

DEMOGRAPHIC DETERMINANTS OF COUPLE LIFE BEHAVIOUR AMONG UNDERGRADUATES IN OSUN STATE, NIGERIA

Alebiosu, Y. O.
Osun State University, Osogbo

Abstract

The study investigated determinants of religion, gender, age and level of study on couple life behaviour among undergraduates in Osun State, Nigeria. Descriptive survey research design was adopted for the study with samples drawn from 180 cohabiting undergraduates who were purposively drawn from four (4) tertiary colleges in four (4) local government areas of Osun State: Oriade local government; Ikire local government; Odo-otin local government and Ejigbo local government. A Couple Life Behaviour Questionnaire (CLBQ) was designed by the researcher and after ascertaining its face validity and reliability of 0.71 through pilot testing, five (5) research questions were answered. Results showed a positive but insignificant relationship between religion and undergraduates involvement in couple life behaviour ($r=0.047$, $p>0.05$); there was however, no gender influence on undergraduates' involvement in couple life behaviour ($F=0.142$, $p>0.05$). Result further showed a strong correlation between age and undergraduates involvement in couple life behaviour ($r=0.161$, $df=178$, $p>.05$); while level of study also exerted significant influence on undergraduates' involvement in couple life behaviour ($t=5.716$, $p<0.05$). There was also a joint contribution of religion, gender, age and level of study on couple life behaviour with level of study identified as the most potent factor

Key words: *Couple life behaviour, University undergraduates, Demographic factors.*

Introduction

The increasing rate and trend of couple life behaviour amongst undergraduates seem to attract and jolt increased attention and has become a subject of gross worry for societies where such practice exist. It has become an increasingly integrated behaviour into early adult and teenage life course. Couple life behaviour is a condition wherein students of opposite sex live together and indulge in activities that are reserved for married couples with legal, cultural or religious bonds. It is a coinage usually used by adolescents to describe a type of relationship formation which involves two individuals of different sexes living together and involving/engaging in practices deemed fit and suitable for official couples. It is an affirmation/indication that there are some laid down expectations from officially bonded couples which have found their ways into the lives of unofficially bonded individuals who now act in the similitude, This reference is suggestive that activities that are reserved for official couples are being carried out by those engaged in couple life behaviour like; conjugation, engagement in sexual interactions, emotional attachments, domestication, financial responsibility and other related acts. This behaviour has raised brows and criticisms considering its illegality, inappropriateness and unacceptability especially amongst the adolescent population who are still largely sustained by parents/guardians, unprepared to take up the consequences that may emanate from this behaviour, unprepared to meet challenges of adulthood and are under-aged.

More students are getting involved and entrenched in this social trend of life due to much freedom and literally sequel to inability of many tertiary institutions to provide sufficient hostel accommodation for them. Couple life behaviour amongst undergraduates leaves a lot to be desired as far as engagement in premarital sex and consequences of such is concerned; and unless interventions are contracted, the prospect of producing wholistic and morally upright generation of undergraduates may be far-fetched or become elusive. As far as these undergraduates are concerned, engaging in this lifestyle while in school is not an act to cry 'wolf' about as everything around them depict its acceptability. Most movies on cable television, internet surfing and discussions flaunt its acceptability, receptiveness and leaves them with no reservation against engaging in such behaviour anytime situation to do so present itself. With the various screen scenes on suggestive activities on freedom to flaunt indecencies and satisfy urges (Big brother Naija series and other related shows) by the larger society came the desire to carry such emotions to higher, more practical, more desired level of cohabitation once the individual gains admission into a tertiary environment; a place far from parental/guardian control, with more flexible space to be in charge of his affairs.

World Health Organisation (2002), agreed that sexuality awareness and risk taking behaviours, fantasies, erotic adventures, connections and ideations are heightened in adolescence. This points to the fact that every adolescent needs to be awakened to the unpalatable consequences of such acts which range from unwanted pregnancies, abortions leading to damaged uterus, contraction of sexually transmitted diseases, obstructed academic pursuance, dropping grades and dropping out of school to risk of death. This was affirmed in Arisukwu (2013)'s contributions wherein he noted that couple life behaviour is not only viewed by undergraduates as being right, it is also seen as a necessity in preparation for marriage as well as for convenience. However, this has evolved into a paradigm shift in couple life behaviour from purely heterosexual relationship to homo-sexualize, which is another sex behaviour that seems to have gained ground amongst undergraduates.

Smock and Manning (2004), observed that many of those who engage in this life style believe that living together allows them to experiment marriage with a view to finding a perfect match. In some cases, parents of these undergraduates were caught in the web of engaging in similar practice. They were once victims of this behaviour and it becomes difficult to preach against it to their children. Often times, couple life behaviour amongst undergraduates is an offshoot of inability of parents to provide for their adolescents in school and the burden of financial sustainability of these students seems to rest on their shoulders. This financial state propels them to depend on relationship formation with fellow students who can afford to accommodate them provided accommodation could be given in exchange for assistance. Couple life behaviour is strong enough to distract either the male or female gender from the essence of their tertiary assignment and this in no little way has a long term effect on their lives which is not limited to immediate consequences mentioned earlier. The consequences may even be deep enough to be significant in their latter marriages especially when such individuals do not end up together as a couple. Even when they end up as couples, their inexperienced and infatuated foundation may wrongly represent what real marriage should be. This behaviour in many cases involve females exchanging their bodies for comfort and becoming live-in

lovers with male partners which consequently make them face the burden of cradle nursing, series of abortions, drug misuse, exposure to family planning processes even when they are not prepared for it. As for their male counterparts, there are tendencies of seeking for ways of meeting their partners needs through fraudulent activities like; cyber -crime, gambling and stealing thereby exposing them to fraudulent activities early in order to improve their finances and boost their masculine ego.

All these are consequences of distractions and hugely burdensome on their young, inexperienced and unprepared minds. But it is assumed that religious service attendance in school can stand as proxy for religiosity which will be a checker on their engaging in such behaviours. Religion as a creation and maintenance of social bonds makes it inseparable from the society. Durkheim (2001), described it as a place where a society reaffirms its bond, renews emotional ties, marks its boundaries, sets itself apart and brings itself to being. Odimegwu (2004), contributed that most religious groups discourage premarital sex, hence, individuals who attend religious commitment may receive more frequent religious messages against premarital sex and most likely accept the teachings. As a result of this, young people who are active in religious group would either have a stronger commitment towards sexual abstinence before marriage an engagement in activities related to it is minimal. Strayhorn and Strayhorn (2009), found that states with higher religious index score had a lower abortion rate which means that religiosity predicted less engagement in premarital cohabitation. The study of Hardie and Lucas (2010), confirmed that stressful economic considerations, uncertainty and economic hardship increase the propensity of students to get involved in this kind of behaviour.

There are instances when male or female undergraduates experience an atmosphere of relationship insecurity and they believe the stability of their relationship is more assured when they live together with their dates. Some of them are of the conviction that their relationship has higher chances of sustenance by living together as undergraduates. Smock and Manning (2004), observed that many of those who engage in this life style believe that living together allows them to experiment marriage with a view to finding a perfect match and a soft landing to dissolve any partnership whenever they wish. Gender as an important factor that contributes to undergraduates' involvement in couple life behaviour cannot be under estimated as there are stronger tendencies for females to display low self-esteem and confidence in heterosexual relationships than males. Unfortunately, couple life behaviour and practice expose them to the early burden of cradle nursing even when they are not prepared for it, as well as series of abortions, drug misuse (especially when they need to keep pregnancy away), early exposure to family planning process, infection, sexually transmitted diseases and other risky sexual behaviours. Age as a sociological and personal factor affects the tendency of people to partake in exploitation of opportunities and engagement in activities. It involves either a positive or negative effect of experience that increases as age increases. All these form the footstool on which this study is built to assess demographic factors that contribute to couple life behaviour amongst undergraduates in Osun State.

Statement of the Problem

It is not enough to recognize couple life behavior as an important part of family life course but it becomes imperative to explicitly accept that it has also evolved as a teenage or adolescent activity. With this trend of social formation, it is very important to consider the dynamics of this behavior during the teenage and adolescent years. Some of the determinants of this union formation vary and there is the need to explore the effects of some socio demographic variables that are involved in this type of relationship formation.

Objectives of the Study

The study sought to contribute to previous research on undergraduates' early union formation of couple life behaviour by examining:

- 1) the correlation between religion and undergraduates' involvement in couple life behaviour
- 2) the influence of gender on undergraduates' involvement in couple life behaviour
- 3) if there is any correlation between undergraduates age and their involvement in couple life behaviour
- 4) if level of study has any relationship with undergraduates' involvement in couple life behavior
- 5) the joint contribution of religion, gender, age and level of study on undergraduates' involvement in couple life behaviour

Research Questions

The following research questions are answered in the study:

- 1) What is the correlation between religion and undergraduates' involvement in couple life behaviour
- 2) Does gender have any influence on undergraduates' involvement in couple life behaviour
- 3) Is there any correlation between undergraduates' age and their involvement in couple life behaviour
- 4) Does level of study have any relationship with undergraduates' involvement in couple life behavior
- 5) What is the joint contribution of religion, gender, age and level of study on undergraduates' involvement in couple life behaviour

METHODOLOGY

Design

The study adopted the descriptive research design using an *ex-post facto* type approach. This design is appropriate for this study because the variables of interest investigated were not manipulated but presented as they naturally exist among respondents

Sample and Sampling Procedures

A total of 180 undergraduates participated in the study using purposive sampling technique.

Instrumentation

The researcher developed a Couple Life Behaviour Questionnaire (CLBQ) for the study which was adapted from Lair and Reifman (2004), scale titled Demographic and Cohabitation Scale for the study. The questionnaire was divided into two sections with a four scale response ranging between Strongly Disagree (=1); Disagree (=2); Agree (=3) and Strongly Agree (=4). Section A attracted response on bio-data and demographic details while Section B which had 22 items focused on undergraduates' involvement in Couple Life Behavior. Items in the instrument include; *I am into cohabiting with my date though we are not engaged officially; I went into couple life behaviour for sexual satisfaction; I am afraid I will lose my partner to another person so I moved on with him/her; couple life gives me idea of what marriage is all about.* The scale had a reliability coefficient of 0.71

RESULTS

Research Question One

What is the correlation between religion and undergraduate involvement in couple life behaviour?

Table 1: Correlation between religion and undergraduate involvement in couples' life behaviour

Test statistics	Religion	Undergraduate involvement
Pearson Correlation	1	0.047
Sig. (2-tailed)		0.530
N	180	180

*Correlation is insignificant at the 0.05 level (2-tailed).

Pearson's correlation was used to analyse responses to the first research question. The result obtained as depicted in Table 1 showed that there is a positive but insignificant relationship between religion and undergraduates' involvement in couple life behaviour ($r = 0.047$, $p > 0.05$). This decision is based on the fact that the probability value of 0.530 is greater than 0.05 significance level.

Research Question Two

Does gender have any influence on undergraduates' involvement in couple life behavior?

Table 2: Summary of bivariate regression showing gender influence on undergraduates' involvement in couple life behaviour

Independent variable	Coefficients		
	B	β	t-value
Gender	-0.009	-0.028	0.376
<i>Test results</i>			
F- value	0.142		
R	0.298		
R ²	0.089		
Constant	0.977		55.166*

*Significant at 0.05 significance level; probability value = 0.707; Critical F-ratio = 3.89

Bivariate regression analysis was employed to respond to the second research question. The result showed that gender is responsible for 8.9 per cent of the variation in undergraduates' involvement in couple life behaviour, implying that gender alone does not influence undergraduates' involvement in couple life behaviour. The Analysis of Variance (ANOVA) result further indicates that gender has no significant influence on undergraduates' involvement in couple life behavior ($F = 0.142, p > 0.05$). This is apparent as either male or female could display positive or negative behavior concerning marital behaviour.

Research Question Three

Is there any correlation between undergraduates' age and their involvement in couple life behaviours?

Table 3: Correlation between age and undergraduate involvement in couple life behaviour

Test statistics	Age	Undergraduate involvement
Pearson Correlation	1	0.161*
Sig. (2-tailed)		0.031
N	180	180

*Correlation is significant at the 0.05 level (2-tailed).

Likewise, Pearson's correlation responded to the third research question. Table 3 showed a positive and significant relationship between age and undergraduates involvement in couple life behaviour ($r = 0.161, p < 0.05$). This decision is consequent upon the fact that the probability value +of 0.031 is lower than the probability value of 0.05 significance level.

Research Question Four

Does level of study have any relationship with undergraduates' involvement in couple life behaviours?

Table 4: Summary of bivariate regression

Independent variable	Coefficients		
	B	β	t-value
Level of study	0.179	0.394	5.716*
<i>Test results</i>			
F- value	32.676*		
R	0.394		
R ²	0.155		
Constant	0.821		28.615*

*Significant at 0.05 significance level; probability value = 0.000; Critical F-ratio = 3.89

Result to the fourth research question was provided by using bivariate regression analysis. It showed that level of study is responsible for 15.5 per cent of the variation in undergraduates' involvement in couple life behaviour. The analysis indicates that level of study has a significant influence on undergraduates' involvement in couple life behaviour ($F = 32.676$, $p < 0.05$). This decision is on the basis that the probability value of 0.000 is lower than 5% significance level or because the calculated F-ratio of 32.676 is higher than the critical F-ratio of 3.89. The positive regression coefficient indicates that increase in level of study would bring about a corresponding increase in undergraduates' involvement in couple life behaviour. The result further showed that level of study exerts significant influence on undergraduates' involvement in couple life behaviours ($t = 5.716$, $p < 0.05$).

Research Question Five

What is the joint contribution of religion, gender age and level of study on undergraduates' involvement in couple life behaviour?

Table 5: Summary of multiple regression of the joint contribution of religion, gender age and level of study on undergraduates' involvement in couple life behaviour

Independent variables	Coefficients		
	B	B	t-value
Religion	-0.006	-0.010	0.144
Gender	-0.024	-0.073	1.042
Age	0.050	0.125	1814
Level of study	0.178	0.393	5.646*
Test results			
F- value	9.448*		
R	0.421		
R ²	0.178		
Constant	0.800		14.478*

*Significant at 0.05 significance level; probability value = 0.000; Critical F-ratio = 3.89

Multiple regression analysis was employed to respond to the fifth research question. Result on Table 5 showed that religion, gender age and level of study are responsible for 17.8 per cent of the variation in undergraduates' involvement in couple life behaviour. It also indicated that religion, gender, age and level of study have significant influence on undergraduates' involvement in couple life behaviour ($F = 9.448$, $p < 0.05$). Results of regression coefficients show that age and level of study have positive regression coefficients indicating that increase in age and level of study would bring about a corresponding increase in undergraduates' involvement in couple life behaviour. However, among the variables used in the analysis, only level of study exerts significant impact as the most influential and is identified as the most potent factor responsible on undergraduates' involvement in couple life behaviour ($t = 5.646$, $p < 0.05$). Looking at the result of the standardized regression coefficient (β), it

is apparent that level of study has the highest weight (0.393), followed by age (0.25), while gender has the lowest weight (-0.073).

DISCUSSION

Result in respect of research question one suggested that undergraduates' involvement in couple life behaviour is determined by their religion. This is apparent as religious doctrines and teaching to a large extent determine the way undergraduates get involved in couple life behaviour. Similar result was reported by Langlais and Schwanz (2017) when they found a positive relationship between religiosity and dating. In a related study, Stafford (2016), stated that religion plays an important role in the maintenance of romantic relationships. The result obtained in this study is also consistent with the study of Spilka and Ladd (2013) which confirmed that religiosity positively impacts on the quality and stability of married couples through high frequency and quality of individual prayers and behaviour. Though the association is insignificant, but the positive correlation coefficient suggests that increase in religion brings about a corresponding increase in undergraduate involvement in couple life behaviour; implying that undergraduate involvement in couple life behaviour is dependent on religion. Religion describes a cultural system of designated behaviour, practices and world views.

Each religion values are varied and these values have a huge role to play in shaping individuals' image of the world which in turn can affect their view interests and actions to take on situations. Religion also offers emotional comfort and acts as the opium of the people in situation that needs interventions (Carl, 1844). It has been used over the years by many as a basis for formation of relationship. This could explain why religion emerged as a factor that may inform, affect or predict undergraduates' involvement in couple life behaviour. The result is corroborated with the studies of Katz, (2001); Stanley, Whitton, and Markman (2004) which indicated that those with religious affiliations are less likely to engage in couple life behaviour than those without religious affiliations. Similarly, the result is also in accordance with the finding of Gault-Sherman and Draper (2012) who observed that undergraduates' religiosity is positively associated with more traditional family attitudes and behaviour. They further stated that norms regarding family formation, behaviour of individual are commonly shaped and reinforced by religious institutions.

The result obtained to answer research question two showed that gender is of no significance as far as undergraduates' involvement in couple life behaviour is concerned. Chandra, Martinez, Mosher, Abma and Jones (2005); Kennedy and Bumpass (2008), had with their research affirmed that majority of young adults have cohabitated with no bias for gender. They also asserted that undergraduates who do marry after engaging in couple life behaviour in school always established cohabitation as the common pathway into marriage. In another study, Lopez (2011) stated that partner religiosity is positively associated with relationship quality, but it is attributable more to women than men as this study revealed that there is no gender influence on undergraduates' involvement in couple life behaviour. This is consistent with the studies of Marcussen, (2005); Hansen, Moum and Shapiro, (2007); Shapiro and Keyes, (2008); Hsueh, Morrison and Doss (2009) reports that there is no significant gender influence of undergraduates' involvement in couple life behaviour on mental

health, life satisfaction, happiness, social well-being, loneliness and relationship quality. Also results from the 2002 National Survey of Family Growth (NSFG) indicated no gender influence in global approval of young adults (18-29 years old) involvement in couple life behaviour.

Research question three indicated that there was no relationship between age and involvement in couple life behaviour of undergraduates. This finding confirmed that the odd of forming a union at adolescence has nothing to do with age. Manning and Cohen (2004), found that the increase in this type of union formation has boosted the decline in marriage as those in this practice would rather engage in the couple life behaviour without any commitment than marry one another. The study revealed that increase in age brings about a corresponding increase in undergraduate involvement in couple life behaviour; because there are many undergraduates that entered the tertiary institution at a young and naïve age confirming the findings of Ogunbamila (2013) that early young adults were mostly prone to couple life behaviour. This lifestyle is common among young undergraduates because many of them have never experienced such independence, hence, they desire to enjoy the freedom, since they are less monitored by either their parents or guardians.

This result is also in consonance with the findings of Alo and Akinde (2010) who asserted that couple life behaviour are more common with those within the age range of 15-24 years. This probably supported the result of this finding that couple life behaviour is not limited to any age range, meaning that undergraduate involvement in couple life behaviour is dependent on age. This is expected as undergraduates' involvement in marital affairs is largely determined by their age and this determines the way they view and take part or get involved in couple behaviour. In addition, age of undergraduates can also make them engage or involve in couple life as this gives them idea of what marriage is all about.

Result of research question four confirmed that undergraduates' involvement in couple life behaviour to a considerable extent is determined by their level of study. Students or undergraduates who have spent more years in the university can easily get involved in couple life behaviour. The need to meet up with school needs such as accommodation and the need to make ends meet daily push many students to get involved in couple life behaviour. Students who have spent more years in school have established intimacy or bond with their male/female friends or course mates and see the need to engage in couple life as the best means to select future partner. This is somehow different from newly admitted undergraduates who are mostly concerned with adapting to the new environment, adjusting to the new academic needs and may not have the time to engage in sexual relationships.

Research question five showed that there is joint contribution of religion, gender, age and level of study on undergraduates' involvement in couple life behaviour. This result corroborated the studies of Katz, (2001); Stanley, Whitton, and Markman (2004) which indicated that those with religious affiliations are less likely to engage in couple life behaviour than those without religious affiliations. Similarly, the result is also in accordance with the finding of Gault-Sherman and Draper (2012) who observed that undergraduates' religiosity is positively associated with more traditional family

attitudes and behaviour. The result also showed that gender was not a significant component in the joint contribution on undergraduates' involvement in couple life behaviour. This is so because, according to 2002 National Survey of Family Growth (NSFG), there was no gender influence in global approval of young adults (18-29 years old) involvement in couple life behaviour. It is also in consonance with Joan-Nduta, (2006); Jones and Espey, (2008) that couple life behaviour is on the increase and common in most African schools.

According to the findings of Arisukwu, (2013); Alo and Akinde, (2010); and Akanbi, (2015), couple life behaviour otherwise called campus marriage, campus coupling and couple life is commonly lived out by many young adults in Nigerian higher institutions of learning. With this result, it is clear that though religion, gender age and level of study have significant influence on undergraduates' involvement in couple life behaviour; level of study exerts the most influence and is identified as the most potent factor responsible for undergraduates' involvement in couple life behaviour followed by age and gender while religion is the least.

Conclusion

The findings of the study revealed that there is significant correlation between religion and undergraduates' involvement in couple life behaviour. It clearly showed that religion is equally an important variable in couple life behaviour among undergraduates. The finding also revealed no gender influence on undergraduates' involvement in couple life behaviour, inferring that both male and female undergraduates engage in couple life behaviour. However, findings further indicated a strong correlation between undergraduates' age and their involvement in couple life behaviour and confirmed that there is no significant relationship between level of study and undergraduates' involvement in couple life behaviour. This means that undergraduates irrespective of their level of study are involved in couple life behaviour. Finally, the result revealed a joint contribution of religion, gender, age and level of study on undergraduates' involvement in couple life behaviour with level of study being the strongest predictor.

Recommendations

Based on the findings of the study, the following recommendations were made:

Those in the helping profession, especially qualified and dedicated counsellors should carry out sensitization campaigns through seminars, symposium and workshop on the danger involved in engaging in couple life behaviour

The university authority could collaborate with the community leaders accommodating undergraduates' lodges to curb the incidence of couple life behaviour among the university students. The university authority should adequately enlighten undergraduates during orientation and colloquium about the danger of engaging in couple life behaviour.

Parents and guardians should not only send their children and wards to school, they must visit them regularly to know how and what they are doing in school.

Accommodation should be made affordable to students on campus so that indigent students could not be made vulnerable for all kinds of exploitation including cohabitation

Counselling activities in institutions should be concentrated on re-definition of quality personal values, ethics and positive body image as a sustainable paradigm to build a wholistic and morally compliant youth.

Processes aimed at preventing, de-sensitizing, disengaging undergraduates from the behaviour through restructuring should be adopted by Counselors

Parents, irrespective of their marital status should be involved in early management of vulnerability in their children as this inculcates early positive health knowledge as well as guiding behaviours in them thereby sustaining their ability to transit through adolescents with minimal risk involvement Undergraduates should be encouraged to get involved in extra-curricular activities like sports and talent engagements which would give them enough outlets to dissipate their youthful energies thereby distracting them from idle youthful acts

The role of religion should not be undermined in counselling relationship bearing in mind its significance in influencing and molding values

References

- Akanbi, S. (2015). Attitude towards premarital cohabitation among tertiary institution students in Oyo State, Nigeria. *The Counsellor*, 34 (1), 35-46
- Alo, O. & Akinde, I. (2010). Premarital sexual activities in an urban Society of South West, Nigeria. *English Australian Journal* 2 (1), 1-16.
- Arisukwu, O. (2013). Cohabitation among University of Ibadan undergraduate students. *Research on Humanities and Social Sciences* 3 (5), 185-192.
- Chandra, A., Martinez, G., Mosher, W., Abna, J., & Jones, J. (2005). Fertility, Family planning and Reproductive health of US women: Data from the 2002 National Survey of Family Growth. National Centre for Health Statistics. *Vital Health Statistics* 23 (25).
- Dantiye, S. & Haruna. (2004). Hawking: Child abuse or economic supplement for parents? In R.U. Okonkwo (R.O. Okoye (Eds). *The Learning Environment of the Nigeria Child*. Education Publishers
- Deinne, C. & Ajayi, D. (2017) Spatial dynamics of urban poverty in Delta State Nigeria. Available at: <http://dx.doi.org/10.1080/10875549.2017.1348432> (Accessed 12/9/19).
- Eleanor, D. (1972). Heterosexual Cohabitation among Unmarried College Students. *Family Coordinator* 463-472
- Hardie, J. & Lucas, A. (2010). Economic Factors and Relationship Quality among Young Couples: Comparing Cohabitation and Marriage. *Journal of Marriage and the Family*. 72 (5), 1141-1154

- Heyman, R., Hunt, A., Malik, J. & Slep, A. (2009) Desired change in couples: gender differences and effects on communication. *Journal of Family Psychology*. 23 (4): 474–484.
- Houseknecht, S. & Lewis, S. (2005). Explaining Teen Childbearing and Cohabitation: Community embeddedness and primary ties. *Family relations*, 54, 607-620
- Joan-Nduta, M. (2006). *Factors that contribute to the prevalence and practice of cohabitation among Kenyatta University students, Nairobi, Kenya*. A Thesis Submitted to the School of Environmental Studies and Human Sciences, Kenyatta University for the Award of Degree of Master of Science in Family and Consumer Sciences.
- Johnson, M., Cohan, C., & Davila, J., et al. (2005) Problem-solving skills and affective expressions as predictors of change in marital adjustment. *Journal of Consulting and Clinical Psychology*, 73:15 27.
- Kennedy, S. & Bumpass, L. (2008). Cohabitation and childrens' living arrangements: New estimates from the United States. *Demographic Research*, 19,1663-1692
- Lair, T. & Reifman, A. (2004). Attitudes Towards Cohabitation and their Predictors in a College Sample. 2004 Conference of the International Associate for Relationship Research.
- Madison. Winconsin
- Langlais, M. & Schwanz, S. (2017) Religiosity and relationship quality of dating relationships: examining relationship religiosity as a mediator. *Religions* (8) 187
- Manning, W. & Cohen, J. (2004). Teenage Cohabitation, Marriage and Parenthood
- Odimegwu, (2005). Influence of religion on adolescents' sexual attitudes and behaviour among Nigerian Universities students: Affiliation or Commitment? *African Journal of Reproductive Health*, 9 (2): 125-140
- Ogungbamila, A. (2013). Demographic predictors of premarital sexual behaviours among undergraduates. *Nigerian Journal of Applied Behavioural Sciences* 1, 68-74.
- Shapiro, A. & Keyes, C. (2008). Marital status and social well-being: Are the married always better off? *Social Indicators Research*, 88 (2), 329-346.
- Smock, P. & Manning, P. (2004). Living Unmarried in the United States: Demographic Perspectives and Implications for Family Policy. *Law and Policy* 26 (1): 87-117
- Spilka, B. & Ladd, K. (2013) *The Psychology of Prayer: A Scientific Approach*. New York: Guilford Press.
- Stafford, L. (2016) Marital sanctity, relationship maintenance, and marital quality. *Journal of Family Issues*, 37: 119–31.
- Stanley, S. Whitton, S. & Markman, H. (2004). Maybe I do: Interpersonal commitment and premarital or non-marital cohabitation? *Journal of family Issues* 25:496-519.
- Strayhorn, J. (2009). Religiosity and teen birth rate in the United States. *Reproductive Health*, (6);14
- Zito, C. (2013). Family Structure History and Teenage Cohabitation: Instability, Socio-economic Disadvantage or Transmission. *Journal of family issues; ISSN:0192- 513x*
International Journal of Educational Research, 7(1), 2020