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ASSESSMENT OF MENSTRUAL MOOD SWING, PERSONALITY TRAITS AND MARITAL SATISFACTION AMONG WOMEN IN USHONGO LOCAL GOVERNMENT AREA OF BENUE STATE, NIGERIA

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Abstract

This study assessed menstrual mood swing, personality traits, and marital satisfaction among women in Ushongo Local Government Area, Benue State. A total of 238 female participants, participated in the study. Data were collected using the Menstrual Distress Questionnaire (MDQ), Big Five Personality Inventory, Marital Taxon Self-Report Measure, and the Kansas Marital Satisfaction Scale. Statistical tools used included Simple Linear Regression, Multiple Regression, and Hierarchical Multiple Regression. Findings revealed that menstrual mood swing had no significant effect ($P<0.05$) on marital satisfaction. However, personality traits, particularly openness to experience and agreeableness significantly influenced ($P>0.05$) marital satisfaction. Furthermore, when age and length of marriage were controlled, a strong joint influence of personality traits and menstrual mood swings on marital satisfaction was observed. The study recommends that clinical psychologists and health workers in Ushongo Local Government Area should promote interventions that enhance women's well-being, focusing on personality assessment, Premenstrual syndrome (PMS) management, and marital counseling to strengthen marital satisfaction.

Keywords: *Assessment, Menstrual mood swing, personality traits, marital satisfaction, women.*

1.0 Introduction

Marriage is a vital social institution and the cornerstone of family life, providing emotional stability and a sense of belonging. However, despite its desirability, achieving marital satisfaction remains a challenge. Studies have shown that many couples experience declines in marital satisfaction due to various psychological, emotional, and

situational factors (Fincham & Beach, 2010; Bradbury, Fincham, and Beach, 2000). Marital satisfaction is defined as the overall attitudes and evaluation that individuals hold towards their marital relationship. Factors such as communication, conflict resolution, and individual personality traits are significant predictors of marital satisfaction (Snyder, Heyman, and Haynes, 2005). In recent years, researchers have shown interest in the potential influence of biological and psychological variables, including menstrual mood swings and personality traits on marital satisfaction.

Marital satisfaction is often defined as the attitudes an individual has towards his or her marital relationship (Fincham and Beach, 2010). Marital satisfaction is an important area for researchers and married people alike. For researchers, understanding the workings of relationship that contributes to higher satisfaction remains a worthy goal. Identifying contributing factors to satisfaction allows married people and those in marital counseling and marriage education and enrichment to employ strategies that may contribute to a decrease in marital satisfaction.

In many Nigerian communities, including Ushongo Local Government Area, women face unique socio-cultural and health-related challenges that may influence their emotional and relational stability. Menstrual mood swings a common manifestation of hormonal fluctuations may alter women's affective and behavioral responses, impacting marital harmony. Similarly, personality traits such as agreeableness, openness, and neuroticism play crucial roles in shaping relationship dynamics and conflict resolution. Despite the importance of these factors, little research has been conducted in the Nigerian context, particularly in rural areas such as Ushongo. This study therefore investigates the influence of menstrual mood swing and personality traits on marital satisfaction among married women in Ushongo Local Government Area, Benue State.

2.0 Objectives of the Study

The broad objective of this study was to assess menstrual mood swing, personality traits and marital satisfaction among women in Ushongo Local Government Area. The specific objectives were to:

i. ascertain influence of menstrual mood swing on marital satisfaction among women in Ushongo LGA.

ii. investigate influence of personality traits on marital satisfaction among women in Ushongo LGA.

iii. determine joint influence of menstrual mood swing and personality traits on marital satisfaction when age and length of marriage are controlled.

3.0 Methodology

3.1 Research Design

A cross-sectional research design was adopted to assess relationships among menstrual mood swing, personality traits and marital satisfaction among married women.

3.2 The Study Area

The study was conducted in Ushongo Local Government Area of Benue State, Nigeria. Ushongo covers 1,228 km² with a population of approximately 388,341 (Worldometer, 2023). The area consists of 11 council wards including; Atikyese, Ikyov, Lessel, Mbayegh, Mbaaka, Mbaanyam, Mbagwa, Mbagba, Mbagwaza, Mbakuha, and Utange.

3.3 Population and Sample size selection

The target population comprised all married women in Ushongo LGA. In this population, were married women whose consent were sought and obtained, a sample size of 238 participants was drawn through simple random and purposive sampling techniques.

3.4 Instruments for Data collection

Data were collected using standardized instruments:

i. **Menstrual Distress Questionnaire (MDQ)** (Moos, 1968): measured menstrual-related symptoms.

ii. **Big Five Personality Inventory** (John et al., 1991): assessed openness, conscientiousness, extraversion, agreeableness, and neuroticism.

iii. **Marital Taxon Self-Report Measure** (Whisman, Snyder, and Beach, 2007): assessed marital satisfaction dimensions.

All instruments demonstrated acceptable reliability and validity indices.

3.5 Data Analysis

Data were analyzed using the Statistical Package for Social Sciences (SPSS, Version 23). Descriptive statistics summarized demographic data, while inferential statistics (simple linear regression, multiple regression, and hierarchical multiple regression) tested the hypotheses.

4.0 Results and Discussion

4.1 Influence of Menstrual Mood Swing on Marital Satisfaction

Simple linear regression result presented in Table 1 revealed no significant influence of menstrual mood swing on marital satisfaction among women in Ushongo LGA [R

= .102, R^2 = .001, F(1,236) = 1.460, p > .01]. This indicates that menstrual mood swing accounted for only 0.1% of the variance in marital satisfaction.

Table 1: Multiple Linear Regression showing the influence of menstrual mood swing on marital satisfaction among women in Ushongo LGA

DV	Predictors	R	R^2	df	F	.	T	p
Marital Satisfaction	Constant	.102	.001	1,236	1,460		-1.878	.616
	Menstrual MS					.922	36.694	.461

4.2 Influence of Personality Traits on Marital Satisfaction

Multiple regression results presented in Table 2 showed a significant joint influence of personality traits on marital satisfaction [R = .337, R^2 = .114, F(5,232) = 5.948, p < .01]. Openness to experience (β = –.308, t = –3.165, p < .01) and agreeableness (β = .217, t = 3.176, p < .05) significantly predicted marital satisfaction, whereas conscientiousness, extraversion, and neuroticism did not.

Table 2: **Multiple Linear Regression Analysis showing the influence of personality traits (Openness to experience, conscientiousness, extraversion, agreeableness and neuroticism) on marital satisfaction among women in Ushongo L.G.A.**

DV	Predictors	R	R^2	df	F	.	t	p
	Constant	.337	.114	5,232	5.948			.000
Marital Satisfaction							11.305	
	Openness					-.308	-3.165	.002
	Conscientiousness					2.810	1.319	.189
	Extraversion					-.059	-.418	.676
	Agreeableness					.297	2.176	.031
	Neuroticism					-2.476	-2.476	.241

4.3 Joint Influence of Menstrual Mood Swing and Personality Traits

The result presented in Table 3 revealed that model 1 when age and duration in marriage were tested, the variables jointly did not influence overall marital satisfaction among women in Ushongo Local Government Area [R=.127, R^2 =.016, F(2,235)=1.930,

p>.05) did not independently age (β =.111, p>.05) and duration of stay in marriage (β=.071, p>.05) did not significantly influence the marital satisfaction among women in Ushongo Local Government Area. This findings implies that both the age and duration of stay in marriage have no significant role to play in the marital satisfaction among women in the study area, Karimiankakolaki, Mazloomy Mahmoodabad, Heidari, Gerayllo and Khabiri (2019) assessed the relationship between PMS and its symptoms with woman's marital satisfaction.

The findings indicate that menstrual mood swing alone does not significantly affect marital satisfaction among women in Ushongo. This aligns with previous studies suggesting that while hormonal fluctuations may affect mood, socio-cultural and personality factors play a more dominant role in determining marital stability. Personality traits particularly openness and agreeableness were strong predictors of marital satisfaction. Women high in openness tend to communicate more effectively and are receptive to change, while agreeableness fosters

Table 3: Hierarchical Multiple regression Analysis showing joint influence of personality traits, health locus of control and life satisfaction among women in Benue North East, Nigeria when age, education and duration of widowhood are controlled

Model	Predictors	Step 1 β	Step 2 β	Step 3 β
	Age	.111	-.003	-.005
Model 1 demographic variables	Duration of SIM	.071	.055	.054
Model 2 Menstrual MS	Menstrual MS		.922**	.915
	Openness			-.019
Model 2 personality Traits	Conscientiousness			2.456**
	Extraversion			-.032
	Agreeableness			.037
	Neuroticism			-3.422
	R	.127	.924	.925
	R^2	.016	.852	.3856
	ΔR^2	.016	.852	.002
	F	1.930	455.973	170.579
	ΔF	1.930	1342.034	.758

**** =P<.01**

5.0 Conclusion and Recommendations

5.1 Conclusion

The study concludes that menstrual mood swings do not significantly determine marital satisfaction among women in Ushongo LGA. However, personality traits, especially openness and agreeableness play a vital role in sustaining marital harmony. When combined, personality and mood dynamics significantly influence the level of marital satisfaction.

5.2 Recommendations

Based on the findings, the followings recommendations were made:

i. Clinical psychologists and health workers should develop strategies to improve women's emotional and marital well-being by addressing *Premenstrual syndrome (*PMS) symptoms through counseling and medical intervention.

ii. Periodic personality assessments should be introduced in local health centers to help identify women with traits linked to marital dissatisfaction.

iii. Marriage counselors should emphasize emotional regulation and interpersonal skills training in premarital and marital counseling programs and

iv. Public health campaigns should integrate menstrual health education to destigmatize *Premenstrual syndrome* related issues and promote family harmony.

5.3 Contribution to Knowledge

The findings of this study provide valuable insights into the interplay between menstrual mood swings, personality traits, and marital satisfaction among married

women in Ushongo Local Government Area, Benue State, Nigeria. Specifically, the study deepens our understanding of how these psychological and physiological factors jointly influence marital relationships in a rural Nigerian context. It also bridges an existing gap in indigenous literature by offering empirical evidence from a population that has received limited scholarly attention. Furthermore, the study enriches the body of knowledge in social and behavioral sciences by highlighting the importance of personality dynamics and menstrual-related mood variations in shaping marital satisfaction among women.

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