Determinant of Mate Selection Among Married Senior Secondary School Teachers in Sokoto Metropolis: Implication for Pre-Marital Counselling

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Abstract
This study investigated the determinant of mate selection among married senior secondary school teachers. In Sokoto metropolis: Implication for pre-marital counselling. Two objectives, two research question and two hypotheses were state respectively to guide the conduct of this study. The population of the study comprised two thousand and eighty-five married teachers and sample of three hundred and thirty-six was obtained a sample of 336 secondary school teachers will be selected for the study using purposive sampling technique. *The questionnaire titled questionnaire for mate determinant and was validated by expert in the department of counselling psychology, faculty of education, Sokoto State University and validity index of 0.88 and reliability index of 0.871 was obtained. Mean and standard deviation was used to answer the research questions and hypotheses was tested using t-test at 0.05 level of significance family system theory by Bowen was used by this study. Conclusions from this study indicated religion is the strongest determinant of mate selection: Religion emerged as the most significant determinant of mate selection among married senior secondary school teachers in Sokoto Metropolis. This reflects the deeply religious nature of the society and the strong influence of religious beliefs and practices on personal and family decisions. The influence of spiritual mentors and parents in enforcing religious endogamy underscores the role of religious institutions and family in shaping mate selection patterns. This implies that pre-marital counselling must take into account the religious values and beliefs of clients and help couples navigate religious considerations in their marriage decisions also financial status is a pragmatic consideration in mate selection: Financial status is a significant determinant of mate selection, with teachers placing emphasis on the partner having a good source of livelihood rather than coming from a wealthy family background. This reflects a pragmatic approach to financial considerations, where the focus is on the partner's ability to contribute to the family's economic well-being rather than inherited wealth. This implies that pre-marital counselling should include discussions about financial expectations and management in marriage and recommendations were made consider multiple factors in mate selection: Teachers and intending couples should consider multiple factors beyond the ones examined in this study when selecting a marriage partner. While religion, financial status, occupation, and education background are important, other factors such as character, emotional compatibility, and shared values should also be considered. Engage in pre-marital counselling: Teachers and intending couples should actively seek pre-marital counselling to discuss important issues such as religious compatibility,*

financial expectations, career aspirations, and educational goals. Pre-marital counselling can help couples develop realistic expectations and build a strong foundation for marriage.

Keywords: *Marriage, Religion, Financial Status*

Introduction

Marriage is an universal concept, its principle and practices tend to vary from one community to another. Thus, marriage as an institution has undergone several tremendous changes appear to have eroded the primary purposes which underlie the divine institution of marriage with regard to the championship and procreation rights and privileges of the God's established organization (Akinade, 2017).

The term marriage has been defined deliberately by scholars. So the term marriage is the union between the opposite sexes and does not include same sex marriage as it is commonly practiced in some developed countries.

Anikweze (2013) have defined marriage as enduring relationship between an adult male and female, as two individual units, known as husband and wife. The concept of marriage has also be seen as a social group and a social system which has certain structures that serves various functions in society rights from the origin of the world. For instance, some psychologist believed that marriage is a complex social system that trues to satisfy huge emotional and sexual needs of the couples which is the aspect of the Id which Freud talked about in the human personality structure. Right from the time of creation, marriage has been in existence. Marriage is regarded as the oldest institution on earth. God expressly ordained marriage. It is the union of a man and a woman who have agreed to come together to build a family. Marriage serves the three pronged utility of addressing the psychological, physiological and social needs of man, these three aspect of marriage are geared towards the sexual survival and emotional instincts which form part of nature and indeed their organism.

Okpechi (2015) defined marriage simply as an arrangement of social structure which results in the establishment of a relationship of a legal, customary or religious between a man and his wife for the union.

Marital counselling is concerned primarily with interpersonal relationship between spouses who have problems in their marriage(s). Marital counselling is mainly concerned with assisting couples to understand where they are, so that they can find way of forging ahead in their marriage life. Davis (2017), defined marital counselling as organized application of techniques or interventions which are designed to modify for the better, maladjustment or maladaptive nature of human relationship of married partners. Marital counselling is that interactive process by which seeks to aid the family in regaining a homeostatic balance within which all the members such as husband, wife and children are comfortable. Marital counselling can also be defined according to Crapo (2002) as therapeutic for exploring and attempting to alleviate the present interlocking emotional and other related problems in a family setting or system making effort to remedy the concern faced by one of the members.

Marital counselling includes a very broad range of professional interventions for reduction of marital disharmony. The focus and goals of the marital counselling are generally the resolution of the immediate presenting problems and the provision of the spouses with emotional support and enhancement of their self-esteem and optimism. Marital counselling is a type of psychotherapy for a married couple or established partners that try to resolve problems in the relationship. Typically, two people attend counselling session together to discuss specific issues.

Marital counselling is based in psychotherapy and family systems, and focus on understanding their clients" symptoms and the way their interactions contribute to problems in the relationship. It is usually a short term therapy that may take only a few sessions to work out problems in the relationship. Typically, marriage counselors ask questions about the couple's roles, rules, goals, and beliefs. Therapy often begins as the couple analyzes the good and bad aspects of the relationship. The marriage counselor then works with the couple to help them understand that, in most cases, both partners are contributing to problems in the relationship. When this is understood, the two can then learn to change how they interact with each other to solve problems. The partners may be encouraged to draw up a contract in which each partner describes the behavior he or she will be trying to maintain. Marriage is not a requirement for two people to get help from a marriage counselor. Anyone wishing to improve his or her relationship can get help with behavioral problems, relationship issues, or with mental or emotional disorders. Marriage counselors also offer treatment for couples before they get married to help them understand potential problem areas (premarital counselling).

Marital counselling is expected to give reinforcement to couples to boost effective communication in couples, assist couples in conflict resolution, build their financial independence and to boost their economic strength and adjust parent-child relationship. Bonvillain (2010) opined that financial stress appears to lead a more hostile interaction between spouses, which decreases marital satisfaction. Effective marital counselling may help to adjust financial stress so that it does not harm the marriage. How couples decide to handle conflict matters in their marital life can have a positive impact on the quality of their marriage. Establishing fair and equitable financial practices in early marriage life through marital counselling is a valuable pillar in the foundation of a healthy family. Here are typical issues that marital counseling can help address in marriage life: infidelity, divorce, substance abuse, physical or mental conditions, same-sex relationship issues, finances, blended families, communication problems, sexual difficulties, conflict about child rearing, infertility and anger.

Education is regarded as the catalyst for development as well as a process for bringing positive change among couples. In Nigeria it is recognized as an instrument par excellence for effective development (Tom, 2014).

Educational background can include both one formal education and any informal or continuing education one has received throughout his lifetime. Also, educational background is the set of all the formal and informal education that one has achieved plus any new learning opportunities one is pursuing or plans to pursue. In this context, educational background can result in official confirmation, usually in form of a Certificate, Diploma, or Degree, certifying the successful completion of an education program or a stage of a program. There is no gain in saying the fact that educational background is among the major determinants of mate selection among lecturers at Sokoto State University.

Obergefell (2015) and O'Neil (2005) explained that education is an important factor in mate selection in many societies. In marriage partner choice surveys, women consistently express preference for marriage partners who are of high educational background and of the same education qualification as themselves. Also, Kalmijin (2001) revealed that college graduates prefer to marry college graduates like themselves. However, female graduates also like to marry men that are educationally advanced than them.

Corroborating Kalmijin (2001), Torr (2005) in his study of undergraduates' mate choice indicated that they prefer college graduates with good earning capacity.

Similarly, Gade and Hancock (2002) posited that undergraduates prefer partners of similar educational qualifications and backgrounds. Similarly, Religion has been defined as a set of organized beliefs, practices, and systems that most often relate to the belief and worship of a controlling force or supernatural being. Also, Religion is a fundamental set of beliefs and practices generally agreed upon by a member of a person or sects: The Muslim and Christian Religions, etc. (Harris, 2007).

Most religion do not allow its members to marry outside their religion, so for this reason one can rightly say that religions factor among lecturers in Sokoto State metropolis greatly influence mate election among intending couples.

Marriage is the process of making the relationship between two lovers, official and permanent, for the purpose of company on ship and procreation that is culturally, socially and religiously accepted globally, marriage is the term commonly used to formally written, verbal or traditional long-term agreement between a man and a woman for companionship, procreation, food and other commodities in a domestic context (Becker, 2010). Marriage is both a social contract and a spiritual relationship it is the union in which religion, and the state are equally concerned about.

The relationship between the level of religiosity and the level of education has been studied since the second half of the 20th century. The parameters of the two components are diverse: the "level of religiosity" remains a concept which is difficult to differentiate scientifically, while the "level of education" is easier to compile, such as official data on this topic, because data on education is publicly accessible in many countries. Different studies lead to contrasting conclusions regarding the relationship, depending on whether "religiosity" is measured by religious practices (attendance at places of worship, for example) or specifie religious beliefs (belief in miracles, for example), with notable differences between nations. For example, one international study states that in some Western nations the intensity of beliefs decreases with education, but attendance and religious practice increases, (Owagbemi, 2015). Other studies indicate that the religious have higher education than the non-religious. Other studies find that the positive correlation with low or non-religiosity and education has been reversed in the past few decades, (Smith, 2017).

Statement of the Problem

From observation and experience share by a number of individual over the years marriage instability has been on the increage with many leading to divoves due to problem of right selection of married partner among couples.

Similarity most marriage fail because of parent imposing or selecting married partner to their children without taken cognizance the interest of their children.

Similarly, many teachers select married partners who do not have modern educational background and Islamic education.

Conclusively, many marriages are arrange without having appropriate pre-marital counselling.

Objectives of the Study

The study investigate the influence of marital counselling on determinant of mate selection among married secondary school teachers in Sokoto metropolis Sokoto state. Specifically, the objectives of the study are to:

1. To evaluate how religion determine mate selection among married senior secondary school teachers in Sokoto Metropolis.
2. To assess how financial status determine mate selection among married senior secondary school teachers in Sokoto Metropolis.

Research Question

This study will be guided by the following research questions:

1. Does religion determine mate selection among married senior secondary school teachers in Sokoto Metropolis?
2. Does financial status determine mate selection among married senior secondary school teachers in Sokoto Metropolis?

Research Hypothesis

The following hypothesis will be formulated to guide the study and tested at 0.05 level of significance:

1. Religion does not significantly determine mate selection among married senior secondary school teachers in Sokoto Metropolis
2. Financial Status does not significantly determine mate selection among married senior secondary school teachers in Sokoto Metropolis

Review of Empirical Studies

Oguegbe, & Onuecheta (2018), in their study titled "Educational background and Religious Affiliation: The Determinant Factors for marriage stability among married couples in Abuja, FCT Nigeria". The study made use of 278 participants (122 males and 156 females). The participants were of the mean educational background 22.0, standard deviation of 2.95 and religious affiliation of 16-37. The study adopted a 2 (young and old) x 2 (high and low) factorial design with 2-way ANOVA as the corresponding statistics used for data analysis. Findings from the first hypothesis indicated no significance difference between educational background and family stability at F (1.274) = 1.915. P >.05 level of significance. Modupe and Olurotimi (2020). Education and religion of couples are seen as important correlates of intimate partner violence. This study investigated the influence of educational background and religion on the occurrence of intimate partner violence among women in Ekitii State, with the aim of addressing demographic factors that could influence the increased cases of intimate partner violence against women within the State. The study was descriptive research of the survey type. The sample consisted of 2100 women in Ekiti State. The sample was selected through Maultistage sampling procedure. An adapted close-ended questionnaire was used to measure the variables investigated. Face and content validity of the instrument were Reliability of the instrument was ensured and a coefficient of 0.85 obtained. Hypotheses were tested using Analysis of Variance (ANOVA) at 0.05 level of significance. Findings showed that educational background F cal (27.444) and religion F cal (41.936) significantly influenced the occurrence of intimate partner violence among women in Ekiti State. There is a need for women to improve their educational status by attending adult education classes and parents could ensure that the girl-child is educated up to the tertiary level to make them less vulnerable. There is also a need for enlightenment and reorientation programmes among religious leaders. Addisu, Dereje, and Asabneh, (2017), studied "Socio-demographic determinants of marital satisfaction in Jimma Zone, Southwest Ethiopia" and stated that marital satisfaction is one of the ingredients of marital stability and is affected by a number of factors. A cross-sectional survey substantiated with qualitative studies was conducted so as to identify the major socio-demographic factors that influence the marital satisfaction of married couples among selected districts of Jimma Zone, Oromia, Ethiopia. Study participants of 240 randomly selected couples, either the wife or husband, were surveyed and key informant interview was held to collect evidences about the study objectives. As a result,

variables such as level of education background and religion, number of children, spousal infidelity, marriage type, leisure spending, interest difference, openness among couples, and poverty have brought a statistically significant difference in marital satisfaction. Similarly, qualitative study participants noted that economic background, educational background, type of marriage, religious background, ethnic background, age difference, place of birth, religious discordant marriage, migration, adultery, early marriage, in-laws interference, family size, sexual incompatibility and polygamous marriage determine the marital satisfaction of couples in the study area. Ojukwu, Woko, and Onuoha (2019). studied "Impact of Educational Attainment and Religion on Marital Stability among Married Persons in Imo State, Nigeria. It has been revealed that recently there appear to be a kind of downward trend in marriage patronage in our society. The trend is prevalent in both western and non-western culture. Also, in the recent decade there seems to be a cut down.in the interest of young people willing to go into marriage. This is as a result of the dwindling credibility that people attach to marriage and the retreat of men and women from getting married or patronizing marriage in our society today which seems to be a concomitant effect of the numerous crises bedeviling the marriage institution chief among which is marital instability. Unfortunately, not much is being done to redress this issue and since a stable marriage gives birth to a stable society and a stable nation, the primary aim of this study therefore was to determine the impact of educational attainment and religion on marital stability among married persons in Imo State. The study adopted a casual comparative design. Eight hundred and three (803) married persons were selected through simple random sampling for the study. The study made use of questionnaire for the collection of data. Two research questions guided the study. Spearman's Correlation Coefficient and independent T-test analysis were used to analyze the data.

Okpamen and Ameh (2019). studied “Gender, Educational attainment and Marital Instability as Predictors of Religious Affiliation among married teaching staff of Nigerian Universities". The study examines the influence of gender, educational attainment and marital instability as predictors of religious affiliation among married teaching staff of Nigerian Universities. Using a convenience sampling approach, data was collected from 324 married Participants whose ages ranged between 20-60 years. Marital Instability Index (MII) and Religious Affiliation Scale (RAS) were used for data collection. Hypotheses were tested using SPSS version 20. Gender and educational attainment are shown to positively and negatively influence religious affiliation respectively, while marital instability, on the other hand, was found not to be a significant predictor of religious affiliation.

Esere, Yusufu, and Omotosho (2011), carried out a research on effect of Spousal Communication on Marital Stability. Six hundred (600) stratified randomly selected married adults in Ilorin metropolis were used for the study. A research designed questionnaire titled “effect of spousal communication on marital stability Questionnaire” was used to collect necessary data for the study. The-test and ANOVA statistics were used to compare the perception of married adults on the basis of gender and length of marriage. The purpose of the study aims at examining the effect of spousal communication on marital stability. The findings show that most of the respondents agree to the statement that lack of effective communication is the bane to marital stability. It was also found that there was significant difference in the perception of married adults on the effect of spousal communication on marital stability on the basis of gender and length of years is marriage. The study recommended that counselling stakeholders and counsellors need clinics in major establishment in Nigeria to educate married men and women of the need for effective communication. This study related with the current study in sense that the present study

evaluated the effect of marital counselling on family stability which couples 'effective communication was inclusive among other indices that measured the state of family stability among the area of concern which determined the level of family stability among secondary school teachers in Sokoto Metropolis.

Abu (2015) carried out the research of communication strategies on family relationship in Nasarawa State. Population of the study was 1500 couples. The sample was 650 couples which sampling techniques used was to; determine communication strategies used in husband/wife subsystem of the families. Three null hypothesis and three assumptions were raised. The study used descriptive survey method of design. The instruments used to collect information from respondents were interview and questionnaire Data collected was subjected to statistical analysis using frequencies and percentage for demographic variables, frequencies, mean and standard deviation for research questions, while Pearson, Product Moment Correlation Coefficient was used to measure the correlation between communication strategies used in Husband/wife subsystem. parent/children subsystem and children/children subsystem in their relationship. The three null hypotheses were therefore rejected. The results of the findings revealed that in the husband-wife subsystem of the families, the communication strategy used by majority of couples in Nasarawa state that they talk down on each other because of the familiarity they have for one another. In the parent/child subsystem of the families, it was a found that parents do not spend time with their children, and in the children/children subsystem of the families it was revealed that the children, that is the older ones tease the younger ones in their communication. Based on the findings of this study, it was recommended that family members should embark on effective communication so as to lessen cases of crises and tensions in the family so as to strengthen family relationship. This study aptly concurred with the present study in the sense that the area of coverage is the same except it differed in terms of design. The present study assessed the effect of marital counselling on family stability which couples effective communication was inclusive which determined the state of family stability among the area of concern which determined the level of family stability among secondary school teachers in Sokoto Metropolis.

Jahanshir, Mahbobe and, Ahmad (2015)."The Effectiveness of communication skills training on marital conflicts and its different aspects in women". The purpose of this study was to determine the effectiveness of communication skills training on marital conflicts and its aspects in married women who referred to health centers of Gonabad in 2013. At this experimental study with pretest-posttest design and control group, Sixty married women, who have referred to health centers of Gonabad city, had been randomly selected and distributed in two groups as case and control. First, the pretest was administered for both groups. The pretest was consisted of a questionnaire on demographic information, communication skills and marital conflicts. Then the case group was presented with ten 45-minute sessions on communication skills. At the end of trainings, which lasted for 2 weeks, both groups filled the questionnaires. The data were analyzed using the Statistical Package for Social Sciences version 20 and independent and paired T-tests. The results showed In comparison to control group, communication skills training significantly reduces marital conflicts incase group(P=0.001).These trainings had also significantly influenced the five aspects of marital conflicts of case group including cooperation(P=0.048),sexual relationship (P=0.001),emotional reactions (P=0.019),personal communication with relatives(P=0.033)and familial communication with spouse relatives and friends(P=0.20),but did not influence the other 2 aspects which are children support(P=0.13)and financial issues(P=0.12)..Regarding the impact of communication skills training on marital

conflicts, it is recommended to train the women with marital conflicts with communication skills.

Esere, M.O, Ake-Yeyeodu and Comfort O. (2014). "Obstacles and Suggested Solutions to Effective Communication in Marriage as Expressed by Married Adults in Kogi State, Nigeria". Marriage involves exchange of ideas and feelings. It requires honesty and sincere expression of feelings. A discussion between husband and wife promotes marital harmony and stability. The purpose of this study, therefore, is to investigate obstacles and suggested solutions to effective communication in marriage as expressed by married adults in Kogi State. It also examined the influence of gender, age, religion and years of marriage as obstacles to effective communication in marriage in Kogi State. The descriptive survey research design was adopted for the study. A multistage sampling method comprising purposive, stratified and simple random techniques was used to draw a sample of 660 married adults across the three senatorial districts in Kogi State. The research instrument adopted for the study was a researcher-developed questionnaire titled 'Obstacles and Suggested Solutions to Effective Communication in Marriage Questionnaire'(OSSECMQ). The instrument was validated by experts in Counselor Education Department, University of Ilorin. Two research questions were raised and answered. The findings of the study revealed that the respondents are of the view that obstacles to effective communication include getting home late on regular basis, harsh tone of voice during conversation and bringing up memories of past events, and suggested solutions to the obstacle to effective communication were; considering one's spouse's contribution, having trust in one's spouse and considering spouse's opinion when discussing issues. The implication of the study is that there is the need to sensitize the community at large on how effective communication can be practiced through seminar, awareness workshop e.t.c. In relation to the findings of the study it was recommended that couples need to find ways to talk about their differences amicably through effective communication in order to have a healthy relationship. Couple should recognize everyone has a unique way of communicating his feelings and couples should enhance their relationship by understanding and applying a few rational communication concepts to their relationship.

Debra & Blackwell (2000) examines comparative patterns of educational and racial assortative mating or homogamy among married and cohabiting couples and evaluates whether women and men trade in socioeconomic status and racial caste prestige. The 1990 decennial census identifies for the first time individuals in cohabiting relationships. Log-linear models of partner cross-classified data provide several conclusions. First, married and cohabiting couples are highly homogamous with respect to race and education. Second, cohabiting couples are less homogamous than married couples. Third, cohabiting women are less likely than married women to be living with partners with greater education than themselves. Fourth, racially homogamous unions tend to be educationally homogamous and vice versa. Fifth, heterogamous marriages (but not cohabitors) suggest spousal trades: high education in one spouse is associated with higher color status in another. We conclude that research can no longer ignore the qualitatively different mate selection processes of cohabiting couples.

Tosin & Nancy (2024) sought to investigate mate selection for marital purposes during COVID-19 pandemic, which may be tasking for undergraduates in Nigerian universities. Mate selection is a vital aspect in the process leading up to marital relationships and personal mate selection is common practice across societies, except for the very few wherein individuals are given a mate instead of selecting their mates. Given that most marriages result from the relationships that are formed during studies in tertiary institutions, selecting a good mate from the onset determines the

quality of the marriage later on in life. The study investigated how the mate selection experience was affected by the adversaries, brought to the fore by the onset of COVID-19 restrictions. The study employed descriptive research of the survey type. The population for this study consisted of all University of Ilorin undergraduates. A simple random sampling technique was used to select 420 respondents who were undergraduates at the University of Ilorin, Kwara-State. A research instrument titled "Factors Determining Mate Selection among Undergraduates (FDMSUQ)" was used to elicit information, needed from the respondents. The face and content validity of the instrument were ensured while a 0.72 reliability coefficient was obtained. Three research questions were raised and four hypotheses were formulated. All the research questions and hypotheses were tested using descriptive and inferential statistics at 0.05 level of significance. It was found that age, religion, ethnic group, and family structure significantly influence mate selection among undergraduates. Based on the findings, it was recommended among others that Professional Counsellors in collaboration with the parents of undergraduates and religious organisations should constantly make programmes available to undergraduates of all age groups on how, when and what it entails to select a mate, that they will live together with till death do them part.

Kate & Marta (2018) research that Despite theoretical consensus that marriage markets constrain mate selection behavior, few studies directly evaluate how local marriage market conditions influence intermarriage patterns. Using data from the American Community Survey, we examine what aspects of marriage markets influence mate selection; assess whether the associations between marriage market conditions and intermarriage are uniform by gender and across pan-ethnic groups; and investigate the extent to which marriage market conditions account for group differences in intermarriage patterns. Relative group size is the most salient and consistent determinant of intermarriage patterns across pan-ethnic groups and by gender. Marriage market constraints typically explain a larger share of pan-ethnic differences in intermarriage rates than individual traits, suggesting that scarcity of co-ethnic partners is a key reason behind decisions to intermarry. When faced with market constraints, men are more willing or more successful than women in crossing racial and ethnic boundaries in marriage.

Gideon & Eliasu (2022). Carried out a research on spousal selection for marriage by tertiary student in wamunicipality of Ghana: Internal factors in perspective in contemporary society marriage is seen as the foundation of all social relations and it has remained an important goal for youngsters to achieve in the future. Spouse selection over the years especially, among adults had received extensive attention in the academic tertiary institutions in Ghana, yet little is known precisely about the internal determining factors influencing spouse selection for marriage especially among tertiary students. This current study seek to unearth the internal factors that informs individual choice for marriage among students in the public universities in Ghana. Stimulus-Value-Role (SVR) theory anchored the study and also a simultaneous mixed design was used for the study. The public Universities were sampled Ninety-three respondents were interviewed. Both primary and secondary data were sourced and descriptive statistics was used for the analyses. The findings showed that more than 93% of the students (both sexes) consider issues such as intelligence, emotional stability, dependable attitude, maturity and religion of their prospective spouses as important in the selection process. Agreeableness which is one of the extraversion dimensions and talks about how friendly and compassionate a person is was identified as the most effective element considered in the selection process. The study concluded that students varied in the exact factors they anticipated, desiring potential mates with compatibility factors truly want to find spouses who exemplified what they preferred. The study

recommended that the counsellors of the tertiary institutions should endeavour to organize marriage seminars for students to educate them on the need to be cautious of the desired factors. The desired factors predict significantly on students' choices of a spouse for marriage.

Methodology

Descriptive survey was adopted for this study. The descriptive survey design was used because it is a method of research which concerns itself with the present phenomena interns of conditions, practices, belief processes, relationships or trends. The population of the study was 2085 married secondary school teachers with a sample of 336 obtained through Roasoft online 2026. The instrument for data collection was mate determinant questionnaire and was validated by experts in the department of counselling psychology, faculty of education Sokoto state university.

Mean, standard deviation and frequency counts, percentages will be used to answer research questions while. Hypotheses will be tested using t-test statistics at 0.05 level of significance, using the SPSS statistical package.

Hypotheses Testing

H_{01}: Religion does not significantly determine mate selection among married senior secondary school teachers in Sokoto Metropolis.

Table 1: Influence of Religion on Mate Selection

Variable	N	Variable	SD	t	df	p-value	Decision
Religion and Mate Selection	320	3.41	0.71	22.84	319	0.000	Rejected

Source: Field Survey (2026)

The analysis revealed that the mean score for the influence of religion on mate selection (3.41) is significantly different from the test value of 2.50 (the midpoint of the scale), with a t-value of 22.84 and a p-value of 0.000. Since the p-value is less than 0.05, the null hypothesis (H01) is rejected. This indicates that religion significantly determines mate selection among married senior secondary school teachers in Sokoto Metropolis. The high mean score of 3.41 confirms that religion is a very important factor in mate selection among the respondents.

Hypothesis Two (H_{02}): Financial status does not significantly determine mate selection among married senior secondary school teachers in Sokoto Metropolis.

Table 2: Influence of Financial Status on Mate Selection

Variable	N	Variable	SD	t	df	p-value	Decision
Financial Status and Mate Selection	320	3.09	0.81	13.03	319	0.000	Rejected

Source: Field Survey (2026)

The analysis revealed that the mean score for the influence of financial status on mate selection (3.09) is significantly different from the test value of 2.50, with a t-value of 13.03 and a p-value of 0.000. Since the p-value is less than 0.05, the null hypothesis (H02) is rejected. This indicates that financial status significantly determines mate selection among married senior secondary school teachers in Sokoto Metropolis. The mean score of 3.09, which falls within the "High" interpretation category, confirms that financial status is an important factor in mate selection.

Discussion of Findings

The findings revealed that financial status is a significant determinant of mate selection among married senior secondary school teachers in Sokoto Metropolis (cluster mean = 3.09). Teachers placed emphasis on the partner having a good source of livelihood and being gainfully employed rather than coming from a wealthy family background. The pragmatic approach to financial considerations reflects the understanding that economic stability is essential for establishing and sustaining a family.

This finding is consistent with Okpe (2014), who noted that it is very hard to see a lady going into marriage without evidence of financial security through the prospects and potentials identified in the man she wants to marry. The potential of the spouse and skills is of paramount importance in the choice of marriage partner. Similarly, Tosin and Nancy (2024) found that financial status was a significant factor in mate selection among Nigerian undergraduates.

Recommendations

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

Consider multiple factors in mate selection: Teachers and intending couples should consider multiple factors beyond the ones examined in this study when selecting a marriage partner. While religion, financial status, occupation, and education background are important, other factors such as character, emotional compatibility, and shared values should also be considered.

Engage in pre-marital counselling: Teachers and intending couples should actively seek pre-marital counselling to discuss important issues such as religious compatibility, financial expectations, career aspirations, and educational goals. Pre-marital counselling can help couples develop realistic expectations and build a strong foundation for marriage.

Conclusion

Based on the findings of this study, the following conclusions are drawn:

Religion is the strongest determinant of mate selection: Religion emerged as the most significant determinant of mate selection among married senior secondary school teachers in Sokoto Metropolis. This reflects the deeply religious nature of the society and the strong influence of religious beliefs and practices on personal and family decisions. The influence of spiritual mentors and parents in enforcing religious endogamy underscores the role of religious institutions and family in shaping mate selection patterns. This implies that pre-marital counselling must take into account the religious values and beliefs of clients and help couples navigate religious considerations in their marriage decisions.

Financial status is a pragmatic consideration in mate selection: Financial status is a significant determinant of mate selection, with teachers placing emphasis on the partner having a good source of livelihood rather than coming from a wealthy family background. This reflects a pragmatic approach to financial considerations, where the focus is on the partner's ability to contribute to the family's economic well-being rather than inherited wealth. This implies that pre-marital counselling should include discussions about financial expectations and management in marriage.

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