

FAMILIES IN NIGERIA

Understanding their Diversity,
Adaptability, and Strengths

Edited by Olufemi Adeniyi Fawole
and Sampson Lee Blair

CONTEMPORARY PERSPECTIVES
IN FAMILY RESEARCH

VOLUME 18

FAMILIES IN NIGERIA

CONTEMPORARY PERSPECTIVES IN FAMILY RESEARCH

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RESEARCH VOLUME 18

**FAMILIES IN NIGERIA:
UNDERSTANDING THEIR
DIVERSITY, ADAPTABILITY,
AND STRENGTHS**

EDITED BY

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United Kingdom – North America – Japan
India – Malaysia – China

Emerald Publishing Limited
Howard House, Wagon Lane, Bingley BD16 1WA, UK

First edition 2022

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British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

ISBN: 978-1-80262-544-8 (Print)

ISBN: 978-1-80262-543-1 (Online)

ISBN: 978-1-80262-545-5 (Epub)

ISSN: 1530-3535 (Series)



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ISO 14001



INVESTOR IN PEOPLE

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Adegboyega, L. O. (2020). Sources of academic stress among undergraduates at University of Ilorin, Ilorin, Nigeria. *Canadian Journal of Family and Youth*, 12(1), 1–8. Retrieved from <https://journals.library.ualberta.ca/cjfy/index.php/cjfy/issue/view/1946>

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FOREWORD

Nigeria, with over a total population size of over 200 million, is made up of over 250 ethnic groups. Nigerian families have undergone tremendous changes over the hundreds of years. These changes have been as a result of societal as well as economic changes. Over the last few decades in Nigerian societies, families have experienced marriage rates drastically falling, with divorce rates rising. Also the number of unmarried individuals are on the increase. Traditional family situations such as large family size with high number of children is fast metamorphosing into one to two children. Polygynous families are giving way to monogamous marriages. The basis of marriage is also changing, from love foundations and procreation to cohabitation or what is now regarded as “friends with benefits.” Culture transmission has also had strong effects. Particularly with the advent of new social media, which allows individuals have unrestricted access to happenings all across the globe, serving as a point of learning and adopting cultures foreign to Nigeria.

This volume of *Contemporary Perspectives in Family Research* attempts to highlight a comprehension of changes that are occurring in Nigerian families. The volume consists of 11 chapters, all focusing on families in different parts of Nigeria. The chapters address topics varying from changes in marriages on the basis of social media, role change and conflicts, and substance abuse. Four chapters discussed perception and factors contributing to abuse in the family and the final chapter presented a comparison between Nigeria and Ghana.

Social changes have affected not just relationship forms but also dynamic family structures in Nigeria in the last couple of decades. Rules and norms that guide the traditional marriage institution are changing. Oluwatobi Joseph Alabi and Olawale Yinusa Olonade, in their paper “Complexities, Dynamism, and Changes in the Nigerian Family Structure” identified the increase in the popularity of “baby-mamas” and “baby-daddies.” They explained how relationships within marriages have become weaker and more volatile, drawing a link between changing gender roles and the complexity of marriage relationships. In addition, observable changes in marriage were discussed, such as delay in age of marriage, individuals refusing to marry, increase in single never-married parents, cohabiting among unmarried adults, among others. Globalization, just like it has affected other countries, has affected the Nigerian Family system. Culture diffusion and improved educational and technological development have contributed to the changes which have influenced relationships between genders within the family system.

How do mothers who are in the workforce cope with the challenges that do affect their roles as both mother and employee? Moruf Adebisi Bankole and Olasunkanmi Adebisi Osho’s paper, “Family Roles and Official Responsibilities

among Working Mothers in some Selected Work Organizations in Lagos, Nigeria,” examined how some mothers attempt to strike a balance between keeping the family intact while being able to give optimum performance at their jobs. They were able to show that maintaining child care while keeping active at their places of work, particularly for nursing mothers, proved to be quite difficult, as these mothers experienced imbalance between efficient childcare roles and their job tasks. Workplace demands affected the home commitments much more than the effects of home demands on work responsibilities. They found that women were less happy with the way their work responsibilities affect the level of commitment they give to the home. They also do not feel satisfied with how home care demands, particularly bringing up the child, do limit their potentials at the workplace.

We do spend a good deal of our time immersed in social media. This affects our day-to-day communication with others. To what extent does this strong attachment to social media create problems in marriages in Nigeria? Lateef Omotosho Adegboyega, in the paper “Influence of Social Media on Marital Stability of Married Adults in Ilorin Metropolis,” identified some of the issues such as spousal neglect, quarrels emanating from abuse of social media within the family, unsatisfied needs, neglecting family responsibilities, and so on, as having negative effects on how stable a marriage will remain. Social bonds among family members are further reduced with excessive involvement in the use of social media. The findings showed that not only does excessive use of social media encourage marital infidelity, it also promotes family negligence and creates avenues for conflicts between spouses. The paper also showed that the longer one has married, and marrying late in age, the more stable they are likely to be.

In Nigeria, women have not been regarded as having the ability to meet the needs of the family. Men, on the other hand, are seen as the traditional head of the homes. Omowumi Omodunni Idowu and Olusegun Oladele Idowu, in their paper “Women, Labor Participation and Household Poverty in Nigeria,” covers the period 1990–2020, tried to show how the involvement of women in formal economic engagement is a consequence of household poverty rather than contemporary urban development. Using data from World Bank and autoregressive distributive lags, they used unemployment as an index for poverty and analyzed in threefold (male unemployment, female unemployment, and total unemployment) the effect on female labor participation. Findings showed that while one year lagged female labor force participation (FLFP), factors, such as family size and gender ratio in labor participation positively influence female labor participation. Also, women were more willing to be economically active outside the home. However, female unemployment, male unemployment, and GDP growth rate were identified to have negative effects.

Tolulope Funmilola Ojo, Ebenezer Bayode Agboola, and Olasumbo Bilikisu Kukoyi’s paper “Family Factors and Psychoactive Substance Use among Adolescents in Nigeria,” examined the influence of family factors on the use of psychoactive substances among the adolescents in Nigeria. When positive values are not encouraged within the family, negative values will be developed and adopted by the children. They identified factors that increase the propensity of

adolescents to engage in delinquent behaviors to include family conflict, poor communication practices, and unemployment. When these factors are at play, they act as reinforcement for aggression and interpersonal hostility, which could then encourage them to indulge in substance abuse. Their findings show how family factors have significant influence on the use of psychoactive substances among adolescents in Nigeria. Obtaining data from 144 participants, with the use of empirical data, the study found that more of the delinquent behavior involved children from unstable homes and low socioeconomic status families.

Furthermore, with family planning having strong positive influence on the wellbeing of the mothers, for instance, by reducing maternal morbidity and mortality, Abdullahi Kayode Ibrahim, in this paper “Factors Influencing the Attitude of Women Toward Family Planning Method in Nigeria,” tried to discuss the practice as being a major health issue in Africa, and particularly, Nigeria. The paper showed that factors like malnutrition, population boom, and diseases raise particular concerns for the country. He attempted to highlight the importance of a good and efficient family planning scheme and sexual abstinence by the unmarried, he also identified how much importance can be put on family planning: poverty reduction, reducing malnutrition in children, and prevention of sexually transmitted diseases. A number of factors are equally having their toll on the attitude of the women toward family planning in Nigeria. The use of family planning methods is much more common among middle-aged women than younger and older ones. Women with higher education tend to embrace family planning services more and are more likely to adopt the use than their peers with lower education.

Ayesoro Sunday Adesina and Sunday Stephen Ojo’s paper “Perception of Spousal Abuse: The Bane of Family Stability in Nigerian Contemporary Society. A Study of Lafia Local Government Area, Nasarawa State,” discuss how spousal abuse is having negative effects on marriage stability. Using a sample size of 200 respondents and another 20 participants, questionnaire and focus group discussions, respectively, were adopted to elicit information. They found that physical, verbal, and psychological abuse are recognized as spousal abuse in Lafia. They further identified substance abuse, prior history of aggression and violence, and proximal social relationships with peers as variables which could trigger spousal abuse, thus threatening the stability of the marriage. Their finding also reveals that partner battering, spousal rape, or sexual deprivation, and so on constitute spousal abuse in Lafia.

The home is supposed to function as a place of warmth, comfort, and love. But when different pressures rear their heads, conflict is inevitable. Christiana Omone Bose Makinde, Mercy Omosefe Omozusi, and Faith Ayotunde Bello’s paper “Psychosocial Factors of Home Conflict as Predicators to the Academic Performance of Young Adults,” identified parental involvement in the lives of children go a long way in improving their growth and development. Where conflicts occur and on a continuous basis, the effects on the children can be devastating. Studying 387 young adults, they found that when there are conflicts in the home, they produce tension and anxiety for the children, and these in turn will affect their responsiveness to academic requirements. They further identified poor

parenting, poor communication between parents and their children as factors that could increase the social anxiety for the children. Rather than the children developing strong abilities to acquire knowledge and skills necessary for their development into later life stages, they often results in breaking household rules or the law, aggressive behavior is violent and unpredictable as a consequence of conflicts arising from within the family.

What are those factors that could be responsible for partners being unfaithful to their spouses in Nigeria, and to what extent do spouses of such unfaithful partners experience domestic violence? Examining Ekiti State, in “Marital Infidelity and Domestic Violence among Married Couples in Ekiti State, Nigeria,” Ebenezer Bayode Agboola and Tolulope Funmilola Ojo provide data on 150 participants in Ado-Ekiti. Domestic violence (battering, marital rape, and murder) is on the increase in Nigeria, with about a third of all Nigerian women having experienced such. They highlighted contributory factors to include name calling, humiliation, denying spouse of sexual intercourse, as well as distrust of one another.

Following an approach different from the previous chapter, Aminat Adeola Odebo in “Prevalence of Husband Battering as viewed by Literate Married Adults in Kwara State, Nigeria,” examined what 386 married adults had to say on how gender, duration of marriage, and educational attainment could have effects on domestic violence. While reports of violence against women by men are extensive, violence by married women against their husbands are rarely reported. These include not only physical violence but also verbal abuse and threats against husbands, starving their husband of food and even sex. Others include pouring of hot liquids such as water and acid on their husbands. The reasons are not far-fetched either. Husbands have been accused of infidelity. Also, women have been seen to react to abusive conducts from their husband by being abusive in turn. As a result of cultural practices or taboos (being regarded as weak or “not being man enough”) in Nigeria, the married men, who experience these acts of abuse do not report these incidents to the authorities. Shame, stigmatization, and fear of being ridiculed also weaken the motivation or the will of the men to make official reports or such behaviors.

Are there differences in the preference to styles of sex according to couples from two West African Countries? Abdulrazaq Olayinka Oniye, Shuaib Abolakale Muhammed, Khadijat Mogaji-Yusuf, Christiana Modupe Sunmonu-David, and Abena Kyeraa Dapaah’s chapter “Intimacy Style Preference of Married Adult in West African. A Case of Nigeria and Ghana” identified sexual intimacy as one of the major factors affecting stability of marriages particularly in West Africa. When couples engage in sexual activities, rather than focus on the pleasures attached, they concentrate largely on procreation. Thus, neglecting the roles which different styles of sex play in maintaining sexual satisfaction. They identified communication styles, (sending signals of love and affection) and sexual behaviors as having correlation with marital satisfaction. Even though individuals are unique in their preferences, findings revealed that married adults from both countries have preferences for similar styles of sex.

These chapters present the interrelatedness between gender, educational attainment, culture and family norms, effects of societal changes on the attitudes

of people, which in turn helps to modify, shape and direct ideas, thoughts, and perceptions of Nigerian families in their different cultural differences. We wish to express our sincere thanks to the authors, reviewers, and also the staff at Emerald Publishing, all of whom helped to make this collection on Nigerian families possible.

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