

IMPACT OF HOME ECONOMICS EDUCATION IN MARRIAGE SUSTAINABILITY

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Abstract

Globally, the COVID-19 outbreak has had an impact on individuals. Some nations, like Nigeria, enacted extensive social restrictions. The study sought to investigate how Home Economics programme helped preserve couples in the post-Covid-19 era because it has been established that marriage improves the lives of individuals. People in Nigeria amid the COVID-19 pandemic's widespread societal restrictions. Married couples' longitudinal survey data will be gathered before and after COVID-19. average, standard deviation, and a straightforward percentage The health of couples in various circumstances was examined using data both before and after the COVID-19 epidemic. Results showed that improving family relationships via home economics activities during lockdown, such as increased communication, helped to keep couples together in the post-Covid-19 period. In order to stop issues from getting worse and to assist couples in creating enduring marriages, it was suggested that home economics psychoeducation programs for couples be used during crisis situations.

Keywords: Home Economics, Sustainable Marriage, Post Covid-19

Introduction

Home Economics is a subject that concerns itself with human development, personal family finances, and consumer issues. Home economists are front-line employees who see the effects of post-COVID-19 firsthand due of their strong relationships with people and families. Crisis situations can give birth to optimism even if uncertainty can be a source of worry (Deagon & Pendergast, 2014). We may find creative ways to help individuals as they adjust to the new normal by using the multidimensional and interdisciplinary lenses that are used in home economics. Throughout the epidemic, there have been several occasions when people have felt compelled to make a good contribution. As an illustration, social media postings with charitable messaging that wearing face masks is a necessary component of living in a civic society where it is everyone's duty to care for the old or immunocompromised. Facial masks were quite popular. Face-mask sewing and home economics skills became news items as a result (Smith, 2020). Those who were restricted to their homes and who had more time to themselves turned to hobbies like sewing and sourdough baking, renewing talks about the values and principles that underlie home

economics (Brady & MacCallum, 2021; de Zwart, 2020).

The impact COVID-19 had on the food supply revealed how dangerous the situation was. The longevity of the marriage was impacted by this. Marital sustainability is the culmination of all the things married people do to keep their unions from eroding or becoming so sour that they must be ended. The COVID-19 pandemic brought changes in social behaviour in the first three months after COVID-19 emerged Wuhan City, Hubei Province. And it was finally declared as a global pandemic by the World Health Organization (WHO) on March 2020 (WHO 2020). Evidence indicates that COVID-19 transmitted through respiratory droplets via contact routes such as the mouth, nose, and conjunctiva or eyes (UNICEF 2020).

Home economics' overarching goal is to improve people's quality of life via efficient resource management. The environment of the family as a whole and the family's local surroundings are the main points of emphasis. Home economics education gives students these abilities for self-employment, even in nutritional innovation that improves health (this was an aspect that helped individuals during the COVID-19 period). Around

three significant sustainable development goals, such as adequate sanitation, zero hunger, and excellent health, are provided by the fundamental skills taught in home economics programs, such as baking, sewing, hair styling, cooking, and effective house administration. This may have anything to do with the family or the union. In view of the above the study seeks to assess the impact of home economics in marriage sustainability during covid-19 pandemic.

Statement of the Problem

People and communities altered their behaviors and responses as a result of the COVID-19 epidemic. Like a coin with two sides, COVID-19 has both beneficial and negative effects on families, home economics, and social relationships. Due to the stay-at-home rules, there has been an improvement in social relations inside the family, with individuals investing more time with their kids and spouse. On the other side, the unfavorable effects of formal family structures and marital interactions have resulted in domestic violence, which has a severe influence on communities. Financial difficulties frequently result in marital conflict, contempt for the guy as the head of the family, kid hunger, and countless conflicts in the neighborhood. Several households miss several meals to make the most of their limited resources. Family social connections were negatively impacted by the post-COVID-19 epidemic, with the some relatives complaining about others' sloth and Television consumption. In contrast, the study aims to investigate how home economics affects the viability of marriages during the COVID-19 pandemic.

Purpose of the Study

The purpose of this study was Home Economics sustainable marriage in post covid-19 the specific purpose of the study was to

1. determine the impact of post COVID-19 on Home Economics sustainable marriage.
2. find out the extent to which Home Economics help to sustain marriages in Post COVID-19 period.

Research Questions

1. What is the impact of post COVID-19 on Home Economics sustainable marriage?
2. To what extent does Home Economics help to sustain marriage in post COVID-19 period?

Hypothesis

Ho₁: There is no significant difference between Home Economics and sustainable marriage in Post COVID-19 period.

Impact of COVID -19 on Home Economics Sustainable Marriage

It is uncertain how the coronavirus pandemic would affect marriage because previous research looking at how calamities will affect marriage have produced contradictory results. Following earthquakes and hurricanes, several experts have seen an upsurge in marriage (Cicatiello et al. 2019; Xu and Feng 2016). Others have discovered the reverse in the wake of floods and earthquakes (Prati and Pietrantonio 2014; Hamamatsu et al. 2014). (Ahmed 2018). Drawing on existing relationship models, scholars have suggested that the stresses of the COVID-19 pandemic will likely threaten romantic relationships (Pietromonaco and Overall, 2020). Documented relationship consequences of COVID-19 include increased relationship conflict (Luetke et al. 2020), reduced sexual frequency (Lehmiller et al. 2020), and high rates of contacting alternative sexual and romantic partners (Lehmiller et al. 2020). COVID-19 has also created uncertainty in income, employment, or housing stability, which may threaten single men and women's ability to meet the economic prerequisites to marriage and delay transitions into marriage (Oppenheimer 1988). Federal programs may also lessen marriage rates. For instance, restrictions on gatherings might hinder marriages, while office closures could stop marriage certificates. Yet, there are more COVID-19-related reforms that might make it more necessary for single persons to transition into marriage.

How Home Economics is Helping to Sustain Marriage During the Pandemic Period

Whether a marriage has kids or not, adjustments to home life and the marital connection occur during a shutdown. Family ties were affected by the lockdown, either becoming better or getting worse (Günther Bel., Vilaregut, 2020).

Lower sources of anxiety, worry, and melancholy were correlated with high levels of resilience. The effects of loneliness on mental health are significant. Resistance is correlated with extraversion and resistance. Past research have shown a connection between loneliness, poor mental health, and higher mortality. Bagguley, (2017). (2017). The degree of a

partner's support has an impact on the link between resilience and depression. Increased partner connection will make you feel less stressed and more resilient throughout the epidemic.

Couples exhibit interdependence on one another throughout the epidemic. Couples frequently spend extended amounts of time together, and the lack of other resources makes it easier for disputes to develop as a result of the demands of the epidemic. If a resolution is not found to this disagreement, the relationship may suffer. Increased conflict may make a relationship troublesome, especially a marriage connection (Gere and Schimmack ,2011). Couples are therefore urged to have less fighting in order to feel less stressed.

Prioritizing outcomes-related objectives and conflict-resolution techniques employed by couples during a pandemic are another approach to resolve disagreements between partners. François (2020) (2020) The goal-conflict negotiation is meant to handle the new circumstances of parenting, working from home, and the potential for neither spouse to be employed. During the epidemic, there is not much goal conflict. Families can utilize the following tactics through Home Economics activities to maintain and manage conflict throughout the pandemic: polite dialogue, conversation, meeting needs and wants, concentrating on practical needs,

i.e., practical solutions, and allowing spouse time alone when irritated. Partners who often resolve conflicts of interest often achieve greater results.

Methodology

For this study, a descriptive survey research approach was chosen. Married couples in Edo State's Egor Local Government Area make up the study's population. This study employed convenience sampling to choose 152 married couples from the Egor Local Government Area of Edo State. A four-point sum mated scale with the following four options: Strongly Agree (SA) (4), Agree (A) (3), Disagree (D) (2), and Strongly Disagree (SD) (1) points was used as the instrument for data collection. Three home economics specialists from the Department of Vocational and Technical Education (VTE), University of Benin, Nigeria, verified the questionnaire. When the instrument's internal consistency was tested for reliability, a Cronbach Alpha level of 0.85 was obtained. Thus, the device was trustworthy. The mean and standard deviation were utilized to analyze the data and provide answers to the study objectives. The conclusion was that any item with a mean greater than the benchmark value of 2.50 indicates agreement, and any item with a mean less than the benchmark value of 2.50 indicates disagreement. The t-test was used to assess the hypothesis, with a 0.05 level of significance.

SECTION A: Demographic Data

Table 1: Gender

Gender	Frequency	Percent%
Male	66	43.4%
Female	86	56.6%
Total	152	100.0

From table 1 above, it can be seen that 56.6% of the couple respondents are female while 43.4% of the respondents are male. This shows that majority of the couple respondents are female.

SECTION B

Research Question 1: What is the impact of post COVID-19 on Home Economics sustainable marriage?

Table 2: Impact of post COVID-19 on Home Economics sustainable marriage

ITEMS	N	MEAN	SD	Decision
1 Post-COVID-19 pandemic threaten marriage sustainable	152	3.29	.547	Accepted
2 Making face masks and using pre - vocational skills as a way to maintain marriage in the post-COVID-19 era	152	3.36	.482	Accepted
3 Those who were restricted to their homes and turned to pastimes like baking with their extra time welcomed the emphasis on home economics discussions.	152	3.53	.501	Accepted
4 Increase in social interactions within the family	152	2.95	.370	Accepted
5 Parents spend more time with their children and spouse due to the stay-at-home guidelines	152	3.16	.732	Accepted
Grand Mean		3.26	0.53	Accepted

Criterion mean > 2.50

The information in Table 2 demonstrates that every item was allowed since it fulfilled the means score criteria of 2.50. This indicates that the respondents concurred that the post-COVID-19 pandemic threatens marriage sustainability (Mean=3.29), sewing of face masks and home economics skills serve as a means of sustaining marriage in the post-COVID-19 period (Mean=3.36), home economics

discussions enjoyed a spotlight with people confined to home and with newfound time reverting to activities like baking (mean=3.53), increase in social interactions within the family (mean=2.95) The grand mean of 3.26 indicated that home economics had an effect on the viability of marriage after the COVID-19 pandemic.

Research Question 2: To what extent does Home Economics help to sustain marriage in post COVID-19 period?

Table 3: Extent to which Home Economics help to sustain marriage in post COVID-19 period

ITEMS	N	MEAN	SD	Decision
6 During the lockdown family relationships were impacted with a lot of Home Economics skillful activities	152	3.13	.654	Accepted
7 Improvement in the family relationship through Home Economics activities during lockdown such as better communication	152	2.81	.648	Accepted
8 Resilience is the individual's ability to cope effectively and bounce back from adversity	152	2.85	.726	Accepted
9 couples show interdependency on one another	152	3.43	.572	Accepted
10 Couples often spend long periods of time together	152	3.56	.498	Accepted
Grand Mean		3.16	0.62	Accepted

Criterion mean > 2.50

Data in Table 3 shows that all the items met the means score standard of 2.50 and were accepted. The

following are the extent to which Home Economics help to sustain marriage in post COVID-19 period,

during lockdown family relationships were impacted with a lot of Home Economics skillful activities, Improvement in the family relationship through Home Economics activities during lockdown such as better communication, resilience is the individual's ability to cope effectively and

bounce back from adversity, couples show interdependency on one another, Couples often spend long periods of time together. A grand mean of 3.16 showed that Home Economics help to sustain marriage in post COVID-19 period.

Hypothesis

H₀₁: There is no significant difference between Home Economics and sustainable marriage in Post COVID-19 period.

Table 4: t-test analysis of the difference between Home Economics and sustainable marriage in Post COVID-19 period

Variable	N	\bar{x}	SD	Df	T	Sig(2-tailed)	Decision
Home Economics	55	3.87	.366				
Sustainable Marriage	67	3.21	.410				

Table 4 shows that there is significant difference between Home Economics and sustainable marriage in Post COVID-19 period. From the above Table, the p-value is 0. 000 which is less than the set value of 0.05. Therefore, the null hypothesis is rejected. Hence there is significant difference between Home Economics and sustainable marriage in Post COVID-19 period.

Discussion of findings

According to the study's research question, respondents believed that the COVID-19 pandemic poses a threat to stable marriage. Home Economics discussions took center stage with people confined to their homes and turning to activities like baking out of their newly found free time. There has also been an increase in social interactions within families as a result of the stay-at-home rules, and parents spend more time with their kids and spouses. This is corroborated by (Smith, 2020), for instance, posts on social media with charitable sentiments that suggest using face masks is a natural aspect of living in a civic society where it is everyone's duty to take care of the old or immunocompromised. Facial masks were quite popular. Face-mask sewing and

home economics skills became news items as a result.

The participants of the study agreed that during lockdown family relationships were impacted by a lot of Home Economics skillful activities. Improvement in the family relationship through Home Economics activities during lockdown, such as verbal relationship, resilience is the individuals personal ability to cope successfully and bounce back from setbacks, was also discovered in the study. According to the research of (Günther Bel., Vilaregut, 2020), home economics activities during lockdown can strengthen family relationships by fostering greater communication, emotional expression, teamwork, and a compromise between individual and shared needs. Contrarily, a decline in family ties was noted as a result of isolated or separated couples or families, unfavorable expectations, frequent arguments, and an imbalance between personal and family demands. When compared to before the lockdown, couples without children reported having the same or even a better marriage. According to the premise, there is a big contrast between home economics and a healthy marriage in the post-COVID-19 era.

Conclusion

The findings of this investigation led to the following conclusions. The threat of pandemic to long-lasting marriage was identified. The teaching of post-COVID-19 on home economics sustainable marriage, post-COVID-19, serves as a way of sustaining marriage in the post-COVID-19 period through the sewing of face masks. It was also seen that during lockdown family relationships were impacted with a lot of Home Economics skillful activities, Improvement in the family relationship through Home Economics activities during lockdown such as better communication are the extent to which Home Economics help to sustain marriage in post COVID-19 period. Finally, there is significant difference between Home Economics and sustainable marriage in Post COVID-19 period.

Recommendations

The following recommendation were proposed by the researcher. They include:

1. By home economics activities, difficulties facing couples should be handled in a healthy way to ensure their marriage's survival.
2. Couples require a home economics psychoeducation program in a crisis to stop problems from getting worse and to assist each other in their marriage.

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