

African Journal for the Psychological Studies of Social Issues

Volume 28 Number 3, October/November, 2025 Edition

Founding Editor- in - Chief: Professor Denis C.E. Ugwuegbu
(Retired Professor of Department of Psychology,
University of Ibadan.)

Editor- in - Chief: Professor Shyngle K. Balogun.
Department of Psychology, University of Ibadan.

Associate Editor: Professor. Benjamin O. Ehigie
Department of Psychology, University of Ibadan.

EDITORIAL ADVISORY BOARD

Professor S. S. Babalola	University of South Africa
Professor S.E. Idemudia	University of South Africa
Professor Tope Akinawo	Adekunle Ajasin University, Nigeria
Professor O.A Ojedokun	Adekunle Ajasin University, Nigeria
Professor Catherine O Chovwen	University of Ibadan, Nigeria
Professor. Grace Adejunwon	University of Ibadan, Nigeria
Professor. A.M. Sunmola	University of Ibadan, Nigeria
Professor. B. Nwankwo	Caritas University, Nigeria
Professor. K.O. Taiwo	Lagos State University, Nigeria
Professor. Bayo Oluwole	University of Ibadan, Nigeria

Journal of the African Society for THE PSYCHOLOGICAL STUDY OF
SOCIAL ISSUES % DEPT OF Psychology, University of Ibadan, Nigeria

MODERATING ROLES OF SELF-EFFICACY AND SOCIAL SUPPORT ON THE RELATIONSHIP BETWEEN MARITAL SATISFACTION AND DOMESTIC VIOLENCE PERPETUATION AMONG MARRIED INDIVIDUALS

Chisom Ogbonnaya, Nwadiogo Arinze & Izuchukwu Ndukaihe

Department of Psychology,
Alex Ekwueme Federal University,
Ndufu Alike, Ikwo.
Nigeria
ogbonnaya.chisom@yahoo.com
+2348037029688

ABSTRACT

Poor satisfaction in marriage may be a foundation for domestic violence, through frustration-aggression. However, belief in self to overcome marital issues and evident social support may help prevent the relationship. The study explored how self-efficacy and perceived social support moderates the relationship between marital satisfaction and domestic violence. A total of 221 married people (86 men, and 135 women), conveniently sampled across Abakaliki metropolis participated in the study. Multiple linear regression was adopted to analyze study data, utilizing Hayes' PROCESS macro to assess the moderation effects. The result showed that marital satisfaction, self-efficacy, and perceived social support were negatively related to domestic violence. Furthermore, the study showed that while perceived social support moderated the relationship between marital satisfaction and domestic violence, self-efficacy did not show moderation. The results show the importance of social support in navigating life and marital challenges, preventing them from escalating into negative outcomes. Married individuals should leverage social support around them to help them in the time of marital challenges

Keywords; Self-efficacy, Social Support, Domestic Violence, Married men/women

INTRODUCTION

In the African culture, the idea of success for an individual is assumed to be assessed on the attainment of marriage. However, it is not only important to marry, remaining happy in marriage is an important factor. This comes through reaching expectations had before marriage and present happenings in marriage; thus, a key goal of marital life is rooted in marital satisfaction (Heshmati et al., 2016). Happiness is sought by married individual after marriage, and emphasis is placed more on being satisfied in marriage, than getting married (Narimani et al., 2015). Marital satisfaction is a psychological state of a regulated mechanism, that monitor the benefit and cost of marriage to a particular person (Farahmand & Ahmadi, 2014), and it comprises of different aspects of marital relationship, which includes adjustment, happiness, integrity and commitment (Bashiri et al., 2016). It also explains behaviours that yield well-being, through agreement and solving problems in marital relationships. The importance of marital satisfaction rests on its influence on the overall happiness of couples, as well as how it affects their psychological health, physical health, and bring about life satisfaction in general (Patricia et al., 2017). Also, a good marital satisfaction influences the overall wellbeing of couples, and their relationship with others, which is important in our social world.

Notwithstanding this, the level of marital satisfaction seems to be low. Among couples in United States of America, Lindner (2023) reported that only about 49% feel fulfilled in their marriages. In Nigerian population, from a study in Northern Nigeria, showed that about 56.5% of the participants are dissatisfied with their marriages (Michael et al., 2022). Similar finding was reported in aa sample from South-East Nigeria, with about 52.4% not satisfied with their marriages (Agha et al., 2024), and these has effects on the well-being and life of these individuals. Relating to this, Diaz-Loving et al. (2012) reported that quality of life is reduced, job satisfaction is limited, and health in general becomes impaired when individuals are not satisfied in their marriages. Aside these, when people are not satisfied in their marriages, it may lead to do domestic violence (Okhakhume et al., 2016).

Domestic violence is a sequence of abusive behaviour that one partner engages in, with the intention to gain an advantage or control over the other intimate partner in a relationship or marriage, and this can come in the form of physical, sexual, economic,

technological and psychological violence (U.S Office of Violence Against Women, 2025). These behaviours may come in form of showing physical aggression or assault, which may include hitting an individual, kicking, biting, slapping an individual and throwing objects (Siemieniuk et al., 2010). Also, it can come in form of threats issues to an individual in the family context, abusing an individual sexually within the family unit, showing high control, showing neglect, stalking, intimidating an individual, and paying less attention to the economic demands of either the children or partner (Siemieniuk et al., 2010). These behaviours do not just occur among partners, it may come from an influence which can be internal or external. Domestic violence is viewed as a means through which people show their frustration (Straus et al., 2017), which may come from their inability to cope with a situation; thus, high rate of anxiety, depression and stress have been found to influence domestic violence (Walker-Descartes et al., 2021).

In line with this, issues related to marital dissatisfaction may bring about frustrated feeling from partners. Such feeling may be drawn from being in the web of their marital lives not aligning with the laid down expectations before marriage. Such situation in line with the frustration aggression theory, may result to aggression and due to frustrated efforts towards attaining a goal (Friedman & Schustack, 2014) in marital satisfaction. Through this, there is possibility of married individuals engaging in domestic violence in response to lower level of marital satisfaction. Aiding this is a sense of dislike and detest for the partner, whom is perceived as a factor hindering marital satisfaction; as such, love and care may limit in the process, leading to both conscious and unconscious behaviours in domestic violence, in response to the internal states regarding their partners. In dislike, little thing may serve as a trigger for negative reaction in domestic violence, which naturally the individual may have understood better and adjusted to. However, individuals' belief in their abilities (self-efficacy) to manage their marital issues leading to low marital satisfaction may limit the chances of low marital satisfaction leading to domestic violence.

Self-efficacy refers to a person's belief that they are competent and capable of handling the events in their life (Walsh et al., 2019). Marital issues leading to low marital satisfaction is an event, and when people have high beliefs in managing such issues, actions towards managing that is initiated, and there may be no trigger to domestic violence. Evaluation of one's abilities reflects the choices made in situations, their reactions to events and situation, as well as their thought processes (Ottu & Inwang, 2017). Hence, an individual with high self-efficacy may make positive choices even in the event of low marital satisfaction, by seeking for ways to be satisfied in marriage, and be in control of how he or she reacts to things, especially to their partners; hence, may not consider perpetuating violence against the partner. In addition to this, self-efficacy is important in stress control (Lanin et al., 2019), and helps mitigate against negative impact of daily stress experiences (Freire et al., 2019). In line with this, it can serve as a control mechanism on engaging in domestic violence as a result of the increased stress emanating from low marital satisfaction. More so, since self-efficacy helps people deal with different demands they encounter (Volz et al., 2019), it may help individuals deal with the disappointments emanating from low marital satisfaction, which may help to limit the extent to which such individuals engage in domestic violence. Moreover, aside the possible mitigating effect of self-efficacy on limiting lower level of marital satisfaction from leading to domestic violence, social support may also be a component.

Social support is defined as "the aid – the supply of tangible or intangible resources – individuals gain from their network members" (Song et al., 2011, p. 118). It highlights support received from friends, family or significant others. The importance of social support rests on its influence on how stress is perceived and handled (Acoba, 2024). Social support reduces stress, and helps people cope with adversities or difficult situations (Acoba, 2024). Relating to this, it was shown that individuals with low social support show high level of uneasiness and dejection in comparison to their counterparts with higher level of social support (Khizer et al., 2020). More so, individuals with low level of social support find it difficult to recover from depression, and have difficulties in social functioning (Wang et al., 2020). As such, they may find it difficult coping with the frustration of low marital satisfaction, fuelling possible

engagement in domestic violence. In addition, it was established that social support serves as a buffer that helps mitigate negative psychological outcome that may emanate from experiences of stressful events (Segrin et al., 2016). In line with this, social support may thwart the incidence of negative outcome of domestic violence emanating from perception of low marital satisfaction.

The Present Study

The buffering effect of social support and the positive function of self-efficacy beliefs may help mitigate the possibility of low satisfaction in marriages leading to domestic violence. Literature on domestic violence (e.g Asi et al., 2025; Basirat et al., 2024; Divija et al., 2022) have seen relationships between domestic violence and marital satisfaction, with incidence of domestic violence experience influencing perception of marital satisfaction. However, limited studies have explored the linkage on how satisfaction or dissatisfaction in marriage may bring about perpetuating domestic violence. While Okhakhume et al. (2016) may have studied this, their study is not encompassing, as they assessed marital satisfaction with marital adjustment scale, which does not accurately capture marital satisfaction. Also, Smith et al. (2008) study on marital satisfaction on intimate partner violence; however, their study was a meta-analytic review; thus, the need for the present study, especially in Nigeria, with the low prevalence of marital satisfaction (Agha et al., 2024). It is therefore important to understand factors in self-efficacy and social support through their buffering and coping effects on how they limit the incidence of low marital satisfaction leading to domestic violence, with no literature having studied that. Since social support helps people perceive and handle stress, which allow them cope with adversities (Acoba, 2024), social support may help people experiencing lower marital satisfaction to cope with the situation, in order to avoid it leading to perpetuation of domestic violence. In addition, with self-efficacy influencing choices emotional reactions and cognitive processes (Ottu & Inwang, 2017), employees with low marital satisfaction may manage their emotions better, and look out for ways to improve their satisfaction in marriage. As such, they may make decision towards not engaging in domestic violence. In line with this, this study tests the following hypotheses:

H1: Individuals with high marital satisfaction will have lesser intention to engage in domestic violence

H2: High self-efficacious individuals will have lesser tendency to engage in domestic violence

H3: Individuals high in social Support will show lesser intention to engage in domestic violence

H4: Self-efficacy will moderate the relationship between marital satisfaction and domestic violence.

H5: Social support will moderate the relationship between marital satisfaction and domestic violence.

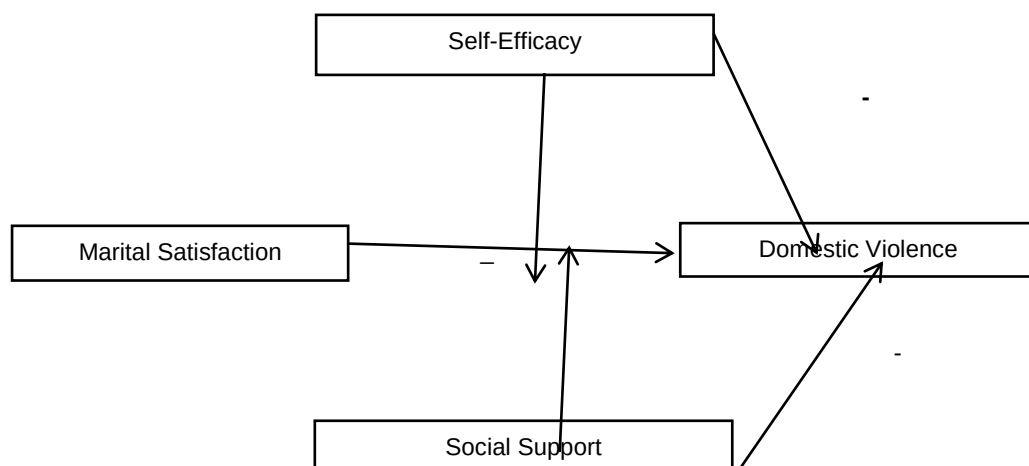


Figure 1
Theoretical Model Explaining the Relationship between Marital satisfaction, Self-Efficacy, Social Support, and Domestic Violence

METHODS

Participants and Procedure

A cross-sectional survey design was adopted to sample 221 married individuals (86 men, 135 women) ($M = 35.45$, $SD = 7.50$), sampled with multistage sampling techniques (convenience and purposive sampling) across Abakaliki metropolis. This served as a 73.6% return rate, with 300 questionnaires distributed. Participants' ages ranged from 21-60. Inclusion criteria for the study were individuals who are married for at least two years, with children, and who individuals living together with their partners. These criteria were used to select participants that made the final cut for analysis, with this information forming part of the demographic information. Participants were sampled in their social environment, and ethical of research informed consent, voluntary participation, and confidentiality were considered. Only participants that signed the consent form participated in the study. After data collection, data that did not meet the inclusion criteria were discarded.

Measures

Marital satisfaction was assessed with the Fowers and Olson (1993) 15-item marital satisfaction scale. The scale is designed to measure how satisfied couples are in their marriages, under two domains: marital quality and marital conventionalization. Each participant responded on a 5 point likert scale (1-strongly disagree, 2- moderately disagree, 3- neither agree nor disagree, 4- moderately agree, 5- strongly agree). Some of the items in the scale include: "my partner and I understand each other perfectly", "I am very happy with how we handle role responsibilities in our marriage", "I have never regretted my relationship with my partner, not even for a moment". For the present study, the internal consistency score of this scale is at Cronbach's alpha .82.

Domestic violence was measured with and adapted scale from the combination of items from Hudson (1990) Partner Abuse Scale: Non-Physical, and the Garner and Hudson (1992) Physical Abuse of Partner Scale. This scale as adapted is a 20-item scale, that combined the physical abuse components of domestic violence perpetuation and the non-physical abuse component of domestic violence perpetuation. Participants responded on a 7-point Likert scale, ranging from 1 – never to 7 – all of the time. Some of the items in the scale include: "I hit and punch my partner's face and head", "I insult or shame my partner in front of others", "I demand my partner to perform sex acts that he or she does not enjoy or like". The internal consistency of this scale for the present study is at Cronbach's alpha .87.

Social support was measured with the Zimet et al. (1998) 12-item scale multidimensional scale of perceived social support. This scale is designed to measure the level of social support an individual receives from friends and significant others. Each participant responded on a 7-point Likert scale, ranging from 1 – Very strongly agree to 7 – Very strongly disagree. Some of the scale items include: “There is a special person that is around when I am in need”, “There is a special person with whom I can share my joys and sorrows”, “I get emotional help and support I need from my family”. The reliability coefficient for the present study is at Cronbach’s alpha .84.

Self-efficacy was assessed with the Schwarzer and Jerusalem (1981) 10-item General self-efficacy scale. This scale is designed to assess an individual’s beliefs in his or her abilities in dealing with situations. Each Participant responded to a four-point rating scale ranging from 1 – not at all true to 4 – exactly true. Some of the items in the scale include “I can always manage to solve difficult problems if I try hard enough”, “If I am in trouble, I can usually think of a solution”, “when I am confronted with a problem, I can usually find several solutions”. For the present study, the reliability coefficient is at Cronbach’s alpha .78.

Method of Data Analysis

Study data was analysed with Statistical Package for Social Sciences version 20, and the statistics adopted was multiple regression, using Hayes Process Macro technique, in order to determine relationship among variables, as well as determine the moderating effects of the study variables on the relationship between the independent variable and the dependent variable.

RESULTS

Table 1.

Mean, standard deviation and inter-correlation among variables (n = 221)

Variables	Mean	SD	1	2	3	4	5	6
1.Age	35.45	7.50	-	-	-	-	-	-
2.Gender	1.61	.48	-.54**	-	-	-	-	-
3.Marital satisfaction	45.03	6.81	.06	-.07	-	-	-	-
4.Self-Efficacy	35.63	4.80	-.13	.02	.08	-	-	-
5.Social Support	67.86	12.58	-.14	-.02	-.08	.06	-	-
6.Domestic Violence	101.00	20.66	.04	-.04	-.18**	-.19**	-.21**	-

Note: SD = Standard Deviation, ** <.001

The result from the Pearson correlation analysis showed that marital satisfaction was negatively related to domestic violence ($r = -.18, p < .001$), self-efficacy was negatively related to domestic violence ($r = -.19, p < .001$), and social support was negatively related to domestic violence ($r = -.21, p < .001$). However, demographic variables age ($r = .04, p > .05$) and gender ($r = -.04, p > .05$) showed no relationship with domestic violence. Furthermore, the result showed that gender was negatively related with age ($r = -.54, p < .001$).

Table 2.

Moderating Effects of Self-Efficacy and Social Support on the Relationship Between Marital Satisfaction and Domestic Violence

Model	B	SEB	t	p	95% CI	R ²	F
-------	---	-----	---	---	--------	----------------	---

Age	-.19	.21	-.93	.349	[-.61; .21]	.10	5.27 (5,215)**
Gender	-4.72	3.21	-1.47	.142	[-11.06; 1.60]		
Marital Satisfaction (MS)	-3.92	1.02	-3.83	.001	[-5.93; -1.90]		
Self-Efficacy (SE)	2.02	1.95	1.03	.301	[-1.82; 5.87]		
Social Support (SS)	-2.58	.70	3.66	.001	[-3.97; -1.19]		
MS x SE	-.06	.04	-1.53	.126	[-.14; .01]		
MS x SS	.05	.01	3.32	.001	[-.02; .08]		

Note: *B* = Regression coefficient; *SE* = Standard Error; *t* = Population *t* value; *p* = Probability level; *CI* = Upper & Lower Confidence Interval, * = $p < .001$

In Table 2, predictor variables; marital satisfaction, self-efficacy and social support significantly predicted domestic violence, with significant model fit $F(5,215) = 5.27, p < .001$, accounting for 10% of the variance in domestic violence. Independently, marital satisfaction negatively predicted domestic violence ($B = -3.92, t = -3.83, 95\% CI [-5.93, -1.90], p < .001$), self-efficacy did not predict domestic violence ($B = 2.02, t = 2.03, 95\% CI [-1.82, 5.87], p > .05$), however, social support negatively predicted domestic violence ($B = -2.58, t = 3.66, 95\% CI [-3.97, -1.19], p < .001$). Also, the study showed that age did not predict domestic violence ($B = -.19, t = -.93, 95\% CI [-.61, .21], p > .05$), and gender did not predict domestic violence ($B = -4.72, t = -1.47, 95\% CI [-11.06, -1.60], p > .05$). Furthermore, the study showed that self-efficacy did not moderate the relationship between marital satisfaction and domestic violence ($B = -.06, t = -1.53, 95\% CI [-.14, .01], p > .05$), given the interaction effect was not significant. However, social support moderated the relationship between marital satisfaction and domestic violence ($B = .05, t = 3.32, 95\% CI [-.02, .08], p < .001$), given that interaction effect was significant.

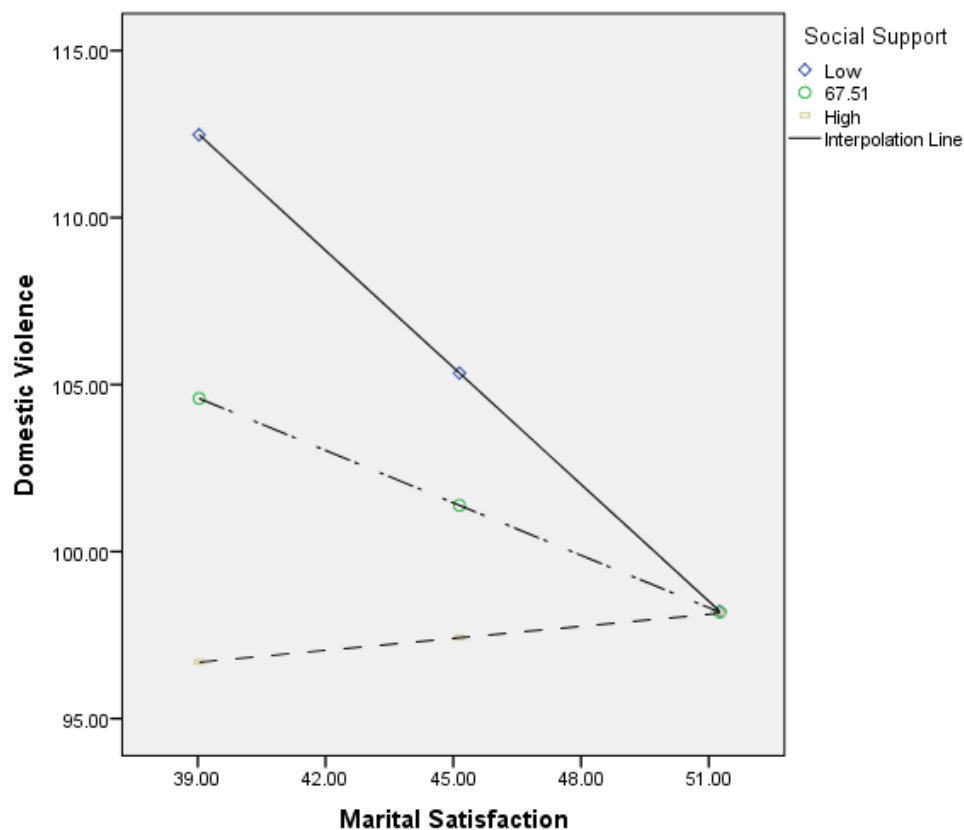


Fig 1. Slope of Interaction effect between Marital Satisfaction and Social Support on Domestic Violence

The slope in the figure above shows the effect of the moderating variable on the predictor and outcome variables. The study indicated that participants with high social support predicted a decrease in domestic violence when marital satisfaction is lower than their low social support counterparts.

DISCUSSION

The study evaluated the moderating roles of self-efficacy and social support on the relationship between marital satisfaction and domestic violence perpetuation. The findings from the study showed that marital satisfaction was negatively related to domestic violence; hence, the first study hypothesis was accepted. In line with this, the study showed that when married individuals are not satisfied with their marriages, they have the tendency to exert domestic violence, and this violence may be a means to ease out the frustration of poor marital satisfaction which differed from marital expectations. Buttressing this, is the view that domestic violence reflects manners through which married people show their frustrations (Straus et al., 2017). This finding is however, backed by finding from the research literature. Revealing this, Okhakhumen et al. (2016) found a negative relationship between marital satisfaction and domestic violence. Also, Smith et al. (2008) showed that marital satisfaction negatively predicted intimate partner violence, which is a form of domestic violence.

More so, the study showed that self-efficacy did not predict domestic violence, which did not affirm the second study hypothesis. This finding may be due to the notion that belief in one's abilities may not reflect one's control to exert domestic violence; as such, ability beliefs may extend to other areas of functioning, and may not show much effect on whether it has an effect on domestic violence perpetration. However, notwithstanding the effect of self-efficacy in emotional reactions (Ottu & Inwang, 2017), it may not actually influence exerting domestic violence. Moreover, the study highlights opportunity for more studies on self-efficacy on domestic violence perpetuation, with dearth of research in that area, which would help understand the relationship.

In addition, the study showed that social support negatively predicted domestic violence, which showed the lower the level of social support, the higher the chances of perpetuating domestic violence, while higher levels of social support minimize the chances of perpetuating domestic violence. This finding affirmed the third study hypothesis, and supported the view of Acoba (2024) on social support helping to cope with difficult situation, and with this, it may be difficult to engage in domestic violence. With this finding still new in the research literature on social support and domestic violence perpetuation, it points out the need for more attention to be paid to the level of support married individuals should get in marriage, as that may limit their tendency to engage in domestic violence, notwithstanding the marital or personal situations.

Consequently, the study showed that self-efficacy did not moderate the relationship between marital satisfaction and domestic violence perpetuation; hence, the first study hypothesis was not affirmed. In essence, the finding highlighted that self-efficacy may not make any buffering effect to married individuals in their experiences of poor marital satisfaction, which may then propel them to engage in domestic violence. More so, the study showed that social support moderated the relationship between marital satisfaction and domestic violence perpetuation, with individuals high in social support less likely to perpetuate domestic violence, even when faced with lower level of marital satisfaction. However, such buffering effect cannot be said of individuals with low social support. Buttressing this, Khizer et al. (2020) reported that there is high dejection and uneasiness among individuals with low social support, in comparison to individuals with high social support. As such, such dejection may be the foundation for engagement in domestic violence, when people are not satisfied in their marriages. However, with low uneasiness and low dejection associated with individuals with high social support (Khizer et al., 2020), they may cope with situation of low marital satisfaction, which may hinder them from engaging in domestic violence as a result. Aiding this is the role of social support in perceiving stress, as stress is perceived as less threatening, which allows coping to occur for people with high social support (Acoba, 2024).

This study has its limitations. At the crux of it is the use of only one source of data, which may inflate or deflate study output, leading to issues of common method variance. In addition, the study is limited in conducting the study cross-sectionally, as this may affect study responses, since situation affects survey responses, and participants were not assessed in their different situations. Future study on this should involve both partners in order to validate responses. Also, future study on this should consider collecting study data across different timeframes in order to ensure different participants' situations were captured, and this would help in the reliability of the study data. More so, the study should explore the role of self-esteem in moderating the relationship between variables.

In conclusion, there is need for healthy social support among partners, which would help them navigate the challenges of life, and that may help limit the tendency of engaging in domestic violence. When there is greater support, they are able to cope due to its buffering effect, and this is also important even in situations of low level of marital satisfaction. This is evident, since from the study marital satisfaction was related negatively to domestic violence, social support was negatively related to domestic violence perpetuation, and social support moderated the relationship between marital satisfaction and domestic violence.

REFERENCES

- Acoba, F. F. (2024). Social support and mental health: The mediating role of perceived stress. *Frontiers in Psychology*, 15, article 1330720. <https://doi.org/10.3389/fpsyg.2024.1330720>
- Agha, K. A., Obineli, A., & Nwankwo, C. A. (2024). Sexual satisfaction as predictor of marital satisfaction of married persons in public university in Anambra state. *African Journal of Educational Management, Teaching and Entrepreneurship Studies*, 12(1), 30-39.
- Asi, Z. K., Rahmanian, F., Rastegari, Z., & Ghaemi, S. Z. (2025). Domestic violence against men and its effect of marital satisfaction during the Covid-19 pandemic in Iran. *American Journal of Men's Health*, 19(2), 15579883251322956. <https://doi.org/10.1177/15579883251322956>
- Bashiri, H., Dehghan, F., Ghazanfari Zarnagh, H., Dehghan, M. M., & Abdollahzadeh, F. (2016). An investigation into the relationship between personality traits and marital satisfaction of the health centers' married staff. *Journal of Personality and Individual Differences*, 5(11), 91-103.
- Basirat, O., Adaramoye, T. O., & Olayiwola-Adedaja, T. O. (2023). Domestic violence as determinants of marital instability among married individuals in Ijeda community: Counselling intervention. *Journal of professional Counselling*, 6(1), 1-11.
- Diaz-Loving, R., Rivera, S., Verde, A., Villanueva, G., & Lopez, C. Values and conflict management as determinants of family functioning. *Social Psychology in Mexico*, 14, 725-731.
- Divija, B., Rajshekhar, B., & Umashankar, M. (2022). A cross-sectional study on domestic violence, marital satisfaction, and quality of life among partners of patients with alcohol use disorder. *Archives of Mental Health*, 23(1), 18-22. https://doi.org/10.4103/amh.amh_77_21
- Farahmand, Z., & Ahmadnia, S. H. (2014). A gender study on the relationship between the ways (traditional and modern) of mate selection and marital satisfaction of families in shiraz city. *Iran social sciences studies*, 11(42), 91-105.
- Fowers, B. J., & Olson, D. H. (1993). ENRICH Marital Satisfaction Scale: A bried research and clinical tool. *Journal of Family Psychology*, 7(2), 176-185. <https://doi.org/10.1037/0893-3200.7.2.176>
- Freire, C., Ferradas, M. M., Nunez, J. C., Valle, A., & Vallejo, G. (2019). Eudaimonic well-being and coping with stress in university students: the mediating/moderating role of self-efficacy. *International Journal of Environmental Research and Public Health*, 16, article 48. <https://doi.org/10.3390/ijerph16010048>
- Friedman, H. S., & Schustack, M. W. (2014). *Personality: Classic theories and modern research* (5 ed.). Pearson.
- Garner, J. W., & Hudson, W. W. (1992). *Physical Abuse of Partner Scale*. WALMYR Publishing.
- Heshmati, H., Behnampour, N., Arabameri, S., Khajavi, S., & Kohan, N. (2016). Marital Satisfaction in Refereed Women to Gorgan Health Centers. *Iranian Journal of Psychiatry*, 11(3), 198-200.
- Hudson, W. W. (1990). *Partner Abuse Scale: Non-Physical*. APA PsychTests. <https://doi.org/10.1037/t77313-000>
- Khizer, U., Khurram, F. & Fahd, S. (2020). Impact of perceived social support and domestic violence on mental health among housewives. *Journal of Business and Social Review in Emerging Economies* 6(3),1153-1157. <https://doi.org/10.26710/jbsee.v6i3>.
- Lanin, D. G., Guyll, M., Cornish, M. A., Vogel, D. L., & Madon, S. (2019). The importance of counselling self-efficacy: Physiological stress in student helpers. *Journal of College Studies and Psychotherapy*, 33(), 14-28. <https://doi.org/10.1080/87568225.2018.1424598>
- Lindner, J. (2023). *Marriage Satisfaction Statistics*. Available at <https://gitnux.org/marriage-satisfaction-statistics/>
- Michael, G. C., Suleiman, A. K., Abdulkadir, Z., Umar, Z. A., & Olawumi, A. L. (2022). Prevalence and sociodemographic predictors of perceived family functioning, marital satisfaction and intimate partner violence during the COVID-19 lockdown among married primary healthcare users. *Journal of Family Medicine and Primary Care*, 16;11(11), 7280-7288. https://doi.org/10.4103/jfmpc.jfmpc_954_22

- Narimani, M., Porzoor, P., Atadokht, A., & Abbasi, M. (2015). The role of spiritual well-being and Religious Adherence in predicting marital satisfaction among nurses. *Journal of Clinical Nursing and Midwifery*, 4(2), 1-10.
- Okhakhume, A. S., Oguntayo R., & Aroniyiaso, O. T. (2016). Influence of socio-economic status and marital satisfaction on domestic violence among couples living in Nigeria. *International Journal of Applied Psychology*, 6(6), 179-184. <https://doi.org/10.5923/j.ijap.20160606.03>
- Ottu, I. F. A., & Inwang, W. C. (2017). Perceived self-efficacy, domestic violence and women's ability to break industrial glass ceiling. *Advancing Women in Leadership Journal*, 33, 177-187. <https://doi.org/10.21423/awl-j-v33.a108>.
- Patricia, A., Thomas, Liu, H., & Umberson, D. (2017). Family relationship and wellbeing. *Innovative in Aging*, 1(3) 1-11. DOI: 10.1093/geroni/igx025
- Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). NFER-NELSON.
- Segrin, C., McNelis, M., & Swiatkowski, P. (2016). Social skills, social support, and psychological distress: A set of the social skills deficit vulnerability model. *Human Communication Research*, 42(1), 122-137.
- Siemieniuk, R. A., Krentz, H. B., Gish, J. A., & Gill, M. J. (2010). Domestic violence screening: prevalence and outcomes in a Canadian HIV population. *AIDS Patient Care and STDs*, 24(12), 763–770. <https://doi.org/10.1089/apc.2010.0235>
- Smith, S. M., Green, N. M., Smith, D. B., & Ward, D. B. (2008). Marital satisfaction and sicord as risk markers for intimate partner violence: A meta-analytic review. *Journal of Family Violence*, 23, 149-160.
- Song, L., Son, J., & Lin, N. (2011). Social Support. In J. Scott, & P. J. Carrington (eds.), *The Sage Handbook of Social Network Analysis* (pp.111-128). Sage.
- Straus, M. A., Gelles, R. J., & Steinmetz, S. K. (2017). *Behind closed doors: Violence in the American family*. Routledge.
- U.S Office of Violence Against Women (2025). *Domestic violence*. Available at <https://www.justice.org/ovw/domestic-violence>
- Volz, M., Voelke, M. C., & Werheid, K. (2019). General self-efficacy as a driving factor of post-stroke depression: A longitudinal study. *Neuropsychological Rehabilitation*, 29(9), 1426-1438. <https://doi.org/10.1080/09602011.2017.1418392>
- Walker-Descartes, I., Mineo, M., Condado, L. V., & Agrawal, N. (2021). Domestic Violence and Its Effects on Women, Children, and Families. *Pediatric Clinics of North America*, 68(2), 455–464. <https://doi.org/10.1016/j.pcl.2020.12.011>
- Walsh, L., Slesnick, N., & Wong, J. D. (2020). Substance use, self-efficacy, and differentiation as predictors of intimate partner violence among substance-using women. *Substance Use Misuse*, 55(5), 707-714. <https://doi.org/10.1080/10826084.2019.1696825>.
- Wang, J., Mann, F., Lloyd-Evans, B., Ma, R., & Johnson, S. (2018). Associations between loneliness and perceived social support and outcomes of mental health problems: A systematic review. *BMC Psychiatry*, 18, article 5. <https://doi.org/10.1186/s12888-018-1736-5>
- Zimet, G. D., Dahlem, N. W., Zimet, S. G. & Farley, G. K. (1988). The multidimensional scale of perceived social support. *Journal of personality assessment*, 52, 30-41.