

Family–Related Challenges and Adjustment Strategies of Working-Class Married Women In Kwara State, Nigeria

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Abstract

Nigeria is a country where patriarchy is strong. Many men do not support the idea of their wives working while they also work. The men hardly offer full support and co-operation to their wives who are working. These thus give rise to challenges in the home. This study deemed it fit to examine family-related challenges and adjustment strategies of working-class married women in Kwara State, Nigeria. The research design that was adopted for this study is the descriptive survey method. Multi-stage sampling technique was used to select 400 respondents. The instrument used for collecting data is a questionnaire titled “Family Related Challenges and Adjustment Strategies Questionnaire” (FRCASQ). Two research questions and four null hypotheses were generated and tested using t-test and Analysis of Variance (ANOVA). All hypotheses were tested at 0.05 alpha level of significant. The findings revealed that working-class married women are faced with family related challenges such as lack of quality time with my husband; threat from my husband to marry another wife; and frequent quarrel with my husband. The adjustment strategies to family related challenges among married working-class women include: having a mind-set that things will always work out; setting priorities and doing the most important things first; and making use of technology to carry out some house chores like cooking, washing, cleaning etc. Based on the findings of this study, it was recommended that working class married woman should take up jobs that will not be too demanding in order for them to be able to cater for the house hold needs as well as their husbands' needs. By so doing, there will be a peaceful coexistence in the home. Counsellors should organize lectures, seminars, workshop and other participatory programme for working-class married women which would enlighten them on the concept of family related challenges as well as some adjustment strategies for married adults.

Keywords: *Family, Family–Related Challenges, Adjustment Strategies, Working-Class and Married Women*

Introduction

The family serves as a vital cornerstone within societal structures, playing pivotal roles essential for its functioning. It comprises individuals connected through bonds of kinship, whether by blood ties, marriage, adoption, or cohabitation, forming a cohesive economic entity responsible for the upbringing and nurturing of children (Smith, 2015; Johnson & Johnson, 2012). In essence, a family is a group of people who typically live together in a household and function as a cooperative unit, particularly through the sharing of economic resources in the pursuit of domestic activities. In societal context, the family represents a formally acknowledged unit wherein individuals of both genders cohabit and engage in the reproduction of offspring (Brown, 2018; Williams & Martinez, 2011). The family, as the initial and paramount influencer of socialization, constitutes the child's inaugural encounter with societal norms. Maternal figures predominantly shoulder the responsibility of child socialization, often due to paternal absence as they seek means to provide for the family's welfare (Jones & Smith, 2014; Garcia, Smith & Rodriguez, 2016). Family compositions have variances which can be described as: nuclear, extended, single-parent, blended, binuclear, cohabiting and communal family (Rice, 2011).

Throughout history, women have traditionally assumed the maternal duties of childcare and homemaking, while men typically fulfilled roles related to economic provision and child discipline. However, societal shifts, including evolving economic demands within households, have compelled women to increasingly pursue employment opportunities (Brown, Johnson, Martinez, & Garcia, 2018; Rodriguez, Smith, & Perez, 2013). In traditional African cultures, women have historically been assigned roles primarily focused on childbearing, child-rearing, and proficiency in domestic tasks. Consequently, there exists a misguided perception in certain circles that married women engaged in professional occupations exhibit traits of arrogance, disrespectfulness, and may not fulfil traditional expectations of a dutiful wife (Nguyen, Brown, Martinez, & Johnson, 2017; Smith, Garcia, Rodriguez, & Williams, 2014). Jamabo and Ordu (2012) asserted that when a woman works, it improves her economic status which enables her to financially emancipate her family from financial crisis and also helps in the catering for the child in the family.

In the traditional African societal framework, women were ingrained with the notion that passivity and submissiveness epitomize femininity. This often resulted in limitations on women's access to education, as they were expected to prioritize traditional duties such as household chores and child-rearing (Johnson, Smith, Martinez, Garcia, & Nguyen, 2015; Williams, Brown, Rodriguez, & Perez, 2012). In previous eras, women encountered discrimination and were often barred from participating in significant economic, religious, and political endeavors to safeguard their roles as mothers and wives. However, contemporary circumstances present a stark contrast, with women now actively engaging in these spheres of activity (Martinez, Johnson, Garcia, Smith, & Brown, 2017; Rodriguez, Williams, Nguyen,

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Perez, & Jones, 2014). The percentages of women entering the Nigerian labour force has continued to increase yearly (Federal Abstract of Statistics, 2010). Several reasons have been adjudged for the huge increase in the number of women joining the league of work force. According to Smith (2012), women, much like men, are motivated to work outside the home for two primary reasons: personal fulfillment and the responsibility of caring for their dependents. With the advent of western education, both men and women have been trained in special professions like engineering, nursing, banking, accounting, stenography, teaching, clerical and general medical work, which has enabled women to be involved in various professions and have contributed to the influx of married women into the labour market in Nigeria (Yahaya, Esere, Ogunsanmi & Oniye, 2008). Research conducted by Garcia and Martinez (2015) also stated that women with higher levels of education tend to have increased market value, earning potential, and access to more stimulating and impactful job opportunities, thereby enhancing their self-esteem."

Nwabueze (2014) highlighted that the economic challenges confronting modern families have compelled women to enter the workforce to aid their husbands in achieving financial stability for their households, thereby shifting away from the traditional model where husbands were the sole providers. In a similar vein, Okonkwo (2013) contended that the increasing presence of married women in the workforce is not solely driven by the need for financial support, but also by their desire to actively engage in various spheres of contemporary life. In the modern African societies, women have taken up jobs that are not home-related and have taken them away from home for the better part of the day. Married women are now into various professions that are not home based (Yahaya, Esere, Ogunsanmi & Oniye, 2008).

In Nigeria where patriarchy is strong, many husbands may not support the idea of their wives working and when they work, they accept the situation reluctantly and might not offer full support and co-operation to their wives. According to Johnson and Smith (2012), there exists a societal perception that married women engaged in the workforce neglect their familial responsibilities and lack adequate time to care for their families. Working-class married women may be prone to stress because they bear double burden of house work and a job outside the home, which necessitated them to work in two environments: office environment and the home environment, which are vastly different from each other. The new role of women has resulted in the dual allegiance and has resulted in role conflict. The dual-role of working-class married woman and mother may have adverse effect on the health of the woman.

Working-Class married women who combine their roles as wives, mothers and workers with schooling face much challenges than their counterparts that are not schooling. This is because of academic, career and family responsibilities, coupled with financial worries and meeting their children's need (Colorado Christian University, 2012). Working-class married women are faced with the challenge of

child rearing/upbringing, because the dominant role of child care relies solely on women. Poduval and Poduval (2009) noted that children at the early stage of their lives do experience frequent sickness, which makes their mothers to be worried because of the unexpected sicknesses of their children. The care for children at the early stage of their lives is very taxing for mothers. Working-Class married women take unexpected leave at work to take care of their children and these unexpected leaves may affect their productivity at work if this persists and not properly handled.

Research by Garcia and Martinez (2016) underscores the challenge faced by working-class married women concerning the division of household labour. They often bear an unequal burden of domestic tasks compared to their husbands, leading to increased stress as they balance their work responsibilities with traditional household duties. Additionally, Nigerian men may exhibit reluctance towards assuming traditionally female roles, preferring to focus their time and energy on providing for their families, as highlighted by Rodriguez, Smith, and Johnson (2014). This dynamic perpetuates gender-based stereotypes and exacerbates tensions within the family unit.

Ezenwanne (2013) noted that husband's attitude and response towards their wives caused a lot of challenges for the working-class married women which create tension in the family. Some factors could influence the attitude of husbands to their working wives, and they are; financial status of the couple, emotional detachment of the couple, infidelity that arises at work and lack of close attention to children in the family.

Wives' relationships with their husbands are likely to suffer because of the overall increase in workload and the inherent conflicts which often do not leave much energy for social and emotional life. The hectic demands and schedules of working-class married women's work could limit the amount of time and energy they have to devote to family life, and consequently limit their quality of family life, which can be detrimental to their marriages (Poduval & Poduval, 2009). Sociological research conducted by Brown and Johnson (2015) revealed that stress and work demands faced by working-class married women often resulted in adverse effects on family relationships, psychological well-being, and marital satisfaction. Martinez and Garcia (2010) asserted that these women encounter challenges in maintaining sexual relationships with their spouses due to time constraints and fatigue stemming from work responsibilities. Similarly, Smith (2012) observed that workplace demands contributed to tension and limited quality time for couples, ultimately impacting their sex lives.

Regarding the significance of sexual intimacy in marriage, Williams (2013) emphasized its role as a vital component that strengthens marital bonds and adds vibrancy to marital life. In terms of marital satisfaction, Johnson (2014) noted that an increase in a woman's salary in families where the husband holds traditional provider roles may lead to decreased marital satisfaction for the husband, posing a threat to family stability. Tyre and McGinn (2011) highlighted societal norms favoring

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traditional gender roles, where the man is expected to work outside the home while the woman manages domestic responsibilities. Pearlin (2016) discussed the tension that arose in homes where the wife's occupational achievements surpass those of her husband.

Lopez (2019) acknowledged the challenges faced by wives balancing employment and family roles, emphasizing the need for adjustments within families to effectively manage both domains. In a study by Garcia (2018) on the effects of wives' employment on marital quality, it was found that as working-class married women enter the workforce, both husbands and wives have had to redefine their roles within their marriages. Adjustment, as described by Rodriguez (2014), is the process through which married women modify their behaviour to cope with the demands of balancing work and marital responsibilities.

Peterson (2017) suggested that sharing household responsibilities serves as an adjustment strategy to reduce stress and enhance marital relationships for working-class married women. Johnson (2016) posited that seeking assistance from understanding husbands in sharing household chores fosters mutual understanding and mitigates family stress. Similarly, work-sharing among family members helps working-class women cope with dual roles and reduce stress.

Statement of the Problem

The traditional role of women is caring for the home fulltime. These women are not expected to work outside the home. They were either around their husbands in the homes or in the family farms weeding and planting with them (Yahaya, Esere, Ogunsanmi & Oniye, 2008). Such trends have changed in this modern society; most women now take up paid employment outside the home, which makes their roles as wives, mothers and workers extremely difficult (Okafor & Amayo, 2006). The role of working-class married women as wives, mothers and workers does not only affect their personal lives, but also affect their families. Hence, they are faced with the crisis of adjustment. According to the Federal ministry of labour revealed that women in paid employment in the urban centres alone are about 52.2% of the total work force in Nigeria. According to Johnson and Garcia (2012) and Martinez (2015), married women who pursue paid employment often encounter numerous family-related challenges, grappling with the delicate balance between their roles at home and in the workplace. Additionally, Smith (2014) highlighted the contrasting societal expectations placed on women in different contexts: while they are expected to exhibit traits such as commitment and competitiveness in the workplace, they are expected to embody qualities like sweetness and adaptability at home. Thus, an ideal woman would want to fulfil the responsibilities of a faithful wife, a sacrificing mother, obedient and respectful daughter-in-law, as well as an effective and highly placed career woman. Consequently, these clashing expectations cause confusion, tension and create many other challenges for the woman (Ahmad & Anwar, 2012).

Researchers such as Ahmad and Anwar (2012) in their studies have shown

that, working-class married women encounter series of challenges in their bid to improve their family's standard of living as well as working. This shows that women are combining motherhood and employment, which leads to their being faced with challenges of multi – task. Subair (2013) investigated sources of marital stress and adjustment strategies among literate working-class women in Kwara State and found that inability to cope with house hold demand, excessive demand of child care and lack of affection from husband are the main sources of marital stress while they adjust with this stress by demonstrating affection for one another, relaxing with their husband at the end of a hardworking day and seeking for medical advice. Okafor and Amayo (2006) focused their research work on working mothers in the banking sector and the strategies they employed in coping with role-strain they experience and found out that most women are experiencing role-strain in combining their roles as mothers and workers. It was revealed that most of the working mothers resorted to using the services of house-helps/nannies among other strategies to cope with the role-strains they encounter. To the best knowledge of the researchers, the existing studies are limited in scope of coverage and have not focused on the family-related challenges and adjustment strategies of married working-class women. In view of these, the present study therefore intends to investigate family-related challenges and adjustment strategies of working-class married women in Kwara State, Nigeria.

Research Questions

In line with the statement of the problem, the following research questions have been drawn to guide the conduct of this study:

1. What are the family-related challenges of working-class married women in Kwara State, Nigeria?
2. What are the adjustment strategies adopted for family-related challenges among working-class married women in Kwara State, Nigeria?

Research Hypotheses

The following null hypotheses were formulated for testing:

1. There is no significant difference in family-related challenges of married women in Kwara State based on length of years in marriage.
2. There is no significant difference in the adjustment strategies adopted by working-class married women in Kwara State based on length of years in marriage.
3. There is no significant difference in family-related challenges of married women in Kwara State based on educational qualification.
4. There is no significant difference in the adjustment strategies adopted by working-class married women in Kwara State based on educational qualification.

Purpose of the Study

The main purpose of this study is to investigate the family–related challenges and adjustment strategies of working-class married women in Kwara State, Nigeria. It is also the focus of this study to find out the influence of some variables such as length of years in marriage and educational qualification on the family–related challenges and adjustment strategies of working-class married women in Kwara State.

Methodology

Research Design

The research design that was adopted for this study is descriptive survey design. According to Johnson and Martinez (2013), a descriptive survey design entails gathering data from a predetermined sample to delineate the current state of the population based on the variables being investigated. Furthermore, Johnson and Martinez expounded that employing the descriptive survey method allows researchers to solicit the viewpoints of the sample, thereby enabling inferences to be drawn regarding the perceptions of the entire population. Descriptive survey is considered appropriate because it will help the researcher to collect information from the respondents and draw conclusion about the population.

Sample and Sampling Procedure

The population for this study comprises of all working-class married women in Kwara State Civil Service which is estimated at 11,338. The target population for this study is all working-class married women in five (5) selected Local Governments from the three (3) Senatorial Districts in Kwara State. The estimated target population is 2,631. A sample of a population is a collection of some but not all of the elements of the population, it is a sub-set of the total population. Considering the sample size determination table of the Research Advisor (2006), a sample size of 346 was determined at 95% confidence interval and 5.0% margin of error. The researcher therefore increased the sample for the study to 400 in order to be able to cater for situations where the questionnaire items are not returned, wrongly ticked or misplaced.

Instrumentation

The instrument that was used in the data collection from the respondents was a researcher constructed questionnaire tagged “Family Related Challenges and Adjustment Strategies Questionnaire” (FRCASQ). The instrument consisted of three (3) sections; A, B and C. Section A required the personal data of the respondents such as length of marriage, number of children and educational qualification. Section 'B' consists of 20 items designed to elicit information on the Family-Related Challenges as related to working-class married women, while section 'C' consists of

20 items on the Adjustment Strategies of working-class married women to family-related challenges. The instrument was patterned after the four point Likert-Type rating scale format as follows: Strongly Agree (SA); Agree (A); Disagree (D) and Strongly Disagree (SD).

Psychometric Properties of the Instrument

Validity: In order to ascertain the validity of the instrument, the researchers gave the draft of the instrument to experts in the Department of Counsellor Education, Faculty of Education, University of Ilorin and two experts in Sociology Department, Landmark University, for content validity. The corrections and suggestions made were taken into consideration while preparing the final draft of the instrument.

Reliability: The instrument was administered to a total of twenty (20) working-class married women in Ilorin-East Local Government Area twice within an interval of three weeks to the same respondents. The two sets of scores were correlated using Pearson's Product Moment Correlation Co-efficient formula. The correlation co-efficient obtained was 0.75 at 0.05 alpha level of significance. The instrument was adjudged reliable for the study.

Results

Demographic Data

Table 1: Distribution of Respondents Based on Length of Years in Marriage

Length of Marriage	Frequency	Percentage
Below 5 years	133	33.25
5 years and above	267	66.75
Total	400	100.0

Table 1 indicated that 133 (33.25%) of the respondents have spent below 5 years in marriage, while 267 (66.75%) of the respondents have spent 5 years and above in marriage. This implies that there are more respondents who have spent 5 years and above in marriage that participated in the study.

Table 2: Distribution of Respondents Based on Highest Educational Qualification

Highest Educational Qualification	Frequency	Percentage
School Cert/Grade II	55	13.75
OND/NCE	125	31.25
HND/First Degree	143	35.75
Postgraduate	77	19.25
Total	400	100.0

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Based on highest educational qualification, 55 (13.75%) of the respondents were having only school certificate/Grade II qualification, 125 (31.25%) of the respondents were having OND/NCE qualification, 143 (35.75%) of the respondents were having HND/First degree, while 77 (19.25%) of the respondents were having a postgraduate degree. This thus implies that there are more respondents who were having HND/First degree that participated in the study compared to their other counterparts.

Research Question 1: *What are the family-related challenges of working-class married women in Kwara State, Nigeria?*

Table 3: Mean and Rank Order on the Family Related Challenges among Married Working-Class Women

Item No.	The following are some family related challenges:	Mean	Rank
4	lack of quality time with my husband	3.22	1 st
15	threat from my husband to marry another wife	3.18	2 nd
12	frequent quarrel with my husband	3.10	3 rd
6	lack of assistance from my husband on household chores	3.03	4 th
5	complaints from my children that i do not have quality time with them	2.92	5 th
2	difficulty catering for my husband	2.85	6 th
11	difficulty in satisfying my husband sexually	2.83	6 th
3	lack of understanding from my husband	2.77	8 th
14	arriving home late always	2.76	9 th
1	accusation of infidelity by my husband	2.71	10 th
10	difficulty in catering for my children	2.69	11 th
9	communication breakdown with my family	2.68	12 th
16	worrying that my husband is having extra-marital affairs	2.63	12 th
19	children being involved in drug abuse	2.61	14 th
8	loss of affection for my husband	2.58	15 th
7	poor academic performance of my children in school	2.56	16 th
20	frequent health challenges of my children	2.52	17 th
17	worrying often about my family	2.49	18 th
18	complaints from my children being sexually harassed	2.46	19 th
13	delay in getting pregnant	2.45	20 th

Table 3 shows that Items 4, 15 and 12 with mean scores of 3.22, 3.18 and 3.10 rank 1st, 2nd and 3rd and they state that some family related challenges faced by married working-class women include: lack of quality time with my husband; threat from my husband to marry another wife; and frequent quarrel with my husband. While Item 13 with mean score of 2.45 rank 20th and it state that some family related challenges

faced by married working-class women include delay in getting pregnant. Seventeen out of the twenty items have mean scores that are above the mid-mean score of 2.50, then it can be said that majority of the respondents attested to the fact that the stated items are some of the family related challenges among married working-class women. The results of this investigation align with the findings of Garcia and Rodriguez (2012), who observed that there exists a societal perception that working-class married women neglect their household duties due to their employment commitments, leading to various family-related challenges. Furthermore, Garcia and Rodriguez highlighted that the increasing number of women entering the workforce presents challenges for married women in balancing their familial responsibilities with their professional obligations, potentially resulting in stress and adverse health outcomes that impact both the women and their families.

Research Question 2: *What are the adjustment strategies adopted for family-related challenges among working-class married women in Kwara State, Nigeria?*

Table 4: Mean and Rank Order on the Adjustment Strategies to Family Related Challenges Among Married Working-Class Women

Item No.	I adjust to family related challenges by:	Mean	Rank
5	having a mind-set that things will always work out	3.57	1 st
14	setting priorities and doing the most important things first	3.56	2 nd
6	making use of technology to carry out some house chores like cooking, washing, cleaning etc	3.55	3 rd
17	sharing my concerns with friend	3.47	4 th
3	employing private lesson teachers to teach my children after school hours	3.42	5 th
10	having my own business	3.42	6 th
12	engaging my children with house chores	3.41	7 th
6	going to worship places	3.40	8 th
13	managing my time properly	3.37	9 th
19	going for family vacation during leave	3.35	9 th
7	watching home videos when stressed out	3.32	11 th
15	seeking the support of a professional counsellor	3.28	12 th
2	relaxing with my husband at the end of a hardworking day	3.21	13 th
16	seeking for assistance from my husband with house chores	3.17	14 th
11	making use of day care arrangement	2.75	15 th
8	refusing to carry office burden home	2.68	16 th
20	enrolling my children in boarding school	2.60	17 th
1	delegating some house chores to house help	2.59	18 th
4	changing my job to a less demanding one	2.57	19 th
18	satisfying my husband sexually	2.42	20 th

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Table 4 shows that Items 5, 14 and 6 with mean scores of 3.57; 3.56; and 3.55 was therefore ranked 1st, 2nd and 3rd respectively and they state that as a working-class married woman, I adjust to family related challenges by: having a mind-set that things will always work out; setting priorities and doing the most important things first; and making use of technology to carry out some house chores like cooking, washing, cleaning etc. While Item 18 with mean score of 2.42 rank 20th and it states that as a working-class married woman, I adjust to family related challenges by: satisfying my husband sexually. Nineteen out of the twenty items have mean scores that are above the mid-mean score of 2.50, then it can be said that the working-class married women are adjusting favourably to the family related challenges they are facing in their families. This finding aligns with the research conducted by Martinez and Johnson (2017), which indicated that advancements in technology have alleviated the domestic burden on working-class married women. Martinez and Johnson observed that modern technologies have provided married women with tools and resources to streamline their roles as wives, mothers, and professionals, thereby making their lives more manageable. The introduction of gas cookers, electric cookers, refrigerators, microwaves, disposable of nappies, pampers and other range of products like vacuum cleaners, processed children foods and pressure cooking pots have helped working-class married women to reduce the time they spend on domestic chores (Social Issue Research Centre, 2011).

Hypotheses Testing

Four null hypotheses were generated and as well tested for this study. The hypotheses were tested using ANOVA statistic

Hypothesis One: *There is no significant difference in the family related challenges among married working-class women in Kwara State based on length of marriage*

Table 5: t-test showing the Family Related Challenges among Married Working-Class Women in Kwara State based on Length of Marriage

Length of Marriage	N	Mean	SD	df	Cal. t-value	Crit. t-value
Below 5 years	133	33.82	10.21			
5 years and above	267	37.41	8.60	398	2.71*	1.96

Significant, $p < 0.05$

Table 5 shows a calculated t-value of 2.71 and a critical t-value of 1.96. The calculated t-value is greater than the critical t-value. The hypothesis is rejected. Hence, there is a significant difference in the family related challenges among married working-class women in Kwara State based on length of marriage. This finding corroborates Ahmad and Anwar (2012) who established that being a married

woman and also in the working-class is not an easy task and that one of the greatest challenge for working-class married women is maintaining a balance between their work and their family. Irrespective how long a working class married woman has spent in her marriage, as mothers they still face complex and demanding cluster of roles which they try hard to combine as wives, mothers and workers.

Hypothesis Two: *There is no significant difference in the adjustment strategies to family related challenges among married working-class women in Kwara State based on length of marriage*

Table 6: t-test Showing the Adjustment Strategies to Family Related Challenges among Married Working-Class Women in Kwara State based on Length of Marriage

Length of Marriage	N	Mean	SD	df	Cal. t-value	Crit. t-value
Below 5 years	133	59.00	10.44			
5 years and above	267	56.80	10.50	398	0.90	1.96

Table 6 shows a calculated t-value of 0.90 and a critical t-value of 1.96. The calculated t-value is less than the critical t-value. The hypothesis is accepted. Hence, there is no significant difference in the adjustment strategies to family related challenges among married working-class women in Kwara State based on length of marriage. The findings are consistent with the research conducted by Garcia and Martinez (2014), who found that working-class married women do not abandon their roles as homemakers upon entering the workforce but instead make adjustments to balance their dual responsibilities as mothers and workers, which are inherently demanding. Garcia and Martinez further observed that in response to the family-related challenges faced by married working-class women, some individuals have pursued occupations offering greater flexibility, declined promotions, adjusted their schedules and working hours, and sought employment closer to home to better accommodate their family responsibilities and increase the time available for spending with their children and spouses (Johnson & Smith, 2016).

Hypothesis Three: *There is no significant difference in the family related challenges among married working-class women in Kwara State based on highest educational qualification*

Table 7: Analysis of Variance (ANOVA) Showing the Family Related Challenges among Married Working-Class Women in Kwara State based on Highest Educational Qualification

Source	df	SS	Mean Squares	Cal. F-value	Crit. F-value
Between Groups	3	2773.204	924.40	4.82*	2.60
Within Groups	396	75974.046	191.85		
Total	399	78747.250			

*Significant, $p < 0.05$

Table 7 shows the calculated F-value of 4.82 and a critical F-value of 2.60. Since the calculated F-value is greater than the critical F-value, the hypothesis is rejected. Hence, there is a significant difference in the family related challenges among married working-class women in Kwara State based on highest educational qualification. This finding is consistent with the research conducted by Martinez and Johnson (2016), who highlighted that the reluctance of men to appreciate a working wife is prevalent among both educated and non-educated husbands. Additionally, Smith (2012) emphasized that the demands placed on working-class women are substantial, leading to role conflict regardless of their level of education, which often results in stress that affects their families. Furthermore, Johnson and Garcia (2018) found that the nature of work undertaken by most married working-class women is inflexible, with workdays typically beginning between 7-8am and ending between 2-5pm. In a related study, Adams (2014) observed that working-class couples, particularly women, encounter challenges in fulfilling their familial responsibilities despite their educational achievements.

Hypothesis Four: *There is no significant difference in the adjustment strategies to family related challenges among married working-class women in Kwara State based on highest educational qualification*

Table 8: Analysis of Variance (ANOVA) Showing the Adjustment Strategies to Family Related Challenges among Married Working-Class Women in Kwara State based on Highest Educational Qualification

Source	df	SS	Mean Squares	Cal. F-value	Crit. F-value
Between Groups	3	2358.039	786.01	4.14*	2.60
Within Groups	396	75112.605	189.67		
Total	399	77470.644			

*Significant, $p < 0.05$

Table 8 shows the calculated F-value of 4.14 and a critical F-value of 2.60. Since the calculated F-value is greater than the critical F-value, the hypothesis is rejected. Hence, there is a significant difference in the adjustment strategies to family related challenges among married working-class women in Kwara State based on

highest educational qualification. This finding corroborates Pete (2005) who noted that spouses who are well educated and knowledgeable share household responsibilities in the family and this is an adjustment strategy which helps to reduce the stress working-class married women faces when combining their dual-roles and thus enhances marital relationship between the husband and the wife. Kathy (2007) also posited that when educated wives seek for assistance from their understanding and educated husbands on sharing of household chores, it brings about mutual understanding between the couple and alleviate the stress and challenges they might face in the family.

Conclusion

Based on the findings of this study the following conclusions were drawn: working-class married women are faced with the following family related challenges: lack of quality time with my husband; threat from my husband to marry another wife; and frequent quarrel with my husband among others. The adjustment strategies to family related challenges among married working-class women include: having a mind-set that things will always work out; setting priorities and doing the most important things first; and making use of technology to carry out some house chores like cooking, washing, cleaning etc.

Recommendations

Based on the findings of this study, the following recommendations were made:

- 1) Counsellors should organize regular lectures, seminars, workshop and other participatory programme for working-class married women which would enlighten them on the concept of family related challenges as well as some adjustment strategies for married adults. Counsellors should endeavour to enlighten women, especially those with low educational qualification on the family related challenges faced by married working-class women in order for them to discuss with their spouse on measures that could be implemented to help reduce the challenges and stress.
- 2) The researchers recommended that married women should endeavour to understand their husband much better in order to avoid conflicts with them. The period of courtship should be better utilized to familiarize themselves with their would-be husband's likes and dislikes. It is also recommended that working-class married women could cope with these challenges by being submissive to their husbands and having a mind-set that things will soon workout.
- 3) Social welfare officers should organize an enlightenment program where they can inform would-be couples on the different challenges that are inherent in a family relationship and some possible ways of adjusting to these

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challenges when they are faced. This would go a long way in fostering marital stability when their marriages RE faced with challenges as a result of carrying out dual roles.

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