This study specifically examines the psychological status of women whose husbands travel abroad for greener pastures. Human migration from one geo-political region to another is part of man; and searching for land that flows with milk and honey appears the salient reason among others. Nigeria witnessed the nuptial exit of its virile and young minds to the foreign land for better living between the 80s and 90s and it has remained constant. This migration has affected every facet of national building in Nigeria - politics, economy, social, agriculture, and science and technology; among others. This paper therefore, examines the psychological effects of husband’s exit for greener pastures on the wife and the children left back at home; and the effects also on the development of the society at large. It suggests ways government, work place and organizations could help couples on the job; and strategies to put in place should one of the spouses decides to embark on a foreign mission for better living.

**Key words:** scrambling, greener pastures, migration, family disintegration, couples, and Nigeria.

**Introduction**
Most studies on migration of people from the third world countries for greener pastures in the Western world (especially America) focus on its adverse effects on the nation. Others look at it from socio-economic angle; i.e. how it has economically and
socially underdeveloped Africa, especially Nigeria. And yet others prefer to explore the economic benefits on the nuclear family and its attendance to urgent needs of the community. Few of the studies examine the psychological implications of migration on the nuclear family and the tearing apart of the couples and their children becoming vagabonds. This paper is therefore, a psychological dissection of the effects of migration on marriage and the children (nuclear family). Psychology as a science of behaviour occupies a vintage position in the examination of the effects of spouse migration on the psyche of the nuclear family. The topmost reason for scrambling for greener pastures by married people is to seek and acquire better living for their family members. Since family situation is unquantifiably important; and is a pointer to what happens in the larger society; there is a need to explore the aftermath of migration on the nuclear family vis-à-vis spouse and children. This exploration will open in-roads to re-awakening up to the challenges of migration to the Western world (especially America) and overcoming the problems of divorce and abandonment.

**Purpose of Marriage and Roles of Participants**

One of the greatest mysteries of human organization is marriage. Marriage is a social institution binding a union of two marriageable persons as husband and wife. It is an institution in which interpersonal relationship (usually intimate and sexual) are acknowledged. There are different forms of marriage though; but this study is limited to one man, one woman; monogamy type of marriage. World over, marriage is seen as one of the developmental stages in the life of the individual. And one of the fundamental purposes of it is to start a family (i.e. procreation; the conceiving, bearing and nurturing of offspring); implying that society for its survival has created the concept of family which is the base of society and, in turn, the family is consequence of marriage. Similarly, one of the primary purposes of marriage is companionship/partnership. Nature implants in men and women instincts that impel them to seek the companionship of marriage and in this companionship; husband and wife are able to hope for help and an easing of their physical discomforts even as they grow older. Also, marriage is meant to legitimize sexual relations. It implies that one of the ways this partnership fortifies, invigorates, relaxes and pleasures the participants is through sexual relations. And finally, marriage is meant to serve as remedy for concupiscence or illegitimate sexual desire. It’s inferred that marriage is expected to protect the parties from the consequences and devastation of moral chaos and sexual immorality.
Roles of marriage participants are as enormous, tasking and as trivial and simple as the level of success they want for their marriage. Traditional marriage actually imposes a strict division of labour by gender and mandated unequal power relations between men and women (Coontz 2005). Man was regarded as the breadwinner of the family; who was required to support the family especially financially; footing all the bills ranging from shelter to children’s school fees, feeding, electricity and phone bills etc. Also he’s expected to partake in the teaching and disciplining the child. While the woman was obligated to keep house, nurture children, and provide sex (Phanjaruniti 1994). Surprisingly, marriage has been in a constant state of evolution since the dawn of the Stone Age. In the process it has become more flexible, but also more optional now. With the advent of formal education, science and technology, awareness of human rights and societal change of orientation; there is change in sex roles. Thereby it doesn’t matter who acts as family bread winner; or who takes over the domestic affair, or who initiates sex. However, the process of meeting the needs of the family still remains a herculean task, and the means of achieving this remains the bane of the paper.

The Concept of Migration
Migration of persons refers to movements of individuals from one geographical location to another for a period of time; for the purpose of temporary or permanent resettling. Migration is an age long practice that is as old as man himself. Humans are known to have migrated extensively throughout history and prehistory. Primitive migrants were in search of food, better climatic condition, avoidance of invasion by the enemies etc. for instance, the migrations in European history were the Gothic invasions (3rd-6th century), and Arab invasions (7th-8th century) (encyclopedia.com 2009). However, migration could be local (rural-urban migration) and international (one country to another) with the intention of having temporary or permanent stay. But some scholars argued that the patterns of international migration have changed from uni-directional and permanent to temporary, seasonal and circular (Usher, 2005). Migration studies confirm the obvious, that people in poor countries afflicted by poverty and lack of opportunity often leave their place of abode to try their luck elsewhere (Chimanikire 2005). Africa is the second largest continent; next to Asia in the world and having about 14% of the world population. Thus Africans throughout the continent have a long history of migration in search of a better economic future (Findley 1997). Local migration in Nigeria from urban centers has driven rapid urbanization seen throughout the region up to date. Local migration has often been as a result of seeking better job for better salaries, better educational environment and nearness to
international nations for global connections. Research findings show that males tend to dominate labour migration flows to the foreign nations; in some cases husbands move first and are later followed by their wives and children (Newell 1988).

United States of America is one of the countries in the Western world that Nigerians migrate to. Invariably, it is also one of the world's most ethnically diverse and multicultural nations, the product of large scale immigration from many countries. The U.S. economy is the largest national economy in the world, with an estimated 2008 gross domestic product (GDP) of US $ 14.3 trillion (23% of the world total based on nominal GDP and almost 21% at purchasing power parity. One of the major attracting factors of the immigrants to the United States in summary is the American Dream which is the belief that through hard work and determination, any United States immigrant can achieve a better life, usually in terms of financial prosperity and enhanced personal freedom of choice. Further reasons for immigration are permissive religious and political freedom. Similarly, there is almost unending expression of self; human rights and robust job opportunities.

**First Era of Migration:** The first era of Nigerians in America witnessed slavery system. Compared with other ethnic groups in America, the presence of Nigerian Americans in the United States does not date back very far. However if the slave trade is considered, then Nigerians have been part of the American society as far back as the eighteenth century. World War I expanded the horizons of many Africans; implying that the first set of Africans (Nigerians inclusive) in America were taken there as slaves to work on the plantation farm and later co-opted as soldiers to fight the 1st world war. Abolition of slave trade in 18th century and allowing those who could not trace their steps back home to stay in America led to Black Americans (Nigerian Americans) as one of the ethnic groups of America.

**Second Era of Migration:** This is formal education period. After the slavery era, European colonial masters wanted Africans in their territories to receive an African-based education with emphasis on rural development, and some of them were sent abroad for such training. This aroused the interest of some Africans to go abroad to study. In the early parts of the twentieth century, it was traditional for Nigerians to travel to European countries such as the United Kingdom and Germany to receive an education and to return to their countries. Early Nigerian Americans also went to the United States to study, acquired terminal degrees, and came back home. The United States later
became the revolutionary leaders. The Nigerians who came to the United States to study saw the white person in the same light as a black individual; white people were subjected to the same grandeur and malaise of human nature and were in no way superior to black people. Examples of these people are: the most prominent Nigerian symbolizing the spirit of freedom and human respect was the late Chief Dr. Nnamdi Azikiwe, Professor Eyo Ita and Mbonu Ojike; ever since then Nigerians have been going to U.S. to study. For instance it was reported that in 1926 there were three documented Nigerian students in United States universities, and it rose to 22 in 1944. A steady increase in Nigerians continued when the oil boom in the 1970s made Nigeria one of the wealthiest nations in Africa and many came to the United States to study. Most students were sponsored by their parents and relatives both in Nigeria and in the United States, while others obtained financial assistance from universities and colleges in the United States.

Since the late 1960s and early 1970s, approximately one million Nigerians have immigrated to the United States. In the late 1970s and 1980s, most modern Nigerian immigrants have gone to the United States to pursue educational opportunities in undergraduate and post-graduate institutions. Most of who are from ethnic groups in the southern part of the country, primarily the Igbo, Yoruba, and Ibibio peoples. And Nigeria was among the top six countries in the number of students sent to study in the United States. While many returned home, in the 1980s when Nigeria's economy began to decline at a tragic rate, many Nigerians remained in the United States and obtained citizenship. After becoming citizens many Nigerian Americans brought their relatives into the United States and began to raise their children as first-generation American citizens. Nigeria's official current indigenous population is 140 million; it is estimated that 20 million people of Nigerian descent reside outside Nigeria, with the majority living in the United Kingdom and the United States. According to 1990 census figures, there were approximately 91,688 people of Nigerian ancestry living in the United States (Sarkodie-Mensah 2008).

**Contemporary Era of Migration:** During the mid- to late-1980s, a larger wave of Nigerians immigrated to the United States. The turning point seems to be the collapse of the petroleum boom in the early 1980s, and the attendant economic hardship faced by Nigerians. Subsequently, Nigerians started seeking employment opportunities in other countries, while many who did not necessarily study outside the country began to leave. This migration was further driven by political and economic problems
exacerbated by the military regimes of leaders like generals Ibrahim Babangida and Sani Abacha within the same period; and migration has since remained so. The most noticeable exodus occurred among professional and middle-class Nigerians who, along with their children, took advantage of education and employment opportunities in the United States. This is the phenomenon of brain drain. According to Takoubabg (2004), the severe economic difficulties, increased poverty and political instability that have plagued many African countries in the last two decades have resulted in the large-scale migration of Africans to the United States. Unlike their counterparts in the 1960s and 70s, who were anxious to return home after acquiring an American education in order to contribute in the task of nation building, an overwhelming majority of recent immigrants are more interested in establishing permanent residency in the United States. In general, the main causes of migration are of an economic order, whereby people move from one country to another for a better job in order to improve their standards of living and that of their families (Chimanikire 2005). Basically therefore, Nigerians’ main cause of migration is economic.

Conceptual and Theoretical Framework
Migration, both internal and international, is a common feature of both developing and developed countries. Internal migration in this context refers to the movement of people within their country of origin (in-migration and out-migration / rural to urban, urban to urban), which is a result of the interplay of economic, social, cultural, political and legal forces; while international migration is the movement of people outside their country of origin (emigration) into another country (immigration). In Nigeria, especially in the southeast and Southwest, both types of migration continue to increase. Migration is an inevitable part of human existence, with a long history. However, there are many theories explaining the concept of migration (Boswell, 2002; Crisp, 1999; Russell, 2004; Taylor, 2000; Usher, 2005). There is no single, well-developed theory of international migration. Among the various models attempting to explain why international migration begins; basically, two of such theories are considered as they are applicable to this study; which are: push factor and pull factor.

Push factors
The push factors are circumstances in the home environment (e.g. Nigeria) that make a person think of leaving his normal place of abode for another part of the same country, a neighbouring country, or for a more distant place like the United States. Push factors are those issues and conditions that cause workers to be
dissatisfied with their work and careers in their home country, such as poor compensation, working and living conditions or career opportunities. Still, situations that prevent family breadwinner from performing his roles as expected; due to lack of employment, job retrenchment, or lack of suitable working conditions, or general inflation of goods and services; as it is experienced in Nigeria. For instance, according to the UNDP (2005), there were more than 21,000 Nigerian doctors in the United States alone, while Nigeria’s health system suffers from an acute lack of medical personnel, as a result of unsuitable working conditions and low salaries (Nwajiuba 2005). These push factors may also be present in some developed countries, causing workers to leave one developed country for another. However, these factors are present in a much more dramatic way in developing countries (Nigeria), and they contribute significantly to the decision by workers in these countries to emigrate. Workers who are satisfied with their current employment situation, and thus unmoved by push factors, are unlikely to leave their home countries. Chimanikire (2005) identified four major factors accounting for the patterns in African migration which are:- Globalization and integration of the world economy; - Economic and political development failures in Africa; - Immigration and refugee policies in Europe and the United States; Wilson (2001) identified poverty, unemployment, inadequate shelter; poor or non-existent sanitation, contaminated or depleted water supplies, air pollution, and other forms of environmental degradation as reasons for migration. He further gave the UN reports with specific reference to Nigeria; that life expectancy at birth was 51.6 years, the Human Development Index for 2002 was 0.46, the Human Poverty Index was 35.1%, the proportion of the population without sustainable access to an improved water source in 2000 was 38%, the proportion of the population living below $1 a day from 1990 to 2002 was 0.2%, the urban population in 2002 was 45.9% and was projected to be 55.5% in 2005, while GDP per capita in 2002 was only $328. It was concluded that where this was not consciously and urgently worked upon it could be an incentive for international migration.

**Pull Factors**
These are factors that draw people to particular destinations; conditions in destination countries that motivate workers to migrate. Pull factors typically include economic conditions such as employment, high salaries or high per capita income in country of destination compared to their home country. It also includes migration legislation and the labour market situation in receiving countries (Nwajiuba 2005). For instance, the post – World War II expansion of the industrial economies of Western
Europe and North America (especially the United States) has led to immigration policies in these countries designed to meet a burgeoning demand for cheap labour. However, the pull factors present in developed countries are a more powerful influence on individuals in developing countries. For example, after adjustment for the cost of living, nurses’ salaries in Australia and Canada are double those of nurses in South Africa, 14 times those in Ghana, and 25 times those in Zambia (Chimanikire 2005). This is equally applicable to Nigeria. Often times employers require that the migrating worker undergo substantial retraining; and they are thus likely to be offered a “training wage” that is lower than that paid to local workers with comparable qualifications and experience.

**Effects of Migration**

Migration like any other process has both advantages and disadvantages. One of the salient advantages of migration is economic development of the countries of origin. Migrants are being increasingly considered as agents of development, who can strengthen co-operation between home and host societies. They can contribute to development through investment and entrepreneurial activities; also through the transfer of newly developed skills and knowledge, or through fostering democratization and the protection of human rights in their countries of origin (Usher, 2005). Presently, Nigerians in the diaspora have contributed their resources in cash and sent home to assist in the development of the community. At times a group of professionals (especially the health sector) has made several trips home to give some professional medical assistance. They have also helped to jointly sponsor some indigenes through school both home and abroad to add to the professional work force on ground.

Another perceived benefit of migration is money remittance. There are well over 50,000 Nigerians living in America; mostly concentrated in New York, Washington DC, Maryland and Texas (Wikipedia 2008). Over several decades of migration, Nigerian migrants in America have established a significant migrant community and regularly send remittances home. Nigerian remittance senders include those who are U.S citizens, those who have a “right of abode” or permanent residence via the green card, those who are in the U.S on a temporary status such as a student or work visa, those who have illegal status because their visas are expired, and those who are undocumented. Ethnic, religious, and regional differences existing in the Nigerian community in the U.S make this a very diverse group. The typical remitter is altruistic and sees remittances as a means of providing economic
support to individual recipients at home. The traditional Nigerian culture in general requires the more fortunate family members to provide for the less fortunate, and parents to invest in their children, who in turn will take care of them in their old age. Since there are limited formal welfare systems in Nigeria, senders often feel obligated to provide for immediate family members as well as for extended family, friends and orphans. Remittances are used in diverse areas as education, health, food, medicines and investments in housing, as well as community projects in education, health and recreational facilities (Nwajiuba 2005). Remittances to Nigeria can be for individual or collective use or even community development. It is normal for a migrant to remit money to friends on a regular basis to provide for the welfare of his or her relatives, for example, elderly parents. A growing trend is for Nigerians living abroad to send their children to boarding schools in Nigeria and bring them back to the U.S for their university education. These parents often remit money to their children in the boarding schools for living expenses. The length of stay and the level of skills of the sender in the U.S determine the remittance patterns for individual remittances. As these remittances of emigrants help the relatives who stay in the villages; it also increases the foreign exchange of the country by improving the balance of payments.

Sending patterns vary between highly skilled migrants with high salaries and low skilled migrants with low wages. They tend to send money seasonally during the holidays or for social events such as weddings and funerals. They send money through individual friends that are visiting home, or through banks especially ‘Money Transfer’ method.

Considering the advantages of migration to the individuals, family and the society at large; is worth examining some of the disadvantages. One of such disadvantages is brain drain. Brain drain simply refers to the emigration of qualified professionals from developing countries, and the subsequent loss of skill more rapidly than it can be replaced. A major concern is that because the migrants tend to be young, skilled, and educated, a large-scale “brain-drain” is an ongoing exercise that is hindering African development efforts. For instance, according to the UNDP (2005), there were more than 21,000 Nigerian doctors in the United States alone, while Nigeria’s health system suffers from an acute lack of medical personnel (Nwajiuba 2005). Chimanimikire (2005) gave an historical account of African migrants between 1960 and 1989 that an estimated 70 000 – 100 000 highly skilled African workers and professionals left their countries to go to the Western countries including the United States.
Similarly, there is a negative **psychological effect** of spouse migration on the family, especially the nuclear family (wife and children in the case of husband). This aspect in particular has a very dearth literature as it appears an area of no concern to the public especially researchers. Hence that informs this study.

**Participants**

There were 198 female participants used in this study, drawn from four banks; namely: First bank Iyana-Ipaja, Guarantee Trust bank Sango, Intercontinental bank Ile-Ife, and Inland bank Dugbe, in Lagos, Ogun, Osun and Oyo states respectively. These participants are married women whose husbands have gone to America to work and or stay. These women only use these banks for business transaction; they collect the money sent by their husbands through the banks either in local or foreign currency.

**Instruments**

A questionnaire comprising two sections (A & B) was used. Section ‘A’ tapped demographic data of the respondents such as age, religion, ethnicity, age of marriage and no of children (age range = 18 – 52 and above, religion = Christianity = 101, Islam = 59, ATR = 5, others = 33, ethnicity = Yoruba = 157, Ibo = 31, others = 10, etc). And section ‘B’ measured the perceived psychological effects of spouse’ migration. The 40 item scale with response options ‘Yes and No’ and ‘Five point Likert’ scale was self developed to identify the psychological variables such as husband’s residence status, job status, contact with home; wife’s emotional feelings, alternatives for husband’s absence, general anxiety over husband’s absence, and relationship with in-laws. A pilot study was carried out two weeks before the actual study to test the validity and reliability of the items and it has internal consistency reliability coefficient of 0.57.

**Sampling Techniques**

Purposive sampling method was used to carry out this research. The researcher contacted the banks identified above and was directed to the ‘Money Transfer’ section; whereby the officer in charge was informed about the research purpose and activity to be carried out. Fifty copies of questionnaire were dropped with each bank, to be given to each identified married woman that comes for money transaction through Western Union means. The officer in charge goes through the Western Union form in order to be attended to; and the moment it is discovered that the female customer is married and her husband is based in America, she is given a copy of the questionnaire to be filled while awaiting her money transaction to be done. This activity lasted one month each per bank.
Design and Statistical Analyses

The study was an ex-post facto design that involved the use of a battery of scale. The hypotheses 1-3 were therefore analyzed using t-test.

Data Analyses

Hypothesis 1: There is no significant difference between women who reported poor health as a result of their husbands’ migration to US and those who did not.

Table 1 Summary t-test

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>df</th>
<th>mean</th>
<th>Sd</th>
<th>t-observed</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women who reported poor</td>
<td>46</td>
<td>196</td>
<td>38.42</td>
<td>3.54</td>
<td>16.49*</td>
<td>0.05</td>
</tr>
<tr>
<td>health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women who reported good</td>
<td>152</td>
<td></td>
<td>26.86</td>
<td>2.63</td>
<td></td>
<td></td>
</tr>
<tr>
<td>health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Significant two-tailed test

The first hypothesis was tested by comparing the number of responses on Likert scale on the five statements with the health status of the participants. The hypothesis was not supported. The implication of this finding is that there is a significant difference between women who reported poor health as a result of their husbands’ migration to US and those who did not.

Hypothesis 2: There is no significant difference between women who reported to be in a new relationship as a result of their husbands’ migration to US and those who did not.

Table 2 Summary t-test

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>df</th>
<th>mean</th>
<th>Sd</th>
<th>t-observed</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women who reported to be</td>
<td>112</td>
<td>196</td>
<td>42.68</td>
<td>2.36</td>
<td>23.55*</td>
<td>0.05</td>
</tr>
<tr>
<td>in a new relationship</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women who did not report</td>
<td>86</td>
<td></td>
<td>36.64</td>
<td>3.14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>to be in a new relationship</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Significant two-tailed test

The second hypothesis was also tested by comparing the number of responses on Likert scale on the statements with the relationship status of the participants. The hypothesis raised was
not supported. This implies that there is a significant difference between women who reported to be in a new relationship as a result of their husbands’ migration to US and those who did not.

**Hypothesis 3** There is no significant difference between women who reported in-laws’ persecution and interference as a result of their husbands’ migration to US and those who did not.

<table>
<thead>
<tr>
<th>Sources</th>
<th>N</th>
<th>df</th>
<th>mean</th>
<th>Sd</th>
<th>t-observed</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women who reported in-laws’ persecution and interference</td>
<td>54</td>
<td>196</td>
<td>56.22</td>
<td>2.62</td>
<td>21.22*</td>
<td>0.05</td>
</tr>
<tr>
<td>Women who did not report in-laws’ persecution and interference</td>
<td>144</td>
<td></td>
<td>24.12</td>
<td>2.74</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Significant two-tailed test

The third hypothesis was tested by comparing the number of responses on Likert scale on the statements with the in-laws’ persecution and interference of the participants. The hypothesis was equally not supported. The implication of this finding is that there is a significant difference between women who reported in-law’s persecution and interference as a result of their husbands’ migration to US and those who did not.

**Discussion**

It is no longer a surprise that married couples reside apart, yet they still maintain a family. Since the time of industrial revolution witnessing high science and technology; there have been job opportunities and need for more people to work—men and women alike. In a way, this trend has allowed people whether married or not to become mobile jobbers. At a later time especially with economic down turn in Nigeria; many have fled the country for greener pastures especially to America, thereby not staying together as husband and wife to jointly take care of the children and other larger family members.

Colangelo, Assouline, Chen and Tsai (2007) in their study concluded that parents’ active participation in the academic and social lives of their children clearly lead to high grades in school; Gordon and Rosenthal (1995) posited that unmarried people are
sick more often, stay longer in the hospital than married people with similar problems, and are two and a half times more likely to end up in a nursing home; and Hu and Goldman (1990) both claimed that healthy people who married got healthier still, because marriage itself made the difference, and the happier the marriage, the greater the health advantage. From all indications therefore, marriage makes a family and living together makes it more real. However, where a couple cannot live together as a result of jobbing, yet there is a strained relationship good children and good health cannot be achieved eventually.

It was found in this study that there is a significant relationship between wife’s health status and the husband’s migration to America. Results reveal that 46 women have experienced increased hospital patronage since their husbands left for America, with medical challenges such as elevated blood pressure, sight abnormality and hearing deficiency; all induced by general anxiety. This general anxiety is also related to fear of the unknown; as a result of the husband’s exit to America. They claimed to have spent a lot of money on hospital bills; the money that should have been spent on some other things like taking care of their children.

Similarly, 112 women declared that they are already in a fresh relationship with other men because they perceive that their husbands are already in a relationship with other women in America; and they are already anticipating divorce also. The participants claimed to have had a lot of news about the activities of new Nigerians in America. A great number of them stage ‘fake marriage’ in order to obtain their green card (to grant them a permanent stay); but in most cases things boomerang, the American lady does not let go her new hook. Eventually, the man would have to communicate with home and go on to divorce the legal wife, with some stipends being sent home to take care of the children. In anticipation of this the women tend to be prepared for the expected.

Further, 54 women declared that they experience in-laws’ persecution and interference. The women claim that the in-laws always feel that their husbands make a lot of money in America but only crumbs get to the family in Nigeria; implying that the wives prevent the money and other gifts from getting to them. The participants reported that their in-laws visit them unannounced to spy on what they are doing and to see the level at which their son in America is taking care of her and the children at the in-laws expense. Similarly some of the in-laws deliberately send a young relation to stay with them to monitor the level of contact
between them and their husbands overseas. In the process some overtly fight them while some threaten diabolical ways of dealing with them.

**Conclusion and Recommendations**

Marriage is meant for procreation, nurturing and training the offspring; companionship, sexual satisfaction and guide against concupiscence. It will take the couple to be together before all these could be achieved. Marriage institution is the most affected by human circumstances (e.g. migration). However, migration has become inevitable as it were; but for couples to achieve the objectives of marriage, it all depends on how committed they were before migration takes place, and the strategies that are put in place before embarking on such journey. This study therefore shows psychological negative effects of migration as it affects women especially and the children. Based on the findings of the study, it is recommended therefore that:

1. Couple should envisage future migration of one of them and plans should be made along that line
2. Couple should fine tune the number of years to spend apart should in case of migration (2 years maximum is recommended)
3. While processing migration, it should include the entire nuclear family
4. Nigerian government should initiate and collaborate with other international governments that once a person is declared married, visa should be extended to the entire nuclear family members
5. Marriage counsellors should inject migration paradigm into their counselling scheme to assist prospective couple
6. Government should put in place plans to employ married couples to encourage their stay together
7. Companies, organizations and government parastatals should consider family before sending a worker overseas for a lengthy number of years.
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