

Time management as predictor of marital satisfaction of working housewives in the Federal Capital Territory, Abuja Nigeria

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ABSTRACT: Effects of time management of educated working housewives on their marital satisfaction was investigated in this study. Among others was the determination of effective time management on working wives' family satisfaction. A total of 435 working women were selected through the stratified random procedure with the survey method. Data collected were analysed using time management techniques and marital satisfaction. Statistical Package for the Social Sciences (SPSS) IBM version 23. Statistical procedure used included frequencies and percentages. Inferential statistics, Spearman rho correlation procedure along with multinomial logistic regression were used to determine the relationship between time management and marital satisfaction along with satisfaction in the family at a fixed probability level of 0.05. Result of the analysis revealed that effective time management is a significant factor of marital and family satisfaction of working wives in the study area. Based on the findings, it was recommended that working wives should adopt measures that would enable them to effectively reduce time spent on routine activities through the use of technological devices where economic power allows as a way of increasing leisure time and happiness for the family.

Keywords: Marital responsibilities, marital satisfaction, time management, working wives.

INTRODUCTION

One basic problem of marriage is that the wife is expected to live not just up to the husbands' expectations but also that of the family members which in the traditional society extend beyond the children. For the attainment of marital satisfaction, the requirement may go beyond the husband and the wife. It may extend to a smooth running of the entire family. For a healthy family life, one need to assign priorities for time allocation (Schnabel, 2012). This is because time devoted to the requirements of one role makes it difficult to fulfil the requirements of another; strain from participation in one role makes it difficult to fulfil requirements of another; and specific behaviours required by one role make it difficult to fulfil the requirements of another. Where the time allocation for these competing roles are not properly managed, marital satisfaction could have impacted negatively (Bergbom, 2017). Generally,

multiple roles compete for the housewife's time. Time spent on saloon care, cooking, child dressing among others cannot be used for washing, and decoration of the house. The number of hours in a day is the same for everyone, but some manage to use them much better than others. The amount of time one spends in any activity fashions the quality of one's work, one's relationships and one's comfort (Goldschmid, 2015). In the Federal Capital Territory, the lack of adequate accommodation increase pressure on the number of people in the household the working wives will have to cater for. This is coupled with the more time to travel between home and the working places which drastically reduces the amount of time available for the wives.

Though marital satisfaction has been referred to as an individual's subjective evaluation of the marital relationship

and some studies have shown that showed that components such as level of cooperation, emotional reactions, family relationships, financial issues management, sexual relationship, how to spend leisure time, ethical and religious beliefs and doing them practically, social customs and traditions, emotional satisfying, cognitive and intellectual understanding, level of education and beauty are among the factors affecting marital stability and satisfaction (Khalatbari et al., 2013) but the way a wife manages her time outside the office hours would therefore impact on not just herself but others around her which determines her marital satisfaction (Stevens et al., 2001). This imply that the wife participation in one role does not negatively affect her participation in another role or roles. Heather (2005) observed that time spent by couples together increase marital satisfaction. One of the merits of time management is the avoidance of role conflict. Apart from the demands of the office, there are routine tasks which must be done directly or supervised by the working house wife who must also create adequate time for the attention of family members (Gottman, 1999). Many home-makers neglect their personal likes and dislikes as well as their physical and mental health under the pressure of responsibilities. However, unless the lady of the house is physically and mentally fit, the house cannot function smoothly. It is proposed that with effective time management, the working wife benefits among others include saving time, having a sense of accomplishment, the gratification of commitment for a job well done, financial reward, relationships with family and friends and to the working wife's life generally. Therefore, effective time management skills should benefit the working housewife professionally and personally (Mancini, 2003).

Allen et al. (2000) reported that time demonstrates the widespread and serious consequences associated with work-to-family conflict. Stevens et al. (2001) observed that satisfaction with the division of household labour is a useful predictor of marital satisfaction, particularly for women. Abdul Azeez (2013) also observed that men report higher levels of marital satisfaction than women and that women's' experiences of marriage are more negative than those of men. This phenomenon of dissatisfaction is more complicated among employed women while marital satisfaction was found to be related to higher occupational status, higher income, higher educational level, sexual satisfaction and companionship among others (Steinmetz et al., 1990). In a study on work related stress, Shek (2006) observed that argument at work place are likely to lead to marital conflict which could affects home related tasks. In relating the importance of time management as a factor of conflict, Raney and Layton (2006) stated that time management is one aspect of marriage that many are unprepared for but could prove to be very important in achieving marital satisfaction. Thus, the objective of the study was to determine the impact of time management by educated working housewives and their marital satisfaction

METHODOLOGY

Study areas

The federal capital territory is divided into districts and the districts were grouped into development phases. These comprised four (4) phases, each of which was further divided into districts and cadastral zones. Most districts in phase 1 and phase 2 are highly developed with infrastructures in place. Some districts in phase 3 and 4 are also developed while others are in the process of development. All the districts in phase 1 except Grozabe are fully developed with infrastructures in place. These include Asokoro, Garki I, Garki II, Guzape, Wuse II, Maitama cadastral zones. In phase 2, some districts are highly developed while others are in the process of development. These include Gudu, Durumi, Utako, Jabi, Wuye, Dakibiya, Kaura, Duboyi, Gadiwa, Kado, Mabuchi and Dutse. Districts in phase 3 are Gwarinpa, Galadimawa, Dakwa, Lokogoma, Sarayi, KabuSa, Okanji, Pyakasa, Nbora, Karma. Most districts in phase 4 are being developed. They include Karsama, Sabo Couda, Idu, Idogwari, Kaba, Kajini, Kete, ShettiCheche, Warupaina, Gwari, Bude, Chafe, Jaire, Manusa, Burom, Parfon. The sub-urban districts are not in the federal capital territory but they have attracted development because of the many people who work in the FCT but live in some of these sub-urban districts, these include Kubuwa, Lugbe, Chika, KudinGwore, Npape and Dei-Dei (Figure 1).

Abuja is a municipal area in Nigeria located by the coordinates of 9° 4' 20.1504" N Latitude and 7° 29' 28.6872" E Longitude. It is 1112/km² density (2016) and have a population of 1,763,800 people made up of 415,957 males and 360,347 females. FCT climate under Koppen climate classification features a tropical wet/dry climate (Koppen). The FCT experiences three weather conditions annually. These included a warm humid rainy season and a blistering dry season. In between the two, there is a brief interlude of harmattan accessioned by north east trade wind with the main feature of dust and dryness. The FCT vegetation falls within the type of the guinea forest savanna mosai zone of west African sub-region. Mercy drops of rains forest however occur in the Gwagh plains especially in the rugged terrain south-south last parts of the country with a landscape of gullies and rough terrain is found.

Sampling population

The populations of the study were educated working housewives who have children, spouses and other related or non-related persons living with them as family members in the Federal Capital of Nigeria.

Sampling technique and sample size

A stratified sampling technique was employed. From the

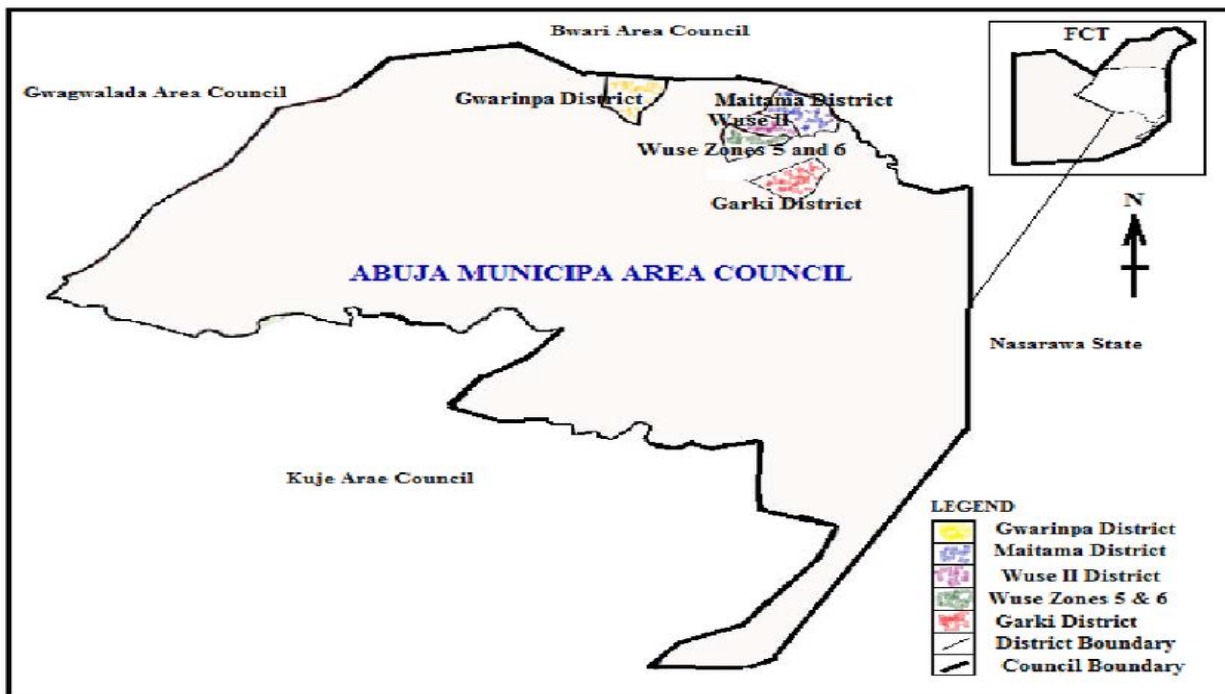


Figure 1. The study area of Abuja, Nigeria.

phase 1 of the FCT, there were eight (8) districts from which by ballot sampling technique four (4) districts (GarkiGozape, Wuse and Wuse II) were selected. In phase 2, there were fourteen (14) districts from which seven (7) (Coudu, Durumi, UtakoFabi, Wuye, Katanpe, Jahi and Duboyi) districts were selected. From phase 3, Gwarinpa, Dakwo Central area, Lugbe, Nbora, Karma were selected from the eleven (11) districts. In phase 4, there were nineteen (19) districts out of which eight (8) districts were selected and these included Idu, Idogwari, Kubua, Dutse, Bode, Galadima, Mamusa, Burum, Purfun. Other districts selected from the suburban districts included Gwagwalada, Kubuwa, Nyanya. Overall, thirty-two districts were selected which were used for data. Five hundred, (500), questionnaires were administered but only four hundred and thirty-five (435) were useable. The subjects comprising educated working housewives responded to the open ended questions which boards on demographic factors, personal activities of the respondents, presence of children including pre-school children, management techniques and marital satisfaction.

Instrument

The instrument was formulated and structured into five (5) sections. Section A comprised questions about the background information of the respondents. Section B comprised open ended questions on the personal activities of the respondent. In section C questions boarded on the presence of children and pre-school children. Section D

comprised questions on the management techniques of the educated working housewives. Section E were questions on the respondents' marital satisfaction stated on a five (5) power likert scale structured into Agree (A) Disagree (DA) Strongly Agree (SA) Strongly disagree (SD) and undecided (UI).

Validity

The instrument was validated through face validation to ensure that the required information was solicited to meet the objectives of the study by professionals in psychology and Home Economics of the Nasarawa State University.

Reliability of the instrument

A pilot study was carried out with the validated instrument at the Nasarawa State University. Analysis of the collected data using the CronbachAlpha procedure gave overall reliability index of 0.758 (section B of the instrument CronbachAlpha .350, section C CronbachAlpha is .938, section D CronbachAlpha .769) which implies that the instrument could be considered reliable and internally consistent for the study.

Data analysis procedure

Data analysis procedure adopted were descriptive, frequency and percentage were used for analysing

Table 1. Summary of multinomial logistic regression of wives' time management on their marital satisfaction.

Effect	Model Fitting Criteria	Likelihood Ratio Tests	Df	Sig.
	-2 Log Likelihood of Reduced Model	Chi-Square		
Intercept	356.727 ^a	0.000	0	0.000
Waking up at regular time in the morning	370.416	13.689	3	0.003
Have time to take children out for leisure	364.413	7.686	6	0.262
Manage time to help children with homework	367.864	11.138	3	0.011
Use of time saving devices	391.154	34.427	18	0.011
Effective management of time for all competing activities	421.709	64.983	9	0.000

Source: Field survey, 2017.

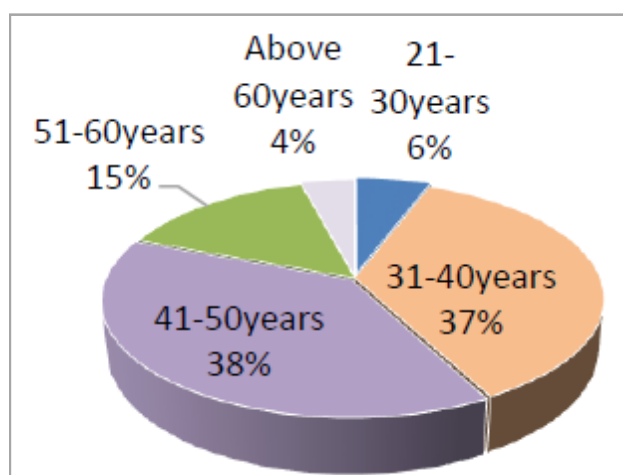


Figure 2. Percentage representation of the respondents' age ranges.

demographic information of the respondents while effectiveness of time management in family satisfaction and the hypothesis were tested with the use of multinomial logistic along with spearman rho correction procedure (Peng and Nicholas 2003)

Hypothesis: There is no significant impact of time management on the marital satisfaction of educated working housewives.

RESULTS

Descriptive analysis of the demographic variables

All the respondents were educated with a minimum of secondary school's certificate. The average age of the respondents was 43.58years with a standard deviation of 9.19years. The frequencies and percentages classifications of the selected demographic variables are

shown in Table 1. The number of children and persons in the home of the respondents are presented in Figure 4 while Figure 7 shows the frequencies and percentages for the occupation and income levels of the respondents. The percentage representations of the respondents' ages are presented in Figure 2. Most (94.7%) were from monogamous household while 5.3% were from polygamous homes. The relatively low number of women from polygamous homes is attributable to the educational level of the respondents which make them to be less adhering to cultural and religious practices in the traditional society and the urban nature of the study area. The percentage classifications are shown in Figure 3. The percentage classifications of the respondents by number of categorized ages are shown in Figure 4 while Figure 5 shows the percentage classification of the respondents by number of persons in their homes. On the average, the respondents have between 1 to 5 children with between 1 and 3 of Nursery/primary school age and between 2 and 3 of secondary schools with 1 and 2 in tertiary institution.

The husbands' educational distribution was relatively high with 55% having tertiary certificates, 15% have primary school certificates, 14% with secondary and 13% with other unspecified qualifications. Only 3% had quranic education as their highest educational qualification. A graphical illustration of the percentages is shown in Figure 6. The male is the main decision maker in 88.0% of the home. Most (63.0%) of the respondents live in rented houses. Only 37.0% said they reside in their own houses. By orientation, civil services was the dominant occupation. The percentage distribution of the respondents along that of their husbands are graphically presented in Figure 7. Nineteen (18.5%) percent of the respondents could not be categorized into their income level. But 9.0% were between level 1 and 3, 14.8 were between 4 and 6 while 31.9% were between 7 and 9 with 19.9% in levels 10 to 13. Only 5.9% were in level 13 and above. Figure 8 shows the percentage presentation of the distribution. Of the total, 66.1% were civil servants, 2.8% were artisans, 21.0% were traders while 10.1% were involved in other occupations.

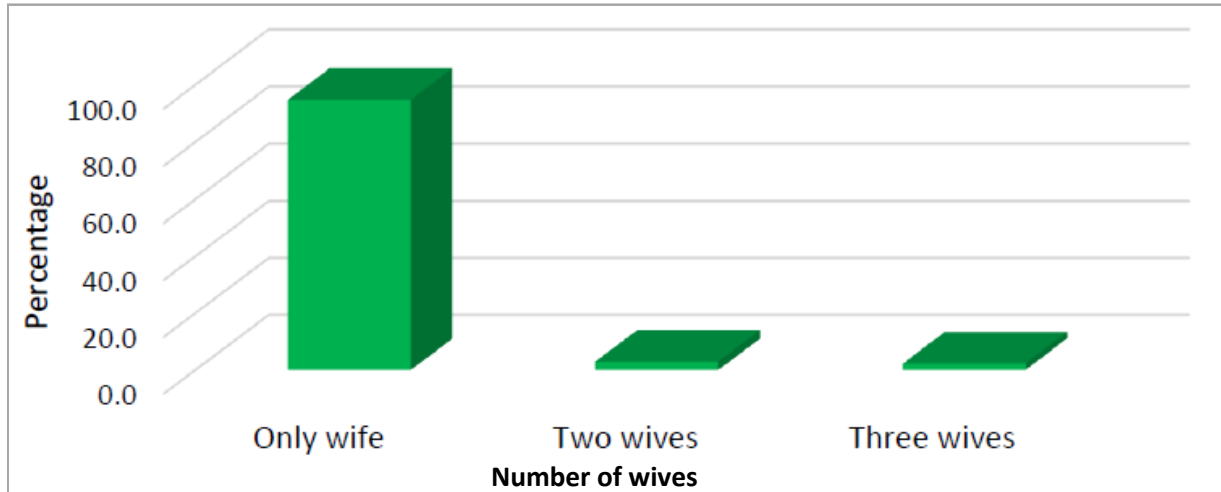


Figure 3. Percentage classification of the respondents by number of wives in the home.

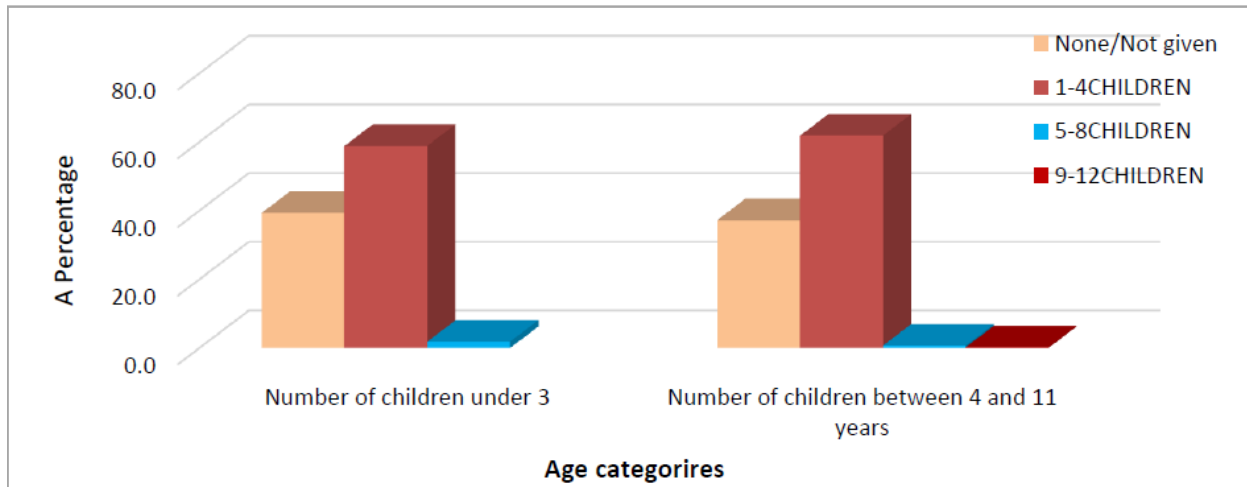


Figure 4. Percentage classification of respondents by number of children.

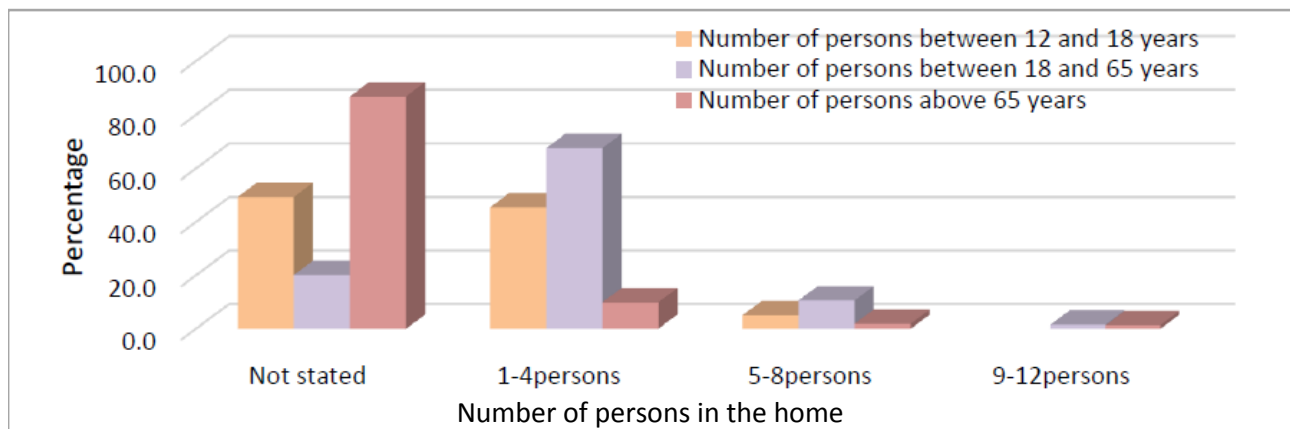


Figure 5. Percentage classification of respondents by number of persons in the home.

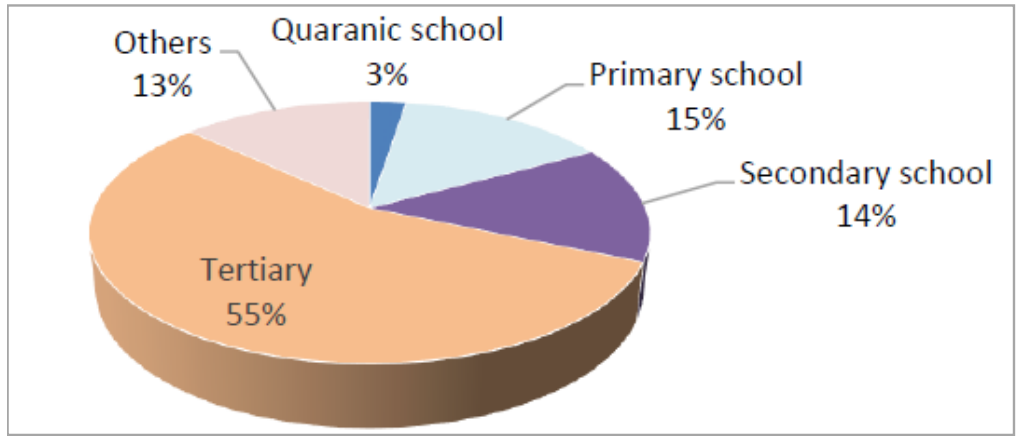


Figure 6. Percentage classification of respondents' husbands' highest educational qualifications.

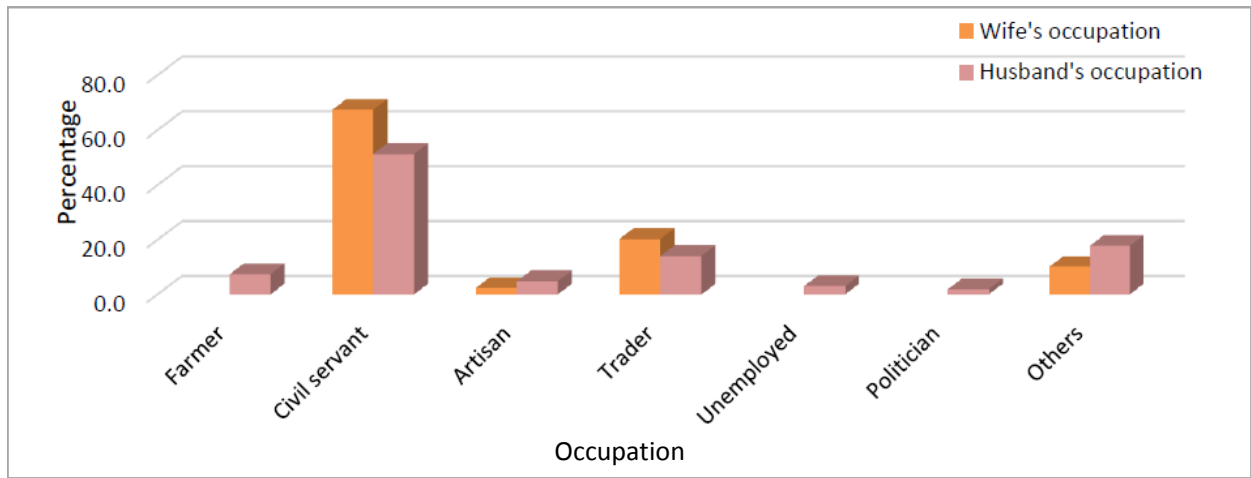


Figure 7. Percentage classification of respondents and their wives' occupations.

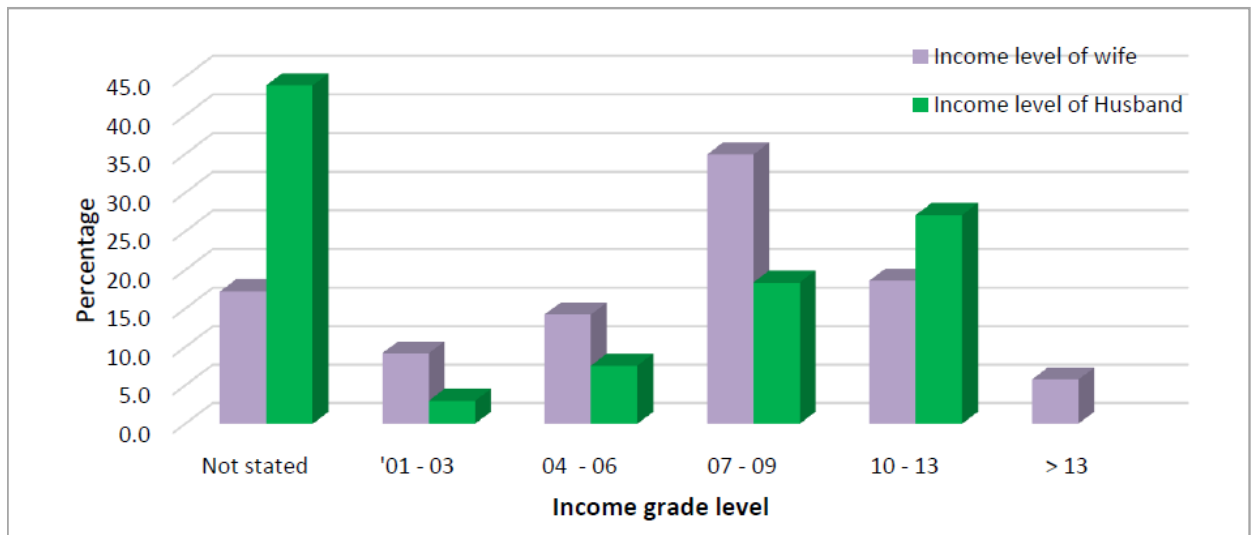


Figure 8. Percentage classification of respondents and their husbands' income level.

Analysis of time management

Of the total, 51.8% said they wake up before 5.00 am while 23.2% wake up between 5.00 and 5.30am and 9.8% wake between 5.30 and 6.00am. Only relatively few of the respondents said they wake up later than 6.00am. Most (81.2%) of the respondents start their work in morning hours and work on the average 6hours on working days of the week. But 18.8% said they work at their leisure hours but mostly in the afternoon. Only 31.9% of the respondents said they do not go to work late but 57.1% said they occasionally go to work late while 10.9% said they frequently report at work place late. For 11.8% caring for children was their reason for going to work late while 17.4% attributed their lateness to electricity failure, 3.9% said it was due to car breakdown, 14.8% wake up late and 10.1% said when they were sick. Of the 273 who said they allow time for helping their children with homework, 157(57.5%) said they perform such task on a daily basis, 14(5.1%) said twice a week and 102(37.4%) said when it is necessary. As for the kind of fuel used for cooking, 60.5% use gas, 2.8% Electricity, 22.4% Kerosene, 9.5% Charcoal, 2.8% Firewood. Reasons for choice of fuel include cost, availability and proximity along with safety and preference for time. For technological devices that saves time and stress, only 40.1% said they use such devices. Only 8.4% of the respondents said they share their Kitchen with others. Of the total respondents, 18.2% were not satisfied with their marriages, 7.0% were barely satisfied, 33.1% were satisfied and 41.7% were very satisfied. For the time management, 72.3% were not satisfied with the way they manage their time, 23.5 were barely satisfied. But 2.8% were satisfied while 1.4% were very satisfied with their time management.

Impact of time management on marital satisfaction

According to the spearman rho correlation result, procedure working wives' ability to manage their time was significantly correlated with marital satisfaction ($p < 0.05$). The ability to manage time and have enough time to help out with the children's home work was significant and positively correlated ($r=0.188$, $p = 0.000$), use of time saving devices ($r=0.125$, $p = 0.018$) and adequacy of overall time management ($r=0.300$, $p=0.000$). Waking at regular time was found to be significantly correlated with marital satisfaction ($r=0.152$, $p=0.001$). Table 1 shows the summary of the logistic regression model. The model fitting criteria revealed an observed -2 Log Likelihood intercept of 496.637 and a final value of 356.727 with a Chi-Square value of 139.910 and a probability level of significance of 0.000 obtained at 39 degree of freedom. The observed Pseudo R-Square values for the test were 27.5% for the Cox and Snell, 30.4% for the Nagelkerke and 13.7% for the McFadden respectively. These observed Pseudo R-Square values clearly point to a significant association of the wives time management with their

marital satisfaction.

DISCUSSIONS

From the result in Table 1, waking up at regular time in the morning, managing time to help children with homework, use of time saving devices and ability to effective management time for all competing activities were found to be significant predictors of marital satisfaction. Management of time to allow for taking children out for leisure was not found to be a predictor of marital satisfaction. From the multinomial logistic regression parameter estimates with the Wald statistics, it was found that ability to wake regularly at relatively the same period could be a predictor of time management and therefore marital satisfaction. In terms of time management by respondents in this study, most (72%) of whom are educated working housewives, revealed that they were not satisfied with the way they handle their time. Yet, pseudo R square values for the tested were 27.5% for the COX and shell, 30.4% for the Nagellterke and 13.7% for Mcfadden respectively which clearly point to a significant association with their marital satisfaction. However, Abdu Azeez (2013), in his study explained that men had higher levels of marital satisfaction than women and that women experience of marriage are more negative than those of men. This suggests that working women in this study are likely to neglect their personal likes and dislikes as well as their physical and mental health under pressure of responsibility to maintain their sanity and quickness (Arams, 2017). Goldschmid (2015) said that, the amount of time in an activity faction the quality of one's work and one's relationship and comfort.

The inability to regularly adhere to regularity in waking time management had the odds of adversely affecting marital satisfaction. The odds of sparing time to help in children's academic work, and effective management of time for the various activities was found to positively predict marital satisfaction among the respondents. The ability to manage time and have time to help out with children's home work, use time saving devices, adequacy of overall time management, and waking at regular time were also said to be significantly related to marital satisfaction. This implies that most respondents (66%) who were civil servants and most of whom were educated, said that time management were guided by the type and nature of their job description which is the daily official working time frame of resumption (8.00 am) and closure (4.00 pm). Since by orientation civil service was the dominant occupation, it implies that every other activity of the respondent including household chores and attention to husband and family members is guided by the reporting and closing time of her official job. This agrees with Ottman (1999), who said one merit of time management is the avoidance of conflict and that apart from demands from office, there are routine task which must be done directly or supervised by the working wives whom must also create

adequate time for the attention of family members. Thus, Raney and Layton (2006) cautioned that time management is one that many are unprepared for.

Conclusion

The quest for marital satisfaction has not focused on time management of the working wife as a major ingredient for attainment. Time management has the inherent advantage of making more time available for the working wife. Apart from reducing the stress of accomplishing all necessary activities, effective time management provides the working wife enough time for herself, and more time to be with her spouse which has been found to increase marital satisfaction. This study revealed that use of time saving devices have the potential of increasing marital satisfaction by saving more time for the working wife to increase her leisure. It reveals that ability to manage time effectively allow the working wife to spare some time for the children's activities and accomplishment of other activities in the house which increases the potential of marital satisfaction.

Recommendations

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

1. Couples should as much as possible adopt methods that are likely to minimize time spend on routine household activities.
2. Where economic capability permit, devices that could shorten time spent of household activities could be purchased and utilized. For example, the use of pressure pots for some cooking (beans, rice etc).

Recommendations for further studies

1. It is recommended that further study be made in major cities or state capitals in Nigeria so that a comprehensive data may be made available for policy making to help educated working housewives in Nigeria effectively manage time at home and at work for maximum productivity and satisfaction.
2. A comparative study of how educated and non-educated housewives manage their time and if they derive satisfaction with their working techniques.
3. A study of time uses at work and at home by educated working housewives according to their professions (e.g. medical doctors, engineers, technocrats, business, etc) as predictor of marital satisfaction.
4. A study of time management educated working husband and their marital satisfaction in the Federal Capital Territory (FCT) Abuja, Nigeria should be carried out.

CONFLICT OF INTEREST

The author declares that there is no conflict of interest.

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