



EXTRA MARITAL BEHAVIOURS AND FAMILY INSTABILITY AMONG MARRIED PEOPLE IN EDUCATION ZONES IN ANAMBRA STATE

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ABSTRACT: *This study investigated the relationship between extra marital behaviours and family instability among married people in Awka Education Zone, Anambra State. Four research questions and three hypotheses tested at 0.05 level of significance guided the study. Using Multi-Stage Sampling technique, 450 respondents were sampled from the total population of 3588 married people in Awka Education Zone. Instrument for data collection was a researcher structured questionnaire titled Extra Marital Behaviours and Family Instability Questionnaire (EBFIQ). The instrument was face validated by three experts in Faculty of Education, university of Nigeria Nsukka. This instrument was trial tested and Cronbach Alpha reliability statistic was used to determine the internal consistency of the instrument and an overall reliability Co-efficient value of 0.80 was obtained. A combination of t-test, ANOVA and regression were used in data analysis. Findings emanating from the analysis showed that both married men and women exhibited various kinds of extra marital behaviours. The researchers recommended among others, that husband and wife should respect their marriage vows to avoid extra marital behaviours, and that the government should sponsor counsellors in conducting seminars and workshops for married people in Awka education Zone, Anambra state.*

KEYWORDS: Extra Marital Behaviours, Family Instability, Married People and Education Zones, Nigeria

INTRODUCTION

Modern society is bedevilled with marital problems which are not in agreement with the standards, norms and values of traditional society. From creation, every society has its traditional practices such as loving one's spouse, having sexual relationship only with one's partner among others; which are legitimized during marriage ceremonies. However, these norms are not respected by some partners who share some form of intimacy with the opposite sex outside of their marriages. This has constituted major reasons for disputes in many marriages and homes which often affect the children in the process (Fernando, 2013).

Marriage is one of the oldest institutions associated with human society. It is one that has repeatedly been emphasized in every society and constitutes the yardstick for the determination of responsibility in the families. Society prescribes the duties associated with and governing the institution of marriage to ensure that the children born into the families are well trained, fed and protected. According to Addai (2017), marriage is a legitimate way of establishing close romantic relationship between two or more people. Nwoye (2011) points out that it is a sacred and permanent contract which is enacted when two people decide on their own volition to express their love and sharing of access with each other for the purpose



of growth and welfare of each other in marital life; to fulfil their promise in the present of witness especially during wedding. Marriage in Nigerian culture is a union between a man and a woman as husband and wife for the purpose of procreation and establishment of a family or families. Although, marriages can be between people of same sex like a man and a fellow man or between two women in other countries. This is however considered a taboo in Anambra State culture and indeed Nigeria in general.

Family is the most important primary group and the smallest social unit in any particular society. It has its roots in the human biological and physical nature. It is universal in the sense that no human society exists or has existed without some form of family organization. Family can be seen as any group of people who relate and converse with each other and the component that makes up a family could be a combination of husband, wife and children (Akubue & Okolo, 2008). It is also the primary institution that socializes and protects the behaviours of the young ones and their parents. Okorodudu (2010) play the role of nurturing children and protecting them from all forms of harm physically, mentally or emotionally. In the context of this study therefore, family is seen a group of people who are integrated for the rationale of living harmoniously as and manifesting appropriate behaviour accepted culturally.

Behaviour within the context of this study can be seen as any open or hidden activity of a person towards a particular event. Open or overt behaviour is one that is open to people to see and observe while hidden or covert behaviour cannot be seen, hence, it is secret and concealed from others. (Essuman, Nwaogu & Nwachukwu, 2009). The way somebody responds to both internal and external stimuli defines such a person's behaviour. In marriages, certain behaviours are regarded as appropriate while others can be seen as inappropriate behaviours. Behaviours such as having sex, fondling of breast, deep kissing among others within the marital home are considered the norm while it is inappropriate if the same behaviour is exhibited outside of a marital setting. When done with someone who is not the partner of a married person, it becomes extra marital affairs or behaviour.

The violation of marital vows and norms guiding married life is known as extra marital behaviour. Schneider (2003) opines that it is a relationship between a people that are not bound by marriage; a married person having an affair with someone that is not his/her spouse. This could impact the intimacy level between couples. It could also create emotional distance and thwart the dynamics of a balanced and happy marriage. The violation occasioned by extra marital behaviour could take different dimensions. It could be sexual in nature, emotional or metal (Leeker & Carlozz 2012).

Couples may be exposed to physiological, sociological and psychological trauma as a result of extra marital behaviour (Obi, 2003). There is also the health risk angle attached to these kinds of behaviour. It predisposes married people to the risk of contracting sexually transmitted infections like gonorrhoea, syphilis, Human Immuno Virus, Acquired Immuno Deficiency Syndrome (HIV) that causes Acquired Immune Deficiency Syndrome (AIDS) and candidiasis among others which could lead to damaging illness such as infertility (Obi, 2003). A study done by Schnieder, Irons and Corley (2018) report that nearly 60% of the partners who cheated in marriages, suffered psychological problems and depression as a result of disclosure of the extra marital behaviour from their spouse. Other negative consequences include not only damage (instability) to their marriage but also to the relationship with the children, parents, friends and could have legal consequences (Blow & Harnett, 2007).



The end product of extra marital relationships is unstable homes and families. Family instability is a social evil which has adverse effect on both parties concerned and the society; however, this study is concerned with the instability it could cause in families. Ackerman, Kogos, Youngstrom, Schoof and Izard (2009) aver that family instability is an aggregate of several kinds of events that confronts the daily continuity of family life. Lansky (2004) point out that family instability, therefore, involves any misunderstanding among married people. In the context of this study, family instability could be seen in any form of quarrel, poor communication, fighting, frowning and refusal to eat food cooked by spouse among others that challenges the daily cohesiveness of the spousal relationship in the family. This could ultimately lead to dissolution of marriages leading to failed homes and children denied of good parenting. Hence, this study focuses on extra marital behaviours and how it relates to family instability in Anambra State.

Statement of the Problem

Marriage is expected to cement the relationship between couples, however, having an affair with someone else outside marriage has been on the increase lately. Extra marital relationship outside marriage is not part of what was expected from couples, however, recent evidence shows that this appears to be the on the increase. The engagement in this societal anomaly called extra marital behaviour exposes those involved to different kind of health and emotional challenges. They are predisposed to the risk of contracting reproductive tract infections such as HIV and AIDS, Syphilis, gonorrhoea among others. These diseases put the harmonious coexistence among family members in jeopardy. This could have a ripple effect on the offspring from such marriages as they could be exposed to unhealthy behaviours like prostitution, aggressiveness, and drunkenness. Despite the seeming negative outcomes from engaging in extra marital relationships, couples have been observed to still be engaging in such behaviour. This study was therefore necessitated as a result of this situation to:

1. Identify forms of extra marital behaviours exhibited by married men and women in Awka education zone, Anambra state.
2. Determine forms of extra marital behaviours exhibited by married men and women in Awka education zone, Anambra state based on length of marriage.
3. Ascertain factors responsible for exhibition of extra marital behaviours by married people in Awka education zone, Anambra state.
4. Determine the relationship between extra marital behaviours and family instability among married people in Awka education zone, Anambra state.

REVIEW OF RELATED LITERATURE

Extra Marital Behaviour

Extra marital behaviour has a long history in society as captured by Harvey (2015) who posits that extra marital behaviour has a long history in human existence and defines it as sexual behaviour outside marriage. It is a relationship that exists between a married person and another person that is not married to that person. That is, a relationship between people other than a spouse (Fan & Lui, 2004). Fife and Weeks (2006) opine that it is the violation of



the commitment to sexual loyalty by one or both members of a committed romantic relationship. There are many forms of extra marital behaviour, which include: One-night stand, emotional outbreak, emotional-sexual and sexual addiction (Seasons, 2013). One-night stand mostly happens unintentional and may not necessarily be a sexual affair. The most survivable of all form of extramarital relation is that which is shown when one person feels ignored in the relationship and just for some time needs to be away from the tension and pressure. It is the most survivable because the other half can easily be reconciled to each other if there is a peaceful reunion.

Emotional outbreak generally happens when the marriage is experiencing problems and during those times, one partner turns towards a friend or companion of the opposite sex for emotional help and comfort. Emotional-sexual behaviour on the other hand causes lot of heart break and problems because in such type of behaviour, the unfaithful spouse not only gives the body but also the heart in the relationship and there are slim chances of reunion with the spouse. Thus, in this case, the relationship is over but an affair provides escape route for one partner to leave the marriage. Sexual addiction affair is a situation where sex in this case, is used over and over again to numb inner pains and emptiness due to ageing depression or lack of communication in the family.

A lot of factors are responsible for extra marital behaviours. Some of these include: Materialism, loss of communication, childlessness, sexual intercourse, distance, peer pressure and loss of attraction (Anyanwu & Ofordile, 2012). Materialism is a situation where material acquisition and wealth take precedence in a marriage that it hampers the success of such a relationship. Couples must understand that love conquers all things and that love is tasted in times of trials and temptations. Furthermore, some people make their choice of a partner on the basis of how much he or she has acquired. The absence of these things might affect a relationship and make a partner unfaithful. On the other hand, communication issue happens when a man and woman who are married are meant to be free and open with each other especially in the area of mutual feelings and understanding are not. If the walls of communication collapse, it breeds distrust and that might force one of the parties to look elsewhere for affection, hence creating room for extra marital behaviours. For a marriage to be strong, however, the barriers to communication needs to be broken down.

Theoretical Framework

This study is anchored on adopted Maslow's Hierarchy of Needs Theory: Maslow's Hierarchy of Needs is a theory proposed by Abraham Maslow in 1943. The hierarchy of needs is portrayed in the shape of a pyramid with the largest, most fundamental level of needs at the bottom and the need for self-actualization at the top. The theory has five layers of the pyramid, when these needs are not met in marriage, extramarital behaviour and family instability could set in. The theory suggests that the most basic needs must be met before the individual will strongly desire the higher-level needs. Maslow used terms such as physiological, safety, belongingness, love, esteem, and self-actualization needs to describe the patterns that human needs generally move through.

Physiological Needs: these are the basic needs for human survival, if not met; human body cannot function properly and will ultimately fail. They are food, water, sleep and sex among others. In other words, when the basic needs are lacking in the family, it cannot function properly.



Safety Needs: In the family, safety and security has to be taken care of, this involves elimination of factors that threaten the body or life such as personal security, financial security, health and well-being and safety net against accident, illness and their adverse impact. When these safety and security needs are not reached, there is bound to be extramarital behaviours and family instability.

Love and Belonging: After physiological safety needs are fulfilled; the third level of human needs is interpersonal and involves feeling of belongingness. In this, married people should have feelings for themselves and their children for smooth running of the family.

Esteem: All humans have a need to feel respected and recognized, so when married people respect each other, it creates a feeling of contribution or value. If not done, the one concerned will move outside where he or she will be respected.

Self-Actualization: This level of need refers to what a person's full potential is and the realization of that potential. Maslow describes this level as the desire to accomplish everything that one can be. In other words, married people should work hard so as to see that all the full potentials expected in their marriage will be realized.

Maslow's theory is related to this study since the marriage structure is built on needs. It will help the married people to know the basic and other needs of human beings (physiological, safety, love or belonging, esteem, and self-actualization) and work towards satisfying them to avoid extra marital behaviour and family instability.

Review of Empirical Studies

Isuigo-Abanihe (2003) conducted a study on the consequences of extra marital behaviours and perceptions of HIV/AIDS in Nigeria using 800 parents from Umuahia in Abia State. The research design adopted was descriptive survey while structured questionnaire was used as instrument for data collection. Data collected were analyzed using descriptive statistics such as frequency, percentage and inferential statistics of chi-square. Findings revealed that extramarital relationships are major routes of HIV/AIDS transmission in Nigeria. This study is related with the present study because both were carried out in Nigeria. However, the former study used 800 parents in Abia State while the present study used 450 married people in Awka education zone in Anambra State.

Bamiwuge, Asa, Fadeyibi and Bisiriyu (2002) conducted a correlational study on factors associated with extra marital sex life using simple random sampling to select 308 parents in Ie-Ife, Nigeria. Structured questionnaire was used as instrument for data collection while data collected was analyzed using binary regression model. The result revealed that those who were involved in multiplicity of sexual partners did not care to use condom. This study is related with the present study because both of them are interested in extra marital behaviour. The former is different from the present study because it used binary regression model for data analysis while the present used multiple regression model.

Leshie and Grady (2005) conducted a study on sexual networking, based on extramarital behaviours using 400 parents from Hong Kong. The research design adopted was descriptive survey and analytical studies. Questionnaire was the instrument used for data collection. Data collected were analyzed using descriptive statistics such as frequency, percentage and inferential statistics of chi-square. Results revealed that the divorce rate as a result of extra



marital behaviours in Hong Kong showed steady increase. This is in line with the present study because, both are interested in extra marital behaviours and they were carried out among the married people. However, the present study is different from the previous study because it used descriptive survey design while the present study used correlational survey design.

Whyte, Cleland and Carael (2008) conducted a study on the links between premarital sexual behaviour and extra marital intercourse using multi-site analysis, with 600 parents from Awka municipal council. The research design adopted was descriptive survey. Structured questionnaire was the main instrument for data collection. Data collected were analyzed using descriptive statistics. The researchers found out that Individuals who have sexual partners outside marriage directly increase their own risk of contracting HIV and may eventually infect their spouse. The researchers also found out that, concurrent partnerships may further increase the risk of transmission in marriage, as individual may have higher viral load, thus being prone to infections shortly after contracting the virus. The present and former study is interested on extra marital behaviour among married people. However, the present study is different from the previous study in that, it focused fully on extra marital behaviours while the formal is on extra marital intercourse.

Elaine, Hatfield, Trumann and William (2013) conducted a correlational study on equity and extra marital sex in America. Questionnaire was used as instrument for data collection and stratified random sampling was used to select 2000 married people. Mean scores standard deviation was used for data analysis. The finding showed that men and women who are not benefiting in their relationship had more extra marital affair than those who has been benefiting from their relationship. This study is related to the present study because both used correlational survey. However, the former study is different from the present study because, it used 2000sample size while the present used 450 sample sizes.

Lung, Waimar, Andrew, Adebajo and Ahonsi (2008) carried out a survey study on attitudinal and behavioural factors associated with extra marital sex in Nigeria, using systematic sampling to select 8731 married couple. Structured questionnaire was used for data collection and data collected was analyzed using multiple logistic regression. Findings revealed that extramarital sex among men is associated with alcohol consumption. This is related to the present study because both of them are interested in using structured questionnaire in collecting data. The former study is different from the present study because the former study was carried out in2008 while the present study was carried out in 2014.

METHODOLOGY

The study was carried out in Awka Educational Zone, Anambra State. This educational zone has five Local Government Areas (LGA) under it, including: Anaocha LGA, Awka North LGA, Awka South LGA, Dunukofia LGA, and Njikoka LGA. This area is a cosmopolitan zone which houses many colleges and universities. The choice of this area of study is based on the observed increasing rate of sexually transmitted infections like gonorrhoea, syphilis, HIV, AIDS and candidiasis among the married people in the zone. The study is a correlational survey design and its target population is comprised 635,880 married people living in the five LGAs in Awka (Sources: Anambra state Bureau for Statistics (BFS), 2018). The sample for



the study is made up of 450 married people. A multistage sampling procedure was adopted to arrive at the sample size. In the first stage, simple random sampling technique was used to select 3 LGAs in the zone. In the second stage, purposive sampling procedure was used to select 3 communities each from the three local government areas randomly selected. In the third stage, proportionate sampling technique was used to select fifty married people in each of the communities randomly selected. Thus, arriving at the 450 stated married people. The instrument that was used for collecting data is questionnaire titled “Extra Marital Behaviours and Family Instability Questionnaire” (EBFIQ). The EBFIQ was given to three experts for face validation. To ensure the reliability of the instrument, it was trial tested by administering 30 copies to thirty married people in Onitsha education zone which is outside the area of study and was subjected to Cronbach Alpha statistics in order to determine the internal consistency of the items in the instrument after which a coefficient of 0.80 was obtained. The researchers personally distributed the copies of questionnaire to the respondents with the help of two Research Assistants. The data collected were analyzed using a combination of Mean and Standard Deviation, Pearson Product Moment Correlation Co-efficient, t-test, ANOVA and Multiple Regression. A criterion means of 2.50 was used for decision rule for answering the research questions

PRESENTATION OF DATA

Hypothesis One

There is no significant difference between the mean ratings of men and women on forms of extra marital behaviours exhibited by married people.

Table 1: T-test Analysis of the Mean Ratings of Men and Women on Forms of Extra Marital Behaviours Exhibited by Married People

S/n	Item Statement	Group	X	SD	t-cal	df	Sig.	DEC
1	Deep kissing with people other than your husband or wife	Men	3.66	0.76	1.59	448	.11	NS
		Women	2.52	1.02				
2	Fondling of breast with people other than your husband or wife	Men	3.75	0.78	3.11	448	.00	S
		Women	3.47	0.97				
3	Dancing closely with people other than your husband or wife	Men	3.30	0.69	-	448	.71	NS
		Women	3.33	0.93				
4	Having sexual affair with people other than your husband or wife	Men	3.83	0.70	3.29	448	.00	S
		Women	3.52	1.08				
5	Touching of sensitive body parts in other to arouse people other than your partner	Men	3.70	0.69	2.46	448	.01	S
		Women	3.47	1.04				
6	Prolonged hugging of people other than your partner	Men	3.62	0.69	2.80	448	.00	S
		Women	3.37	1.01				



7	Using eye contact to share deep affection for people other than your partner	Men	3.43	0.79	0.59	448	.55	NS
		Women	3.38	0.99				
8	Having oral sex with people other than your husband or wife	Men	3.55	0.74	5.19	448	.00	S
		Women	3.09	0.96				
9	Having casual sex with people other than your husband or wife	Men	3.60	0.88	3.23	448	.00	S
		Women	3.25	1.21				
10	chatting with people other than your husband or wife	Men	2.41	1.18	1.99	448	.00	S
		Women	2.17	1.24				
	Cluster Mean	Men	3.49	0.52	3.19	448	.04	S
		Women	3.26	0.81				

Source: Field survey, 2019.

Keys: = means, SD = Standard Deviation, Df = Degree of Freedom, Sig. Significant level
Dec. = Decision, NS = Not Significant

Result on Table 1 is a t-test analysis of the difference between the mean response of men and women on forms of extra marital behaviour exhibited by married people in Awka education zone. All the items except items 1, 3 and 7 showed significant difference between the mean responses of men and women. This is because the significant or probability values are less than 0.05 set as level of significance. However, the cluster t-value of 3.19 with the associated probability value of 0.04 showed that the result is significant since the probability value of 0.04 is less than 0.05. The null hypothesis is rejected. This implies that, there is a significant difference between the mean ratings of men and women on forms of extra marital behaviours exhibited by married people with the men having slightly higher mean rating.

Hypothesis Two

There is no significant difference between the mean ratings of respondents on forms of extra marital behaviours exhibited by married people based on length of marriage.

Table 2: ANOVA of the Significant Difference Between the Mean Ratings of Respondents on Forms of Extra Marital Behaviours Exhibited by Married People Based on Length of Marriage.

Source of Variation	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	20.318	2	10.159	20.612	.004
Within Groups	220.310	447	.493		
Total	240.628	449			

Source: Field survey, 2019.

Table 2 shows ANOVA result on the difference in mean ratings of respondents on forms of extra marital behaviours exhibited by married people based on length of marriage. The result of the ANOVA showed an F-ratio of 20.612 with the significant value of 0.004. Since the



significant value is less than 0.05 set as level of significance, the null hypothesis is rejected. This implies that, there is a significant difference between the mean ratings of respondents on forms of extra marital behaviours exhibited by married people based on length of marriage with those between 10 years to 20 years of marriage having slightly higher mean rating.

Hypothesis Three

There is no significant relationship between extra marital behaviours and family instability among married people.

Table 3: Regression Analysis for Forms of Extra Marital Behaviours and Family Instability

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	17.083	1	17.083	155.367	.00
Residual	49.259	448	.110		
Total	66.342	449			

Source: Field survey, 2019.

In order to test hypothesis 3 (H_{03}), regression analysis was used. The result in Table 3 shows that an F-ratio of 155.367 with associated exact probability value of 0.00 was obtained which is less than 0.05 set as level of significance, the null hypothesis is rejected. This implies that, there is a significant relationship between extra marital behaviours and family instability among married people in Awka education zone of Anambra state.

DISCUSSION OF FINDINGS

With reference to objective one, which dealt with the forms of extramarital behaviours, the respondents held the view that deep kissing, fondling of breast, dancing closely with people, having sexual affair, touching of sensitive body parts, prolonged hugging, using eye contact to share deep affection, having oral sex, having casual sex, and chatting with people were forms of extra marital behaviour. However, the result showed that chatting with people other than the husband or wife was not a form of extra marital behaviour. These findings are interesting as they are in consonance with early findings of Season (2013), Leeker and Carlozz (2012) which showed that, the above except chatting with people other than one's husband or wife are forms of extra marital behaviours. The t-test analysis of the men and women on forms of extra marital behaviour exhibited by married people showed that the calculated t-value of 3.19 with the associated probability value of 0.04 is less than 0.05. There is a significant difference between the mean ratings of men and women on forms of extra marital behaviours exhibited by married people with the men having slightly higher mean rating. This is could be because their male reproductive organs are external.

The Findings of the study as reflected in table 2 dealt on forms of extra marital behaviours exhibited by married men and women based on length of marriage, the respondents held the views that deep kissing, fondling of breast, dancing closely with people, having sexual affair,



touching of sensitive body parts, prolonged hugging, using eye contact to share deep affection, having oral sex, having casual sex and chatting with other people other than the husband or wife are extra marital behaviours often been exhibited by married people despite the length of marriage. However, people who are married between 10-20 years disagreed that chatting with people other than the husband or wife is a form of extra marital behaviours. The findings also agree with the findings of World Health Organization (1990) which showed that length of marriage has influence on forms of extra marital behaviours.

The ANOVA analysis of the forms of extra marital behaviours exhibited by married people based on length of marriage showed that f-ratio of 20.612 with the value of 0.00 is less than 0.05. There is a significant difference on forms of extra marital behaviours exhibited by married people based on length of marriage with those between 10 years to 20 years of marriage having slightly higher mean rating.

The findings of the study in questionnaire items 11-20 state as follows, lack of good communication, childlessness, inability of the husband to provide for the family, quarrelling, living in different locations, incompatibility in educational level, inability of the husband or wife to satisfy each other sexually, husband initiating sex always, having specified time for sex, non-involvement of the wife or husband in decision making shows that the items are factors responsible for exhibition of extra marital behaviours by married people. However, respondents disagreed that husband and wife having specified time for sex and incompatibility in educational level is a factor responsible for the exhibition of extra marital behaviour by married people. The findings agreed with the findings of Anyanwu and offordile (2012) which showed that, the above except having a specified time for sex and educational incompatibility are factors responsible for extra marital behaviours.

The findings of the study in questionnaire items 1–10 and 21-30 were used for objective 4. Items 1-10 has been listed in the findings of objective one, so items 21-30 state as follows, refusal to eat food cooked by spouse, using dangerous items in fighting spouse, husband or wife keeping late night, attending of social activities without spouse, poor communication, husband and wife not going together for recreational activities, sexual withdrawal from the spouse, non-involvement of spouse in family roles, non-exhibition of affection to spouse's health problems are part of the things that cause marriage instability. This reveals that there is moderate relationship between extra marital behaviours and family instability. The findings agreed with the findings of Mbiti (2008) which showed that family instability is one of the consequences of extra marital behaviours among married people.

CONCLUSIONS

The following conclusions have been drawn from the major findings of the study;

1. Both married men and women in Awka Education Zone exhibited all forms of extramarital behaviour except chatting with people other than one's husband or wife.
2. Married men and women in Awka Education Zone exhibited all forms of extramarital behaviour despite their length of marriage.



3. Inability of the husband to provide for the family, husband initiating sex always among others are factors responsible for extramarital behaviours among married people in Awka Education Zone.
4. There is moderate relationship between extra marital behaviours and family instability in Awka Education Zone.
5. There is a significant difference between mean ratings of men and women on forms of extra marital behaviours exhibited by married people with the men having slightly higher mean rating.
6. There is a significant difference between the mean ratings of respondents on forms of extra marital behaviours exhibited by married people based on length of marriage with those between 10 years to 20 years of marriage having slightly higher mean rating.
7. There is a significant relationship between extra marital behaviours and family instability among married people in Awka education zone.

RECOMMENDATIONS

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

1. The government should sponsor professional Guidance Counsellors in conducting Seminars and workshops all year round for married people informing them about the dangers of extra marital behaviours.
2. Married people should be reminded often of the vow they made on their wedding day and religious leaders should also give proper counselling to the spouse before marriage (Premarital counselling) so as to avoid cheating on each other.
3. The government in collaboration with National Agency for the Control of AIDS (NACA) should announce regularly through radio, television and newspapers the increasing rate of venereal diseases due to extra marital behaviours in Awka education Zone.

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