

EXTRAMARITAL AFFAIR AS CORRELATE OF REPRODUCTIVE HEALTH AND HOME INSTABILITY AMONG COUPLES IN IBADAN, NIGERIA

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ABSTRACT

The study examined extramarital affair as correlate of reproductive health and home instability among couples in Ibadan, Nigeria. Descriptive survey research design was adopted for the study. Two hundred (200) couples were randomly selected for the study. A self-structured questionnaire was used to collect data for the study and a reliability coefficient of $r=0.64$ was obtained. Collated and coded data was analysed with the use of frequency count, percentages and Pearson moment correlation statistical method. Two hypotheses were tested at 0.05 alpha level. The findings revealed that, there was significant relationship between extra-marital affair and reproductive health ($r=.256$, $N=200$, $p<0.05$). In the same vein, there was a significant relationship between extramarital affair and home instability in Nigeria ($r=.142$, $N=200$, $P=<0.05$). The study concluded that extra-marital affair is on the high side globally. It was also established that it threatens home stability and encourages the spread of sexually transmitted diseases such as HIV and AIDS and other STDs. It was recommended that couples should go an extra mile to ensure success in marriage. Health social workers, health educators, religious leaders, parents and educators should also ensure adequate dissemination of information on the importance of reproductive health education and home stability to health and general well-being.

KEY TERMS: Extramarital affair, reproductive health, home stability and general wellbeing.

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INTRODUCTION

Most marriages run into problems as a result of dishonesty from most men and women (husbands and wives). Extramarital affairs have been in existence since time immemorial. It is the root cause of broken homes in most parts of the world. Accusations and counter-accusations ensue as a result of mistrust and suspicion on the part of spouses. Sometimes, these accusations and concrete evidences are true. What then is actually the cause of extramarital affair? In the first instance, extramarital affair is sexual relationship between married persons with someone who is not the spouse and who obviously not the legal husband or wife. The term ‘concubine’ could be said to have been used in time past. Though it is most primitive, but it is evident that past generations have also involved in extramarital affair. Lee (2013) affirmed that, extramarital affair is a violation of rules and violation of relationship norms by one partner resulting into jealousy and rivalry action which can be sexual or emotional. For instance, kissing, sharing intimate thoughts with someone who is not one’s spouse.

In the same vein, Glass (2012) defined extramarital affair as any emotional or sexual intimacy that violates trust. Infidelities, adultery, extracurricular, cheating or swinging are other terminologies used to represent extramarital affair.

BACKGROUND

History of extramarital affair

It is pertinent to say that extramarital affair is as old as creation (Fernado, 2008). Meyer (2006) also inferred that it is as old as marriage and has been since time immemorial. In this trend, Bonewell (2012) found out that 41% of spouse who cheat submit to the affair. It was also documented that 4 out of 10 Americans believe that having an affair is morally accepted but according to Turner (2013), there is reluctance in admitting to infidelity. Glass (2012) highlighted some assumptions and facts about extramarital affairs as follows:

- Extramarital affair happens in an unhappy or unloving marriage. It is also believed that it can also happen in happy marriages and that marital happiness does not stop an affair.

- It is assumed that extramarital affair occur because of sexual attraction. The fact is that it occurs in other to experience new roles and opportunities for growth.
- Majority of the affairs are not detected but a cheating partner always leave clues as to the affair.
- The person cheating or having an affair shows less interest in sex at home and the fact is that the excitement of an affair increase passion at home, which makes sex more interesting.
- There is an assumption that the unfaithful spouse is not getting enough at home and in the same vein, it is a known fact that the unfaithful partner may not be giving enough at home.
- The straying partner finds fault in and with everything the spouse does, but the fact is that he or she may become Mr or Mrs wonderful in order to escape being found out.

Reasons for extramarital affair

There are many reasons associated with the decision to be involved in extramarital affair. Among such are the seven reasons as pointed out by Huizenga in (2011). These are as follows:

1. My marriage made me do it.
2. I can't say no to any man.
3. I don't want to say 'no' to his or her advances.
4. I fell out of love and just love being in love.
5. I meant to get back at him or her.
6. I need to prove my desirability.
7. I don't want to be close to someone meaning: I can't stand intimacy with anyone

Premised on the above, Glass (2013) submitted that extramarital affair is characterized by secrecy, emotional intimacy and sexual chemistry, even if they do not touch each other. In the same vein, Drenfeld (2013) affirmed that couples may enter into an extramarital affair due to poverty in marriage. Statistics also showed that people of this category constitute larger percentage of people practicing extramarital affair. It is needful to say that an

affair is emotional and sexual. It is a break in trust between spouses because a person (man or woman) goes outside the marriage and shares intimate feelings or sexual behavior outside the home. It is secretive and full of deception and it is a betrayal of trust although, trust is regarded as the foundation of marital vows. Therefore, engaging in an affair due to poverty in marriage makes matters worse; it undermines the integrity of the marriage and the individual who is involved in it.

Nel (2013) noted that, despite happy and stable marriage, some people still enter into extramarital affair. It was noted also that, only few people know the reason for marriage and monogamy is gradually fading away because more men and women are now deeply involved in extramarital affair either at workplace or on the internet. It also happens among colleagues and business partners. It is imperative to educate the mind that marriage is for companionship while some said it is a way of meeting their needs. In the same trend, some believe it is a way of meeting their parents' needs and wishes while some said it is for child bearing and also a

way of escape from their unyielding parent or guidance and basically too, to meet their financial needs. Holistically, extramarital affair is not acceptable and should be totally rejected. Glass (2013) supported the above and advised that couples should hold on to their wedding ring because repairing a damaged marriage caused by infidelity is presumably difficult. However, it is believed that to love and be attracted to somebody despite good marriage is very easy especially between people working in the same place. It is advisable that male and female should take extra caution and beware of boundaries such as seditious looks, favoritism, and flashy presents from supposed married co-workers. This is essential so as not to become a victim of circumstance and consequent break in one-time perfect relationship. Ambekar (2009) in another submission said extramarital affair starts when there is a problem between couples. Also, self-esteem problem predisposes extramarital affair. It makes anyone with such problem to always crave for love at all cost and if not satisfied, he or she may be tempted to go out. It is also pertinent to note that love changes with time when the initial excitement

disappears, the other partner feels neglected, hence the need to go out in search of an affair. There are various other factors associated with extramarital affair. One of these is when sexual experience between the couple becomes boring and monotonous and they no longer derive pleasure from each other. This ends up driving either of the spouses out to look for a suitor who inevitably satisfies the sexual needs. Other causes of extramarital affair include: desire for happiness, unrealistic expectation and less commitment in marriage; whereas, marriage as an institution needs total commitment for it to work.

Prevalence of extramarital affair

Extramarital affair is believed to be a global phenomenon. Hunter (2013) ranked Washington DC first in extramarital affairs in two years for the second time in 2012 with 34,157 people signing up as top least-faithful Americans. With this data, the Washington DC residents see ‘adultery as a way of life. The nation’s capital also has the highest percentage of married men over the age of fifty seeking affair followed by Austin Texas, Houston

Texas, Miami, Oklahoma City, Philadelphia, Lincoln, Neb and Phoenix Ariz respectively. In Nigeria, Osewa (2013) reported that second wife syndrome is obsolete but extramarital affair with ‘Aristos’, ‘sugar daddy’, daddy and mama’ syndrome is in vogue. This results in fathering and mothering children from multiple partners. Adebayo (2012) however frowned at infidelity and said gone were the days when marriage institution was held in high esteem and that infidelity attracted penalties of confessing and dying afterwards. It is in this regard that Hughes (2009) posited that anyone who engage in extramarital affair can be charged to court for adultery. He or she could be sued by the jilted spouse or stand as co-respondents in divorce proceedings.

In support of the above, Hakim (2012) affirmed that Britons’ attitude to extramarital affair damage and drive couples to divorce instead of strengthening the family. Infidelity is believed to make couples live frustrated lives with their spouse and faithful husbands and wives living as “caged animals” who should explore their wild side, with lovers without the fear of divorce. French couples

are said to be happier and have stable homes due to their approach to adultery.

Types of extramarital affair

Many types of affair have been documented in literature. Turner (2013) confirmed that the type of affair one is into is defined by the need it meets. The most often practiced is sex affair which is basically for sexual and sensual pleasure and does not end in love affairs. The second type is love affair. These obviously threaten the peace and stability of marriages. In the same vein, Mead (2009) identified serial affair, flings and romantic love affair as major types of extramarital affair. Others include: one-night stand, emotional outbreak affair; emotional sexual affair and sexual addiction affair. Turner (2013) also identified types of extramarital affair as: (a) love affair which is an intimate relationship between a married person and someone who is not his or her spouse (b) sex affair which is a liaison between a married person and someone other than his or her spouse which involves genital contact with little or no emotional involvement; (c) cyber affair is an intimate or sexual

communication between a married person and someone who is not his or her spouse on the computer and through the internet. In the same trend, Voughan (2012) identified one most common form of extramarital affair as office affair. It is a major type of affair because more women are now in the work force and they spend more hours at work with co-workers and even travel on the job. This allows close relationship with the opposite sex. One funny issue about extramarital affair is the fact that, the male chooses the female who is by way of contrast lower in standard to the wife at home. There has also been instances of the female lover having an affair with office boy, company driver, house help, gateman or men who are lower in academic attainment. These categories of men can - in no way - be placed side by side with the husband at home. This also applies to men who develop interest in office cleaner, messenger, secretary and female office colleague among others.

Gender issues in extramarital affair

Gender issue in extramarital affair is a serious one. The first noted issue is that, both men and women are

involved. Second, it is believed to be a taboo for women to have affair in some part of the country Nigeria. Adebayo (2012) further reported that, one third (1/3) of men and a quarter (1/4) of women in a study in America have had an extramarital affair; 14% of married women have cheated at least once, compared to 22% of married men. Turner (2013) corroborated that both men and women engage in affair in nearly equal number. It was summarized that women give sex to get love and money while men give love to get sex. However, both men and women long for acceptance, appreciation, need to be understood, enjoyed and loved. Interestingly, Bonewell (2012) also affirmed that one third of married men will cheat on their wives and nearly a quarter of all married women will cheat on their husbands. Paulice (2006) earlier observed that men are more likely to have an affair than women but women are now likely to have affair as men do.

The most unfortunate thing is that many couples are not ready to pay the price hence they walk out on their marriages. Aghoghovia (2011) viewed extramarital affair

as caused by greed, covetousness, indecision, lack of home training, lack of love, inability to tolerate difficult situations and abject poverty. In the same vein Ambekar (2009) said extramarital affair occur, when there is a crack in the wall of marriage and communication gap is created between couples. The end result is to look for a way out. Extramarital affair takes place in different locations. Rani (2011), Whitbourne and Turner (2013) in separate submissions affirmed that extramarital affair take place in woman's home, the man's home and hotels. Hotel is said to be used as primary meeting place by 8%. Other places include friends home, a boat, car park or inside the car. Other places include offices, the park and eateries, including restaurants. It is now very easy for lovers to date on phones and even electronic media and internet communication.

Effects of extramarital affair on general wellbeing

There are many issues associated with having an affair. One of them is the effect of extramarital affair on reproductive health of the people involved in it. Perhaps, Meyers (2006) is right to have affirmed that extramarital

affair have deleterious effects on reproductive health and consequently, marriages. Parent that cheats on their spouses also influence male and female children negatively. In fact, some people believe that extramarital affair run in families – what a bad omen - a generational curse? In the same trend, Mothersil (2005) opined that extramarital affair breaks up the marriage and rubs children of financial resources. Extramarital affair is termed as the highest form of dishonesty, for families now and in the future. It is expensive, deceptive and deadly (EDD). Perhaps, Rastogi (2013) is right too to have asserted that extramarital affair is a leading cause of divorce which undermines relationship foundation with devastating effects. It is said to be a major reason for relationship crisis around the world. Extramarital affair causes unbearable emotional pain and trauma, a blow to self-esteem and breaking of trust. It affects people's social life, changes victim's perception of reality and about everything. It also affects family finances because the money meant for the whole family is squandered on the woman or the man outside as the case may be. The children outside the home also take their share at the

expense of the immediate family members. Psychologically too, personal confidence or sexual confidence is significantly damaged. Shyju (2012) said a feeling of abandonment, attacks on senses of belonging, betrayal of trust, enraged feelings and or surge of justification to divorce the spouse develops. Many people may feel an intense shame, anger and humiliation after an affair and sometimes all throughout the remaining part of their lives.

The community is not left out of the effects of extramarital affair. Ogunbadejo (2013) said extramarital affair causes significant damage to the spouse's image, personal confidence and socio-economic condition at the home front having a deep impact on the attitudes of the family members. Schensul, Mekki- Berrada, Nastasi, Singh, Burlesor and Bojko (2006) also found out that extramarital affairs have impact on the community because unsafe sexual liaisons put the involved individual at risk of HIV/STD and other infectious diseases. It also put the other members of the family at risk. The quality of couple relationship is diminished

creating difficulties in community sexuality and violence that may further exacerbate extramarital sex and risks of infection. However, Huisenga (2005) opined that some affairs are the best thing that can happen to a marriage, while others destroy marriages. Huisenga further said extramarital affair is powerful and costly as it affects families, friends, colleagues and employers. It may also be an opportunity to design one's life and love relationship in ways that create honor, joy and true intimacy. Barr (2013) also corroborated this fact that extramarital affair affects both the immediate and extended families. When extramarital affair results to divorce, the divorced spouse may be blamed for the demise of the other spouse and damage to the children. Steinberg (2011) in another submission concluded that, its effect can run from immediate divorce to immediate forgiveness depending on the length of the marriage, presence of children, emotional closeness as well as a sense that the offending party feels true remorse. All these contribute to whether the parties try or are capable of getting out the problem.

Delving (2013) affirmed that, the psychological effect of extramarital affair are intense guilt or depression on the person who has committed it, deep distress in the betrayed partner, violence when people kill unfaithful partner, break up in marriage and unhappiness for the children of the people involved.

Effects of extramarital affair on reproductive health

Extramarital affair is said to have deleterious effects on reproductive health. A patient was said to have been treated in one of the maternity hospitals in the southern part of Nigeria and was diagnosed to have ‘Jerijeri’ – a sexually transmitted disease common among people living in the northern part of the country. It was also established that the sex partner once lived and or is still living in the north. In far-away Kenya, the spread of HIV and AIDS was attributed to none use of condom during sexual intercourse. However, an advertisement was stopped because it was said to have promoted extramarital affairs in Kenya. The fact is, HIV and AIDS is on the increase especially among married people due to extramarital affair. Koigh (2012) reported that about

1.6 million people are living with HIV and AIDS in Kenya. Whereas, Craviferd (2013) opined that, United States Agency for International Development (USAID) failed to consider the emotional, psychological and social effects of extramarital affair on children from broken marriages and the entire society.

Smith (2007) found out that men acquire HIV through having affairs outside marriage and thereby infecting their wives. Bhattarai (2012) also reported a rise in extramarital affair in Nepal due to economic factors such as foreign employment which makes the spouse to migrate to other part of the country or better still outside the country. This presumably predisposes male or female left behind at home to enter into extramarital affair. The prevailing danger is “bring back home” infectious diseases. Regrettably too, those who get involved in multiple sex partnership didn’t care to use condom without the fear of HIV and AIDS or other sexually transmitted diseases once their basic needs are met. Smith (2007) further reported that, women stand the chance of contracting HIV and AIDS after marriage, if

the husband works outside the settlement area. The distance is believed to create avenue for men to engage in sex outside marriage. It is noteworthy that, men engage in affairs outside marriage to ascertain their masculinity and that, they can provide for numerous women. In the same vein, the implication of suggesting the use of condom is that, one's partner is risky and hence guilty of sexual infidelity. It is also a sign that women requesting for the use of condom are having affairs. However, non-use of condom in Nigeria has exposed about 3.5 million people to HIV and AIDS. Extramarital affair without precaution may also end up with unwanted pregnancy. This may result to procurement of abortion; whereas, septic abortion may be the end result, so also secondary infertility. In the same trend, damage to the womb during abortion may cause untimely or premature death. Sandoy, Michelo, Sizeya and Fylkesnes (2007) also discovered that there is a significant association between sexual behavior and that of sexually transmitted disease in Zambia. Stephenson (2010) also reported that the greatest risk of HIV infection lies in marriage and the greatest source is

having unprotected sex with their husbands. It was affirmed that 80% of new HIV infections among heterosexual urban residents in Africa occur within marital or cohabiting union. Afifi, Lalato and Weiner (2001) affirmed that an affair has also become a significant public health issue. Individuals who engage in unprotected sex outside a committed relationship are at a risk of exposure to sexually transmitted disease (STDs).

Effects of extramarital affair on home stability

Extramarital affair is said to have great negative impact on home stability. This according to Shakelford, LeBlanc and Drass (2000) depends on how it was discovered. The discovery of an affair can make couples to break up especially with a sexually unfaithful partner than an emotionally unfaithful partner. In the same trend, Hall and Fincham (2004) also affirmed that there is a higher risk of relationship dissolution when both spouses have been unfaithful than when only one spouse have had an affair. Amato and Previti (2003) found out that, extramarital affair is the most commonly reported reason for home instability and divorce as well as the single

strongest proximal determinant of divorce. The risk of relationship dissolution is greatest among married couples when a spouse is both sexually and emotionally involved with an extra dyadic partner. Glass (2003) concluded that the risk of divorce is high when both spouses have engaged in an affair. When divorce takes place, there is the likelihood that partners are more likely committed to repairing the relationship and are willing to make amends. Chapman (2013) also reported that the quality of conjugal bond is a paramount influence on the outcome with the hazards of extramarital sex higher for respondents who had ever experienced a trial separation. Reported marital violence was said to have scored higher on a marital instability index or spent less time in activities with the spouse. The risk of extramarital sex was said to be lower, the longer the respondents had been married with greater religiosity on the part of the respondents.

Shackelford et al (2000) found out that men are more likely than women to feel contented or relieved, homicidal or suicidal, happy or sexually aroused in

reaction to their partner's affairs while women tend to show a more negative overall emotional reaction to extramarital affair than men. It is imperative to understand here that, women are likely to feel nauseated, repulsed, undesirable, insecure, helpless abandoned or anxious in reaction to a partner's affair. In support of this, Meyer (2006) posited that, despite all the negative effects of extramarital affair on home stability couples often feel closer after working through an affair. In the same trend, Smeeney and Horniz (2001) affirmed that extramarital affair leads to divorce and increase the risk of a major depressive illness episode when discovered. This is a condition very common in psychiatric wards, clinics and health social work settings. Perhaps, this is the reason why Qatanani (2013) declared that extramarital affair is not acceptable for both male and female because it is a shameful act. It destroys the family, breaks the bond of relationship and destabilizes the home. However, marital and family psychotherapy facilitates communication between partners and prevents decline in marriages. It is important for partners to understand that they must learn to, and seek forgiveness

following a decline in their marriages. Whereas, forgiveness is a process which may be long and slow.

STATEMENT OF PROBLEM

Extramarital affair has been a ‘no go’ area in the field of research. There is the need to say that, nearly everybody is involved in it despite the fact that the society frown at it. Religious organizations teach moral to sustain marriages and encourage mutual understanding in families. Despite these, extramarital affair still exists. The end result of this shameful act is that many children are born outside wedlock. These groups of people (the born out of wedlock) are perceived as miscreants in the society because of insufficient parental care and rejection by the society. Level of moral decadence is also on the increase and sexual indiscipline seems to be the order of the day. The language ‘it is a common thing’, ‘everybody does it’ and ‘it is not a new thing’ pervades the air. Health wise, people involved in extramarital affair are predisposed to health problems such as sexually transmitted diseases (STDs) and the dreaded HIV/AIDS disease. Economically too, the male counterpart expends

the money expected to maintain the normal family setting on the woman outside. Reproductive health is affected and stability of home is jeopardized all in the name of extramarital affair. Children and parents suffer a great deal as a result of extramarital affair. More still, most extramarital affair starts because of sexual intercourse in exchange for money. Homes are being destroyed and relationships are being soured. Women especially and children pay dearly for it. Single parenthood ensues and unwanted children create problems in the home, environment and the society at large. Over population is clearly evident and it is not out of place to say that extramarital affair has contributed to the magnitude of social problems experienced in Nigeria and other parts of the world. It is no gain saying that extramarital affair has been a part of the social systems globally. Premised on the aforesaid, the researcher ventured into finding out the relationship between extramarital affair, reproductive health and home instability in Ibadan metropolis, Oyo state Nigeria.

HYPOTHESES

Ho 1. There is no significant relationship between extramarital affair and reproductive health among couples in Ibadan.

Ho 2. There is no significant relationship between extramarital affair and home instability among couples in Ibadan.

OBJECTIVES OF THE STUDY

The study aimed at finding out:

1. The extent to which extramarital affair has affected the reproductive health of couples in our social community.
2. How has extramarital affair actually contributed to home instability?
3. Ways of curbing extramarital affair.
4. Ways of ensuring prompt and drastic reduction of the shameful act within the social community setting.

METHODOLOGY

Descriptive research survey design was adopted for the study. The choice was influenced by the fact that the descriptive survey research design allows for the use of

questionnaire in gathering data. Results were reported as they occur without any manipulation. One hundred (100) couples totaling two hundred (200) respondents formed the population for the study. The random sampling technique was adapted. Two hundred (200) respondents were randomly selected from Akinyele and Ibadan North East local government areas of Oyo State. These two local government areas are within Ibadan metropolis. The civil servants in the selected local government areas formed the bulk of respondents for the study. A self-structured questionnaire was used as instrument for the study. It was in two sections, A and B. Section A featured the demographic characteristics of the respondents while section B contained items generated on general views of the respondents about the relationship between extramarital affairs, reproductive health and home instability. The research instrument was personally administered by the researcher with the help of two (2) research assistants. Filled questionnaire was collected on the spot and coded for analysis. The data collected was analyzed using frequency count and simple percentages for section A, while section B was analyzed

using Pearson Product Moment Correlation at 0.05 alpha level.

FINDINGS

The findings of the study show that, 33 (17%) respondents were between 18-28 years, and 81 (40%) were between 29-39 years. Also 53 (26%) were between 40% years while 33 (17%) were over 51 years and above. In the same trend, 126 (63%) respondents were females while 74 (37%) were males. The result also showed that 149 (74%) respondents had tertiary education; 39 (16%) had secondary education; 4 (2%) had primary education while 15 (8%) had no formal education. The results further showed that 151 (75%) were Christians, 47 (24%) were Muslims while only 2 (1%) were from traditional religion. The hypotheses tested revealed the following results:

Extramarital affair and reproductive health

Hypothesis 1: There is no significant relationship between external affair and reproductive health among

couples in Ibadan, Nigeria. The result obtained is presented in table 1.

Table 1: *Pearson moment correlation showing the relationship between extramarital affair and reproductive health.*

Variables	Mean	Std Dev.	N	R	P	Remark
Effects of extramarital affairs	17.490	3.067	20	.256	.00	Sign.
Reproductive health	22.035	2.804	0	*	0	

Sig. at .05 level.

Table 1 shows that there is a significant relationship between extramarital affair and reproductive health among couples ($r = .256^*$, $N = 200$, $P < 0.05$). Hypothesis 1 is therefore rejected. This implies that, extramarital affair could encourage sexually transmitted diseases (STDs) among people that are involved in it. Men and women who practice the act stand the risks of reproductive health problems.

Extramarital affair and home instability.

HO 2: There is no significant relationship between extramarital affair and home instability among couples in Ibadan, Nigeria.

Table 2: *Pearson moment correlation showing relationship between extramarital affair and home instability.*

Variables	Mean	Std Dev.	N	R	P	Remark
Effects of extramarital affairs	17.490	3.067	200	.142*	0.044	Sign.
Home instability	24.030	2.804				

Sig. at .05 level.

Table 2 shows that there is a significant relationship between extramarital affair and home stability among couples ($r = .142^*$, $N = 200$, $P < 0.05$). Hypothesis 2 is therefore rejected. The implication of this result is that, home stability is threatened by the unwholesome act called extramarital affair. There is greater probability of

split and or break in relationships and marriages as a result of extramarital affair.

DISCUSSION OF FINDINGS

The result shows that there is a significant relationship between extramarital affair and reproductive health ($r = 256^*$, $N = 200$, $P < .05$). This is a clear indication that people involved in extramarital affairs stand the risks of sexually transmitted diseases (STDs) and other deadly infections such as HIV/AIDS. The result is in line with Samdoy, Michelo, Siziya and Fylcesnes (2007) who found out that there is an association between sexual behaviour and sexually transmitted diseases. Men and women who have more than one sex partner stand the risk of reproductive health problems if there is no adequate protection such as the use of condom. It is obvious that, extramarital affair exposes couples to HIV/AIDS infections. Also, this result agrees with Koigi (2013) who found out that condom advertisement promotes extramarital affair in Kenya. Koigi however stressed the importance of health education to create awareness on the causes of reproductive health problems

of which extramarital affair is one. This finding also agrees with Smith (2007) who discovered that extramarital affair contributes to HIV/AIDS infection being transferred from frivolous and unfaithful partners to each other. Schensul, Mekki, Nastasi, Singh, Burleson and Bojko (2006) also found out that extramarital affair put involved individuals at risk of HIV/AIDS and other sexually transmitted diseases (STD).

The result also shows that there is significant relationship between extramarital affair and home instability. This result is in line with Afifi, Falato and Weiner (2001) who found out that the discovery of an affair can make couples to break up. In the same vein, it is in line with Hall and Fincham (2004) who affirmed that men are likely to forgive but are more likely to break up with sexually unfaithful partner. It is also in agreement with Amato and Previti (2003) that extramarital affair is the most commonly reported reason for home instability and divorce. However, this result negates the expressed opinion of Hakim's (2013) that extramarital affair has a perfect formula for a happy and enduring marriage.

Hakim's is of the opinion that both husband and wife should not cage themselves by managing their spouse. That report further reiterated that couples should be free to explore their wild side with lover without the threat of divorce. France was cited as practicing adultery yet, they have stable homes. Hakim's report went further in the affirmative that when one engages in an affair, one enjoys a revitalized sex life in one's marriage. This opinion however negates the Biblical and Quranic injunctions. The essence of marriage is to avoid adultery. Couples should enjoy themselves and not shy away from sexual relationships. Whereas, it has been documented in literature that regular sexual intercourse between spouses brings joy, love and happiness to both male and female. In the same vein, the home is stable when couples express emotions sexually. In the African context, women trying to punish their husbands or men trying to punish their wives by denying them sex are on the verge of home instability which may lead to broken home. The lesson is obvious. Let the man and woman (couple) cling to one another, talk and express emotions together, avoid fault finding attitude and treat issues as they arise. The

forgiving attitude is a weapon to stabilize homes. Also, being faithful to one another is yet another way to prevent the spread of communicable diseases, sexually transmitted diseases, (STDs) including HIV/AIDS. Faithfulness enhances mutual understanding, harmony and home stability.

CONCLUSION

The study concluded that extramarital affair is on the high side globally. It also established that it threatens home stability and encourages the spread of sexually transmitted diseases such as HIV and AIDS among others. These infections predispose both husband and wife to untimely death. The implication of the finding is that every couple should have a clear understanding of what marriage is and the obvious purpose of being married before going into it. The result finally established that couples should be aware of the price to be paid for home stability before going into marriage and that any act or acts that affect their reproductive health will definitely affect home stability and the society as a whole. This result is a big challenge to health educators

and health practitioners. The greatest challenge is that posed on health social workers who should always be on guard to educate couples on the social and health implications of extramarital affair. Finally, couples should be encouraged to be faithful to one another and desist from the shameful practice.

RECOMMENDATIONS

1. Couples should go extra mile to ensure a successful marriage and home stability.
2. Government should ensure the provision of accessible and affordable reproductive health facilities where health education creates awareness at lesser costs.
3. Health social workers, health educators, religious leaders, parents and educators should ensure adequate dissemination of information on importance of home stability and reproductive health to general and health well-being.

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