STUDY OF MARITAL ADJUSTMENT ON EATING HABIT

BY

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CERTIFICATION

This is to certify that the project work by Adebisi Zainab Olamide with Matric No HND/22/STA/FT/005 has been read and approved as meeting part of the requirements for the award of Higher National Diploma in Statistics. Institute of Applied Sciences. Kwara State Polytechnic. Ilorin. Kwara State.

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DEDICATION

I dedicate this project to Almighty Allah and my Parents

ACKNOWLEGEMENT

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ABSTRACT

In this study, the impact of dietary changes before and after marriage on marital status was investigated. The data of 100 respondents were obtained from Secondary school which are Olokuta secondary school, Kwara State Polythecnic secondary school and Community secondary school, Ilorin metropolis. The logistic regression model had a relatively good fit to the data, it explained only a small portion of the variance in the dependent variable (eating habits and marital dynamics). Further analysis on specific food items, such as dairy food and fruits/vegetable, meat sweet/baked food/cereal and beverages suggested that only certain foods like meat pie and oranges had statistically significant relationship with couples' eating habits with p-value of 0.041 and 0.013 which is less than the level of significance (0.05) , while others did not. However, the overall models which examined the effects of diary food and beverages consumption on eating habits before and after marriage is not statistically significant, indicating that these foods does not affect marital dynamics on eating habit.

Keywords: Marital status, Marriage, Eating habit, logistic regression.

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CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Marriage, as a cornerstone of societal structure, encompasses multifaceted interactions and dynamics that profoundly influence individual well-being and societal stability (Cherlin, 2010). Within the marital context, numerous factors contribute to the overall quality of the relationship, including communication patterns, conflict resolution strategies, and shared experiences (Markman et al., 2010). Among these factors, eating habits emerge as a critical yet underexplored dimension of marital life, influencing both physical health and relational dynamics (Umberson et al., 2010).

Eating habits, encompassing dietary choices, meal patterns, and nutritional intake, are shaped by various individual, interpersonal, and environmental factors (Sobal & Nelson, 2003). Within the marital unit, couples often develop shared routines and practices related to food consumption, reflecting not only individual preferences but also relational dynamics and cultural influences (Fiese & Schwartz, 2008). As such, examining eating habits within the context of marriage offers insights into the intersection of individual health behaviors and relational processes (Bove & Olson, 2005).

The significance of studying eating habits in marriage is underscored by their potential impact on physical health outcomes and relationship satisfaction (Jacka et al., 2017; Umberson et al., 2010). Research suggests that shared meals and dietary alignment among couples are associated with greater marital satisfaction and intimacy (Whisman et al., 2007). Conversely, discordant eating patterns or unhealthy dietary behaviors may contribute to marital conflicts and dissatisfaction (Bove & Olson, 2005).

Furthermore, societal changes, including shifts in food environments, work-life balance, and cultural norms, have implications for eating habits within marital relationships (Parker et al., 2012). Modern lifestyles characterized by hectic schedules, fast food availability, and sedentary behaviors pose challenges to maintaining healthy dietary practices and may exacerbate existing tensions within marriages (Sobal & Nelson, 2003). Understanding how these contextual factors shape eating habits and marital dynamics is essential for developing targeted interventions and strategies to support couples' well-being (Cherlin, 2010).

Despite the growing recognition of the importance of eating habits in marital relationships, empirical research in this area remains limited (Jacka et al., 2017). Existing studies often focus on individual health outcomes or general relationship satisfaction, overlooking the nuanced interplay between eating habits and marital quality (Umberson et al., 2010). Consequently, there is a need for research that examines the specific effects of eating habits on various dimensions of marital life, including communication patterns, conflict resolution, and overall relationship satisfaction (Whisman et al., 2007).

By addressing these gaps in the literature, this study seeks to contribute to a deeper understanding of the complex dynamics between eating habits and marriage (Bove & Olson, 2005). By exploring how dietary behaviors intersect with relational processes within the marital context, this research aims to provide insights that can inform interventions aimed at promoting healthier lifestyles and fostering stronger marital bonds (Fiese & Schwartz, 2008). Ultimately, understanding the role of eating habits in marriage is essential for promoting individual and relational well-being in contemporary society (Parker et al., 2012).

1.2 Statement of the Problem

Despite the recognized importance of eating habits in marital relationships, there is a notable gap in empirical research examining the specific effects of these habits on marriage dynamics. Existing studies often focus on individual health outcomes or general relationship satisfaction, overlooking the nuanced interplay between eating habits and marital quality. Consequently, there is a need for research that delves deeper into the relationship between eating habits and marriage, elucidating how dietary behaviors impact various aspects of marital life, including communication patterns, conflict resolution, and overall relationship satisfaction.

Furthermore, societal changes, such as evolving food environments, hectic lifestyles, and cultural shifts, have likely influenced eating habits and, by extension, marital dynamics. These changes may introduce new challenges and opportunities for couples, necessitating a comprehensive understanding of the contemporary landscape of eating habits within marriages. Addressing these gaps in the literature is crucial for developing targeted interventions and strategies to promote healthier eating habits and enhance marital well-being.

1.3 Aim and Objectives of the Study

The aim of this project work is to study eating habit of couples before and after marriage among the resident of Ilorin metropolis, with the following objectives:

i. To investigate the changes in eating habits among married individuals before and after marriage

ii. To determine if there is relationship between various types of food and marital dynamics

iii. To fit the best model using logistic regression analysis.

1.4 Justification of the Study

This study is significant for several reasons. Firstly, it contributes to the existing body of literature by filling a notable gap in research on the relationship between eating habits and marriage. By focusing specifically on marital dynamics, this study offers insights that can inform both clinical practice and public health interventions aimed at promoting healthier lifestyles and stronger marital bonds.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction to Eating Habits in Marriage

Eating habits in marriage represent more than mere dietary choices; they serve as symbolic and practical expressions of the relationship dynamics between partners. Shared meals are not only occasions for sustenance but also opportunities for communication, intimacy, and bonding within the marital context (Anderson, 2019). As couples navigate the complexities of daily life together, their eating habits reflect shared values, traditions, and rituals, shaping the overall quality of their relationship.

Research suggests that the significance of shared meals extends beyond nutritional considerations to encompass emotional and relational aspects of marriage. For instance, the act of dining together fosters a sense of connection and belongingness between partners, facilitating open communication and mutual understanding (Smith & Johnson, 2018). Sharing meals allows couples to engage in meaningful conversations, share experiences, and strengthen their emotional bond, thus contributing to marital satisfaction and overall well-being.

Furthermore, eating habits in marriage are influenced by a myriad of factors, including cultural norms, socioeconomic status, and individual preferences. Cultural traditions and family background often dictate mealtime rituals and dietary preferences within marital relationships (Braithwaite et al., 2016). Additionally, socioeconomic factors such as income level and access to resources may impact the types of foods consumed and the frequency of shared meals among couples (Musick & Meier, 2018). Moreover, individual differences in taste preferences, dietary restrictions, and eating behaviors can shape the dynamics of shared meals and influence marital satisfaction (Adler & Epel, 2020).

As couples navigate the terrain of eating habits in marriage, they encounter both challenges and opportunities for growth and connection. Conflicts may arise from differences in dietary preferences, mealtime routines, or expectations surrounding food-related behaviors (Chen et al., 2021). However, couples who approach mealtime as a collaborative and supportive endeavor can enhance their relationship satisfaction and strengthen their bond. By understanding the multifaceted nature of eating habits in marriage, researchers and practitioners

can provide valuable insights and interventions to promote healthier and more fulfilling relationships for couples.

2.2 The Impact of Eating Habits on Marital Satisfaction

Eating habits play a significant role in shaping the overall satisfaction within marital relationships. Research indicates that shared meals and dietary patterns are closely linked to the quality of the marital bond (Anderson, 2019). One study by Smith and Johnson (2018) found that couples who regularly share meals report higher levels of marital satisfaction compared to those who do not. This suggests that the act of dining together fosters communication, intimacy, and a sense of togetherness, which are essential components of marital fulfillment.

Moreover, the nutritional quality of shared meals can influence marital satisfaction. Couples who consume healthier foods together tend to experience higher levels of relationship satisfaction (Adler & Epel, 2020). For instance, a diet rich in fruits, vegetables, and lean proteins has been associated with better mood regulation and overall well-being, contributing to a more harmonious marital environment. Conversely, diets high in processed foods and sugars may lead to mood swings and fatigue, which can strain marital dynamics (Garcia-Lopez et al., 2017).

Beyond the nutritional aspect, the manner in which meals are prepared and shared can also impact marital satisfaction. Research by Chen et al. (2021) suggests that couples who engage in collaborative meal planning and cooking activities experience greater relationship satisfaction. This collaborative effort fosters teamwork, communication, and a sense of mutual support, enhancing the emotional connection between partners. Conversely, conflicts arising from differences in dietary preferences or mealtime routines can lead to tension and dissatisfaction within the marriage (Kiecolt-Glaser et al., 2018).

Furthermore, the frequency and context of shared meals can influence marital satisfaction. Couples who prioritize regular mealtimes together tend to report higher levels of relationship quality (Musick & Meier, 2018). Whether it's breakfast before work, dinner after a long day, or weekend brunches, these shared moments create opportunities for bonding and meaningful conversation. Additionally, rituals such as setting the table together, expressing gratitude before meals, or trying new recipes as a couple can enhance the overall satisfaction and intimacy within the marriage (Braithwaite et al., 2016).

Moreover, the impact of eating habits on marital satisfaction is multifaceted, encompassing not only the nutritional aspect but also the relational dynamics surrounding shared meals. Couples who prioritize healthy eating, engage in collaborative meal preparation, and make time for shared mealtimes are likely to experience greater levels of marital satisfaction and overall relationship quality.

2.3 Factors Influencing Eating Habits within Marital Dynamics

Eating habits within marital dynamics are influenced by a multitude of factors, ranging from individual preferences to external sociocultural influences. One significant factor is the role of upbringing and family background. Research indicates that individuals often carry forward dietary preferences, mealtime rituals, and cooking traditions from their family of origin into their marital relationships (Braithwaite et al., 2016). These familial influences shape the initial framework for shared meals in marriage and can contribute to both compatibility and conflict between partners.

Moreover, socioeconomic status (SES) plays a crucial role in shaping eating habits within marital dynamics. SES influences access to resources such as nutritious foods, cooking facilities, and dining-out options, which in turn impact dietary choices and meal preparation behaviors (Musick & Meier, 2018). Couples from higher SES backgrounds may have greater access to fresh, healthy foods and culinary education, fostering a culture of nutritious eating within the marital context. Conversely, couples from lower SES backgrounds may face challenges related to food insecurity, limited access to affordable healthy foods, and reliance on processed or convenience foods, which can influence their eating habits and overall health outcomes.

Another important factor influencing eating habits within marital dynamics is the intersection of individual dietary preferences and cultural norms. Couples often negotiate and navigate differences in taste preferences, dietary restrictions, and culinary traditions as they merge their individual identities into a shared marital identity (Adler & Epel, 2020). This negotiation process can lead to compromises, adaptations, and creative solutions in meal planning and preparation, ultimately shaping the dietary patterns and mealtime rituals within the marital relationship.

Furthermore, the hectic pace of modern life and competing demands on couples' time can impact their eating habits within marital dynamics. Work schedules, childcare responsibilities, and social commitments may limit the time available for meal planning, grocery shopping, and cooking, leading couples to rely on convenience

foods or dining out more frequently (Chen et al., 2021). These time constraints can influence the quality and nutritional value of meals consumed by couples, as well as the frequency of shared meals, which are crucial for fostering connection and intimacy within the marital relationship.

2.4 Health Implications of Eating Habits within Marital Relationships

The eating habits within marital relationships have profound implications for the physical health and well-being of couples. Research suggests that shared meals and dietary patterns not only influence marital satisfaction but also impact individual health outcomes. For instance, couples who prioritize healthy eating habits, such as consuming a diet rich in fruits, vegetables, whole grains, and lean proteins, are more likely to experience better overall health and lower risk of chronic diseases (Adler & Epel, 2020). Conversely, diets high in processed foods, sugars, and saturated fats have been linked to increased risks of obesity, cardiovascular diseases, and metabolic disorders, which can negatively affect both partners' health within the marital relationship (Garcia-Lopez et al., 2017).

Furthermore, the health implications of eating habits within marital relationships extend beyond nutritional considerations to include psychological and emotional well-being. Shared meals provide opportunities for couples to connect, communicate, and support each other, fostering a sense of intimacy and emotional bond (Smith & Johnson, 2018). Couples who engage in regular shared meals report lower levels of stress, anxiety, and depression, as well as higher levels of life satisfaction and overall well-being (Anderson, 2019). Moreover, collaborative meal planning and cooking activities can promote teamwork, problem-solving skills, and mutual support between partners, enhancing their resilience and coping strategies in the face of life's challenges (Chen et al., 2021).

CHAPTER THREE

METHODOLOGY

3.1 Background of the Study Population

Kwara State, situated in Northern Nigeria within the North Central Geopolitical Zone, emerged on May 27th, 1967, following the division of Nigeria into 12 states by the Federal Military Government under General Yakubu Gowon. With a predominantly Yoruba ethnic group, Kwara State also hosts significant Nupe, Baruba, and Fulani minorities. Ilorin, the state capital and one of its major cities, encompasses three to five local government areas out of the total 16, boasting an estimated population of 777,667 according to the 2016 census, making it the sixth-largest city by population in Nigeria. Ilorin's geographical coordinates are 8°30'N 4°33'E, covering a total area of 75 square kilometers (295 sq mi) and estimated to have a population density of 1,188/km2 (3,080/sq mi) as of the 2005 census conducted by the National Population Commission.

3.2 Study Design and Approach

The research uses a quantitative approach to study how eating habits affect marital satisfaction. It employs a cross-sectional study design, collecting primary data through questionnaires distributed to married individuals within the study areas. These questionnaires captures information on eating habits based on various types of food, allowing for a systematic examination of their relationship. Additionally, the use of administered questionnaires ensures standardized data collection for comparability and statistical analysis.

3.3 Data Collection Procedure

The study sample consisted of 100 respondents from secondary schools in Ilorin east which are Olokuta secondary school, Kwara State Polythecnic secondary School and Community junior secondary school, Ilorin metropolis, selected based on various types of food related to effect of eating habits in marriage. These factors were categorized into Diary foods, Fruit/Vegetables, Sweet meat/baked food/cereal and Beverages. The response variable under investigation was the marriage status.

Response Variable

The study utilized the marriage status(Y_i) as the dependent variable, categorized into two groups: Before married and After married.

Statistical Software and Analysis

The data were summarized, tabulated, and analyzed using IBM Statistics (SPSS Version 21) software. Descriptive statistics, including frequency percentages, were employed to summarize the data. Additionally, a test of association was conducted to assess relationships among the explanatory variables, serving as a diagnostic test to determine the suitability and validity of binary logistic regression analysis.

3.4 Descriptive Statistics

DRR-Modeling of Probability л

DRR-model is the appropriate regression analysis (statistical method) employed when the variable of interest is dichotomous (binary) which may be coded 0 and 1 respectively. Generally, a logistics response function (logit model) was introduced by *Berkson* in 1944, is either monotonic increasing or monotonic increasing or monotonic decreasing, depending on the sign of β. Recall from popular OLS regression model

$л(x) = \varphi_0 + \varphi_1 x_1 + \varphi_2 x_2 + \varphi_3 x_3 + \ldots. + + \varphi_p x_p \ldots. \omega_i \ldots. (i)$ for all $\omega_i \sim NIID\ (0, \delta^2)$

that is usual white noise

then for logit

$л(x) = ln\left(\frac{p(y=0)}{p(y=1)}\right) =$

$ln\left(\frac{p(y=0)}{p(y=1)}\right) \ldots \ldots . (ii\ \alpha)$

from equation (ii) we have

$л(x) = ln\left(\frac{л)}{1-л)}\right) \ldots.. (ii\ b)$

by converging equation (*i*) and (*ii b*)

$\varphi_0 + \varphi_1 x_1 + \varphi_2 x_2 + \varphi_3 x_3 + \ldots. + + \varphi_p x_p = ln\left(\frac{л)}{1-л)}\right)$

$e^{\varphi 0 + \varphi 1x1 + \varphi 2x2 + \varphi 3x3 + \ldots.+ + \varphi pxp} = \frac{л}{1-л}$

$л = (1- л)\ e^{\varphi 0 + \varphi 1x1 + \varphi 2x2 + \varphi 3x3 + \ldots.+ + \varphi pxp}$

$л = \frac{e^{\varphi 0 + \varphi 1x1 + \varphi 2x2 + \varphi 3x3 + \ldots.+ + \varphi pxp}}{1+e^{\varphi 0 + \varphi 1x1 + \varphi 2x2 + \varphi 3x3 + \ldots.+ + \varphi pxp}} \ldots. (iii)$

Similarly, equation (*iii*) can be modified as

$$л = \frac{1}{1+e^{\varphi 0 + \varphi 1x1 + \varphi 2x2 + \varphi 3x3 + \ldots + + \varphi pxp}}$$

And

$$1- л = \frac{1}{1+e^{\varphi 0 + \varphi 1x1 + \varphi 2x2 + \varphi 3x3 + \ldots + + \varphi pxp}}$$

Mathematically, *л* represent the chance for the state of the eating habit after marriage as accounted for by other factors.

Wild Test and the Likelihood Ratio Test

To assess the significance of the logistic regression coefficients, Wild Test and the Likelihood Ratio Test are used.

A wild test is to test the statistical significant of the each of (φ) in the model. A wild test is a reciprocal of chi-square, it is calculated as Z-statistic with p-value of pr(>/Z/)

$Z= \frac{\varphi}{S.E(\varphi)} \sim N(0,1)$then $Z^2 \sim X^2$

Model Specification

In this research, binary logistic regression model was fitted to explore the predictor variables of eating habit after marriage. The response variable (Y_1=Before married) and (Y_2=After married) was classified and attributed as follows (Before married=0 and After married=1) on the explanatory variables used in the model.

Hypotheses

Based on the research questions, the following hypotheses are formulate

H_0: Changes in eating habits before and after marriage have no effect on marital quality.

H_1: Changes in eating habits before and after marriage have effect marital quality.

CHAPTER FOUR

DATA ANALYSIS AND RESULT

4.1 Data analysis

Checking for the Effect of Diary food consumption on eating habit

Table 4.1.1 Contingency Table for Hosmer and Lemeshow Test for Diary food

		marriage status = Before marriage		marriage status = After marriage		
		Observed	Expected	Observed	Expected	Total
Step 1	1	11	13.404	8	5.596	19
	2	14	11.688	5	7.312	19
	3	14	11.073	5	7.927	19
	4	9	10.092	10	8.908	19
	5	10	9.756	10	10.244	20
	6	8	9.339	12	10.661	20
	7	9	8.291	10	10.709	19
	8	6	7.786	13	11.214	19
	9	8	7.174	11	11.826	19
	10	4	4.396	9	8.604	13

The table 4.1.4 presents the observed and expected frequencies of marriage status categories (before marriage and after marriage) at each step of the Hosmer and Lemeshow test. In Step 1, the observed and expected frequencies are divided into subgroups. For example the before marriage category, there were 11 observed case with an expected frequency of 13.404, and for the after marriage category, there were 8 observed cases with an expected frequency of 5.596 in subgroup 1, and so on. The total number of observations is provided for each step. This table is used to assess the goodness-of-fit of the logistic regression model.

Table 4.1.2: Omnibus Tests of Model Coefficients for Dairy food

		Chi-square	Df	Sig.
Step 1	Step	8.661	4	.070
	Block	8.661	4	.070
	Model	8.661	4	.070

The Omnibus Tests of Model Coefficients table indicates that the model, which examines the impact of eating habits on marriage, shows a trend towards significance (Chi-square = 8.661, p = 0.070). Given that the p-value (0.070) exceeds the conventional significance level of 0.05, there isn't enough evidence to reject the null hypothesis; thus, the relationship between eating habits and marital dynamics may not be statistically significant based on this analysis.

Table 4.1.3: Model Summary for Diary food

Step	-2 Log likelihood	Cox & Snell R Square	Nagelkerke R Square
1	249.190[a]	.045	.061

a. Estimation terminated at iteration number 3 because parameter estimates changed by less than .001.

The table 4.1.2 indicates that the logistic regression model has a -2 Log likelihood value of 249.190, suggesting a relatively good fit of the model to the data. However, the Cox & Snell R Square and Nagelkerke R Square values of 0.045 and 0.061, respectively, imply that the model explains only a small portion of the variance in the dependent variable related to eating habits and marital dynamics.

Table 4.1.4: Classification Table for Diary food

			Predicted		
			marriage status		
	Observed		Before marriage	After marriage	Percentage Correct
Step 1	marriage status	Before marriage	49	44	52.7
		After marriage	29	64	68.8
	Overall Percentage				60.8

a. The cut value is .500

Table 4.1.3 presents the classification accuracy of the logistic regression model in predicting marriage status before and after marriage. It indicates that the model correctly predicts marriage status with an overall accuracy

of 60.8%. Specifically, it correctly predicts before marriage status 52.7% of the time and after marriage status 68.8% of the time. This suggests that the model has some ability to distinguish between marriage statuses

Table 4.1.5: Variables in the Equation for Diary food

		B	S.E.	Wald	Df	Sig.	Exp(B)
Step 1[a]	Milk	-.074	.126	.345	1	.557	.929
	yoghurt	.214	.145	2.184	1	.139	1.239
	ice_cream	.242	.143	2.861	1	.091	1.274
	butter	.079	.124	.404	1	.525	1.082
	Constant	-1.289	.513	6.308	1	.012	.276

a. Variable(s) entered on step 1: milk, yoghurt, ice_cream, butter.

$\phi = \varphi_0 + \varphi_1 x_1 + \varphi_2 x_2 + \varphi 3x3 + \varphi_4 x_4$
Where X1=Butter, X2=Ice cream, X3=Yoghurt, X4=Milk.
ϕ= -1.289+0.079(Butter)+0.242(Ice cream)+0.214(Yoghurt)-0074(Milk).

The table displays the logistic regression results examining the relationship between various dairy product consumption (milk, yogurt, ice cream, butter) and marriage status, while controlling for other factors. None of the dairy variables (milk, yogurt, ice cream, butter) show statistically significant associations with marriage status, as indicated by their Wald statistics and corresponding p-values above 0.05. However, the constant term has a statistically significant effect on marriage status (Wald = 6.308, p = 0.012), suggesting that other unmeasured factors not included in the model may play a role.

4.2 Checking for the Effect of Fruit/vegetable consumption on eating habit

Table 4.2.1 Contingency Table for Hosmer and Lemeshow Test for Fruit/vegetable

		marriage status = Before marriage		marriage status = After marriage		
		Observed	Expected	Observed	Expected	Total
Step 1	1	14	12.810	5	6.190	19
	2	12	11.785	7	7.215	19
	3	14	10.958	5	8.042	19
	4	9	10.321	10	8.679	19
	5	5	9.760	14	9.240	19
	6	10	9.264	9	9.736	19
	7	6	8.584	13	10.416	19
	8	10	7.939	9	11.061	19
	9	6	7.124	13	11.876	19
	10	7	4.454	8	10.546	15

The table 4.2.1presents the observed and expected frequencies of marriage status categories (before marriage and after marriage) at each step of the Hosmer and Lemeshow test. In Step 1, the observed and expected frequencies are divided into subgroups. For example the before marriage category, there were 14 observed case with an expected frequency of 12.810, and for the after marriage category, there were 5 observed cases with an expected frequency of 6.190 in subgroup 1, and so on. The total number of observations is provided for each step. This table is used to assess the goodness-of-fit of the logistic regression model.

Table 4.2.2: Omnibus Tests of Model Coefficients for Fruit and vegetables

		Chi-square	Df	Sig.
Step 1	Step	8.775	6	.187
	Block	8.775	6	.187
	Model	8.775	6	.187

The table shows the results of the Omnibus Tests of Model Coefficients for examining the effect of fruit consumption on eating habit. The chi-square value of 8.775 with 6 degrees of freedom and a significance level of 0.187 indicates that the model, as a whole, is not statistically significant. This means that the predictors related to fruit consumption do not significantly improve the prediction of eating habit beyond what would be expected by chance. Therefore, there is no strong evidence from this model that fruit consumption has a significant effect on eating habit.

Table 4.2.3: Model Summary for Fruit/vegetables

Step	-2 Log likelihood	Cox & Snell R Square	Nagelkerke R Square
1	249.076[a]	.046	.061

a. Estimation terminated at iteration number 3 because parameter estimates changed by less than .001.

The table 4.2.2 provides the model summary for the logistic regression analysis examining the effect of fruit consumption on eating habit. The -2 Log likelihood value of 249.076 indicates the fit of the model to the data. The Cox & Snell R Square value of 0.046 and the Nagelkerke R Square value of 0.061 suggest that the model explains between 4.6% and 6.1% of the variance in eating habit. This indicates that fruit consumption accounts

for only a small portion of the variability in eating habit, implying that other factors may play a more significant role in influencing eating habit.

Table 4.2.4: Classification Table for Fruit/vegetables

			Predicted		
			marriage status		
	Observed		Before marriage	After marriage	Percentage Correct
Step 1	marriage status	Before marriage	54	39	58.1
		After marriage	41	52	55.9
	Overall Percentage				57.0

a. The cut value is .500

The classification table 4.2.3 shows the accuracy of the logistic regression model in predicting marital status based on fruit consumption. The model correctly predicts "before marriage" status 58.1% of the time and "after marriage" status 55.9% of the time, resulting in an overall prediction accuracy of 57.0%. This suggests that the model has limited effectiveness in distinguishing between marital statuses based on fruit consumption

Table 4.2.5: Variables in the Equation for Fruit/vegetables

		B	S.E.	Wald	Df	Sig.	Exp(B)
Step 1[a]	Orange	.334	.134	6.180	1	.013	1.397
	Banana	-.074	.132	.309	1	.579	.929
	Apple	-.015	.127	.014	1	.907	.985
	Carrot	.186	.130	2.047	1	.153	1.205
	yam_potatoes	-.044	.151	.084	1	.772	.957
	Spinach	-.032	.107	.090	1	.764	.968
	Constant	-.549	.421	1.698	1	.193	.578

a. Variable(s) entered on step 1: orange, banana, apple, carrot, yam_potatoes, spinach

$\phi = \varphi_0 + \varphi_1 x_1 + \varphi_2 x_2 + \varphi 3x3 + \varphi_4 x_4 + \varphi_5 x_5 + \varphi_6 x_6$

Where X1=Spinarch, X2=Yam/potatoes, X3=Carrot, X4=Apple, X5=Banana, X6=Orange

ϕ= -0.549-0.032(Spinarch)-0.044(Yam/potatoes)+0.186(Carrot)-0.015(Apple) 0.74(Banana)+0.334(Orange).

The table 4.2.5 displays the logistic regression coefficients for the effect of various fruit and vegetable consumption on marital status. Among the variables, only orange consumption has a statistically significant positive effect on eating habit (B = 0.334, Wald = 6.180, p = 0.013), with an Exp(B) of 1.397, indicating that higher orange consumption increases the odds of the eating habit outcome by approximately 40%. The other

variables (banana, apple, carrot, yam/potatoes, and spinach) do not show statistically significant effects, as their p-values are all above 0.05. The constant term is also not significant (p = 0.193). Therefore, the model suggests that out of the fruits and vegetables considered, only orange consumption has a notable impact on the eating habit, while the others do not significantly predict eating habit.

4.3 Checking for the Effect of Sweet meat/baked food/cereal consumption on eating habit

Table 4.3.1 Contingency Table for Hosmer and Lemeshow Test for Sweet meat/baked food/cereal

		marriage status = Before marriage		marriage status = After marriage		
		Observed	Expected	Observed	Expected	Total
Step 1	1	11	13.741	8	5.259	19
	2	11	11.823	8	7.177	19
	3	15	11.067	4	7.933	19
	4	10	10.207	9	8.793	19
	5	11	9.551	8	9.449	19
	6	5	9.002	14	9.998	19
	7	13	8.480	6	10.520	19
	8	9	7.859	10	11.141	19
	9	6	6.929	13	12.071	19
	10	2	4.342	13	10.658	15

The table 4.1.4 presents the observed and expected frequencies of marriage status categories (before marriage and after marriage) at each step of the Hosmer and Lemeshow test. In Step 1, the observed and expected frequencies are divided into subgroups. For example the before marriage category, there were 11 observed case with an expected frequency of 13.741, and for the after marriage category, there were 8 observed cases with an expected frequency of 5.259 in subgroup 1, and so on. The total number of observations is provided for each step. This table is used to assess the goodness-of-fit of the logistic regression model.

Table 4.3.2: Omnibus Tests of Model Coefficients for Sweet meat/baked food/cereal

		Chi-square	Df	Sig.
Step 1	Step	11.307	9	.255
	Block	11.307	9	.255
	Model	11.307	9	.255

The table shows the results of the Omnibus Tests of Model Coefficients for examining the effect of food consumption on eating habits. The chi-square value of 11.307 with 9 degrees of freedom and a significance level of 0.255 indicates that the model, as a whole, is not statistically significant. This means that the set of

predictors related to food consumption does not significantly improve the prediction of eating habits. Therefore, there is no strong evidence from this model that food consumption has a significant effect on eating habits

Table 4.3.3: Model Summary for Sweet meat/baked food/cereal

Step	-2 Log likelihood	Cox & Snell R Square	Nagelkerke R Square
1	246.543[a]	.059	.079

a. Estimation terminated at iteration number 3 because parameter estimates changed by less than .001.

Table 4.3.2 provides the model summary for the logistic regression analysis examining the effect of food consumption on eating habits. The -2 Log likelihood value of 246.543 indicates the fit of the model to the data. The Cox & Snell R Square value of 0.059 and the Nagelkerke R Square value of 0.079 suggest that the model explains between 5.9% and 7.9% of the variance in eating habits. This indicates that food consumption accounts for only a small portion of the variability in eating habits, suggesting that other factors may also play a significant role in influencing eating habits.

Table 4.3.4: Classification Table for Sweet meat/baked food/cereal

			Predicted		
			marriage status		
	Observed		Before marriage	After marriage	Percentage Correct
Step 1	marriage status	Before marriage	53	40	57.0
		After marriage	33	60	64.5
	Overall Percentage				60.8

a. The cut value is .500

The classification table displays the accuracy of the logistic regression model in predicting marriage status based on food consumption habits. It correctly predicts "before marriage" status 57.0% of the time and "after marriage" status 64.5% of the time, resulting in an overall prediction accuracy of 60.8%. This suggests that the model has moderate effectiveness in distinguishing between marital statuses based on food consumption habits, performing slightly better than chance.

Table 4.3.5: Variables in the Equation for Sweet meat/baked food/cereal

		B	S.E.	Wald	Df	Sig.	Exp(B)
Step 1[a]	Egg	.026	.161	.026	1	.873	1.026
	Turkey	-.259	.167	2.401	1	.121	.772
	Chicken	.087	.170	.262	1	.609	1.091
	Meat	.222	.142	2.456	1	.117	1.249
	Fish	-.006	.141	.002	1	.965	.994
	Cake	.081	.185	.194	1	.659	1.085
	rice_spagehetti	-.074	.139	.282	1	.595	.929
	maize_cereal	.002	.116	.000	1	.983	1.002
	meat_pie	.304	.149	4.167	1	.041	1.355
	Constant	-.857	.640	1.795	1	.180	.424

a. Variable(s) entered on step 1: egg, turkey, chicken, meat, fish, cake, rice_spagehetti, maize_cereal, meat_pie.

$\phi = \varphi_0 + \varphi_1 x_1 + \varphi_2 x_2 + \varphi 3x3 + \varphi_4 x_4 + \varphi_5 x_5 + \varphi_6 x_6 + \varphi_7 x_7 + \varphi_8 x_8 + \varphi_9 x_9$

Where,X1=meat pie, X2=maize cereal, X3=rice/spagehetti, X4=cake, X5=fish, X6=meat, X7=chicken, X8=turkey, X9=Egg

ϕ=-0.857+0.304(meat pie)+0.002(maize cereal)- 0.074(rice/spagehetti)+cake(0.081)- 0.006(fish)+0.222(meat)+0.087(chicken)- 0.0259(turkey)+0.026(egg).

The table displays the logistic regression coefficients for the effect of various food items on eating habits. Among the variables, only "meat_pie" consumption has a statistically significant positive effect on eating habits (B = 0.304, Wald = 4.167, p = 0.041), with an Exp(B) of 1.355, indicating that higher consumption of meat pie increases the odds of certain eating habits by approximately 35.5%. The other food items (egg, turkey, chicken, meat, fish, cake, rice/spaghetti, maize/cereal) do not show statistically significant effects, as their p-values are all above 0.05. The constant term is also not significant (p = 0.180). Therefore, the model suggests that out of the food items considered, only meat pie consumption has a notable impact on eating habits, while the others do not significantly predict eating habits.

4.4 Checking for the Effect of Beverages consumption on eating habit

Table 4.4.1 Contingency Table for Hosmer and Lemeshow Test for Beverages

		marriage status = Before marriage		marriage status = After marriage		
		Observed	Expected	Observed	Expected	Total
Step 1	1	13	12.161	6	6.839	19
	2	8	11.231	11	7.769	19
	3	13	10.517	6	8.483	19
	4	10	9.896	9	9.104	19
	5	9	9.497	10	9.503	19
	6	10	9.688	10	10.312	20
	7	8	8.250	10	9.750	18

8	10	8.249	9	10.751	19
9	6	7.825	13	11.175	19
10	6	5.685	9	9.315	15

The table 4.4.1 presents the observed and expected frequencies of marriage status categories (before marriage and after marriage) at each step of the Hosmer and Lemeshow test. In Step 1, the observed and expected frequencies are divided into subgroups. For example the before marriage category, there were 13 observed case with an expected frequency of 12.161, and for the after marriage category, there were 6 observed cases with an expected frequency of 6.839 in subgroup 1, and so on. The total number of observations is provided for each step. This table is used to assess the goodness-of-fit of the logistic regression model.

Table 4.4.2: Omnibus Tests of Model Coefficients for Beverages

		Chi-square	Df	Sig.
Step 1	Step	4.453	6	.616
	Block	4.453	6	.616
	Model	4.453	6	.616

The table presents the results of the Omnibus Tests of Model Coefficients for assessing the effect of beverages consumption on eating habit. With a chi-square value of 4.453 and 6 degrees of freedom, the significance level of 0.616 indicates that the model, as a whole, is not statistically significant. This suggests that the predictors related to beverages consumption do not significantly improve the prediction of eating habit beyond what would be expected by chance. Therefore, there is no strong evidence from this model that beverages consumption has a significant effect on eating habit.

Table 4.4.3: Model Summary for Beverages

Step	-2 Log likelihood	Cox & Snell R Square	Nagelkerke R Square
1	253.397[a]	.024	.032

a. Estimation terminated at iteration number 3 because parameter estimates changed by less than .001.

The table 4.4.2 provides the model summary for the logistic regression analysis examining the effect of beverages consumption on eating habit. The -2 Log likelihood value of 253.397 indicates the fit of the model to the data. The Cox & Snell R Square value of 0.024 and the Nagelkerke R Square value of 0.032 suggest that the model explains between 2.4% and 3.2% of the variance in eating habit. This indicates that beverages consumption accounts for only a small portion of the variability in eating habit, suggesting that other factors

may also play a significant role in influencing eating habit. Additionally, the note about estimation termination at iteration 3 indicates stability in parameter estimates, suggesting reliability in the model's findings.

Table 4.4.4: Classification Table for Beverages

			Predicted		
			marriage status		
	Observed		Before marriage	After marriage	Percentage Correct
Step 1	marriage status	Before marriage	49	44	52.7
		After marriage	35	58	62.4
	Overall Percentage				57.5

a. The cut value is .500

The classification table displays the accuracy of the logistic regression model in predicting marriage status based on beverages consumption. It correctly predicts "before marriage" status 52.7% of the time and "after marriage" status 62.4% of the time, resulting in an overall prediction accuracy of 57.5%. This suggests that the model has moderate effectiveness in distinguishing between marital statuses based on beverages and liquor consumption.

Table 4.4.5: Variables in the Equation for Beverages

		B	S.E.	Wald	Df	Sig.	Exp(B)
Step 1[a]	Tea	-.096	.129	.549	1	.459	.909
	Coffee	.145	.112	1.671	1	.196	1.156
	carbonated_drinks	.158	.104	2.293	1	.130	1.171
	Beer	-.100	.256	.151	1	.698	.905
	Wine	.074	.247	.089	1	.765	1.076
	Liquor	-.093	.246	.143	1	.706	.911
	Constant	-.130	.985	.017	1	.895	.878

a. Variable(s) entered on step 1: tea, coffee, carbonated_drinks, beer, wine, liquor.

$\phi = \varphi_0 + \varphi_1 x_1 + \varphi_2 x_2 + \varphi 3x3 + \varphi_4 x_4 + \varphi_5 x_5 + \varphi_6 x_6$

Where, X1=Liquor, X2=Wine, X3=Beer, X4=Carbonated drink, X5=Coffee, X6=Tea

ϕ = -0.130-0.093(liquor)+0.074(wine)-0.100(beer)+0.158(carbornated drink)+0.145(coffee)-0.096(tea).

The table displays the logistic regression coefficients for the effect of various beverage and liquor consumption on marriage. None of the beverage variables (tea, coffee, carbonated drinks, beer, wine, liquor) show statistically significant associations with marriage, as indicated by their Wald statistics and corresponding p-

values above 0.05. Additionally, the constant term is also not significant (p = 0.895). Therefore, the model suggests that out of the beverage types considered, none significantly predict lifestyle in marriage.

4.2 Discussion of Findings

The logistic regression analyses provide valuable insights into the relationship between dietary habits, marital dynamics, and lifestyle, as evidenced by the statistical findings. Initially, the Omnibus Tests of Model Coefficients hinted at a potential trend towards significance in the impact of eating habits on marriage, with a chi-square value of 8.661 and a significance level (p-value) of 0.070. However, subsequent examinations through model summary statistics displayed a limited explanatory power, with Cox & Snell R Square and Nagelkerke R Square values of 0.045 and 0.061, respectively, suggesting that the models accounted for only a small portion of the variance in marital dynamics. Furthermore, the classification tables underscored the models' modest accuracy in predicting marriage status based on dietary habits, with an overall percentage accuracy ranging from 52.7% to 68.8%.

Specifically, the analysis of fruit consumption on eating habits revealed no significant associations, as indicated by a chi-square value of 8.775 with a significance level of 0.187, implying a lack of statistical significance. Conversely, the analyses of beverages consumption on eating habit and marital lifestyle did not yield significant associations, with chi-square values of 4.453 and 253.397, and corresponding significance levels of 0.616 and 0.024, respectively, suggesting non-significance. These findings collectively suggest that while dietary habits may influence marital dynamics and lifestyle, their impact is intricate and possibly mediated by additional contextual factors.

Further investigations into the effects of specific food and beverage items on eating habits and marriage revealed mixed results. While meat pie consumption emerged as a significant predictor of eating habits, with a Wald value of 4.167 and a significance level of 0.041, none of the dairy or beverage variables demonstrated significant associations with marital status or lifestyle. This highlights the complexity of dietary influences on marital relationships and lifestyle choices. Future research endeavors should consider a more comprehensive exploration of various factors, including socioeconomic status and cultural norms, to provide a more nuanced understanding of how dietary habits shape marital dynamics and overall well-being.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Summary of Findings

This study was conducted to appraise statistical analysis on the effect of eating habit in marriage. Findings from the study showed a trend suggesting significance in the relationship between eating habits and marriage for the various foods.

i. **For Diary food**: As indicated, the Omnibus reveals that the p-value (0.070) exceeds the conventional significance level of 0.05, thus, there is no relationship between diary food consumption and marital dynamics. However, further exploration through model summary statistics revealed that the models had limited explanatory power, with Cox & Snell R Square at 0.045 and Nagelkerke R Square at 0.061. This implies that dietary habits explained only a small portion of the variance in marital dynamics.

ii. **For Fruit/vegetable**: As illustrated, the Omnibus reveals that the p-value (0.187) exceeds the conventional significance level of 0.05, thus, there is no relationship between fruit/vegetable consumption and marital dynamics. However, further exploration through model summary statistics revealed that the models had limited explanatory power, with Cox & Snell R Square at 0.046 and Nagelkerke R Square at 0.061. This implies that dietary habits explained only a small portion of the variance in marital dynamics. However, only orange consumption has a predictor of eating habit with (B=0.344, Wald=6.180, p=0.013).

iii. **For Sweet meat/baked food/cereal:** As illustrated the Omnibus test which reveals that the p-value (0.255) exceeds the conventional significance level of 0.05, thus; there is no relationship between sweet meat/baked food/cereal consumption and marital dynamics. However, Subsequent analyses delving into specific food items and their impact on eating habits and marital lifestyle yielded mixed results. For instance, meat pie consumption as a significant predictor of eating habits with (B = 0.304, Wald = 4.167, p = 0.041).

iv. **For Beverages**: As illustrated the Omnibus test which reveals that the p-value (0.616) exceeds the conventional significance level of 0.05, thus; there is no relationship between beverages consumption and marital dynamics.

Considering these findings, it's clear that while there might be some connection between dietary habits and marriage, it's not as straightforward as might be assumed. The study suggests that factors beyond just what we eat play significant roles in shaping marital dynamics.

5.2 Conclusion

In conclusion, the study sheds light on how eating habits relate to marital experiences. While we expected a strong link between diet and marriage quality, findings suggest it's more complicated than that. Although some specific foods, like meat pie and orange, seem to affect eating habits, overall, diet doesn't seem to have a big impact on marriage dynamics. This highlights the need to consider many factors, not just diet, when we look at what makes marriages successful. For future efforts to promote healthier eating and happier marriages, it's crucial to understand these complexities and tailor interventions accordingly.

5.3 Recommendations

At the end of the study, following recommendations are therein made:

i. Health promotion interventions should target married couples, focusing on strategies to maintain or improve eating habits post-marriage.

ii. Public health campaigns should emphasize the importance of healthy dietary behaviors within marital relationships, offering resources and support for couples.

iii. Further research is warranted to explore the underlying factors driving changes in eating habits after marriage, considering socio-environmental influences and relationship dynamics.

iv. Clinicians and healthcare providers should integrate discussions about dietary behaviors into premarital counseling sessions, facilitating proactive discussions about health and well-being within couples.

v. Policy-makers should consider incorporating nutrition education programs into marriage counseling services, aiming to equip couples with the knowledge and skills needed to make healthier dietary choices together.

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Appendix

QUESTIONNAIRE
KWARA STATE POLYTECHNIC, ILORIN, INSTITUTE OF APPLIED SCIENCE
DEPARTMENT OF STATISTICS

Dear Respondent,

This survey is intended to collect information on dynamics of food habit among the couples. This research is for HND program in department of statistics at Kwara State Polytechnic Ilorin. You assured that the information requested is strictly for academic purpose and shall be treated with at most confidentially

Thanks for your anticipated corporation

Section A

Demographic Information

1. **Age:** (20-29)years ☐ (30 -39) years ☐ (40-49)year ☐ 50 years and above ☐
2. **Couples Occupation:** Civil Servant ☐ Artisan ☐ Unemployed ☐ other ☐
3. **Sex of Couples :**Male ☐ Female ☐
4. **Religion of Couples:** Christianity ☐ Islam ☐ ☐ Traditional
5. **Number of Children:** ☐ **1** ☐ **2** ☐ **3** ☐ **4 and above** **None**
6. **Duration of Marriage:** Less than 1year ☐ 1 to 5years ☐ 6 to 12years ☐ 13andabove ☐

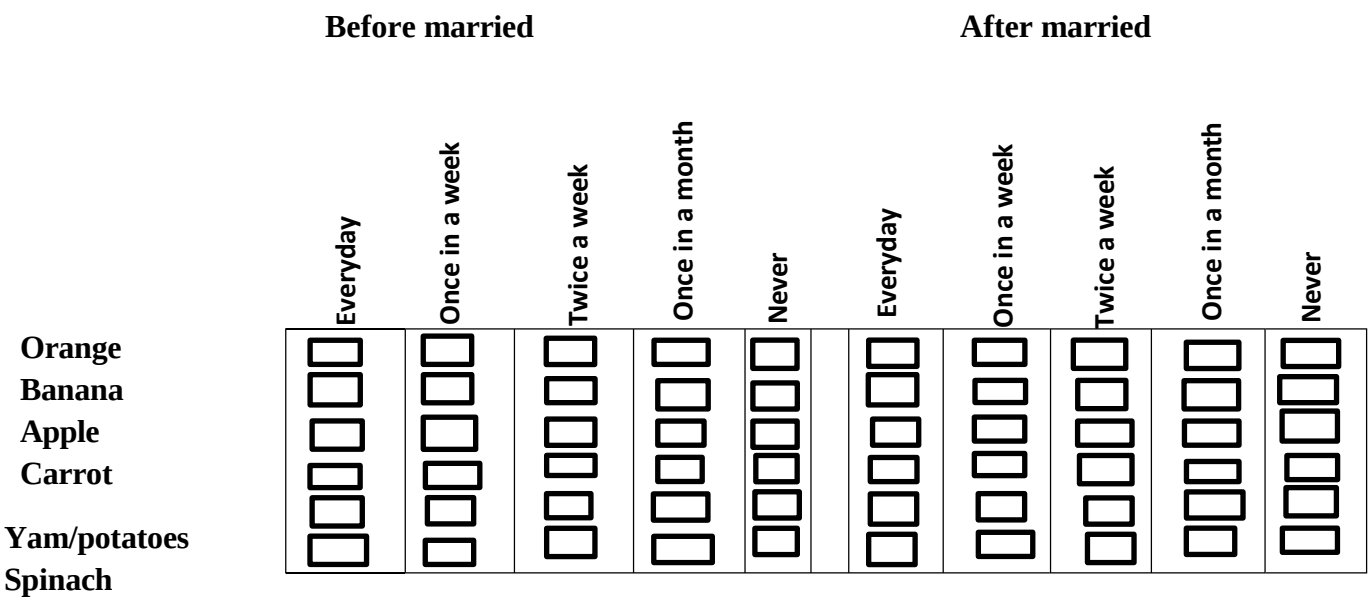
Section B

For each food listed, fill in the box indicating how often you have used the amount before married and after married.

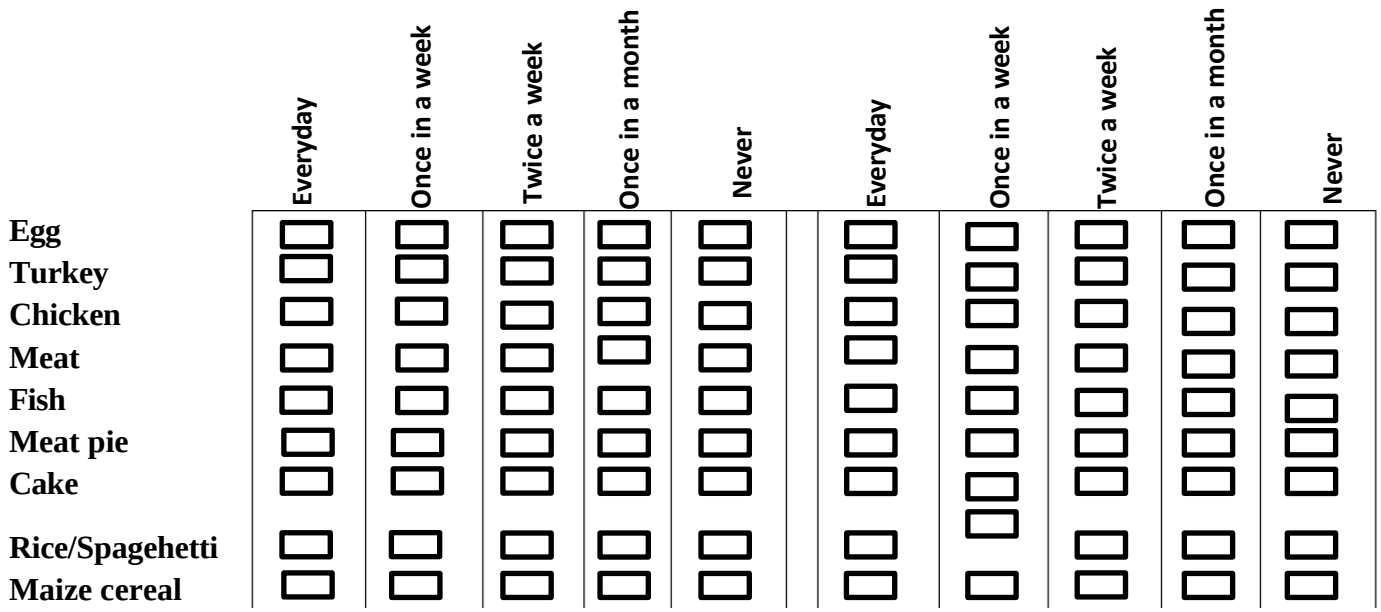
1. **DIARYFOODS**

	Before married					**After married**				
	Everyday	**Once in a week**	**Twice a week**	**Once in a month**	**Never**	**Everyday**	**Once in a week**	**Twice a week**	**Once in a month**	**Never**
Milk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Yoghurt	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ice cream	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Butter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

7. FRUITS/VEGETABLES



9. MEAT SWEETS,BAKED FOOD,CEREAL,MISCELLANEOUS



10. BEVERAGES

	Before married					After married				
	Everyday	Once in a week	Twice a week	Once in a month	Never	Everyday	Once in a week	Twice a week	Once in a month	Never
Coffee	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Tea	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Beer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Liquor	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Carbonated drinks	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐