



## Family Communication in Sustaining Marital Peace among Married Couples in Nsukka, Enugu State, Nigeria

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### ABSTRACT

**Background:** Family communication plays a vital role in promoting understanding, trust, conflict resolution, and stability in marriage. Effective communication strengthens emotional bonds and fosters peaceful cohabitation, whereas poor communication often results in misunderstandings, conflicts, and marital instability. The increasing incidence of marital conflicts and relationship breakdowns in Nsukka, Enugu State, underscores the need to examine the role of family communication in sustaining marital peace among married couples.

**Objective:** This study investigated the role of family communication in sustaining marital peace among married couples in Nsukka, Enugu State.

**Method:** The study adopted a descriptive survey research design. The population comprised married couples in Nsukka Local Government Area of Enugu State. Cochran's formula for an infinite population was used to determine a sample size of 384 respondents. A multi-stage sampling technique involving cluster and simple random sampling was employed. Data were collected using a structured questionnaire whose validity was established by experts, while its reliability was confirmed using Cronbach's alpha, yielding a coefficient of 0.81. The data were analyzed using frequency distributions and percentages.

**Results:** The findings revealed that family communication plays a significant role in sustaining marital peace by promoting mutual understanding, trust, emotional bonding, and effective conflict resolution among married couples. Open communication and regular family discussions emerged as key strategies for fostering marital harmony, while inadequate quality time, cultural differences, inconsistent communication, and excessive social media use were identified as major barriers to effective family communication.

**Conclusion:** Family communication is a critical determinant of marital peace among married couples in Nsukka. However, contemporary social challenges, particularly excessive social media use and limited quality interaction, continue to hinder effective communication within families.

**Unique Contribution:** This study contributes to the existing body of knowledge by demonstrating the significance of family communication practices in sustaining marital peace among married couples in Nsukka, Enugu State. It also enriches the literature on family communication and marital stability within the Nigerian context.

**Key Recommendation:** Married couples should cultivate open and honest communication, spend quality time together, engage in regular family discussions, and moderate excessive social media use to strengthen marital relationships and promote lasting marital peace.

**Keywords:** Family Communication, Marital Peace, Family Systems Theory, Marriage Stability.



## INTRODUCTION

Communication is a fundamental component of family relationships and plays a crucial role in promoting understanding, trust, emotional bonding, and peaceful coexistence among married couples. Within the family setting, it enables spouses to express their thoughts, feelings, and expectations in ways that foster mutual understanding and cooperation. Family communication is widely recognized as an important determinant of relationship quality, emotional well-being, and family cohesion because it facilitates the exchange of support, affection, and information among family members (Schrodt, Witt, & Messersmith, 2019). Among married couples, communication serves as a major mechanism for conflict resolution, intimacy building, decision-making, and the promotion of marital harmony. Studies have shown that couples who communicate openly and supportively report higher levels of marital satisfaction and stability than those who exhibit poor communication patterns (Williamson, Nguyen, Bradbury, & Karney, 2016). In contemporary society, where families face increasing social and economic pressures, effective communication remains essential for sustaining stable and satisfying marital relationships (Falconier, Jackson, Hilpert, & Bodenmann, 2019).

Research further indicates that stable marriages are associated with improved psychological well-being, better health outcomes, and stronger social support systems (Roberson, Shorter, & Brown, 2020). Marital stability is influenced by several factors, including effective communication, commitment, emotional intimacy, and constructive conflict management. Effective communication enhances marital satisfaction and promotes the constructive resolution of disagreements, thereby strengthening long-term marital stability (Williamson et al., 2016). In Southeast Nigeria, studies similarly reveal that effective interpersonal communication and mutual understanding are significant determinants of marital stability and peaceful coexistence among spouses (Nzewuji, Uche, & Uche, 2024).

Marital peace has been defined as a stable, balanced, and healthy relationship between spouses despite occasional misunderstandings (Lenthal, 2019). Communication remains central to achieving this stability because it is essential not only at the beginning of marriage but throughout the marital relationship (Cao, Zhou, Fine, & Fang, 2017). Communication is widely regarded as the "glue" that sustains human relationships, including marriage (Adekunabi, 2014). Effective communication is therefore indispensable to marital satisfaction, whereas poor communication reduces intimacy, weakens emotional connection, and increases the likelihood of marital conflict (Esere, 2015).

In Nsukka, communication also reflects indigenous approaches to conflict resolution. Traditional institutions such as *Umuada* and *Ndichie* emphasize dialogue, mediation, and reconciliation as effective mechanisms for maintaining family peace. These cultural practices reinforce the importance of communication in sustaining marital harmony within the community (Ojukwu & Nwosu, 2019).



## STATEMENT OF THE PROBLEM

Marital peace is essential for family stability, emotional well-being, and the overall functioning of society. In Nsukka, Enugu State, marriage is traditionally regarded as a sacred and enduring institution supported by strong cultural values and extended family systems. Despite these cultural safeguards, there has been an increase in marital misunderstandings, persistent conflicts, emotional disengagement, and separation among married couples. These emerging challenges raise concerns about the quality of communication within families and its influence on marital harmony. Evidence from studies conducted in the Nsukka Education Zone and surrounding communities indicates that many marital difficulties are associated with ineffective communication between spouses, including poor emotional expression, inadequate active listening, and ineffective conflict resolution skills (Omeje, Ugwu, & Ogidi, 2022). Similarly, findings from Enugu State suggest that communication breakdown remains one of the major contributors to marital dissatisfaction and instability among married couples (Ibeh, Obidoa, & Uzoechina, 2013). When communication fails within marriage, misunderstandings tend to escalate, emotional intimacy declines, and unresolved conflicts accumulate, thereby threatening marital peace.

Despite the growing scholarly attention devoted to marital communication, most existing studies have focused primarily on communication patterns between spouses, with limited attention to the broader role of family communication in sustaining marital peace among couples in Nsukka. In Igbo society, particularly in Nsukka, marriage does not exist in isolation but is strongly influenced by extended family members, cultural expectations, and intergenerational communication patterns. However, there is limited empirical evidence on how family communication structures contribute to either sustaining or undermining marital peace among married couples in the area.

This knowledge gap necessitates further investigation into the role of family communication in sustaining marital peace among married couples in Nsukka, Enugu State. Therefore, this study investigates the role of family communication in sustaining marital peace among married couples in the area.

## RESEARCH QUESTIONS

1. What role does family communication play in sustaining marital peace among married couples in Nsukka?
2. What family communication strategies are used to sustain marital peace among married couples in Nsukka?
3. What challenges hinder effective family communication in sustaining marital peace among married couples in Nsukka?



## REVIEW OF RELATED LITERATURE

### Family Communication

Family communication encompasses the various verbal and non-verbal ways through which family members share information, express feelings, define responsibilities, and sustain interpersonal relationships within the family unit. According to the *Child and Adolescent Psychiatric Clinics of North America* (2024), communication is a fundamental process that facilitates interaction and mutual understanding among family members. Within marriage, effective communication enables spouses to better understand one another, interpret shared experiences, and develop shared meanings that strengthen their relationship. When individuals come together to form a family, they establish an interconnected social system that is more complex than the sum of its individual members. Through continuous interaction, family members develop communication patterns that promote cohesion, adaptability, and mutual support.

Family communication extends beyond spoken language to include non-verbal forms of communication such as body posture, gestures, facial expressions, and other behavioural cues, all of which contribute to the effective transmission of messages and emotions.

Furthermore, communication within the family provides opportunities for members to exchange ideas, acquire knowledge, and deepen their understanding of one another. Effective communication enhances family functioning, strengthens relational bonds, and promotes the emotional well-being of family members (Schrodt, Witt, & Messersmith, 2019). Through both verbal and non-verbal interactions, family members build and maintain relationships, coordinate responsibilities, and negotiate family roles. Consequently, effective family communication is essential for fostering emotional closeness, strengthening interpersonal relationships, and facilitating the constructive resolution of conflicts within the family setting (Johnson & Roloff, 2020).

### Dimensions of Family Communication

Imhabekhai & Adeyemi, (2025), posit that family communication is structured into two major dimensions: Conversation orientation and conformity orientation. **Conversation Orientation:** is about how much families interact and share ideas with each other. Families that communicate frequently, believe it helps them stay close and understand each other better. They see effective communication as a key way to teach and guide their children. Families with low conversation orientation engage less frequently in open discussion and information sharing. While, families with high conversation orientation, everyone is encouraged to talk openly and often about many different things (Imhabekhai & Adeyemi, 2025). **Conformity orientation** describes the degree to which family members are expected to hold the same beliefs, attitudes, and behavioural patterns. In families with a strong conformity orientation, individuals are typically encouraged to adopt shared values, opinions, and norms. This focus on sameness is often aimed at strengthening



unity, maintaining harmony within the family, and reducing the likelihood of disagreements or conflict among members.

### **Marital Peace**

Marital peace refers to a stable condition of harmony, mutual understanding, emotional closeness, and low conflict between spouses within a marriage. It reflects the degree to which couples experience positive interaction patterns that support satisfaction, emotional well-being, and stability in the relationship. Research has shown that marital quality is strongly associated with emotional support, trust, commitment, and effective communication between partners (Bradley & Hojjat, 2017). These relational factors contribute significantly to sustaining a peaceful and satisfying marital union.

Marital peace can also be understood as the absence of persistent conflict and the presence of adaptive coping and relational maintenance behaviours that help couples manage disagreements constructively (Stafford, 2016). When couples engage in positive maintenance behaviours such as affection, forgiveness, and support, they are more likely to sustain marital satisfaction and long-term stability (Goddard et al., 2016). Furthermore, empirical evidence indicates that tolerance, commitment, and constructive conflict management are important predictors of marital satisfaction and stability (Shahid & Shahid, 2016). These qualities help spouses navigate challenges while maintaining emotional balance and relational unity. Overall, marital peace is built on trust, emotional connection, commitment, and effective relational maintenance, all of which are essential for a lasting and satisfying marriage.

### **Importance of Communication in Sustaining Marriage**

Communication plays a vital role in maintaining marital satisfaction and stability. Empirical studies have shown that couples who communicate effectively experience higher levels of marital satisfaction, greater emotional intimacy, and lower levels of relational conflict (Lavner, Karney, & Bradbury, 2016). This suggests that effective communication enables spouses to express their emotions, manage disagreements constructively, and strengthen emotional bonds within the marriage.

Similarly, Karney and Bradbury (2020) posit that the quality of communication is a strong predictor of long-term marital outcomes, including relationship stability and continuity. This implies that the manner in which couples interact during everyday conversations and conflict situations significantly influences whether their relationship remains stable or deteriorates over time. In the same vein, studies have demonstrated that negative communication patterns, such as criticism and avoidance, increase the likelihood of marital distress and relationship breakdown (Gottman & Levenson, 2000).

Furthermore, Omeje, Ugwu, and Ogidi (2022) argue that ineffective spousal communication is a major contributor to marital conflict and instability, whereas effective communication enhances marital adjustment and family cohesion. These findings highlight that marital peace depends



largely on the quality of communication between spouses and their ability to manage relational challenges constructively.

### **Family Communication and Marital Peace**

Family communication refers to the continuous process through which spouses and other family members exchange information, emotions, and meanings through both verbal and non-verbal channels. It plays a central role in shaping interaction patterns within marriage and influencing the overall quality of marital relationships. According to Johnson and Roloff (2020), communication is not a one-time event but an ongoing relational process that enables couples to understand one another, share experiences, and manage daily challenges within the family system. Through this continuous interaction, spouses develop emotional connections, clarify expectations, coordinate family roles, and strengthen their relationship.

Effective family communication contributes significantly to marital stability by promoting mutual understanding between spouses. When couples communicate clearly, openly, and honestly, they are more likely to understand each other's emotions, needs, and expectations. Consequently, effective spousal communication enhances marital satisfaction, strengthens emotional intimacy, and reduces relational distress (Lavner, Karney, & Bradbury, 2016).

Conversely, poor communication often results in misunderstandings, misinterpretation of intentions, emotional withdrawal, and unresolved disagreements, all of which increase the risk of marital dissatisfaction and instability. Research has consistently shown that communication patterns are strong predictors of marital outcomes, including relationship satisfaction, stability, and dissolution (Karney & Bradbury, 2020). This indicates that the presence or absence of effective communication can determine whether a marriage experiences harmony or persistent conflict.

Marital peace, therefore, may be understood as the outcome of sustained emotional harmony, mutual respect, trust, and effective relationship management between spouses. It is achieved when couples communicate in ways that promote emotional closeness, cooperation, and constructive conflict resolution. In this regard, marital peace is not accidental but is consciously developed and sustained through continuous and effective communication practices within the family system (Adesegun, 2025).

Overall, both empirical and theoretical evidence suggests a clear relationship between family communication and marital peace. Effective family communication promotes mutual understanding, which reduces conflict, strengthens emotional intimacy, and fosters lasting marital harmony (Lavner et al., 2016). Therefore, family communication remains a fundamental determinant of marital peace among married couples.



## **THEORETICAL FRAMEWORK**

This study is anchored on the Family Systems Theory, propounded by Murray Bowen in the 1950s. The theory explains the family as an interconnected emotional system in which the behaviour of each member influences the functioning of the entire family. It posits that family members are emotionally connected and continuously affect one another, making family functioning largely dependent on the quality of their interactions.

The theory further emphasizes that families develop recurring patterns of interaction that either promote stability or contribute to dysfunction. Effective communication fosters healthy relationships, emotional balance, and family stability, whereas poor communication often results in misunderstanding, conflict, and instability. Bowen also argues that many individual problems originate from family relationship dynamics rather than from isolated personal characteristics. Consequently, the theory highlights the importance of open communication, emotional support, cooperation, and mutual understanding in maintaining healthy family relationships.

Within the marital context, Family Systems Theory suggests that when spouses communicate effectively, they are better able to resolve disagreements constructively, manage conflicts, provide emotional support, and strengthen their marital relationship. Conversely, ineffective communication creates misunderstandings, weakens emotional bonds, and increases marital tension, thereby threatening family stability.

The relevance of Family Systems Theory to this study lies in its recognition of communication as a critical factor in maintaining family stability and marital harmony. Since marital peace depends largely on the quality of interaction between spouses, the theory provides an appropriate framework for understanding how effective family communication promotes mutual understanding, facilitates conflict resolution, strengthens emotional closeness, and sustains marital peace among married couples in Nsukka, Enugu State.

## **EMPIRICAL REVIEW**

Awosan and Okolo (2023) conducted a study on the effects of spousal communication on marital stability and productivity in Nigeria. The study investigated how communication between married partners influences marital stability and productivity among couples in Nigeria. Specifically, it sought to determine the extent to which spousal communication contributes to stable and productive marital relationships. The study was anchored on the Solution-Focused Theory of Premarital Screening and the Sound Relationship House Theory. A systematic review method was adopted, involving a comprehensive search of major digital databases to identify relevant published studies on spousal communication, marital stability, and marital productivity. The selected studies were systematically reviewed, synthesized, and integrated to draw meaningful conclusions. The findings revealed that effective spousal communication significantly enhances marital stability, relationship satisfaction, emotional well-being, and



productivity while reducing misunderstandings among couples. The study concluded that effective communication is a key determinant of successful and stable marriages in Nigeria.

Omeje, Ugwu, and Ogidi (2022) examined the influence of marital communication on family stability among married teachers in the Nsukka Education Zone of Enugu State. The study sought to determine how communication between spouses influences family stability among married secondary school teachers in the area. The population comprised 1,688 married secondary school teachers, from which a sample of 455 respondents was selected using a proportionate stratified sampling technique. A correlational research design was adopted, while data were collected using a structured questionnaire. The findings revealed a significant positive relationship ( $p < 0.05$ ) between marital communication and family stability among the respondents. Based on the findings, the researchers recommended that married teachers should adopt effective communication practices to strengthen family stability and improve marital relationships.

Adegboyega (2021) conducted a study on the influence of spousal communication on marital conflict resolution among married adults in Ilorin Metropolis, Kwara State, with implications for counselling practice. The study examined how communication between spouses affects the resolution of marital conflicts. A descriptive research design was adopted, and a stratified sampling technique was used to select 210 respondents. Data were collected using a structured questionnaire. The findings showed that effective spousal communication positively influences marital conflict resolution by enhancing understanding, mutual respect, and cooperation between spouses. Conversely, ineffective communication was found to contribute to perceptual errors, misunderstandings, and recurring marital conflicts. The study recommended that married adults should pay adequate attention to both verbal and non-verbal communication to improve conflict resolution and promote marital stability.

Although the studies by Awosan and Okolo (2023), Omeje et al. (2022), and Adegboyega (2021) established that effective marital communication enhances family stability and conflict resolution, their studies focused on married teachers, married adults, and the general Nigerian population. None specifically examined the role of family communication in sustaining marital peace among married couples in Nsukka, Enugu State, where cultural values, extended family relationships, and indigenous communication practices strongly influence marital interactions. This contextual gap provides the justification for the present study.

## **METHODOLOGY**

The study adopted a descriptive survey research design. This design was considered appropriate because it enabled the researcher to obtain first-hand information from respondents regarding their perceptions of family communication and marital peace among married couples in Nsukka, as well as to describe and interpret the phenomenon as it exists.

The population of the study comprised married couples in Nsukka Local Government Area of Enugu State. Since the exact population of married couples in the area was unknown, Cochran's



formula for an infinite population was used to determine the sample size. Using a 95% confidence level ( $Z = 1.96$ ), a 5% margin of error ( $e = 0.05$ ), and an estimated population proportion ( $p = 0.50$ ), a sample size of 384 respondents was obtained.

A multi-stage sampling procedure was employed. First, cluster sampling was used to divide Nsukka Local Government Area into major communities, namely Nsukka Town, Obukpa, Ede-Oballa, Lejja, and Opi. This approach ensured adequate representation of respondents from different communities within the study area. Thereafter, a simple random sampling technique was employed to select respondents from the identified clusters, thereby giving every eligible married couple an equal chance of participating in the study.

A structured questionnaire served as the instrument for data collection. The instrument was subjected to face and content validation by experts in Mass Communication. A pilot study was conducted to determine its reliability, which yielded a Cronbach's Alpha coefficient of 0.81, indicating that the instrument was reliable for the study. Copies of the questionnaire were administered personally by the researcher and trained research assistants to ensure a high response rate.

The collected data were analyzed using frequency distributions, percentages, and tables. Throughout the study, ethical principles of voluntary participation, informed consent, anonymity, and confidentiality were strictly observed.

## **DATA PRESENTATION, ANALYSIS, AND RESULTS**

A total of 384 copies of the questionnaire were administered to respondents. Out of these, 380 copies were correctly completed and retrieved, representing a response rate of 99.0%, while 4 copies (1.0%) were either not returned or were improperly completed and therefore excluded from the analysis. Consequently, the presentation, analysis, and interpretation of data were based on the 380 valid questionnaires returned by the respondents.

**Table 1: Family Communication plays crucial Roles in Sustaining Marital Peace Among Married Couples in Nsukka**

<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
Strongly Agree	216	56.9%
Agree	117	30.8%
Undecided	16	4.2%
Disagree	9	2.3%
Strongly disagree	22	5.8%
<b>Total</b>	<b>380</b>	<b>100</b>

### **Field survey, 2026**

Table 1 indicates that 216 (56.9%) respondents strongly agreed that family communication plays crucial roles in sustaining marital peace among married couples in nsukka, while 117 (30.8%)



agreed. Furthermore, 16 (4.2%) respondents were undecided, 9 (2.3%) disagreed, and 22 (5.8%) strongly disagreed.

The findings indicate that a majority of the respondents (87.7%) agreed that family communication plays crucial roles in sustaining marital peace among married couples in nsukka. This suggests that constant and open family discussions between married couples play a vital role in sustaing marital peace, resolving conflicts, and maintaining harmony among married couples.

**Table 2: Open Communication is a Family Communication Strategy Used in Sustaining Marital Peace among Married Couples in Nsukka**

<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
Strongly Agree	115	30.3%
Agree	86	22.6%
Undecided	69	18.2%
Disagree	59	15.5%
Strongly disagree	51	13.4%
<b>Total</b>	<b>380</b>	<b>100</b>

**Field survey, 2026**

Table 2 shows that 115 (30.3%) respondents strongly agreed that open communication is a family communication strategy used in sustaining marital peace among marrird couples in Nsukka , while 86 (22.6%) agreed. Furthermore, 69 (18.2%) respondents were undecided, 59 (15.5%) disagreed, and 51 (13.4%) strongly disagreed.

The findings indicate that a majority of the respondents (52.9%) agreed that open communication is an important family communication strategy for sustaining marital peace among married couples in Nsukka. This suggests that communicating openly among married couples play an essential role in promoting understanding, resolving conflicts, and maintaining harmony among married couples.

**Table 3: Challenges Hindering Family Communication in Sustaining Marital Peace Among Married Couples in Nsukka.**

<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
Lack of quality time	135	35.5%
Much attention to social media	68	17.9%
Inconsistent communication	78	20.5%
Cultural difference	99	26.1%
<b>Total</b>	<b>380</b>	<b>100</b>



Table 3 presents the challenges hindering family communication in sustaining marital peace among married couples in Nsukka. The findings reveal that 135 (35.5%) respondents identified lack of quality time as the major challenge to effective family communication. This was followed by cultural differences, identified by 99 (26.1%) respondents. In addition, 78 (20.5%) respondents indicated inconsistent communication as a challenge, while 68 (17.9%) attributed the problem to excessive attention to social media.

The findings suggest that lack of quality time is the most major challenge affecting family communication and marital peace among married couples in Nsukka. This implies that busy schedules and inadequate opportunities for meaningful interaction among family members may undermine effective communication and marital harmony.

## **DISCUSSION**

The findings of this study revealed that family communication plays a crucial role in sustaining marital peace among married couples in Nsukka. This finding answers Research Question One and indicates that effective communication among married couples promotes mutual understanding, trust, emotional bonding, and peaceful coexistence. It further suggests that couples who communicate openly and engage in regular discussions are better able to resolve misunderstandings, manage conflicts constructively, and maintain harmony in their relationships.

This finding is consistent with the study by Omeje, Ugwu, and Ogidi (2022), which established a significant positive relationship between marital communication and family stability among married teachers in the Nsukka Education Zone. It also supports the findings of Adegboyega (2021), who reported that effective communication enhances conflict resolution and promotes mutual respect among spouses. Furthermore, the finding corroborates the propositions of the Family Systems Theory, which emphasizes that healthy interaction and effective communication among family members contribute significantly to family stability, cohesion, and harmonious relationships.

The study also found that open communication constitutes an important strategy for sustaining marital peace among married couples in Nsukka. This finding answers Research Question Two and suggests that open communication provides opportunities for spouses to discuss family issues, clarify expectations, resolve misunderstandings, and strengthen their interpersonal relationships. The finding reflects the communal nature of Igbo society, where dialogue, mediation, and collective problem-solving are highly valued in resolving family disputes. This finding is consistent with Lavner, Karney, and Bradbury (2016), who reported that couples who communicate effectively experience higher levels of marital satisfaction, emotional intimacy, and relationship stability, while experiencing fewer misunderstandings and conflicts.

Furthermore, the study revealed that lack of quality time, cultural differences, inconsistent communication, and excessive social media use are major challenges hindering effective family communication in sustaining marital peace among married couples in Nsukka. This finding answers Research Question Three and suggests that these factors weaken interpersonal interaction, reduce emotional intimacy, and increase the likelihood of marital conflicts. The



finding agrees with Eze and Okey-Agbo (2017), who found that communication breakdown is one of the major causes of marital instability among married couples.

## **CONCLUSION**

Based on the findings, the study concludes that family communication is a vital determinant of marital peace among married couples in Nsukka, Enugu State. Effective family communication promotes mutual understanding, trust, emotional bonding, and peaceful coexistence, thereby strengthening marital relationships and enhancing family stability. The study further established that open communication is an effective strategy for resolving misunderstandings, managing conflicts, and fostering healthy interpersonal relationships between spouses.

However, the findings also revealed that challenges such as inadequate quality time, cultural differences, inconsistent communication, and excessive social media use hinder effective family communication and may threaten marital peace. Therefore, the study concludes that healthy communication among spouses, as emphasized by the Family Systems Theory, is indispensable for promoting family cohesion, marital stability, and lasting peace among married couples in Nsukka.

## **RECOMMENDATIONS**

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

1. Married couples should be encouraged to maintain regular, open, and honest communication to promote mutual understanding, trust, emotional intimacy, and peaceful coexistence in their relationships.
2. Couples should cultivate the habit of engaging in regular family discussions and constructive dialogue as a means of resolving misunderstandings, strengthening interpersonal relationships, and preventing unnecessary conflicts.
3. Married couples should consciously create quality time for one another by minimizing distractions, including excessive social media use, in order to strengthen communication, emotional bonding, and marital harmony.

## **Ethical Clearance**

Ethical consent was sought and obtained from the participants used in this study. They were made to understand that the exercise was purely for academic purposes, and their participation was voluntary.

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### **Conflict of Interest**

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

### **Authors' Contributions**

So and so conceived the study, including the design, so and so collated the data, and so and so handled the analysis and interpretation, while so and so wrote the initial manuscript. All authors have critically reviewed and approved the final draft, and are responsible for the content and similarity index of the manuscript.

### **Data availability statement**

The datasets on which conclusions were made for this study are available on reasonable request

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