



SELF ESTEEM INFLUENCE ON EMOTIONAL INSTABILITY AMONG POSTGRADUATE MARRIED INDIVIDUAL IN KWARA STATE, NIGERIA

Habibat Bolanle Abdulkareem¹, Kamil Adekola Lasisi²

ABSTRACT

This study, a descriptive survey design, investigated the influence of self-esteem on emotional instability among married postgraduate students in Kwara State. The population comprises all full-time postgraduate students in Kwara State. The target population is married postgraduate students. The samples consist of 500 full-time postgraduates. The researcher selected 300 males and 200 females. Two hypotheses were formulated and tested in the study. Data were collected using the self-esteem scale and the Perth emotional scale to measure the level of emotional instability among married postgraduate students in Kwara State. The scales were adopted and have already been validated by the authors. The collected data were analyzed using frequency, mean, percentage, standard deviation, and t-test. It was revealed, among others, that there is a significant difference in emotional instability between male and female respondents. The result further shows that gender has a significant influence on the stability of married postgraduate emotions. The study also revealed that gender has no significant influence on the level of self-esteem among married postgraduate students in Kwara State. It was concluded that there is a gender influence on the emotional instability of married postgraduate students, but there is no gender influence on the level of their self-esteem. It was then recommended, among others, that strategies and activities that would build postgraduate students emotional stability be put in place to help them overcome the challenges.

ARTICLE INFO

Article History:

Submitted/Received 30 Jul 2023

First Revised 02 Apr 2024

Accepted 26 Aug 2024

First Available online 26 Aug 2024

Publication 1 Sept 24

Keywords:

Self Esteem,
Emotional Instability, Postgraduate
Students,
Married Individuals,
Gender

¹ Al-Hikmah University, abdulkareemhabibat001@gmail.com

² Al-Hikmah University, kamadelas@gmail.com

Self Esteem Influence on Emotional Instability Among Postgraduate Married Individual in Kwara State, Nigeria

JOMSIGN: Journal of Multicultural Studies in Guidance and Counseling
Website: <http://ejournal.upi.edu/index.php/JOMSIGN>

Permalink: <https://ejournal.upi.edu/index.php/JOMSIGN/article/view/60934>

How to cite (APA): Abdulkareem, H. B., & Lasisi, K. A. (2024). Self Esteem Influence On Emotional Instability Among Postgraduate Married Individual In Kwara State, Nigeria *JOMSIGN: Journal of Multicultural Studies in Guidance and Counseling*, Vol 8 (2), 167-187.



This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Married people anticipate a happy, fulfilling life full of moments to cherish. Success in marriage or mutual contentment between partners, therefore, is more important than marriage itself. The state of being happy and content with one another after marriage is known as marital satisfaction. According to Ashley (2019), marriage is a two- or more-person, socially supported relationship that is viewed as a solid, long-lasting arrangement that is typically founded at least in part on a sexual bond of some form. According to Murphy (2018), emotionally healthy couples who marry each other and have children together are the foundation of emotionally stable relationships.

In many cultures, like those in Africa, marriage is seen as the most significant social institution and a sign of adulthood. Marriage is the union of two or more women who come together to form a family. Marriage relationships began in separate families with diverse origins, and as they progressed, they brought the two unknown people together to form a family. According to Almujaiddi et al. (2022), growing up in an abusive home and experiencing marital violence may cause emotional instability, which includes trigger thoughts, an inability to endure being hurt and emotional instability. Emotional stability is crucial in marriage and is described as the ability to maintain emotional balance in trying situations without negatively affecting the other spouse. Marriage requires emotional stability since it gauges a person's maturity and capacity to control their emotions without exacerbating issues (Murphy, 2018).

Self-esteem is one of the most important parts of the self-concept. Self-esteem has been one of the more researched aspects of personality over the past century (Cast & Burke, 2017). According to Abdel-Khalek (2019), self-esteem is a crucial concept in developmental, personality, and social psychology. In this way, it is believed that one's warped self-image is what motivates one to anticipate an aberrant feeling. It is well acknowledged that emotion is driven by a combination of self-presentational worries and expected dangers, in particular anxiety about one's abilities (Czarna et al., 2015). The self-presentation strategy used to defend emotional imbalances with a spouse may be traced back to spousal emotional management. The researcher decided to look at how self-esteem influences emotional stability among postgraduates after reading various studies on the link between spousal emotional management and self-esteem beliefs impact task selection, effort, perseverance, resilience, and success (Bhatt & Bahadur, 2018). People with fluctuating high self-esteem are said to have implicit self-doubt, according to Seeril et al. (2014).

As stated by Alonso-Ferres et al. (2020), managing one's emotions may significantly increase a couple's marital stability. People will feel that they are understood, cared for, and appreciated if they believe that their spouse is actively responding to their wants, desires, interests, and the like (Merwin & Rosen, 2020). This will help reduce marital instability. The formation, maintenance, and growth of intimate relationships are all negatively impacted by the emotional instability of the spouse, according to several studies (Tasfiliz et al., 2018; Alonso-Ferres et al., 2021).

Conceptual Review

A situation known as marital satisfaction refers to a couple's increased contentment with getting married to and happiness from their spouse. When a couple significantly fulfills the wants and expectations of their partner in marriage, this emotion is experienced. The opposite of emotional instability is emotional maturity, which is defined as being emotionally stable, serene, and sincere, free of nervous weariness, and relaxed. When postgraduate married people are able to successfully manage their houses, it is a circumstance that is referred to as marital contentment (Abdulkareem, 2023). In their opinion, one of the most crucial indicators of a healthy relationship between spouses is marital satisfaction, according to Mehrabi and Veshki (2022).

According to Mwansisya and Mwampagatwa (2022), marriage has to do with the participants' panel, which comprises married heterosexual couples before dividing couples into two groups: men's and women's couple's panels. With a high emotional reaction tendency, people are more likely to be perceived by their spouses as unfriendly or even aggressive, which lessen the frequency of their behavioral reactions (Li et al., 2020). The way spouses respond to their partners' demands might affect how they are perceived by other people, which may lead to emotional instability. For instance, if a woman consistently reacts positively to her husband's wants, she is more likely to feel the same way about her spouse. Because they frequently respond negatively to their spouse, those with high emotional reactivity may view their partner's responsiveness as being lower (Alonso-Ferres et al., 2020). Couples that suffer emotionally together tend to limit rather than strengthen their relationships and get emotionally entangled with one another. Marriage stability seems to be a notion that aims to capture people's perceptions of their marriage relationships' contentment. According to Almujaideh (2021), spousal abuse can lead to emotional instability, including trigger thoughts, an inability to endure being hurt, growing up in an abusive household, a lack of boundaries in a marriage, a lack of empathy, substance addiction, and other issues. According to Erdem and Safi (2018), one party's emotional experience might be passed on to the other, creating issues that both husbands and wives must work through together. It is important to keep in mind that people with various emotional response traits may respond differently to the same pressure (O'Connor et al., 2018).

A couple's marital lifestyle can be made better by having emotional stability. According to Reuma et al. (2016), the enhancement of marital quality is facilitated by people feeling that their spouse actively attends to their wants, desires, hobbies, and likes (Merwin & Rosen, 2020). According to numerous studies, intimate relationships must be established, maintained, and developed with a partner who is emotionally stable (Tasfiliz et al., 2018). The amount and caliber of interactions between couples, according to the couple interaction theory, affect the quality of marriage. Positive engagement can improve relationships and marriage quality (Smith & Williams, 2016). According to Abdelrahman et al. (2022), emotional stability is the ability of an emotional system to retain its equilibrium on its own even when it is otherwise becoming

unstable. Balanced couples have better communication abilities than unbalanced couples, according to the Circumflex Model of Marital and Family Systems. According to Olson et al. (2019), effective communication can foster family flexibility and cohesion. To increase emotional stability and marital satisfaction, family members should communicate openly and positively with one another. The institution of marriage requires the couples to confront and resolve increasingly challenging life events, such as disagreements and conflicts between the partners, problems with the work-family balance (Rahman & Ali, 2021), pressure from the economy, issues with the children's education, and the like (Ying et al., 2020). It is worth noting that individuals with different emotional response characteristics may produce different results when facing the same pressure, which could lead to unstable emotions (Yuan, 2022).

Empirical Review

Three characteristics of emotional instability may include emotional sensitivity, emotional intensity, and emotional persistence. Alonso-Ferres et al. (2002) found that those who have high emotional instability have trouble controlling their emotions and coping with them. They exhibit strong emotions, high intensity, and poor recovery when exposed to unpleasant stimuli. Lower emotional arousal thresholds are indicative of higher emotional levels. According to Dell et al. (2020), people with high emotional quotients would experience emotional instability that is stronger, lasts longer, and has a higher likelihood of developing into mood disorders, depression disorders, anxiety disorders, and other mental diseases in the same stressful environment. Anxiety, pain, fear, wrath, envy, disgust, and other emotional responses are all made simpler to experience the more emotionally unstable an individual is and the harder it is for them to control their emotions. (Polanco-Roman et al., 2018). High levels of emotional reactivity, according to Yuan (2022), are detrimental to marital quality. According to Li et al. (2020), people with high emotional reaction tendencies are more likely to be perceived by their spouse as unfriendly or even aggressive, which lowers the frequency of their behavioral reactions. The way people respond to their partner's demands affects how they perceive their partner's response. A wife is more likely to experience her husband's good response to her if, for instance, she always satisfies his requirements.

Yuan (2022) proposed that people with high emotional instability frequently react negatively to their spouse by avoiding them, which lowers their perceived relationship sensitivity.

The three components of emotional stability, according to Dell et al. (2020), are emotional sensitivity, emotional intensity, and emotional persistence. People with high emotional stability struggle with emotional coping and emotion regulation. When exposed to unpleasant stimuli, they exhibit extreme sensitivity, high intensity, and slow recovery. Brennan et al.'s investigation of the effectiveness of an educational group therapy program for female partners of PTSD-diagnosed veterans was published in 2021. In their study, the researchers found that posttraumatic stress disorder (PTSD) can negatively impact the functioning of close relationships as well as both partners' psychological well-being. Twenty-three female partners were randomized to either the intervention group or waitlist control condition and completed measures of psychological distress and relationship functioning at baseline and post-treatment. The female partners participating in the intervention reported a significant decrease in their psychological distress from pre-treatment to post-treatment, whereas the waitlist control group showed no significant change. Participants who completed the intervention found it to be beneficial, and the women provided useful feedback to help improve future iterations of the treatment. No significant differences were found in changes in relationship functioning. The association between parental marital conflict, separation from the family of origin, and children's marriage stability was explored by Sun & Lee 2020 for gender differences. A descriptive-design correctional study was used by the researchers. The results of data collection from 453 married people in South Korea showed that parental marital conflict was directly associated with children's marriage stability, but only among married men. The association between parental marital conflict and children's marital stability was mediated by emotional cutoff and family projection in men and women, respectively.

Petts and Petts (2019) assessed the differences between interracial and interracial marriages using race data from the one-time point with the help of 2,845 respondents from the National Longitudinal Survey of Youth, 1997, whose marriages are interracial (based on 2002 data). They wanted to know if marital stability differed for those whose racial identification varied across waves and if this effect was moderated by gender. Utilizing a descriptive design

and frequency count, it was found that 6% of respondents in interethnic relationships had erratic racial identities and that out of all women, those whose races differed were more likely to get divorced than those whose races did not. This included men who differed in race as well. In the western Iranian city of Aligodarz, Mehrabi and Veshki (2022) investigated the impact of training on married women's marital happiness using Bowen's family therapy approach. The study was quasi-experimental and used a control group and a pretest-posttest approach. In the city of Aligodarz in 2019, the statistical population included counseling applicants who were married women. Frequency, percentage, mean, and standard deviation were used to analyze demographic data. The Chi-square test was used to assess the homogeneity of the two groups in terms of the research variables, and multivariate analysis of covariance was carried out with a significance level of 5%. The descriptive results revealed that in the experimental group's pre-test and post-test phases, the mean scores for the marital satisfaction variable were 131.60 (26.89) and 142.81 (25.24), respectively, whereas in the control group's pre-test and post-test stages, the mean scores were 132.66 (24.09) and 132.26 (21.92). The findings indicated that the Bowen family therapy approach has a statistically significant impact on some aspects of marital satisfaction, including religious orientation, gender equality, children and parenting, sexual orientation, financial management, conflict resolution, and marital satisfaction ($p < 0.05$). The study found that married women who used the Bowen family therapy technique reported higher marital satisfaction, and it was advised that women who were experiencing family issues also use this strategy to raise their marriage satisfaction.

Bloch et al. (2014) hypothesized that there are no main effects of gender or interactions between age and gender in the differences in emotional instability variables and found that older adults regulate negative emotional experience less than middle-aged adults, $F(1,239) = 5.72, p = 0.02$. The use of one or two therapy scales has been used by many researchers to study spousal-emotional-linked difficulties in married people. In a day surgery facility, Abdelrahman et al. (2021) looked into the connection between nurses' degrees of emotional stability and time management. The study was conducted during day surgeries at Samalot Hospital and used a descriptive research methodology. All surgical staff nurses working at Samalot Hospital during the data collection period, totaling 159 nurses in all, were included in the study sample. A questionnaire on emotional stability and another on time management were both

employed in the study. Results revealed that 79.9% had a moderate level of time management and 85.5% had a moderate level of emotional stability. The findings of the study showed that there was no statistically significant difference between the data of nurses on emotional stability and time management. Emotional stability, time management, and its components among nurses were positively correlated.

In a study by Bajaj et al. (2019), 302 undergraduate students from an Indian university engaged in a mediation model where mindfulness is indirectly associated with happiness through emotional stability and self-esteem. Self-report questionnaires on happiness, self-esteem, emotional stability, and mindfulness were used to gather data. Building block equation The outcomes of the modeling process demonstrated that emotional stability and self-esteem served as mediators between mindfulness and happiness. The association between mindfulness and happiness was completely mediated by emotional stability and self-esteem. Additionally, emotional balance played a role in mediating the link between self-esteem and mindfulness. The findings showed that the association between mindfulness and happiness is associated with emotional stability and self-esteem.

Among senior married couples (Hazrati et al., 2017), investigated the effects of an emotional-focused intervention on emotional abuse behaviors and marital satisfaction. The Multidimensional Measure of Emotional Abuse Questionnaire (MMEAQ) and the Marital Satisfaction Questionnaire for Older People (MSQFOP) were both developed by the researcher. Before and after a three-month intervention, a questionnaire was given to both the experimental group and the control group.

At the PK Das Institute of Medical Science in Vaniyamkulam, Manjunath (2022) conducted a 12-month study with 387 pregnant women (February 2018–January 2019). The peripartum period was researched using the EPDS (Edinburgh Postnatal Depression Scale), CMSS (Couple Marital Satisfaction Scale), IMS (Index of Marital Satisfaction), and LES (Life Event Scale). A total of 387 participants were involved, and the results showed that 189 (48.8%) of them were between the ages of 19 and 25. According to the CMS and IMS scales, respectively, close to 30% and 40% of respondents reported being unsatisfied with their marriages. Only 39% (n = 151) of women who underwent immediate postpartum EPDS screening for depression tested

positive (just over 42% overall). From these 151 screen-positive cases in the early postpartum period, 138 participants were monitored for 4-6 weeks (13 were lost to follow-up), and up to 115 of these 138 (83.3%) people tested positive for depression ($N = 387$, 29.7%), which was statistically significant ($p = 0.001$). While there was no statistically significant correlation between depression and education ($p = 0.223$), occupation ($p = 0.651$), or planned or unplanned pregnancy ($p = 0.223$) in the EPDS during the antenatal period, participants in joint families who had unhappy marriages had a higher risk of depression ($p = 0.001$), as shown by the IMS and CMSS. Participants who had previously had a kid of the same gender as them had a lower risk of getting depression ($p = 0.001$), whereas those who had previously had two female children had a higher risk ($p = 0.001$). In conclusion, postpartum depression is a strong predictor of an increased risk of depression 4-6 weeks after delivery.

The mediating effect of perceived partner responsiveness on the association between emotional reactivity and marital quality among Chinese couples was examined by Yuan et al. (2002). There are 550 couples participating from 28 provinces in Eastern, Central, and Western China. The women's ages range from 32 to 62 years old, with an average age of 45.08 years old. The husbands' ages range from 39 to 64 years old, with an average age of 46–45 years old. For measurement, the Quality of Marriage Index, Perceived Partner Responsiveness Scale, and Emotion Reactivity Scale were chosen. The findings revealed that there was no significant difference in emotional reactivity between husbands and wives and that husbands' perceptions of their partners' responsiveness and the quality of their marriage were much greater than those of their wives. The results of a correlation study revealed that while perceived partner responsiveness and marital quality were positively connected, emotional reactivity in couples was adversely correlated with both. The actor effect showed that both spouses' emotional reactions were a substantial negative predictor of their marital quality.

A study by Curtis et al. (2022) looked at the link between PSE and life stress as well as whether life stress affected how PSE related to proximal variables like marital status and child factors. 234 South Korean women with young children enrolled in preschool. A poll of mothers' opinions on PSE, life stress, and marital satisfaction was completed. The children's proficiency was graded by teachers. After taking socio demographic factors into account,

regression analysis showed that women who had less life stress reported greater PSE. PSE was not linked to either marital satisfaction or child competence. Along with the interactions of life stress with child competence and marital satisfaction, a second set of regressions investigated the same set of predictors. Results showed that higher marital satisfaction was associated with lower PSE for mothers who reported less life stress. Unexpectedly, lower marital satisfaction was linked to higher PSE among moms who were under more stress in their lives.

The mediating function of self-esteem in this relationship, as well as gender disparities, were examined by Silva (2021) as she looked into how emotional intelligence affects college students' attitudes regarding dating violence. Participants were 555 higher education students aged between 18 and 25 ($M = 20.76$, $SD = 1.87$), with 62% female and 38% male participants. The primary findings showed that the relationships between the variables under study differed by gender. Due to the mediating effect of self-esteem, opinions regarding dating violence are negatively correlated with female students' emotional intelligence. Emotional intelligence has a direct and unfavorable impact on male students' views regarding dating violence. For male students, emotional intelligence has a greater impact than self-esteem does for female students.

Age and gender differences in self-esteem were examined by Beldom et al. (2016). The first large-scale systematic cross-cultural analysis of gender and age variations in self-esteem was conducted by the researchers using a large Internet sample ($N = 985,937$). In accordance with prior studies, it was discovered that there are large gender inequalities across 48 countries, with men consistently expressing higher self-esteem than women, and that self-esteem grows with age from adolescence to middle adulthood. Cultural variations in socioeconomic, sociodemographic, gender equality, and cultural value factors were linked to these variances. Discussion centers on the conceptual ramifications of cross-cultural studies on self-esteem. In a meta-analysis of 1148 papers from 2009 to 2013, with a total N of 1,170,935, a slight difference favoring men was discovered, with $g = 0.11$ (95% $CI = 0.10-0.13$). Furthermore, (1) whites, Hispanics, and Asian Americans showed the same gender difference while African Americans and marginal groups (such as immigrants) did not show any difference; (2) whites, Hispanics, and Asian Americans showed the

same gender difference; (3) the gender difference was larger in more developed countries characterized by values that espouse equality and freedom; and (4) an examination of previous reviews revealed that the gender difference increased with age until late adolescence, then declined after; and (4) the gender difference was larger To explain these findings, a three-stage comparison process model was suggested (Zuckerman et al., 2016).

According to Magee et al. (2019), language valence effects that are similar to both self-esteem and optimism can be used to infer both self-enhancing and self-derogatory inclinations. In comparison to a traditional measuring model, the bifactor model was found to better fit the data from the National Survey of Midlife Development in the United States (MIDUS). In contrast to the conventional model, which found a gender difference in self-esteem, the bifactor model found no gender difference in raw self-evaluation. The findings are in line with the hypothesis that self-esteem differs by gender since men are more likely to agree with positive self-statements than women are with negative ones. It was stated that these tendencies can be seen as unconscious tendencies to enhance or degrade one, respectively.

Statement of the Problem

As one of the main causes of countless misunderstandings among married postgraduate students, spousal emotional instability has been a source of concern on a global scale. The lives of postgraduate married people may suffer as a result of emotional problems, which have been seen as a problem in current culture. Due to variety of circumstances that they are aware of, married people have typically been seen as having an emotional deficiency.

Daily social media stories showed how this led to physical altercations, stabbings, partner injuries, and even murders. A sudden death might be caused by emotional instability between spouses. For instance, a young lawyer who should be enjoying the rewards of her labor died in an accident while chasing her husband with a side chick. Additionally, it was reported on Facebook that a smart young woman set her husband on fire after realizing she had an unmarried child. A number of relationship disputes, including nagging, stabbing, harassment, and murders, were documented on social media in police stations and courts. Spouses must, however, have the patience to control their thoughts

and emotions through calm emotions (Abdulkareem, 2023). Day in and day out, there has been an alarming rise in the trend of emotional imbalance, which could be harmful to the spouses' ability to support one another. In order to help spouses manage their emotions, it is vital to provide support regardless of the circumstances. This presents a chance for the researcher to examine the relationship between emotional instability and low self-esteem among postgraduate married people in Kwara State.

Purpose of the Study

The main purpose of this study is to investigate the differences between self esteem and emotional instability among married postgraduate student in Kwara State, Nigeria. Specifically, other purposes include;

- i. To compare the emotional instability of male and female students among married postgraduate students in Kwara State.
- ii. To compare the level of self esteem of male and female students among married postgraduate students in Kwara State.

Research Questions

The following research questions was answered in the study

1. What is the level of emotional instability among married postgraduate students in Kwara State?

Research Hypotheses

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

Ho1: There is no significant difference between the emotional instability of male and female students among married postgraduate students in Kwara State

Ho2: There is no significant difference on the level of self esteem of male and female students among married postgraduate students in Kwara State.

METHOD

In this research, a descriptive research design was adopted to determine the prediction of emotional instability and the level of self-esteem among married postgraduate students in Kwara State. The population for this study was made up of all postgraduate students in Kwara State. However, the researcher purposefully selected the universities that are running postgraduate programs, considering their senatorial districts and faculties. The researcher ensures that the selection of the universities cuts across the three senatorial districts of Kwara State. The state, federal, and private universities were not left out of the research work. The target populations include the University of Ilorin, Ilorin (Kwara Central), Kwara State University, Malete (Kwara North) and Landmark University, Omu-Aran (Kwara South). The selection of the universities cut across the three senatorial districts of Kwara State, which include Kwara-North, Kwara-South, and Kwara-Central. *Married* postgraduate students were selected from the targeted university considering four faculties, and 500 married postgraduates participated in the study. A convenient sampling technique was used to select 500 students, which cut across the 4 faculties and included both male and female married postgraduate students in Kwara. Five hundred married postgraduate students from the selected faculties were the samples.

Two (2) instruments were adopted to elicit information from the respondents' self-esteem scale and emotional scale. The researchers employed two research assistants in the administration and collection of the instruments. Descriptive and inferential statistics were used to analyze the data gathered. The demographic data of the participants was analyzed using frequency counts, mean, and percentage. The research hypotheses were tested using a t-test at the 0.05 level of significance. A simple percentage was used for the demographic data of the respondents. A t-test was used to test the null hypothesis at the 0.05 level of significance.

Scales

The Self-Esteem Scale (SES) developed by Rosenberg (2017) was used as a measure of self-esteem among married postgraduate students. It consists of 10 items with a 4-point score in which respondents rate their esteem from strongly agreeing (4) to strongly disagreeing (1). The internal consistency and reliability coefficient of the instrument, according to Rosenberg, was 0.91. Participant

respond to items by indicating their choice of responses. The minimum and maximum obtainable scores are 10 and 40, respectively. A score of less than 25 will be categorized as low self-esteem, and a score of 25 and above will be regarded as high self-esteem. However, the below will constitute the rating of scores generated: 0-21 = low emotional stability, 21-30 = moderate stability, and 31-50 = high stability. The Emotional Scale developed by Becerra et al. (2017) was also used as a measure of the level of emotional stability among married postgraduate students. It consists of 30 items with a 5-point score in which respondents rate their emotions from very unlike me (1), somewhat unlike me (2), neither like nor unlike me (3), somewhat like me (4), and very like me (5). PERS will be used as a measure of emotional stability among married postgraduate students. It consists of 30 items with a 5-point score, in which respondents will rate their level of emotion from somewhat unlike me (1) to very like me (5). For further information on the validity and reliability of the instrument, check Becerra et al. (2017) and Rosenberg (2017).

Table 1: Demographic Characteristics of the Respondents

Gender	N	Percentage %
Male	300	60.0
Female	200	40.0
Total	500	100.0

Table 1 shows the percentage of male and female that participated in this study. Male participants were 300 (60.0 %) which female were 200 (40.0 %).

Table 2: Age Distribution of the Participants

Age Range	N	Percentage %
20-29	40	08.0
30-39	245	49.0
39 -above	215	43.0
Total	500	100.0

Table 2 shows the age range of the participants. Respondents within the age bracket of 20 and 29 of age were 40(8%). Participants between 30 and 39 were 245 (49.0 %) and those between 39 and above were 215 (43.0%).

Table 3: Distribution of the Faculty of the Schools Visited In Kwara State

Name of School	N	Percentage %
Faculty of Natural and Applied Science	150	30.0
Faculty of Education	150	30.0
Faculty of Humanity and Social Science	150	30.0
Faculty of Management Science	50	10.0
Total	500	100.0

Table 3 shows the distribution of the faculties of the selected higher institution visited in Kwara State. Participants demographic result revealed that 150(30.0%) represented Faculty of natural and applied science. 150 (30.0%) represented Faculty of Education. 150(30.0%) represented Faculty of Humanity and social science and 50(10.0%) represented Faculty of Management science.

Hypothesis one: there is no significant difference between the emotional instability of male and female among married postgraduate students of Kwara state.

Table 4: There is no significant difference between the emotional instability of male and female among married postgraduate students of Kwara State.

Variable	Gender	N	Mean	SD	Df	t-cal.	t-crit	Remark
Emotional	Male	300	27.20	15.97	498	2.651	1.96	H ₀ rejected
Instability	Female	200	25.45	14.05				

Table 4 shows the result of the first hypothesis stated that there is significant difference between the emotional instability of male and female participants. The result shown in table 4 gave a t-calculated value of 2.651. The corresponding critical value is 1.96 at 0.05 level of significant and 498 degree of freedom. Since the critical value is lower than, the null hypothesis was not

accepted. This implies that there is significant difference in the emotional imbalances of male and female married postgraduate students of Kwara State.

Hypothesis Two: there is no significant difference between the level of self esteem of male and female married postgraduate students of Kwara State

Table 5: there is no significant difference between the level of self esteem of male and female married postgraduate students of Kwara State.

Variable	Gender	N	Mean	SD	Df	t-cal.	t-crit	Remark
Internet	Male	300	82.20	7.39	498	1.610	1.96	H ₀
Accepted								
Addiction	Female	200	82.45	8.75				

Table 5 reveals the result of the hypothesis two which stated that there is no significant difference between the level of self esteem of male and female married postgraduate students of Kwara State. The result has shown in table 5 gave a t-calculated of 1.610. The corresponding critical value is greater. However, the null hypothesis was retained. This implies that there is no significant difference in the level of self esteem of male and female married postgraduate students of Kwara State.

FINDINGS AND DISCUSSION

For this study, 500 married postgraduate students from Kwara State were taken into account, with 60.0% of them being men and 40.0% being women. The participants are between the ages of 20 and older. This finding is consistent with Lee (2020), who found that parental marital conflict was directly related to children's marital stability, though only among married men, in data collected among married people in South Korea. The first hypothesis' result, which claimed that there is no significant difference between the emotional instability of male and female married postgraduate students in Kwara State, was not accepted. It also agrees with Bloch et al.'s (2014) submission, which claimed that there were no main effects of gender or interaction effects between age and gender in the variations in emotional instability variables and which demonstrated that older adults exhibited less regulation of negative emotional experience than younger adults ($F(1,239) = 5.72, p = 0.02$). The nurses' data on emotional stability and time management did not show a statistically significant

gender difference, according to Abdelrahman et al. (2021). Emotional stability, time management, and their dimensions were strongly correlated among nurses.

The study's findings do not agree with those of Brennan et al. (2021), who suggested that psychological distress and relationship functioning at baseline did not differ significantly in changes to relationship functioning. According to Silva (2021), the mediator role of self-esteem causes a negative relationship between emotional intelligence in female students and attitudes toward dating violence. The result of the second hypothesis, which claimed that there is no significant difference between the level of self-esteem of male and female married postgraduate students in Kwara State, was retained. This finding contradicts the findings of Beldom et al. (2016), who discovered that age-related increases in self-esteem create gender gaps from middle adulthood to adolescence and that males consistently report higher self-esteem than females. The study by Zuckerman et al. (2016) on the meta-analysis of gender differences in self-esteem also showed that there was a gender difference in the level of self-esteem of people at their adolescent stage and through their adulthood among whites, Hispanics, and Asian Americans. According to Magee et al. (2019), males are more likely to agree with positive self-statements than women are with negative ones, and this contributes to the gender gap in self-esteem. It was stated that these tendencies can be seen as representing, respectively, unconscious propensities to enhance and degrade one another.

CONCLUSION AND RECOMMENDATION

The study on the influence of self-esteem on emotional instability among married postgraduate students in Kwara State, Nigeria, revealed significant gender differences in emotional instability, with males exhibiting higher levels than females, while no differences were found in self-esteem levels between genders. This suggests that while both male and female students face similar self-esteem challenges, their emotional stability differs. These findings emphasize the importance of emotional stability in marital satisfaction. To address these challenges, universities should implement emotional stability programs, self-esteem enhancement initiatives, and gender-sensitive counseling services. Additionally, further research is needed to explore the factors contributing to emotional instability, and community awareness campaigns should be launched to highlight the significance of emotional health in marriages.

REFERENCES

- Abdelrahman, S. M., Fahmy, A. M. & Gabra, S. F. (2022). Relation between Emotional Stability and Time Management Levels among Nurses at One Day Surgeries Hospital. *Journal of Minia scientific nursing*. 10(1) 19-26
- Abdulkareem (2023). Effect of Imago Relationship and Rational Emotive Behavioural therapies on marital instability among postgraduate students of Kwara State. Unpublished PhD thesis submitted to the department of Educational Guidance and Counselling, Al-Hikmah University, Ilorin, Kwara State.
- Almujadidi, B., Adams, A., Almujadidi, A., Van Gurp, G., Schuster, T., & Andermann, A.(2022). Exploring social determinants of health in a Saudi Arabian primary health care setting: the need for a multidisciplinary approach. *International Journal for Equity in Health*, 21(1), 1-11.
- Alonso-Ferres, M., Righetti, F., Valor-Segura, I., & Expósito, F. (2021). How power affects emotional communication during relationship conflicts: the role of perceived partner responsiveness. *Social Psychology. Person. Science*. 12(7), 1203–1215.
- Andermann, A. (2022). Exploring social determinants of health in a Saudi Arabian primary health care setting: the need for a multidisciplinary approach. *International Journal for Equity in Health*, 21(1), 1-11.
- Bajaj, B., Gupta, R. & Sengupta, S. (2021). Emotional Stability and Self-Esteem as Mediators between mindfulness and Happiness. *Journal of Happiness Studies*. 20, 2211- 2226
- Bhatt, S. & Bahadur, A. (2018). Importance of self-esteem & self-efficacy for college students *Indian Journal of Community Psychology*, 14(2), 409-419.

- Bleidorn, W., Arslan, R. C., Denissen, J. J., Rentfrow, P. J., Gebauer, J. E., Potter, J., & Gosling, S. D. (2016). Age and gender differences in self-esteem—A cross-cultural window. *Journal of personality and social psychology, 111*(3), 396.
- Bloch, L., Haase, C. M., & Levenson, R. W. (2014). Emotion regulation predicts marital satisfaction: More than a wives' tale. *Emotion, Avicenna Journal Neuro PsychoPhysiology 14*(1), 130-135
- Brennan, E. A., Carbonell, N., Kijai, J., & Waite, D. (2021). Relationship among combat experience, Veteran pathology, and pathology of Veterans' intimate partners: Factors predicting the pathology of Veterans and their intimate partners. *Journal of Military, Veteran and Family Health, 7*(2), 93-101.
- Curtis, K. N., Nagase, A., Kim, S., & Holloway, S. D. (2022). Raising children in the context of rapid social change: parenting self-efficacy of South Korean mothers. *Journal of Child and Family Studies, 31*(10), 2676-2687.
- Czarna, A. Z., Wróbel, M., Dufner, M., & Zeigler-Hill, V. (2015). Narcissism and emotional contagion: Do narcissists "catch" the emotions of others? *Social Psychological and Personality Science, 6*(3), 318-324.
- Erdem, G., & Safi, O. A. (2018). The cultural lens approach to Bowen family systems theory: Contributions of family change theory. *Journal of Family Theory & Review, 10*(2), 469-483.
- Hazrati, M., Hamid, T. A., Ibrahim, R., Hassan, S. A., Sharif, F., & Bagheri, Z. (2017). The effect of emotional focused intervention on spousal emotional abuse and marital satisfaction among elderly married couples: A randomized controlled trial. *International Journal of Community Based Nursing and Midwifery, 5*(4), 329.
- Li, Y., Cai, J., Dong, Q., Wu, L., & Chen, Q. (2021). Psycho physiological responses of young people to sounds capes in actual rural and city environments. *Journal of the Audio Engineering Society, 68*(12), 910-925.
- Magee, W., & Upenieks, L. (2019). Gender differences in self-esteem, unvarnished self-evaluation, future orientation, self-enhancement and

- self-derogation in a US national sample. *Personality and Individual Differences*, 149, 66-77.
- Manjunath, G. N. (2022). Evaluation of Mood Changes Among Peripartum Women at PKDAS Institute of Medical Science, Vaniyamkulam, Palakkad: A Prospective, Observational, Longitudinal Study. *Journal of Annals of International Medical and Dental Research* 8(1), 275-286.
- Mehrabi, S. & Veshki, S. K. (2019). Effectiveness of Training Bowen's Family Therapy Approach on Marital Satisfaction of Married Women in the Aligodarz of City (In the West of Iran), in 2019. *Journal of Community Health Research*. 19(2). 973
- Mehrabi, S., & Khanjani Veshki, S. (2021). The Effectiveness of Training Bowen's Family Therapy Approach on Marital Satisfaction of Married Women in the Aligodarz of City (In the West of Iran), in 2019. *Journal of Community Health Research*. 10(4), 285-295
- Merwin, K. E., & Rosen, N. O. (2020). Perceived partner responsiveness moderates the associations between sexual talk and sexual and relationship well-being in individuals in long-term relationships. 57(351) 364364-364371
- Murphy, S. A., Fisher, P. A., & Robie, C. (2021). International comparison of gender differences in the five-factor model of personality: An investigation across 105 countries. *Journal of Research in Personality*, 90, 104047.
- Mwansisya, T.E. & Mwampagatwa, I.H. (2022). Consensus on Constraints in Marital Satisfaction among Married People in African Context. *Journal of Family*.
- O'Connor, D. B., Aggleton, J. P., Chakrabarti, B., Cooper, C. L., Creswell, C., Dunsmuir, S. & Armitage, C. J. (2020). Research priorities for the COVID-19 pandemic and beyond: A call to action for psychological science. *British Journal of Psychology*, 111(4), 603-629.
- Olson, D. H., Waldvogel, L., & Schlieff, M. (2019). Circumplex model of marital and family systems: An update. *Journal of Family Theory & Review*, 11(2), 199-211.

- Rahman, M. M., & Ali, N. A. (2021). Does work–family balance mediate the relationship between work–family conflicts and job satisfaction of academicians? *Journal of Community Psychology*, 49(2), 361-374.
- Silva, T. A. D. (2021). Predictors of attitudes towards dating violence in higher education students: The role of emotional intelligence and self-esteem (Master's thesis). University of Portucalense, Portugal. *Issues*.
- Smith, T. W., & Williams, P. G. (2016). Assessment of social traits in married couples: Self-reports versus spouse ratings around the interpersonal circumplex. *Psychological assessment*, 28(6), 726.
- Sun, A. L. & Jin, L. (2020). Gender Differences in the Relationships between Parental Marital Conflict, Differentiation from the Family of Origin, and Children’s Marital Stability, *the American Journal of Family Therapy*, 48(5), 546-561
- Tasfiliz, D., Selcuk, E., Gunaydin, G., Slatcher, R. B., Corriero, E. F., & Ong, A. D. (2018). Patterns of perceived partner responsiveness and well-being in Japan and the United States. *Journal of Family Psychology*, 32(3), 355-365
- Yuan, Q., Fan, Z. & Leng, J. (2022) The Effect of Emotional Reactivity on Marital Quality in Chinese Couples: The Mediating Role of Perceived Partner Responsiveness. *Frontier.Psychology*. 12(10), 1-17
- Zeigler-Hill, V., & Myers, E. M. (2012). A review of gender differences in self-esteem.
- Zuckerman, M., Li, C. Hall, J.A. (2016). When men and women differ in self-esteem and when they don't: A meta-analysis. *Journal of Research in Personality*. 64, 34-51