199)} = 3.389 \), at 0.05 significant level. The main implication of these findings is that suspicion in marriage and communication affect healthy living negatively. It was therefore recommended that government should use the mass media to create massive awareness on the need to discourage marital suspicion, promote effective communication, recruit professional counsellors, psychologists and social workers to attend to various needs of couples and intending couples.