



Personality Factors as Correlates of Domestic Violence among Married Couples in Rivers State Nigeria: Implication for Counselling

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ABSTRACT

The study examined personality factors as correlates of domestic violence among married couples in Rivers State Nigeria. The correlational research design was adopted for the study. The TaroYamen's formula was used to arrive at a useable sample size of 389 respondents from the population of 14784 married couples in Port Harcourt City and Obio/Akpo Local Government Areas of Rivers State Nigeria based on the 2006 population census. A researcher's structured questionnaire titled Domestic Violence Assessment Scale (DVAS) and The Big Five Personality Inventory were used to elicit information for the study on the extent of relationship between extraversion, agreeableness, neuroticism and domestic violence. The instruments were validated by experts in the field of education while Pearson Product Moment Correlation Coefficient was used to establish the reliability of the instruments and a reliability index of 0.087 obtained to ascertain that the instrument was reliable. Out of 389 copies of questionnaire distributed, only 351 used for the analysis of the study were retrieved. Descriptive statistics of mean and standard deviation were used in analyzing the stated research questions while inferential statistics of Pearson's Product Moment Correlation was used in testing the formulated null hypotheses at 0.05 level of significance. Findings of the study revealed that agreeableness has negative relationship with domestic violence while, extraversion and neuroticism have positive relationship with domestic violence. It was concluded that extraversion significantly relates to domestic violence among married couples in Rivers State Nigeria, agreeableness does not relate to domestic violence among married couples in Rivers State Nigeria, finally neuroticism significantly relates to domestic violence among married couples in Rivers State Nigeria. It was therefore, recommended among other things that counselors and practitioners handling cases of abuse need to adequately learn personality traits and use it in prevention, screening and treatment of abuse cases. Counseling association should identify with agencies and non-government organizations in their locality in preventing the prevalence of domestic violence. In Nigeria a law aimed at tackling domestic violence should be promulgated at all levels to protect the rights of those who are victims of violence.

Keywords: Extraversion, Agreeableness Neuroticism, Domestic Violence, Personality.

INTRODUCTION

Domestic violence is violence or abuse by one person against another in a domestic setting such as in marriage or cohabitation. Domestic violence is a universal problem that occurs among couples at one point in life. It denies victims of their joy and happiness in marriage. Therefore, the physical and verbal ways of committing them, are some of the forms of domestic violence and their actions make

others aware of the problem. Apparently, domestic violence could also be known as intimate partner violence which occurs among couples irrespective of socio-cultural setting, educational status, personality, religion etc.

Ukwuije (2012) affirms that domestic violence can take a number of forms including physical, verbal, emotional, economic and sexual abuse. Physical form of domestic violence is damage harm or injury mete out to a husband or wife by any of the partners in the union or marriage. The more grievous aspect of physical form of domestic violence involves the use of life threatening weapon to cause damage or injury to a person or institution.

Emotional form of domestic violence with example such as threat, intimidation, isolating and humiliating is an act of or treatment that may decrease identity, dignity and self-worth. Persons who are victims of emotional form of domestic violence tend to have low self-esteem, display personality changes such as becoming withdrawn and also may even engage in suicide as a result of depression, anxiety and traumatic stress disorder. On the other hand sexual abuse which is another form of domestic violence of sexual contact upon a person by forcible compulsion .Ukwuije (2012) affirms that sexual abuse is usually undesired sexual behavior by one person upon another which is often perpetrated by using force or taking advantage of another.

Victims of such may experience poor ability to flow with each other and live harmoniously. Oladeji and Adegoke (2011) are of the view that not all victims are physically battered or beaten. To him, abuse could include other forms of maltreatment and cruelty, sexual, financial, materials, spiritual etc. These include any behavior that could threaten one's life or health. To this regard, World Health Organization (2017) postulated that intimate partner violence is an abusive behavior in any relationship that is used by a partner to gain control over another intimate partner. This means that, intimate partner violence is found among both parties. Domestic violence does not only affect those victimized, it has a side effect on friends, family, economy, society, community etc. It is a global phenomenon which varies across socio-cultural and geographic regions.

In Obio/Akpor and Port Harcourt City Local Government Areas of Rivers State Nigeria, both males and females experience some forms of intimate violence. The men are being violated through verbal abuse by their partners (wives), especially men who are introvert in nature or men who are unable to shoulder responsibilities. Such abuse could result in high emotional or psychological trauma which could lead the male folks to have extra martial affairs outside the home, take to excessive drinking in order to forget their ugly expense and come late at night. The women are also violated by their husbands through battering, slapping, pushing and others, which could be caused by disobeying or disrespecting their husbands, challenging him through verbal response, going out without his permission and food not being ready at due times. Most of the abused women suffer from isolation, depression, inadequate money supply and rejection of food from their husbands. In the same vein, Agbakwuru and Ekechukwu (2011) opined that not obeying their husbands, talking back at him, not having food ready on time, failure to care adequately for the children or home, questioning him about money or girlfriends, going somewhere without letting him know, refusing him sex, expressing suspicions of infidelity are causes of domestic violence in women. In every couple's martial life, there had been some degree of violence which could not only be physical but verbal, emotional, economic or sexual. Although physical assaults may occur only occasionally, but instill fear, leaving the victim in a confused state of mind. Domestic violence leaves the victim in a confused state (dilemma). Sometimes, emotional and verbal violence can be as extreme as physical violence. Every relationship differs, but what is common among all abusive relationship is the pattern used by one partner to gain control and dominion over the other partner. Those who are too open to ideas without the consent of their partner, hold back offensive comments, like partying, like disagreeing with their partner and those who get angry easily, could lead to violence behavior among couples. Individuals who are victims live in fear and isolate themselves from others, to avoid the occurrence of such abuse. Some identified factors, to explain while domestic violence is found among couples include personality, education, age and gender.

Ukwuije (2012) defines personality as a unique pattern of behavior of an individual which is made up of problem solving, mental abilities, interest, attitudes, temperament, thought, feelings, values and behavior, moral and interpersonal relationship. It is characterized by one's thought pattern, one's feelings or behavior that makes him/her unique. The big five (5) personal factors model deal on five main dimensions that describe human personality. It describes five broad factors that epitomized the

differences in personality traits that cut across individuals. The traits in the Big Five model, outlined are: openness to experience, conscientiousness, extroversion, agreeableness, neuroticism.

The big five does a better job to provide the most useful information about personality traits. Thus, if a test specifies where you are on the five dimensions (openness, conscientiousness, extroversion, agreeableness and neuroticism), it has said much of what there is to say about your personality.

In adulthood, the big five personality traits are quite stable, with some tendencies (emotional instability, extraversion and openness/decrease in small piece during early and middle adulthood and others (agreeableness and conscientiousness) increasing (Vaidya, 2012). Conscientiousness increases the most during people's twenties, as people mature and learn to manage their job and relationship. Agreeableness increases the most during peoples' thirties and continues to increase through their sixties (Srivastava & John, 2013).

Personality changes during infancy but as people grow older their personality traits become more stable. The big five dimensions describe personality in various cultures reasonably well. "Features of personality traits are common to all human groups" (Robert, 2015).

In unfamiliar, formal situations- perhaps as a guest in the home of a person from another culture, our traits may remain hidden as we attend carefully to social cues. In familiar, informal situations just hanging out with friends- we feel less constrained allowing our traits to emerge. In these informal situations our expressive styles –our animation, manner of speaking and gestures are impressively consistent.

At any moment the immediate situation powerfully influences a person's behavior, especially when the situation makes clear demands. Our personal spaces display our identity and leave a behavioral residue (in our scattered laundry or neat desktop). And that helps explain why, just a few minutes inspection of our living and working spaces can enable someone to assess with reasonable accuracy our conscientiousness, our openness to new experience and even our emotional stability (Gosling, 2012).

Moreover, our traits are socially significant, they influence our health, our thinking, relationship and our job performance. Averaging our behavior across many occasions does however reveal distinct personality traits. Traits exist. We differ and our differences matter. A person's recognition of the inevitability of his or her one and only personality traits is the culminating wisdom of a lifetime.

Statement of the Problem

The family is often equated with sanctuary a place where individuals seek love, safety, security, and shelter. But the evidence shows that it is also a place that imperils lives, and breeds some of the most drastic forms of violence perpetrated against women and girls. Violence in the domestic sphere is usually perpetrated by males who are, or who have been, in positions of trust and intimacy and power husbands, boyfriends, fathers, fathers-in-law, stepfathers, brothers, uncles, sons, or other relatives.

Domestic violence is in most cases violence perpetrated by men against women. Women can also be violent, but their actions account for a small percentage of domestic violence. Violence against women is often a cycle of abuse that manifests itself in many forms throughout their lives. Even at the very beginning of her life, a girl may be the target of sex-selective abortion or female infanticide in cultures where some preference is prevalent.

During childhood, violence against girls may include enforced malnutrition, lack of access to medical care and education, incest, female genital mutilation, early marriage, and forced prostitution or bonded labour. Some go on to suffer throughout their adult lives battered, raped and even murdered at the hands of intimate partners. Other crimes of violence against women include forced pregnancy, abortion or sterilization, and harmful traditional practices such as dowry-related violence, sati (the burning of a widow on the funeral pyre of her husband), and killings in the name of honor. And in later life, widows and elderly women may also experience abuse.

Domestic violence is a global problem of enormous proportions. Although men are sometimes victims, the vast majority are women. At least one in every three women globally has been beaten, coerced into sex, or abused in some other way – most often by someone she knows, including by her husband or another male family member. One woman in four has been abused during her pregnancy.

Domestic violence can happen anywhere but certain factors seem to increase its likelihood. These include the age of the mother (the younger the mother, the more likely she will become a victim), poverty and unemployment, alcohol, substance abuse. Personality factors (openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism). It is perceived that women who

lived with heavy drinkers were five times more likely to be assaulted by their partners than those who do not live with drunker.

Research Questions

1. To what extent does extraversion relates to domestic violence among married couples in Rivers State Nigeria?
2. To what extent does agreeableness relates to domestic violence among married couples in Rivers State Nigeria?
3. To what extent does neuroticism relates to domestic violence among married couples in Rivers State Nigeria?

Hypotheses

1. There is no significant relationship between extraversion and domestic violence among married couples in Rivers State Nigeria
2. There is no significant relationship between agreeableness and domestic violence among married couples in Rivers State Nigeria.
3. There is no significant relationship between neuroticism and domestic violence among married couples in River State Nigeria.

METHODOLOGY

The study adopted correlational research design. Correlational design was adopted to ascertain the extent of relationship between personality factors (extraversion, agreeableness, neuroticism) and domestic violence among married couples in the Area of study preferably Port Harcourt City and Obio/Akpor Local Government Areas in Rivers Stat Nigeria. Taro Yamen formula was used to determine the sample size from the population. A sample of 389 married couples was drawn from estimated population of 14184 based on the last population census. A researcher's structured instruments titled "Domestic Violence Assessment Scale (DVAS) and the Big Five Personality Inventory (BFPI) were used to elicit information from respondents on the extent of relationship between the variables.

Three personality factor model namely extraversion, agreeableness and neuroticism from the big five personality factor model were used for the study. The personality inventory comprised 15 items on the personality facets. Items 1-5 items measure Extraversion, 6-10 measure Agreeableness, 11-15 measure neuroticism while 5 items measure domestic violence. The scale was designed with the response based a 4 point modified likert scale of very high extent, High extent, Low extent, and very low extent. A weights mean of 2.50 indicated acceptance of research questions.

The instruments were subjected to face and content validity by experts in the field of measurement and evaluation also the instruments were subjected to test-retest reliability and a reliability index of 0.87 was obtained using Pearson Product Moment Correlation Coefficient. Out of 389 questionnaires distributed, a total of 351 were retrieved and used for analysis. Description statistics of mean and standard deviation were used to analyze the research questions while inferential statistics of Pearson Product Moment Correlation was used to test the formulated hypothesis at 0.05 level of significant.

PRESENTATION OF RESULTS

Research Question 1: *To what extent does extraversion relates to domestic violence among married couples in Rivers State Nigeria?*

Table: 4.1. Mean analysis of extraversion as it relates to domestic violence among married couples in Rivers State Nigeria

(N=351)				
S/N	Extraversion and Domestic Violence	SD	\bar{X}	Decision
1a	I flare up quickly but get over it quickly	2.00	3.12	High Extent
1b	I don't care causing conflict or making my partner angry	2.11	3.33	High Extent
2a	If I envisage cheating from my partner, I threaten him/her	2.01	3.28	High Extent
2b	I am not afraid of how my partner will act	1.04	3.03	High Extent
3a	If I am pushed up against a wall, I hit back	1.01	3.00	High Extent
3b	I don't do what my partner wants me to do instead I do what I want.	1.09	3.12	High Extent
4a	I sometimes feel like a powder keg ready to explode.	1.04	3.09	High Extent
4b	I don't need to change something about myself if I want my partner to change.	1.09	3.11	High Extent
5a	I avoid opening up in my relationship with my partner when I am been controlled or isolated from social contact	2.12	3.36	High Extent
5b	I am not afraid of what my partner will do if I break up	2.01	3.26	High Extent
Grand Mean			3.17	Accepted

Resource: Survey Data, 2019.

The mean score of 3.12 implies that extraversion personality flare up quickly and get over it quickly. 3.33 mean score shows not mindful of causing conflict or making partner angry. Mean score of 3.28 implies that envisaging cheating from partner will result to threatening. The mean score of 3.03 implies that he/she is not being afraid of how the partner will react in an undesirable situation. The mean score of 3.00 indicates that married couples with extraversion personality will hit back if pushed up against a wall. 3.12 mean score indicates always wanting his or her way. The mean score of 3.09 implies that extraversion personality sometimes is hostile. Also 3.11 mean score indicates no willingness to change. The mean score of 3.36 indicates that extraversion personality does not tolerate isolation and it avoids opening up if situation does not warrant social contact. 3.26 accepts being at ease with breaking up. The Grand mean of 3.17 indicates that to a high extent extraversion relates to domestic violence among married couples in Rives State.

Research Question 2: *To what extent does agreeableness relates to domestic violence among married couples in Rivers State Nigeria?*

Table: 4.2. Mean analysis of agreeableness as it relates to domestic violence among married couples in Rivers State Nigeria. (N=351)

S/N	Agreeableness and Domestic Violence	SD	\bar{X}	Decision
6a	Given enough provocation I may hit my partner	0.02	1.48	Very Low Extent
6b	I don't care causing conflict or making my partner angry	0.06	1.88	Very Low Extent
7a	I tell my partner what I think of him/her when I am angry	0.02	1.50	Very Low Extent
7b	I am not afraid of how my partner will act	1.00	1.92	Very Low Extent
8a	At times a rough day at work makes me to pick on my partner	0.06	1.87	Very Low Extent
8b	I don't do what my partner wants me to do instead I do what I want.	0.06	1.86	Very Low Extent
9a	I am mad when my emotion is played with.	1.09	1.97	Very Low Extent
9b	I don't need to change something about myself if I want my partner to change.	0.05	1.83	Very Low Extent
10a	I come to blow when I am pushed so far.	1.21	2.05	Low Extent
10b	I am not afraid of what my partner will do if I break up	1.21	2.05	Low Extent
Grand Mean			1.88	Rejected

Source: Survey Data, 2019.

The mean score of 1.48 implies that given enough provocation married couples with agreeableness personality will not hit back. The mean score of 1.88 affirms that agreeableness is mindful of causing conflict or making partner angry. 1.50 mean score indicates that even in situations of anger married couples with agreeableness personality do not voice out. Also mean score of 1.92 indicates being mindful of how partner will act in undesirable situation. The mean score of 1.87 rejects picking on partner even on a rough day. 1.86 mean score affirms caring about doing what partner wants. The mean score of 1.97 indicates not been mad even when emotion is played with. 1.83 mean score indicates always open to positive change. Also the mean score of 2.05 implies not prone to have physical fight (blow) even when pushed too far. The mean score of 2.05 rejects not being afraid of what partner will do if he/she breaks up. Finally the grand mean score of 1.88 implies that to a very low extent agreeableness relates to domestic violence among married couples in Rivers State.

Research Question 3: *To what extent does neuroticism relates to domestic violence among married couples in Rivers State Nigeria?*

Table: 4.3. Mean analysis of neuroticism as it relates to domestic violence among married couples in Rivers State Nigeria. (N=351)

S/N	Neuroticism and Domestic Violence	SD	\bar{X}	Decision
11a	I have trouble controlling my temper.	2.01	3.24	High Extent
11b	I do not care causing conflict or making my partner angry	2.11	3.30	High Extent
12a	I get into fights a little more than the average person.	2.00	3.22	High Extent
12b	I am not afraid of how my partner will act	1.09	3.08	High Extent
13a	I sometimes feel so bitter about things.	2.01	3.28	High Extent
13b	I don't do what my partner wants me to do instead I do what I want.	1.09	3.07	High Extent
14a	Sometimes I fly off the handle for no good reason.	1.09	3.09	High Extent
14b	I do not need to change something about myself if I want my partner to change.	2.11	3.32	High Extent
15a	Sometimes I am scary when I am tensed.	1.09	3.11	High Extent
15b	I am not afraid of what my partner will do if I break up	1.04	3.06	High Extent
Grand Mean			3.18	Accepted

Source: Survey Data, 2019.

The mean score of 3.24 implies that married couples with neuroticism personality have trouble controlling their temper. 3.30 mean score affirms that neuroticism personality do not care causing conflict or making partner angry. Mean score of 3.22 accepts getting into fights a little more than the average person. The mean score 3.08 accepts not being afraid of how partner will react. 3.28 mean score indicates that married couples with neuroticism personality sometimes have a ton of resentment and feeling like life is not fair. Also the mean score of 3.07 affirms not caring about doing what the partner wants. The mean score of 3.09 implies that married couples with neuroticism personality are extremely irritable. 3.32 mean score indicates no willingness to change. While mean score of 3.11 accepts been scary when tensed. 3.06 mean score affirms not being afraid of breaking up. Finally the grand mean score of 3.18 implies that to a high extent neuroticism relates to domestic violence among married couples in Rivers State.

Hypothesis 1: There is no significant relationship between extraversion and domestic violence among married couples in Rivers State Nigeria.

Table 4.4: Relationship between extraversion and domestic violence among married couples in Rivers State Nigeria

Variables	N	$\sum x^2$	$\sum y^2$	Df	SD	Sig level	r-cal.	r-crit.	Decision
Extraversion & Domestic Violence	389	3395	4160	387	6.55	0.05	0.431	0.195	Rejected.

Table 4.4 shows that the calculated r-value of 0.431 is greater than the critical r-value of 0.195 for a two tailed test at 0.05 level of significance. It is imperative therefor to reject the null hypothesis and conclude that there is significant relationship between extraversion and domestic violence among married couples in Rivers State Nigeria.

Hypothesis 2: There is no significant relationship between agreeableness and domestic violence among married couples in Rivers State Nigeria.

Table 4.5: Relationship between agreeableness and domestic violence among married couples in Rivers State Nigeria

Variables	N	$\sum x^2$	$\sum y^2$	Df	SD	Sig level	r-cal.	r-crit.	Decision
Agreeableness & Domestic Violence	389	3325	3959	387	1.97	0.05	0.065	0.195	Accepted

Table 4.5 shows that the calculated r-value of 0.065 is less than the critical r-value of 0.195 for a two tailed test at 0.05 level of significance. This result shows a negative relationship. Therefore the null hypothesis which states no significant relationship between agreeableness and domestic violence among married couples in Rivers State Nigeria was upheld.

Hypothesis 3: There is no significant relationship between neuroticism and domestic violence among married couples in Rivers State Nigeria.

Table 4.6: Relationship between neuroticism and domestic violence among married couples in Rivers State Nigeria

Variables	N	$\sum x^2$	$\sum y^2$	Df	SD	Sig level	r-cal.	r-crit.	Decision
Neuroticism & Domestic Violence	389	3592	4020	387	6.87	0.05	0.616	0.195	Rejected

The above table 4.6 shows a calculated r-value of 0.616 that is greater than the critical r-value of 0.195 for a two tailed test at 0.05 level of significance. This implies a positive relationship between neuroticism and domestic violence among married couples in Rivers State Nigeria. Thus the null hypothesis is rejected.

DISCUSSION OF FINDINGS

The study found that there is a significant relationship between extraversion and domestic violence among married couples in Rivers State Nigeria. This finding further confirms the finding on the “Big Five Personality Traits and Intimate Partner Violence from a Large Nationality Representative Sample” by Ulloa and Hammert (2016). The study examined the association between the big five personality traits and intimate partner violence perpetration and victimization among men and women. The findings show that extraversion and neuroticism emerged as the most important risk factors associated with intimate partner violence for women but not for men. Also this finding is in agreement with that of Riss and Ogibo (2012) that investigated personality structures and anti-social behavior among youths in Owerri Manicipal. The results showed that extraversion has a significant relationship with social behavior. According to Tamir (2015) extroversion is characterized by energy, positive emotions, assertiveness, sociability and talkativeness. Relating it to domestic violence those low in extroversion are always reserved, separates his/herself from the partner due to the misunderstanding they had whereas those high in extroversion, forgive easily, although they may be at fault but because their nature is to seek attention always. Extraverts are people oriented, they form relationships faster and have friendly relationship with people.

The study revealed that there is no significant relationship between agreeableness and domestic violence among married couples in Rivers State Nigeria. This finding is in agreement with the finding on a “A Controlled Study of the Big Five Personality Dimensions in Sex Offenders. Non –Sex Offenders and Relationship with Offending Behavior and Childhood abuse” by Becerra-Garcia J.A. and Garcia L.A. The finding of the study revealed the Big Five personality of agreeableness with likeable and compassionate traits is related inversely to coercive conflict tactics and expressions of negative effect. Also related negatively to demand/withdraw in marriage and is associated positively with affectively positive strategies like affirmations and appeasements.

Individuals under this trait have a tendency of becoming compassionate and cooperative rather than suspicious and antagonistic towards others. Relating it to domestic violence those low in agreeable are less concern with their partner's well-being, always place self-interest above getting along with their partner and always arguing with their partner whereas those high in agreeableness get along with their partner and always placing their partner's interest more than theirs.

The after mouth of this trait is good relationship, love and cooperation less prone to, arguments that may lead to domestic violence little or no hostility, and aggression". In this aspect of Big five model of personality there are also six dimensions that describes agreeableness trait. The six dimensions are Trust, Altruism, honesty modesty, cooperation and sympathy. Individuals who score high on agreeableness will possess a lot of the following traits: Values integrity, empathetic, Charitable, Value human beings not selfish, very supportive, tolerant, humane, and kindhearted willing to help or do what people ask. Dislike arguments and hostility, like by people. While a low score on agreeableness traits entails selfishness, hostile and aggressive, not considerate, not empathetic, no value for human nature, inconsiderate pent up emotions.

Finally, it was revealed that there is a significant relationship between neuroticism and domestic violence among married couples in Rivers State Nigeria. This finding is in congruence with the finding on "Personality Traits and Severity of Wife Abuse among Iranian Women" by Motevaliyaan and Yancob (2014). The finding of the study revealed that severity of total wife abuse was positively related to neuroticism personality. The result of multinomial logistics regression indicated neuroticism personality trait was a significant predictor of minor and severe total abuse. Those with this personality trait tend to experience unpleasant emotions easily, such as anger, anxiety, fear, jealousy etc. Relating it to domestic violence those high in neuroticism are easily provoked, interpret ordinary words as a threat and they always harbor negative feelings or thoughts in their heart for long period of time whereas those low in neuroticism are calm, find it difficult to interpret ordinary words as a threat, emotionally stable and free from hording negative thoughts in their hearts against their partner.

This trait is a propensity to live in a bad state of feeling. Individual with this trait retaliate badly and undesirably to stressors. Individuals on a high score in this trait have a propensity to blast things out of part. They perceive the bad side. The five major dimension of neuroticism traits are anxiety, angry hostility, depression, self-consciousness impulsiveness and vulnerability. Individuals with a high score in neuroticism traits are usually depressed often in an unpleasant mood very pessimistic, always aggressive and hostile. Self-criticism and low self-esteem and unstable emotions and prone to unhealthy relationship. On the other hand individuals with low score in neuroticism traits are emotionally clam, maintains healthy relationship, less aggressive tendency and at ease in social state.

CONCLUSION

It was concluded that, extraversion significantly relates to domestic violence among married couples in Rivers State Nigeria, agreeableness does not relate to domestic violence among married couples in Rivers State Nigeria, finally neuroticism significantly relate to domestic violence among married couples in Rivers State Nigeria.

RECOMMENDATIONS

Based on the findings and conclusion of this study, it is recommended that;

- An effective response to violence must be multi-sectorial, addressing the immediate practical needs of those experiencing domestic violence, providing long-term follow up and assistance and focusing on changing those cultural norms, attitude and legal provisions that promote the acceptance of and even encourage violence against women.
- Domestic violence is both a consequence and also a cause of gender inequality, primary prevention programs that address gender inequality and tackle the root causes of violence are essential, stakeholders should have a responsibility to build awareness by creating and disseminating materials and innovative audio-visual messages, which project a positive image of a girl child and women in the society.
- In Nigeria a law aimed at tackling domestic violence should be promulgated at all levels, to protect the rights of those who are victims of violence.

Counseling Implication

Counseling is about assisting people overcome emotional challenges in their lives. Such challenges as relationship problems, health issues and also helping people cope with mental health issues such as depression, trauma and physical illness, the findings of the study have a lot of implications on personality factors of married couples in Rivers State Nigeria. Therefore learning personality traits of individuals especially married couples can adequately contribute to prevention, screening and necessary treatments of issues of domestic violence by counselors. To facilitate the optimal development of the victim of domestic violence there is need for counselors to have strong empathy, a desire to help, be supportive and ability to contain relationship based process taking place between themselves and victim of abuse. Helping victim of domestic violence plan a safe strategy for leaving is imperative.

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