

Perceived Factors And Consequences Of A Failed Marriage Among Career Women In Fct Abuja

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ABSTRACT

This study examined the Perceived Factors and Consequences of a Failed Marriage among Career Women in FCT Abuja. The study had two objectives, two research questions and two null hypothesis which guided the study. The research design was a survey design. The population of the study was 14,232 out of which 270 career women were purposively sampled within the study area. The instrument used to collect the data was a self-structured questionnaire entitled: Factors and Consequences of Failed Marriage Among Career Women Questionnaire (FCFMACWQ). The instrument was pilot tested within the interval of three weeks between the first and second administration. The result was correlated using Pearson Product Moment Correlation Coefficient (PPMCC) which yielded an index of 0.72 and it was valid for the study. The demographic data were analyzed using frequency counts and percentage while answers to research questions were analyzed using mean scores and standard deviation. The hypothesis were tested at 0.05 level of significance and t-test was used to test all the hypotheses. The findings showed that, factors like lack of quality time, long working hours, difficult to balance professional responsibilities and family needs, argument, misunderstanding among others contributed to a failed marriage among career women. It further revealed that, loneliness and breakdown of marriage, loss of self esteem, anxiety and depression, declined in productivity at work, financial burden, discrimination among others were the consequences of a failed marriage in FCT Abuja. Results of the hypotheses showed that urban and rural career women differ significantly on the factors and consequences of a failed marriage among career women in FCT Abuja. It was therefore recommended that, stake-holders like counsellors, social organization and religious bodies should used every opportunity to educate intending wife and wives to always prioritize their marital relationship over career in order to avoid divorce and attendant consequence.

INTRODUCTION

Marriage is an important institution in human race and it is often regarded as the cornerstone of family life and social stability. However, the dynamics surrounding marriage have significantly made it a matter of concern by many stakeholders as it bores on socio-economic, cultural, career and individual factors which sometime may contribute to a failed marriage. In recent times, the discussion between marriage and career prospects has become a subject of research interest, particularly among researchers. The increasing participation of women in the workforce has reshaped traditional gender roles and expectations.

Career women in Abuja often navigate complex challenges as they strive to balance professional aspirations with societal expectations of marital roles. These challenges are compounded by factors such as cultural norms, economic pressures, and the demands of career advancement. For instance, societal perceptions may frame successful career women as less inclined towards marriage or as prioritizing their careers over family life, potentially influencing their marital prospects and experiences (Omoniyi & Adedeji, 2021). The author further added that, the pressures sometimes translate to the women could make them perceived as being judged, though most of them feel independent and free. The author is of the opinion that individual need to be careful in selecting a partner in order not to fall victim of a failed marriage as a result of career that is considered fundamentally than marriage.

Furthermore, the dual roles of being a career professional and a spouse often bring about significant consequences. These may include time management conflicts, stress, and the renegotiation of household responsibilities. It may further lead to persistent disagreement and disunity among couples which may likely degenerate to separation, and divorce (Yunnan, 2024). In addition, career women often face a range of challenges that can affect their personal and professional lives. The author further found that professional women in marriage are under the dilemma of their work and family which includes occupational promotion, spouse, childcare, and eldercare. Wendy and Moridnejad (2024) posit that, cultural upbringing, cultural expectations and life experiences play a crucial role in deterring girls from pursuing careers especially those in engineering. Although, marriage can also provide emotional support and stability, which may enhance career success among married women.

In the study of Lukman, Khan and Ayodeji (2025) they found that, childcare responsibilities, societal discrimination against women and sexual harassment from men are the factors influencing failed marriage among career progression of working-class married women. It is often believed that, gender discrimination, societal expectations, lack of mentorship, harassment and safety were some of the major factors negatively impact failed marriage among career women. It is further believed that, over suspicious as well as suspicious movement and lack of trust either on both parties may be part of the factors contributing to a failed marriage among career women. Trust were said to be fundamental in any relationship include marriage irrespective of career. The absence of this fundamental cornerstone in marriage may result in breaking of

communication and if not properly managed may result to hatred, fighting, disunity and ultimately separation or divorce.

Abuja, as the capital of Nigeria, presents a unique context for examining these dynamics. The city is a melting pot of cultures, with residents from various ethnic, social, and economic backgrounds. This diversity influences perceptions of marriage and career in multifaceted ways. Additionally, the relatively high cost of living in Abuja necessitates dual-income households, further emphasizing the importance of career women in the socio-economic framework. Despite the growing discourse on marriage and career, there remains a gap in understanding how these elements intersect within the specific socio-cultural and economic context which either result to a failed marriage among career women in FCT Abuja. It is against these, that this study delves into the perceived factors and consequences of failed marriage among career women in the Federal Capital Territory (FCT), Abuja.

Statement of the Problem

The increasing prevalence of failed marriages among career women in the Federal Capital Territory (FCT), Abuja, Nigeria, has become a critical social concern. Despite significant advancements in gender equity and career opportunities for women, many professional women face challenges balancing their marital roles with workplace demands. This imbalance often contributes to marital discord and in extreme cases, dissolution.

Research indicates that perceived factors such as financial independence, role conflicts, limited spousal support, societal expectations, and communication breakdowns are prominent contributors to failed marriages among career women. However, there is insufficient empirical evidence exploring how these factors specifically influence marital instability among career women in Abuja. Furthermore, the consequences of failed marriages may result among others emotional distress, decreased workplace productivity, strained relationships with children, and societal stigmatization.

When marriages fail, the consequences often extend beyond emotional distress, impacting mental health, workplace productivity, parenting, and social relationships. Career women, in particular, may face stigmatization, increased stress levels, and difficulties in maintaining work-life balance as a result of divorce or separation. Additionally, societal expectations and cultural norms can compound the pressures they face, leading to long-term psychological and socio-economic implications. Despite the growing prevalence of this issue, there remains limited research focusing on the specific factors and consequences of failed marriages among career women in the Federal Capital Territory Abuja. It is against this, that this study was focused on investigating, if career could be a factor contributing to a failed marriage among career women in FCT Abuja.

Objectives of the study

This study was guided by the following objectives which were to:

- i. Find out the factors influencing failed marriage among career women in the Federal Capital Territory Abuja, Nigeria based on location.

- ii. Examine the consequences of a failed marriage among career women in the Federal Capital Territory Abuja in terms of location.

Research Questions

The researchers raised the following questions which guided the study.

- i. What are the factors influencing failed marriage among career women in the Federal Capital Territory Abuja based on location?
- ii. What are the consequences of a failed marriage among career women in the Federal Capital Territory Abuja in terms of location?

Hypotheses

The following null hypotheses were formulated for the study and it was tested at 0.05 level of significance.

Ho1: There is no significant difference between urban and rural career women on the factors influencing their failed marriage in the Federal Capital Territory Abuja, Nigeria.

Ho2: There is no significant difference between urban and rural career women on the consequences of failed marriage in the Federal Capital Territory Abuja, Nigeria.

METHODOLOGY

A survey research design was employed for this study. According to Imam (2019), a survey research design is one in which a group of people or items are studied by collecting and analyzing data from only a few people or items considered to be representative of the entire group.

The population for this study is 14,232 which comprised of all the career women in the six Area Council of the Federal Capital Territory Abuja.

The researchers used a simple purposive sampling technique to select forty five career women from each of the six Area Council of Federal Capital Territory Abuja through balloting system making a total of 270 sample size. Therefore, 270 became a sample size for this study.

The research instrument used for this study was a self-structured questionnaire developed by the researchers entitled: Factors and Consequences of Failed Marriage Among Career Women Questionnaire (FCFMACWQ). The instrument was divided into two sections, section A and B. Section A contain items on the personal data of the respondents while section B contain 24 items of the research questions. This instrument was validated through face, construct and content validity by the expert in the Department of Measurement and Evaluation, faculty of education University of Abuja. The instrument was tested for reliability using test-retest method. The instrument was pilot tested within the interval of three weeks between the first and second administration. The result of the two administration was correlated using Pearson Product Moment Correlation Coefficient (PPMCC) which yielded an index of stability of 0.72 and it was considered valid for the study.

The researchers with the help of two Research Assistants who were briefed about the subject matter helped to distribute the copies of the questionnaire to all the respondents in the sample Area Councils during working hours and the completed questionnaire were collected on the spot.

The data collected from respondents was analyzed using simple percentage; frequency counts and mean scores for the demographic data and answers to research questions. Hypotheses were tested using t-test statistical technique at 0.05 level of significance because two groups were comparing. The decision rule was that, any value from 2.50 and above was accepted and any value below 2.50 was rejected. While the decision rule for all the hypotheses was that, any significance level between 0.05 and above was agreed and any significance level below was disagreed.

RESEARCH RESULT

Presentation of Results

Table 1: Distribution of Respondents according to Gender

Location	Frequency	Percentage (%)
Urban	159	58.8
Rural	111	41.2
Total	270	100.00

Table 1 showed that 159 respondents (58.8%) were from urban area while 111 (41.2%) respondents were from rural area of the study. This implies that the urban career women were more than the rural career women in this study.

Research Question One: what are the factors influencing failed marriage among career women in the Federal Capital Territory Abuja based on location?

Table 2: Factors Influencing Failed Marriage among Career Women in the Federal Capital Territory Abuja based on location

N =270

S/N	Statements	Mean	Std. Dev	Decision
1	My job often prevents me from spending quality time with my spouse	3.10	0.895	Agree
2	Long working hours have created distance in my marriage	3.19	0.877	Agree
3	I find it difficult to balance professional responsibilities and my family needs	2.92	0.969	Agree
4	My career demands have negatively affected my marital satisfaction	2.83	0.889	Agree
5	We often argue about issues related to my job	2.65	0.956	Agree

6	I feel misunderstood by my spouse when discussing work related challenges	3.18	0.998	Agree
7	My spouse and I rarely discuss personal feelings openly.	3.25	0.894	Agree
8	My spouse expects me to prioritize home duties over my career	2.83	0.988	Agree
9	I feel pressured to conform to traditional gender roles despite my career	2.79	0.967	Agree
10	My professional independence causes friction in my relationship	3.24	0.878	Agree
11.	My spouse finds it difficult to accept my success and ambition	2.78	0.859	Agree
12	I feel emotionally isolated in my marriage	3.36	0.957	Agree
13	Lack of support has contributed to the decline of my marriage	2.96	0.879	Agree
Sectional Mean		3.01	0.924	

Table 2 showed the mean responses of factors influencing failed marriage among career women in the Federal Capital Territory Abuja based on location. The mean responses showed agreement with all of the items. The sectional mean for the items on factors influencing failed marriage among career women in the Federal Capital Territory Abuja was 3.01 with the standard deviation of 0.924 which means that factors like lack of quality time, long working hours, difficult to balance professional responsibilities and my family needs, argument, misunderstanding, priority, gender roles, isolation and lack of support contributed to a failed marriage among career women in the Federal Capital Territory Abuja. The mean score is above 2.50 (midpoint on a 4-point Likert scale) with a standard deviation of 0.924, signifying that most of the factors influencing failed marriage among career women play key role in the Federal Capital Territory Abuja.

Research Question One: what are the consequences of a failed marriage among career women in the Federal Capital Territory Abuja in terms of location?

Table 3: Consequences of a Failed Marriage among Career Women in the Federal Capital Territory Abuja based on location

N =270

S/N	Statements	Mean	Std. Dev	Decision
14	I often feel lonely since the breadown of my marriage	2.90	0.868	Agree
15	The failed marriage has negatively affected my self esteem	2.92	0.887	Agree
16	I experience anxiety and depression related to my past marriage	2.87	0.696	Agree
17	My productivity at work has declined since the marriage failed	3.12	0.889	Agree
18	I have experience discrimination at work due to my marital status	3.45	0.988	Agree
19	My motivation to pursue career goals has decreased after the marital breakdown.	2.42	0.949	Disagree
20	I received less support from friends and family since the marriage failed	2.20	0.896	Disagree
21	I now carry a greater financial burden alone	2.83	0.978	Agree

22	I avoid social gathering to escape awkward questions about my marriage	2.79	0.959	Agree
23	I feel judged by others because of my marital status	3.54	0.868	Agree
24.	My social circle has reduced since the marriage ended	2.93	.0939	Agree
	Sectional Mean	2.91	0.902	

Table 3 showed the mean responses of the consequences of a failed marriage among career women in the Federal Capital Territory Abuja based on location. The mean showed agreement with some of the items and disagreement with two others. The sectional mean for the items on consequences of a failed marriage among career women in the Federal Capital Territory Abuja was 2.91 which means that some of the consequences were; loneliness and breakdown of marriage, loss of self esteem, anxiety and depression, declined in productivity at work, financial burden, discrimination among others in the Federal Capital Territory Abuja. The mean score is above 2.50 (midpoint on a 4-point Likert scale) with a standard deviation of 0.902, signifying that most of the consequences of a failed marriage among career women play key role in the Federal Capital Territory Abuja.

Ho1: There is no significant difference between urban and rural career women on the factors influencing their failed marriage in the Federal Capital Territory Abuja, Nigeria.

Table 4: t-test on Difference between urban and rural career women on the factors influencing their failed marriage in the Federal Capital Territory Abuja, Nigeria.

Location	Number	Mean	S.D.	t-value	df	Sig(2-tailed)	Decision
Urban	159	3.21	.0922				
				.166	268	0.040	Rejected
Rural.	111	2.81	0.926				

Table 4 showed the significant different between urban and rural career women on the factors influencing their failed marriage in the Federal Capital Territory, Abuja with the significant values of 0.040 (less than the 0.05 level of significance). Therefore, the hypothesis that says there is no significant difference between urban and rural career women on the factors influencing their failed marriage was, therefore rejected and concluded that urban and rural carrer women differ significantly in the factors influencing their failed marriage in the Federal Capital Territory Abuja.

Ho2: There is no significant difference between urban and rural career women on the consequences of failed marriage in the Federal Capital Territory Abuja, Nigeria.

Table 5: t-test on Difference between urban and rural career women on the consequences of failed marriage in the Federal Capital Territory Abuja, Nigeria

Location	Number	Mean	S.D.	t-value	df	Sig(2-tailed)	Decision
Urban	159	3.11	1.102	.168	268	0.040	Rejected
Rural.	111	2.71	0.702				

Table 5 showed the significant different between urban and rural career women on the consequences of failed marriage in the Federal Capital Territory, Abuja with the significant values of 0.040 (less than the 0.05 level of significance). Therefore, the hypothesis that says there is no significant difference between urban and rural career women on the consequences of failed marriage was, therefore rejected and concluded that urban and rural carrer women differ significantly in the consequences of failed marriage in the Federal Capital Territory Abuja.

DISCUSSION

The findings from research question one indicated that, factors like lack of quality time, long working hours, difficult to balance professional responsibilities and family needs, argument, misunderstanding, priority, gender roles, isolation and lack of support contributed to a failed marriage among career women in the Federal Capital Territory Abuja. Marriage as it were demand sacrifice from both parties and many factors militate against this which has been a major problem contributed to a failed marriage. This findings is similar to the findings of Garima, Raina and Bhupender (2024) they found that, career advancement affect marriage negatively among women due to inability to manage career expectation and family demands. The findings was also similar to the findings of Adrian and Diyammi (2022) they discover that pride, argument, career and social influence contribute to a failed marriage in morden age. More so, the opinion of Yujun and Yunnan (2024) was equally similar to the present study, they opined that, between career and family responsibility among women, one must suffer dilemma which could be family or career. It therefore implies that, career advancement that demands time and family responsibilities are always in conflict as regard to marriage stability which often lead to failed marriage among career women.

The findings from research two showed that loneliness and breadown of marriage, loss of self esteem, anxiety and depression, declined in productivity at

work, financial burden, discrimination among others were the consequence of a failed marriage among career women in the Federal Capital Territory Abuja. There are always consequence for every action include the failed marriage. The findings of this study is similar with the findings of Omoniyi and Adedeji (2021) they found that, many singlehood women suffer loneliness, loss of self esteem and depression. In the same vein, the findings is similar to the opinion of Ibegbulam and Ejikeme (2021), they opined that, family pressure and work life results to mental health, depression and low self esteem. Indeed, failed marriage has so many consequence both physically, mentally and psychologically.

The findings from hypothesis one indicated that, urban and rural career women differ significantly in the factors influencing their failed marriage in the Federal Capital Territory Abuja. Environment play critical roles in people's perception and approach to things include career. This is similar to the opinion of Aini Haslinda and Hanina (2024) they opined that urban and rural women have different line of thought as regards to perceived social pressure, career aspiration and economic independent. In like manner, Juraqulova, Byington and Kmec (2015) opined that factors contributing to a failed marriage in one area may be different from another especially urban and rural area.

The findings from hypothesis two revealed that, that urban and rural career women differ significantly in the consequences of failed marriage in the Federal Capital Territory Abuja. It is often said, that what generate tension and worries may promote peace and joy for one in another area like urban and rural area. The findings is similar to the opinion of Yujun and Yunnan (2024) they opined that urban and rural career women experience different consequence of a failed marriage both physically and psychologically.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

This study concluded that, factors such as like lack of quality time, long working hours, difficult to balance professional responsibilities and family needs, argument, misunderstanding, priority, gender roles, isolation and lack of support contributed to a failed marriage among career women in the Federal Capital Territory Abuja. The study also concluded that, the consequences of failed marriage among career women include loneliness and breakdown of marriage, loss of self esteem, anxiety and depression, declined in productivity at work, financial burden, discrimination among others in the Federal Capital Territory Abuja. It was further concluded that factors as well as the consequence of a failed marriage were differ significantly across location.

Recommendation

Based on the findings, it was recommended that:

1. Stakeholders at all level should used every opportunity to educate intending wife to always prioritize their marital relationship over career in order to avoid divorce and attendant consequence.

2. Guidance counsellor while counselling students for career choice should endeavour to inform them on how to prioritize marriage over career so as to achieve effective balancing in their marital relationship.
3. Religious bodies should teach and educate every intending and married women on how to manage career and marital relationship in order to avoid friction, separation and divorce.

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