

SELF-CONTROL TECHNIQUES AND MARITAL COUNSELLING ON DOMESTIC VIOLENCE AMONG PRIMARY SCHOOL TEACHERS IN ABA NORTH LOCAL GOVERNMENT AREA OF ABIA STATE

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Abstract

The study investigated the efficacy of self-control techniques and marital counseling on domestic violence among primary school teachers in Aba North Local Government Area of Abia State. --The study adopted pretest-posttest non-randomized quasi-experimental control group design. Two research questions were answered while two null hypotheses were formulated and tested at 0.05 levels of significance. A sample of 36 (18 males and 18 female) primary school teachers selected from three schools by purposive sampling technique was used. Two schools consisted the experimental groups and the other the control. A 2 item instrument titled "Domestic Violence Questionnaire (DVQ) was developed, validated and a reliability index of 0.86 was obtained using Cronbach Alpha method. The researcher with the assistance of six trained research assistants and school counselors carried out the treatment. The trained research assistants and school counselors served as contingency manager during the treatment. Measures were adopted to control possible extraneous influences capable of jeopardizing the validity of the study. This study adopted a systematic three phase plan, namely; pre-treatment phase and follow-up. The pre-treatment test involved preliminary introduction and pre-test assessment that formed the base line data for the study. The second phase dealt with the actual manipulation of experimental condition effect of the treatment. The treatment lasted for five weeks for all the treatment groups. There were three sections in a week which lasted for 40 minutes for the treatment groups only. The control group was a waitlist control group. The domestic violence Questionnaire (DVQ) was used to identify couples with differentiated domestic violence levels in distress and conflict and was also used for pre-treatment, post-treatment assessments and follow-up assessment. Data obtained through the administration of the instrument were analyzed using mean scores, standard deviation to answer the research questions and 2 x 1 analysis of covariance (ANCOVA) to test the null hypotheses. The study revealed that intervention using self-control and marital counseling significantly reduced the rate of domestic violence of primary school teachers who were engaged in domestic violence. There was evident from the fact that primary teacher couples treated with self-control and marital counseling had lower post-test domestic violence mean score than those in the control group. Based on the findings of the study, it

was recommended that functional counseling centres should be established at primary education level and professional counselors employed to fully utilize the therapies to assess the rate of domestic violence of couples.

Keywords: Self-control technique, Marital counseling, Domestic violence, primary school teacher.

Introduction

Domestic violence is threatening many Nigerian families, and is unfortunately increasing in our society. Domestic Violence according to (Ellsberg, Arango, Morton, Gennari, Kiplesund, Contreras & Watts, 2014) was defined as violence between two people involved in an intimate relationship, and it exists in all countries, cultures and societies. Domestic violence is a term that was created by the state legislature and is normally used to describe violence within an intimate relationship (Valiulies 2014) and basically, one of the partners in an intimate relationship ends up using one or more different types of form of assault and intimidation to gain power over the other. Domestic Violence is not limited to obvious physical violence; it can mean endangerment, unlawful imprisonment, trespassing and harassment (Centres for Disease Control and Prevention (CDC, 2016). The use of force and violence against women define Domestic Violence as a pattern of abusive behaviour in any relationship that is used by one partner to gain or maintain power and control over one partner.

Domestic Violence can be seen as a pattern of abusive behaviour in a relationship. Domestic Violence describes physical, sexual violence and physical aggression including coercive acts by current or former partner (CDC, 2016). It varies from hit that may or may not impact the victim to chronic severe battery (CDC, 2016). Domestic Violence is often used to take power and sustain the control of a person over another, usually the power is taken by men to dominate and control women in a relationship (USA Department of Justice, 2019).

Domestic Violence is a silent killer of women; sometimes the women ignorantly endure persistent abuse and violence from their husbands till they get ill and die without anybody dictating the fundamental cause of illness and death among women. Domestic violence is a global phenomenon that transcends families from all races, gender, social, religious, economic background. In Nigeria, Domestic violence is a problem that affects women and girl-child in form of rape, maltreatment, deprivation and physical and emotional punishment. It is often supported by culture and religion, therefore making women to suffer in silence. Often times, culture and religion may cover some violence practices usually against women (Mshhweshwe, 2020). The fear of going against the culture, traditional and religion of the community cripples the ability to see domestic violence as violence by the weak and vulnerable members of the society (Mshhweshwe, 2020).

The occurrence of violence is as important as its recognition or perceptions among the members of a society and the policy (Yalkey & Olutayo, 2020). Domestic Violence takes place in every society in one form or the other (Torazzi, Merrelli, Barbara, Kustermann, Marascillolo, Collini & Cattanes, 2020). Domestic violence may occur among different social

class and strata in a society (Nikolova, Postmus, Buttner & Bosk, 2020). Domestic violence may occur among family members or people connected with one form of close relationship or social bonds. Domestic violence is a black cloud on society that has affected lives since the dawn of human life (Yalkey & Olutayo, 2020). The disturbing violence may affect individuals, families and the communities in which we live, many families may be going through this locally and globally.

Efforts to reduce domestic violence by churches and civil society organization have not yielded satisfactory results because in Africa, some of the cultural norms and values tend to support the domination of men over women. Some men may hide under such cultural practices to abuse and violate women in rural communities (Ike, Jidong, Murphy & Ayobi, 2021: SWFP, 2013). Men may see women as object of sexually meant to serve them without regards to the needs and aspirations of women as human beings. Patriarchy in African society tends to encourage men dominance of women at all things (Mshweshwe, 2020). This system has made women to accept their precarious position in the society and its consequences as normal. Some women therefore, tend to be socialized and are expected to be timid, shy and sometimes feel inferior to men especially their husbands in the society (Kaval & Walker, 2019).

Domestic violence has become a socially tolerated way of depriving women and exposed them to all manner of exploitation by men in the society. According to World Health Organization (WHO, 2017) and reports of CLEEN Foundation (2013), a lot of women have experienced sexual and physical violence from their intimate or close partners. Oluremi (2015) contended that in Nigeria, most women desist from reporting domestic abuse as they are ashamed that their marriages are failing. Divorce may not be an option at all, given cultural beliefs. Scholars have argued that such cultural beliefs further exacerbate violence against women in Nigeria as a socially accepted behaviour and a means of addressing resistance against the culturally perceived male superiority (Abayomi & Olabode, 2013), Nelson, 2017) . Thus suffering in silence may become the norm many females tend to adopt to avoid being seen as violating established cultural standards. There are different types of Domestic violence, which includes physical violence that refers to the use of physical force to inflict pain, injury or physical suffering to the victim such as slapping, beating, kicking, pinching, biting, pushing, shoving, dragging, stabbing, scratching, hitting with first or something else that could hurt,, burning, choking, threatening or using a gun, knife or any other weapon (Garcia, Moreno, Jansen, Eusberg, Heise & Watts, 2005). Sexual violence refers to physically forcing a partner to have sexual intercourse, who did not want it, forcing a partner to do something or humiliating (Gracia et al, 2005), harming her during sex or forcing to have sex without protection (World Health Organization, 2014). Psychological violence refers to the use of various behaviours intending to humiliate and control another individual in public or private which include verbal abuse , name calling, constantly criticizing, blackmailing, saying something or doing something to make the other person feel embarrassed, threat to beat women and children, monitoring and restricting movements, restricting access to friends and family, restricting economic independence and access to information, assistance or other resources and services such as education or health services (WHO, 2014). Psychological violence is also the use of verbal and non-verbal

communication with the intent to harm person mentally or emotionally, and/or to exert control over another person (CDC, 2016).

The effects of domestic violence on 'victims' well-being may range from acute physical injuries to long term mental and physical health consequences (World Health Organization, 2014). Some women even experience acid attacks from their husbands or boyfriends, which may cause extreme pain or disfigurement, sometimes leading to the death of the victims (Iroegbunam, 2016). Although men can also be victims of domestic violence (Ike et al, 2021), women and children tend to suffer it most. Physically, women may emerge from these violent episodes, every time with red eyes, bruises, rape and burns or internal injuries to the psyche or may be just as disabling conditions. Little wonder why Iroegbunam (2016) stated that one of the ironies of history is the fact that despite the role women play both at home and in the society, they have remained unnoticed and even belittled. The issue of domestic violence according to research has led to the death of many women. Some were injured severely; some pregnant women lost their babies while some were disabled

The effect of domestic violence ranges between psychological, emotional, social and psychical health problems. According to Shavers (2013) study has shown that chronic pain, sleeping difficulties and irritable bowel syndrome (IBS) are associated with long term health effects on women victims of violence. The effect on health may be direct and immediate or appear later on in life, even after the violence has past the severity and frequency of abuse usually determine the impact on the woman's physical and mental health (WHO, 2012: 123). The main causes of domestic violence could be hot-tempered attitude among perpetrators (Johari, 2017). Moreover, this act of physical aggression tends to be more severe and more likely to lead to serious harm when the perpetrator is drunk. Beside the psychological characteristics such as jealousy, attitudes towards violence, psychopathological relationship characteristics such as marital satisfaction also associate with the characteristics of domestic violence actor (Cools & Kotsadam, 2017; Kemsmith & Tolman, 2011; Stith, Perin, Ward & Tritt, 2004). Specifically, low marital satisfaction was identified as a risk factor for domestic violence.

Other features of perpetrators of domestic violence are those under the influence of alcohol (Gorizalez, Connel, Businelle, Jennings & Chattier, 2014), and drug or marijuana abuses (Kemsmith & Tolman, 2011) individual suffering of mental instability have a higher risk of abusing their partners (ECKhardt, 2011, Birkley & ckhardt, 2015. Domestic violence could be a choice, not an uncontrolled impulse. Agbo and Choji (2014) in their study carried out in Abuja, a mother of one narrated her ordeal in the hands of her husband who constantly was hitting and beating her whenever he is drunk and she lost two pregnancies as a result of her brutality. Also in July, 2014, Agbo and Choji reported a case of 34 year old household, Mrs Fatima Bankole, who had face stitches 26 times, after she got battered by the husband for taking a piece of fish from the pot to break her fast.

The prevalent rate of domestic violence in Nigeria is very high. Agbo and Choji (2014) reported that the government of Nigeria's 2013 Nigeria Demographic and Health Saurvey (NDHS), which surveyed 38,948 women and 17,359 men in all 36 states and the Federal Capital Territory (FCT) showed that violence against women as a "common practice".

Domestic violence remained widespread and was often considered socially acceptable in Nigeria in 2013 (27 February, 2014:35). The NDHS noted that domestic violence cut across all socio-economic and cultural background. Nearly three in ten Nigeria women have experienced physical violence since age 1 (Nigeria 2013: 15). Furthermore, according to the same source, one in four married women experienced physical, sexual or emotional abuse by their husband or partner (Ibid, 19).

The behaviour modification techniques that are suspected to have the potential for reduction of domestic violence in our families and in the entire society are self-control techniques and marital counseling. Self-control can be defined as the mechanism that allows for inhibiting or overriding impulses coming from the hot system, allowing the precedence of the cold system (Gillebaart & De Ridder, 2017). Self-control implies that an individual can be taught to rearrange powerful contingences that influence behaviours in such a way that he experiences long range benefits, even though he may have to give up some satisfaction or tolerate some discomforts at first. Self-control represents some capacity to over ride some tempting desires for the sake of long-term goals (De Ridder, Kroese, & Gillebaart, 2017). Self-control can operationally be defined as the ability to align one's behaviour with personality valued goals and standards in the light of certain kinds of motivational conflicts. Self-control is a person's actions in specific situation. Self-control is an important skill we should all strive to improve. Self-control technique has been found to be effective in managing excess behaviours resulting from lack of control of our emotions, thoughts, actions and impulses that limits the optimization of human potential to the fullest. In self-control techniques, there are different types that can be used for change and they are self-monitoring, self-evaluation, orientation for change, behavioural contracts, and modification of the environment, tasks and assignment and self-reinforcement. Hagger (2014) reported positive effect of self-control techniques since self-control emphasizes the ability to engage in goal-directed behaviours and successful goal progress is often mentioned among the most important- benefits of high self-control. Tangney (2014) also found positive effect of self-control and indicated that strong self-control is likely to promote goal progress and has the potential to bring more order, structure, and coherence into an individual's life.

Marital counseling is another form of therapy that can be used in the reduction of domestic violence. Marital counseling can be an excellent tool for those experiencing these issues in marriage relationships. Marital counseling is a type of psychotherapy that is conducted by licensed therapists. There are different types of marital counseling therapy which include behavioural marital therapy with its focus in reducing negative relationship interactions and increasing positive interactions. The goal of behavioural marital therapy is to improve marital behaviours that may affect the substance use of one or both partners. Finally, the Gottaman method which involves addressing area of conflict and equipping couples with problem - solving skills. It aims to improve the quality relationship and the level of intimacy between partners. Since research reports from ECKhardt (2011) as well as Birkley and Eckhardt (2015) found marital counseling to be efficacious in managing excess behaviours resulting from lack of control of our emotions, thoughts, actions and impulses. Since self-control techniques and marital counseling therapy could be effective in managing excess behaviours resulting from lack of control of our emotions, thoughts, actions and impulses that limit the optimization of human potential to the fullest, one wonders whether the techniques could help

in the reduction of domestic violence among primary teachers in Abia North Local Government Area of Abia State.

Statement of the Problem

The union between a man and a woman is the building block of the family and the cornerstone of any society. In other words, it is expected that there should be high level of marital harmony and a high level of marital satisfaction and marital stability in the home where couples could live in peace, have cordial relationship with one another, with presence of proper communication between couples. Domestic violence continues to be a global epidemic that kills, tortures and maims physically, psychologically, sexually, and economically. It is one of the most pervasive of human rights violations, denying women and girls equal rights, security, dignity, self-worth and their right to enjoy fundamental freedom. Efforts to reduce domestic violence have not yielded satisfactory results as domestic violence continues to prevail. It is believed that if marital violence continues the way it is, it may affect the economic and technological development of the nation. It is no longer exaggeration that the rate of violence against women is on the increase as even the number of perpetrators of this violent act against women appears to be ever increasing on a daily basis in almost every tribe, especially when the status of women is very low and women are considered the property of men. The tradition seems to be effective in increasing domestic violence against women. Sometimes, the women ignorantly endorse persistent abuse and violence from their husbands like the famous gospel singer, Osinachi Nwachukwu. The research observed that there is high rate of domestic violence against the women and girl-child in society and an urgent attention is highly needed in order to get it reduced or eliminated drastically in order to save the lives of all the women experiencing domestic violence. Literature reports tend to suggest that self-control techniques and marital counseling therapy have the potentials for reduction of domestic violence in our families. However, the extent of self-control techniques and marital counseling therapy could be effective in reducing domestic violence among primary school teachers in the study area has not been investigated. The problem of this study therefore put in a question form is: What is the effect of self-control techniques and marital counseling on domestic violence among primary school teachers in Aba North Local Government Area of Abia State?

Purpose of the Study

The purpose of the study was to find out the effectiveness of self-control techniques and marital counseling on domestic violence among the primary school teachers in Aba North Local Government Area of Abia State. Specifically, this study sought to:

1. Determine the rate of reduction of domestic violence among primary school teachers exposed to self-control techniques and control group at post-test.
2. Determine the rate of reduction of domestic violence between those exposed to marital counseling therapy and control group at post-test

Research Questions

The following research questions guided the study

1. What is the mean score difference in the rate of reduction of domestic violence among primary school teachers exposed to self-control techniques and control group at

posttest?

2. What is the mean score difference in the rate of reduction of domestic violence among primary school teachers exposed to self-control techniques and control group at post-test?

Hypotheses

The following null hypotheses were formulated and tested at 0.05 level of significance:

H0₁

There is no significant mean score differences in the rate of reduction of domestic violence between those in self-control technique and control group post-test.

H0₂

There is no significant mean score differences in the rate of reduction of domestic violence between marital counseling and control group post-test.

Methodology

The study adopted pretest-posttest non-randomized quasi-experimental control group design. A sample of 36 (18 males and 18 females) primary school teachers from three schools by purposive sampling technique was used. Two schools consisted the experimental groups and the other the control. A 32 items instrument titled "Domestic violence Questionnaire (DVQ)" was developed, validated and a reliability index of 0,86 was obtained using Cronbach Alpha method. The researcher with the assistance of trained research assistants and school counselors carried out the treatment. The trained research assistant and school counselors served as contingency managers during the treatment. Measures were adopted to control possible extraneous influences capable of jeopardizing the validity of the study.

This study adopted a systematic three phase plan, namely; pre-treatment phase, treatment phase and follow-up. The pre-treatment phase involved preliminary introductions and pre-treatment assessment that formed the base line data for the study. The second phase dealt with the actual manipulation of experimental conditions as well as post-test assessment and the follow-up helped to determine the retention effect of the treatment. The treatment lasted for five weeks for all the treatment groups. There were two sessions in a week which lasted for 40 minutes for the treatment groups only. The control group was a waitlist control group. The Domestic Violence Questionnaire (DVQ) was used to identify couples with differentiated domestic violence levels in distress and conflict and was also used for pre-treatment, post-treatment assessments and follow-up assessment. Data obtained through the administration of the instrument were analyzed using mean score, standard deviation to answer the research questions and 2x1 Analysis Covariance (ANCOVA) to test the null hypotheses.

Result

Research Question 1: What is the mean score difference in the rate of reduction of domestic violence among primary school teachers exposed to self-control techniques and control group at posttest?

Table 1: Pretest-Post Test Mean and Standard Deviation Score Difference in the Rate of Reduction of Domestic Violence among Primary School Teachers to self-Control Techniques and Control Group at Posttest

Exposed						
Group	Source	Pre-test	posttest	Mean Reduction	Mean Reduction	

		diff		
Experimental group (SCT)	Mean	83.54	13.23	70.31
	N	12	12	
	SD	7.22	8.38	53.70
Control group	Mean	82.35	65.74	16.61
	N	12	12	
	SD	6.22	10.14	

Data in Table 1 showed the mean and standard deviation score difference in the rate of reduction of domestic violence among primary school teachers exposed to self-control techniques and control groups who were in the waitlist and were not exposed to any treatment at posttest. From the data, one can see that the primary school teacher couples in the experimental group had a pretest mean score of 83.54 and standard deviation of 7.22 in their domestic violence rating; while their post-test mean domestic violence score was 13.23 with a standard deviation of 8.36; giving a mean pre-test/post-test reduction score of 70.31. The primary school teacher couples in the control group who were in the waitlist and were not exposed to any treatment had a pretest mean domestic violence score of 82.35 with a standard deviation of 6.22 while their post-test mean score was 65.74 with a standard deviation of 10.14 giving a pre-test/posttest mean reduction score of 16.61. The experimental group that was exposed to self-control techniques had a higher mean point reduction score than the couples in the control group; with a higher mean reduction difference of 53.70. The standard deviation of the two groups ranged between 6,22 and 10.14; indicating that the respondents were too far from the mean and from one another in their responses, adding further validity to the mean.

Hypothesis One: There is no significant mean score difference in the rate of reduction of domestic violence between those in self-control techniques and control group at post-test.

Table 2: Summary of the 2-way Analysis of Covariance of Difference in the Rate of Reduction of Domestic Violence between those in Self-Control Technique and Control Group at Post-Test

Source	Type III sum of squares	Df	Mean square	F	Sign
Corrected model	20202.250 ^a	2	10101.125	141.758	.000
Intercept	5565.343	1	5565.343	78.104	.000
Pre-Dom. Viol.1	21.501	1	21.501	.302	.185
Treatment	1574.842	1	1574.842	221.004	.000
Error	1567.6351	22	71.256		

Total	216032.000	24
Corrected Total	312091.077	23

a R- Squared = .6628 (Adjusted R-squared = .394)

The data in the Table 2 above showed that self-control techniques as a factor in the study had a significant effect on the mean rate of reduction of domestic violence score of primary school teacher couples who were engaged in domestic violence. The calculated f-value of 221.004 in respect of the treatment as effect of self-control techniques on mean rate of reduction of domestic violence is higher than f-critical of 1.96 with degree of freedom of 16 at 0.05 level of significance. This implies that exposing of couples who were engaged in domestic violence to self-control techniques significantly reduced the rate of their domestic violence. Therefore, the null hypothesis has no significant mean score difference in the rate of reduction of domestic violence between those in self-control techniques and control group at post-test was rejected. Thus, there was significant mean score difference in the rate of reduction of domestic violence between those in self-control techniques and control group at post-test.

Research Question 2: What is the mean score difference in the rate of reduction of domestic violence among primary school teachers exposed to marital counseling and those in control group at post-test?

Table 3: Pretest-Posttest Mean and Standard Deviation on Difference in the Rate of Reduction of Domestic Violence among Primary School Teachers to Marital Counseling and those in Control Group at Post-Test

Exposed					
Group	Source	Pre-Test	Post Test	Mean Reduction	Mean Reduction
Experimental group(SCT)	Mean	81.44	16.23	65.21	
	N	12	12		
	SD	6.28	8.34		47.19
Control group	Mean	80.36	62.34	18.02	
	N	12	12		
	SD	6.25	9.64		

Data in Table 3 above showed the mean and standard deviation score difference in the rate of reduction of domestic violence among primary school teachers exposed to marital counseling and control group who were in the waitlist and were not exposed to any treatment at posttest. From the data, one can see that the primary school teacher couples in the experimental group had a pretest mean score of 81.4 and standard deviation of 6.28 in their domestic violence rating; while their post-test mean domestic violence score was 16.23 with a standard deviation of 8.34; giving a mean pre-test/post-test reduction score of 65.21. The primary school teacher couples in the control group who were in the waitlist and were not exposed to any treatment had a pretest mean domestic violence score of 80.36 with standard deviation of 6.25 while their pot-test mean score was 62.34 with a standard deviation of 9.64; giving a pre-test/posttest mean reduction score of 18.02. The experimental group that was exposed to

marital counseling had a higher mean point reduction score than the couples in the control group; with a higher mean reduction difference of 47.19. The standard deviation of the two groups ranged between 6.25 and 9.64; indicating that respondents were not too far from the mean and from one another in their responses, adding further validity to the mean.

Hypothesis Two: There is no significant mean difference in the rate of reduction of domestic violence between the marital counseling and control group at post-test.

Table 4: Summary of the 2-way Analysis of Covariance of Difference in the Rate of Reduction of Domestic Violence between Marital Counseling and Control Group at Post-Test

Source	Type III sum of squares	Df	Mean square	F	Sig
Corrected model	14420.313 ^a	2	7210.157	115.688	.000
Intercept	3836.737	1	3836.737	61.561	.000
Pre-Dom.vol. 1	24.654	1	24.654	.396	.176
Treatment	14434.452	1	14434.452	231.603	.000
Error	1371.138	22	62.324		
Total	204901.000	24			
Corrected Total	18321.250	23			

a R squared m= .812 (Adjusted R square = .659)

The data in Table 4 showed that marital counseling as a factor in the study had a significant effect on the mean rate of reduction of domestic violence score of primary school teacher couples who were engaged in domestic violence. The calculated f-value of 231.603 in respect of the treatment as main effect of marital counseling on mean rate of reduction of domestic violence score of couples who were engaged in domestic violence is higher than f-critical of 1.96 with degree of freedom of 16 at 0.05 level of significance. This implies that exposing of couples who were engaged in domestic violence to marital counseling significantly reduced the rate of their domestic violence. Therefore, the null hypothesis of no significance mean score difference in the rate of reduction of domestic violence between those in marital counseling and control group at post-test was rejected. Thus, there was significant mean score difference in the rate of reduction of domestic violence between those in marital counseling and control group at post-test

Summary of Major Finding

The study revealed that:

1. Intervention using self-control techniques significantly reduced the rate of domestic violence of primary school teachers who were engaged in domestic violence in Aba North Local Government Area of Abia State. This is evident in the fact that couples treated with self-control techniques had lower post-test domestic violence mean score than those in the control group.
2. Marital counseling significantly reduced the rate of domestic violence] of primary school teachers who were engaged in domestic violence in Aba North Local Government Area of Abia State. This is evident in the fact that couples treated with marital counseling had lower post-test domestic violence mean score than those in the control group.

Discussion of the Findings

The discussion of the findings was carried out sequentially based on the research questions and hypotheses that guided the study. The study revealed that there intervention using self-control techniques significantly reduced the rate of domestic violence of primary school teachers who were engaged in domestic violence in Aba North Local Government Area of Abia State. This is evident in the fact that couples treated with self-control techniques had lower post-test domestic violence mean score than those in the control group. The findings of this study are in line with the finding of the study by Hagger (2014) which reported positive effect of self-control techniques and maintained that since self-control emphasizes the ability to engage in goal-directed behaviours and successful goal progress is often mentioned among the most important-benefits of high self- control. the findings of this study further support the study of Tangney (2014) who found positive effect of self-control and indicated that strong self-control is likely to promote goal progress and has the potential to bring more order, structure and coherence into an individual's life. One may summarize that self-control techniques significantly reduce the rate of domestic violence of primary school teachers who were engaged in domestic violence because of the active involvement of participants in the treatment programme.

The study also found that marital counseling significantly reduced the rate of domestic violence of primary school teachers who were engaged in domestic violence in Aba North Local government Area of Abia State. This is evident in the fact that couples treated with marital counseling had lower post-test domestic violence mean score than those in the control group. The findings of this study agree with the findings of the study of by ECKhardt (2011) as well as Birkley and Eckhardt (2015) who found marital counseling to be efficacious in managing excess behaviours resulting from lack of control of our emotions, thoughts, actions and impulses. These findings actually showed that marital counseling can be an excellent tool for those experiencing these issues in marriage relationships.

Conclusion

According to the findings, intervention using self-control and marital counseling significantly reduced the rate of domestic violence of primary school teachers who were engaged in domestic violence. This suggests that couples who are engaged in domestic violence could be exposed to the treatment using the two therapies as a way of resolving distress and conflicts among couples in order to see marriage as improving quality of life.

Recommendations

On the bases of the above findings, the following recommendations were made:

1. Functional counseling centres should be established at primary education level and professional counselors employed to fully utilize the therapies to assess the domestic violence of those who are engaged in domestic violence
2. Self-control and marital counseling should be incorporated into the pre-marital programmes organized by counselors and churches as a way to reduce domestic violence and improve quality of life of couples.

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