

Perceived Influence of Face book on Marital Culture and Conflicts among Young Couples in Enugu State

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Abstract

Facebook has established itself as a standard method of communication in modern society. It is utilized for both business endeavors and interactions between family and friends. Although previous studies have revealed that excessive Facebook use can have a negative impact on marital culture and relationships, the overall goal of this study is to explore the perceived impact of Facebook on marital culture prevalent among young couples in Enugu State. This study used a descriptive survey approach as its methodology. A total of 240 respondents selected from Enugu, the state capital, participated in the study. The respondents were newly-weds (that have been married for less than four years), and most of the couples belonged to different socio-economic and ethnic groupings. A four-point scale with a range of 1 to 4 was used to frame the questionnaire: A 28-item structured questionnaire was employed as a tool for primary data collection. Journal articles and texts from related studies served as the sources for secondary data. Utilizing descriptive statistics like percentage, the data collected was examined. The findings showed that Facebook significantly influenced the relationship between couples as it helps those who live apart to stay in touch. Findings further showed that married couples can experience conflict arising from excessive use of Facebook; however, its usage also significantly influenced how married couples resolved their marital disputes. The study recommended that married couples regulate their social media usage in order to limit it from having significant adverse effects on their marital relationships.

Keywords: Facebook, social media, marriage culture, marital conflict, family.

Introduction

Marriage culture refers to the set of customs, traditions, and rituals as well as the social expectations surrounding the institution of marriage within a particular society or community. It encompasses the norms and values associated with marital unions, including pre-wedding ceremonies, wedding rituals, post-wedding practices, and the roles and expectations from married individuals (Yount and Rashad, 2008). It also encompasses the norms and expectations related to courtship, wedding ceremonies, marital roles, family structures, and the broader social significance attached to marital unions. Different societies and cultural groups have diverse marriage cultures, influenced by historical, religious, social, and economic factors. In addition, technological changes that influence interaction patterns have also influenced the marriage institution, affecting how couples relate with each other and how they tackle their challenges. One such significant factor is the social media.

The social media can be described as online platforms and websites that facilitate the creation, sharing, and exchange of information, ideas, and contents in virtual communities and networks. These platforms enable users to connect with others, build relationships, and engage in various forms of

communication through text, images, videos, and other multimedia contents. One of the most popularly used social media platforms is Facebook, and it has become an integral part of modern communication, providing a space for individuals, businesses, and organizations to interact and share information on a global scale. Married couples are not left out in its sphere of influence as it could also have a significant effect on their interactions.

Couples in relationships, especially young couples, frequently have marital conflicts, which can be caused by a variety of circumstances. A lot of young couples bring their marital issues to Facebook contrary to the norms and values of their society. Some of these issues are even linked to social media use as so many young couples derive joy sharing their lives on social media.' Chances are that they give room for strangers to say whatever they want to say and in some cases, might aggravate whatever issue the couples have at hand. Particularly, Facebook has been associated with marital conflicts, with some couples stating that Facebook started or exacerbated their arguments. According to Statista (2023), the number of monthly active Facebook users worldwide exceeded two billion; people may connect with friends and family, share ideas and experiences, and get news and entertainment on Facebook in a simple and accessible way. Many individuals share their daily activities on Facebook, and some use it to keep in touch with close and distant family and friends. The majority of Indians, according to 2014 PEW research, prefer to connect with their family, friends, and acquaintances online. In addition, Asians use social networking sites more frequently because of smart phones (PEW Report, 2015). This greatly improved social networking's accessibility and widened its influence. This increased importance has made it necessary to pay more attention to the influence of families' and individuals' social networks. This study was conducted to investigate the impact of Facebook on marital conflicts among young couples in Enugu State.

Marital relationships are significantly dependent on existing marital cultures within the society. Firstly, cultural norms and values influence communication styles within marriages. For instance, different societies have specific expectations regarding respectful communication or the role of elders in conflict resolution. Also, there are traditional family structures that influence how couples interact with each other as well as with other family members. Social and cultural expectations also exist in marital relationships. These include expectations about privacy, fidelity and gender roles. Community influences also exist in marriages as the local community influences the relationship of young couples. In this context, cultural events, community gatherings and shared values may contribute in shaping attitudes towards social media and influence how conflicts arising from Facebook use are perceived and addressed within the community. Cultural rituals and practices are also important considerations in marital cultures and

relationships. Events such as marriage ceremonies or traditional counseling methods influence the way marital conflicts are managed in society.

An understanding of how these cultural elements intersect with the virtual world of Facebook can provide a more nuanced view of its perceived influence on marital conflicts. In addition, there are gender dynamics to cultural influences within the community and how they manifest in marital relationships. Cultural expectations regarding the roles of husbands and wives may influence how each partner engages with Facebook and the potential conflicts that may arise as a result. Analyzing how these cultural communication patterns interact with Facebook usage can shed light on its perceived influence.

Enugu State is located in the south-east geo-political zone of Nigeria. It shares common boundary with Kogi, Abia, Anambra, Ebonyi and Benue states. The state derived its name from Enugu, the largest town in the state. It is the 22nd most populous state in the country and has the 29th highest geographical land mass (Anierobi and Obasi, 2021). The state is also home to tertiary institutions such as the University of Nigeria Nsukka, the Federal College of Education Eha-Amufu and the Enugu State University of Science and Technology, among others. It has a vibrant business community consisting of corporate organizations as well as small and medium scale organizations.

Concerns regarding Facebook's effects on marital culture and relationships, especially those between young couples, have grown as its use has increased. Its use has considerably influenced marriage culture as couples no longer communicate with one another as a result of this (Gonzalez-Rivera and Hernandez-Gato, 2019). Young couples may have unreasonable expectations as people spend more time on Facebook and because of the associated communication; there is a risk of breakdown in relationships. Furthermore, the traditional roles of couples in a marriage are being eroded due to perceived social media influence and changing economic dynamics within the society. The persistent rise in divorce rates has been linked to the negative effects of social media, including Facebook. To preserve good relationships and create successful families, marriage conflict management needs to be done well since family breakdown would have negative multiplier effects on society as a whole. In light of this, this study was conducted to examine the perceived impact of Facebook on marital culture, especially with regards to disagreements among young couples in Enugu State. Specifically, it aimed to determine the: (1) influence of marriage culture on young couples' use of Facebook in their relationships, (2) common sources of marital conflicts related to Facebook use among young couples. (3) types of marital conflicts posted on Facebook, and (4) strategies young couple use to address marital conflicts related to Facebook use.

Literature Review

Afolaranmi (2020) asserted that social media influences marital culture by significantly influencing how people decide to get married. The author also stated that social media is also used by people to meet and interact with others, with some of these ties eventually leading to marriage. Social media has given married couples unrestricted access to information, but it has also eliminated non-verbal signs and other expressions that strengthen bonds in relationships. These marriages have seen both positive and negative effects as a result. In a related study, Oguadinma (2021) assessed how social media affected the handling of marital disputes in Anambra State. Using a multi-stage sampling technique, 200 married couples from all around the state were selected for the study. Data was acquired through interviews and the distribution of questionnaires. The findings showed that social media has been ingrained in marriage culture as it was utilized to strengthen and resolve marital disputes and that media programmes about marriage and relationships were very beneficial in training couples on how to effectively use social media to prevent marital conflict.

Social media has a big impact on marital stability in addition to having a big impact on marital issues. In Port Harcourt, Nigeria, 200 respondents participated in a cross-sectional study performed by Ehoru and Badey (2021). Data for the study were gathered using a standardized questionnaire, and descriptive statistics were utilized to evaluate the data. The results showed that the majority of respondents (62%) were experiencing marital issues as a result of utilizing social media. Further investigation indicated that these marital issues have resulted in disputes and divorce and include, but not limited to, decreased communication, adultery, domestic abuse, and a lack of connection. The study recommended limiting social media use to promote spending more time with partners face-to-face. Fernandez (2020) examined how social media impacts married couples. The study highlighted the potential benefits of social media for married couples when used to enhance regular communication, keep them in touch constantly throughout lengthy absences, or find solutions to common problems. However, the author also noted that social media could have a negative impact on relationships because it could result in less quality time spent together, which could endanger the union. However, the author noted that factors including age, income, and the length of a marriage can alter how social media will impact a marriage.

Delatorre (2018) examined the constructive and destructive dispute resolution strategies used by married Brazilian couples. Men and women used different conflict resolution techniques, with men utilizing the "compromise" tactic more frequently than women who utilized the "attack"

strategy, according to the study that used 750 married couples as its sample. The usage of resolution solutions is influenced by some criteria, including the couple's age, the length of their marriage, and whether any of them have previously been married, according to more research, which also showed that couples who have children employ constructive tactics more frequently. In a related study, Tolorunleke (2014) looked into the causes of marital disagreements. A descriptive study was conducted in Nigeria's urban districts using a survey research methodology. The findings showed no connection between the causes of marital conflicts and a couple's degree of education or length of marriage. The study suggested that because they have an effect on married couples' communication, and media-based programmes that deliberately enhance pair intimacy be encouraged. In a different study, Fincham (2003) reported that marital fights had a very bad effect on people's mental, physical, and familial health. The report went on to add that the resolution of conflicts can serve as a signpost for understanding how social media can damage marriages and that marital conflict is essential because it promotes improved understanding between couples and the formation of stronger relationships.

The term "media" typically refers to the popular channels for sending and receiving communication, such as radio, television, and print media. The multi-platform, digital forms of communication that take place on desktop and laptop computers, as well as on phones, tablets, and other contemporary communication devices, are referred to as new media. According to Beal (2003), new media is a digital type of communication that makes material accessible through various computer and internet technologies. According to a 2011 publication by Oxford University, the term "new media" refers to a variety of phenomena and practices, including new textual forms and forms of entertainment (such as video games, the internet, etc.); new media consumption patterns (such as convergence, hypertext, sit forward and sit back); new ways of representing the world (such as blogs, digitalization, photo-shopping); and new ways of representing the self (such as avatars, personal homepages), as well as community. Social media, the focus of this essay, is one of the most well-known new media and the term for a variety of web-based applications that enable users to create content and interact with one another. This interaction can occur in a variety of ways, including posting and commenting on other people's posts and links, sharing links to interesting content produced by third parties, updating a profile publicly to include information on recent activities and even location data, and exchanging images, videos, and other types of media. Platforms like Facebook, Twitter, WhatsApp, Instagram, Snap Chat, and YouTube are examples of social media because they have hundreds of millions of users and have become incredibly popular among all age and gender groups. In actual fact, social media is now an essential component of daily social

interaction and can be used to inform, entertain, and educate users. There are five main types of social media, according to Koukaras, Tjortii, and Rousidis (2020) and Thompson (2018). These include blogging networks (such as Word press, Tumbler, etc.), social networks (such as Facebook and Twitter), media sharing websites (such as Instagram, YouTube, etc.), discussion forums (such as Reddit, Quora, etc.), and social shopping networks (such as Etsy and Alibaba). In terms of convergence, new media makes it possible to access several types of media with just one device. A mobile phone can be used to do a variety of things, such as surf social media, read books, newspapers, view movies and videos, listen to music, and more. Since new media is interactive, users can participate and create their own material. Participation from the audience also offers them more influence. The audience can use streaming and catch-up services to get the content they want when they want it. They can also interact with media information and even produce and disseminate it themselves. Additionally, because the new media is free, as soon as a person has the necessary equipment and broadband internet access, they may instantly access a wide variety of media content, the majority of which is also free.

Despite the fact that social media and new media offer many advantages for connection and communication, it is also believed to increase the likelihood of intimacy failure in marriages and interpersonal communication. According to a study, social media use is becoming more prevalent and has been shown to be bad for marriages and relationships. Higher levels of social media use in marriages have been associated with infidelity, domestic violence, jealousy, and divorce. For instance, a 2017 Boston University study discovered that married couples who rarely used social media were 11.4% happier than those who did. Heavy users were 32% more likely to consider to divorce their spouse. The study also proposed a connection between state-level Facebook usage and regional divorce rates. In states where Facebook usage grew more quickly, divorce rates also rose. Another qualitative study carried out by researchers at Harvard University in 2019 found that over 25% of married couples argued at least once a week as a result of social media use, and that 17% of married couples quarreled on a daily basis about something they learned about their spouse online. 20% of respondents reported they had disagreements with their husbands regarding Facebook-related issues, and nearly half of respondents said they had secretly entered into their spouse's accounts to check for adultery. Widianari, Pawito, Utari, and Nurhaeni (2019) examined the impact of social media on divorce in a different study. They investigated the publication of marital private information on Facebook, and online adultery, and the impact of both on divorce using a qualitative technique that involved interviews with divorcees. According to the study's findings, while not disclosing one's marital status online made one more vulnerable to advances and flirting from those who

could be interested in them, disclosing this information has no discernible association with online infidelity.

The study also showed that failing to disclose marital privacy can be taken as an intentional attempt to deceive and cheat. Participants clarified that sex and intimacy, accomplishments, and marital conflict constitute the most private information in a marriage. Therefore, disclosing any of these on social media is viewed as repugnant, needless, and has numerous detrimental effects on marriage relationships. Above all, the study discovered that, unless it is followed by extensive interpersonal communication via private messaging, the revelation of marital privacy information is not directly associated to online infidelity. Additionally, unless there are emotional or sexual factors involved or the spouse is unable to accept the infidelity and files for divorce, internet infidelity does not necessarily result in divorce. In a related study on the connection between social media and marital infidelity, Putri and Restya (2019) found that there are three distinct types of infidelity: a) Emotional infidelity: this type of infidelity involves strong feelings and a strong tie for another person.

This might involve fantasies of lust for that person. For instance, this may involve lying to your lover about spending quality time with someone else while secretly slipping away. (b) Sexual infidelity is a different kind of adultery that involves engaging in physical and sexual activity with a different person. Basically, this entails having intercourse or performing sexual acts with a person other than one's spouse. c) Cyber Infidelity: This occurs when someone is attracted to individuals online both physically and emotionally. Online infidelity is defined as flirting or perhaps having an affair with another person while online. Following the development of technology and social media platforms like Facebook, Instagram, and Tinder, among many other dating and relationship applications, data from this study by Putri and Restya (2019) utilizing the observation and interview methodologies, demonstrated that cyber infidelity is highly widespread. The study also revealed that people's feelings of discontent and tension in their marriage are what ultimately motivate them to cheat on their partner in the first place. The existence of social media can also encourage marital infidelity because it is viewed as less detrimental, all respondents agreed. Another intriguing conclusion of this research is that there are some key distinctions between male and female individuals when it comes to defining marital infidelity. For instance, while males believed that social media disloyalty only occurs if it involves sentiments or deeper if they are willing to leave their real partner for someone else, the definition of disloyalty according to women subjects refers to very fundamental things, including intentional concealment of information from a partner. The study also found that because social media is viewed as less detrimental than real-life behavior, it

adds to the increased rates of marital infidelity. The female participants in this study believed that any intentional concealment of behavior from a partner, whether or not it involves sentiments, can be referred to as dishonesty in marriage. For instance, it can be considered that a man is being disloyal to his partner if he sends a friend invitation to someone of the opposing sex in secret because there should not be anything to conceal between partners, according to the female subjects. Social media, according to researchers, Hirschlag (2015), Cravens (2013), and Gardner (2010), has been significantly important in divorce cases all over the world and may be leading to a rise in marital instability. According to Hirschlag (2015), internet-enabled technology is having a variety of negative effects on social interactions, including exposing couples to unwelcome intervention from admirers, ex-intimate partners, and explicit content that might encourage infidelity and secrecy.

In Nigeria, where marital instability is progressively becoming more common, these problems are also present. According to Asa and Nkan (2017) and Udobong (2016), social media use has emerged as a precursor to marital conflicts and dissolution, whereas the causes of marital problems in most societies, including Nigeria, include factors like: economic hardship, illness, sexual incompatibility, an unsatisfactory sexual relationship, childlessness, and a preference for male children. Couples with social media-related marriage issues are now more prevalent than those without. According to Udobong (2016), social media is to blame for the dissolution of many marriages in our culture today. Many couples claim that their spouses speak intimately with other men and women, make contact with ex-lovers, look for sexual partners, and sustain affairs with others as a result of social media use. The literature reviewed showed the effects of Facebook usage on marital unions in general. This study however intends to fill the gap in literature exploring the influence of Facebook usage on marital conflicts between young couples in Enugu State.

Theoretical Framework

The study is anchored on Uses and Gratification Theory, which was introduced by Blumler and Katz in 1974. The theory argues that the audience actively participates in choosing what media to use and the satisfaction they gain from the selected media. It is an audience-based theory that focuses on the wants and motives of media users. According to the uses and gratification theory, people look for the best media to employ in order to meet their wants. This theory is predicated on the idea that people have other options such as several alternative social media platforms, yet they purposefully chose Facebook to meet their needs. This theory is vital to this study because it examined the benefits as well as detrimental effects that Facebook usage has on the marital relationship of young couples in Enugu State as well as the reasons why they make use of Facebook.

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Method

The study adopted a descriptive survey design. This type of research design involves the systematic collection, analysis and summary of data about a population or specific phenomena (Creswell and Creswell, 2017). It aims to provide a detailed account of the characteristics, behaviour, attitudes or opinions of a group of individuals, focusing on observing and describing existing decisions. The area of the study is Enugu State in Nigeria. The population for the study comprised of 5,820 young married couples at the state marriage registry (Enugu State, 2022). A sample of 240 respondents was randomly selected across the three senatorial zones of the state. These zones are Enugu North, Enugu East and Enugu West. Eighty (80) young couples were picked from each zone. The respondents were newly-weds (and have been married for less than four years). Data for the study was obtained using structured 28-item questionnaire. A total of 270 questionnaires were distributed and 240 duly filled and returned, making for an 89% rate of return. Data obtained was analyzed using the Statistical Package for Social Sciences (SPSS) version 18. A four-point rating scale of Strongly Agree (SA) = 4; Agree (A) = 3; Strongly Disagree (SD) = 2; Disagree (D) = 1) was used to analyze the responses.

Results

The results from the study are presented below in accordance with the research questions that guided the study.

Table 1: How young couples use of Facebook affect their relationship

S/N	Specific Effect	X	SD	Rmk
1.	Helps those in distant relationships to keep in touch	3.11	.87	A
2.	Young couples are aware of events in lives of their friends	3.03	.81	A
3.	Veritable source of news and current affairs	2.99	.69	A
4.	Helps young couples to have a social life	2.83	.61	A
5.	Helps in establishing business connections	3.12	.88	A
6.	Veritable source for meeting new people	3.09	.82	A
7.	Veritable means of keeping in touch with family and friends	3.07	.83	A

The above table indicated that Facebook had significant impacts on marriage culture by influencing how young couples who live apart stay in touch, gave them access to information about their friends' and relatives, and kept them informed about current events around them. Further research revealed that Facebook served not just as a genuine method of staying in touch with family

and friends, but also helped young people in developing social and professional connections.

Table 2: Common sources of marital conflicts related to Facebook among young couples

S/N	Specific conflict source	X	SD	Rmk
1.	Extended usage of Facebook for long hours	3.14	.89	A
2.	Chatting with members of the opposite gender	3.05	.81	A
3.	Putting too much of personal details on Facebook	2.92	.71	A
4.	Hiding identity of spouse on Facebook information	2.99	.77	A
5.	Having illicit affairs online via Facebook	3.11	.82	A
6.	Hiding activities on Facebook from each other	3.01	.76	A

Results from table 2 showed that significant sources of marital conflict related to Facebook include spending extensive time on Facebook usage as well as chatting extensively with opposite gender on intimate affairs. Results also showed that putting too much personal details on Facebook as well as hiding identity of spouse and withholding information from spouse were significant sources of conflict for young couples. Results further showed that having illicit affairs on Facebook as well as hiding activities from each other were significant sources of conflict among young couples in relation to Facebook use

Table 3: Perception of Young couples on influence of Facebook on their marital conflicts

S/N	Specific influence	X	SD	Rmk
1.	Spouses could put issues of their conflict out on Facebook	3.21	.78	A
2.	Couples could get advice from Facebook friends	3.18	.72	A
3.	Couples spend more time interacting with people on Facebook than face-to-face	3.03	.69	A
4.	Couples use stories on Facebook as basis for making decisions	2.92	.57	A
5.	Followership that couples enjoy on Facebook influence their sense of self-worth	2.95	.62	A
6.	Couples outlook on life are impacted by what they see on Facebook	3.05	.72	A
7.	Couples resolve marital disputes out of fear of bad stories they see on Facebook	3.11	.81	A

Table 3 showed that usage of Facebook influences people to expose their marital conflict issues on the platform as well as seek advice from Facebook friends. Results also showed that couples tend to spend more time chatting with people over Facebook than on face-to-face meetings and they also use stories they read on Facebook as a basis for making decisions. Results from

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this research question also showed that followership that couples enjoy on Facebook influences their sense of self-worth. Results further showed that couples also get advice and resolve marital disputes out of fear of situations they have seen on Facebook.

Table 4: Strategies young couples use to address marital conflicts via Facebook.

S/N	Specific strategy	X	SD	Rmk
1.	Limit amount of time spent on Facebook	2.87	.65	A
2.	Limit amount of personal information shared on Facebook	2.92	.68	A
3.	Openness to each other about their activities on Facebook	3.07	.75	A
4.	Limit the people they chat and relate wit on Facebook	2.93	.69	A
5.	Limit close relationship with opposite gender on Facebook	3.03	.73	A

Results from table 4 showed that in order to reduce the marital conflicts faced by young couples due to Facebook usage, it is important to limit the amount of time spent as well as the personal information posted on Facebook. Results further showed that being open to each other in addition to limiting unnecessary associations with members of opposite gender were helpful in reducing marital conflicts associated with Facebook use.

Discussion

Research results revealed that Facebook influenced marriage culture because it made it easier for couples who live apart to stay in touch, kept them up to date about their friends and family, and helped them stay connected to current events. Further research revealed that Facebook served aided young people in developing social and professional connections. These are in line with the assertions by Adekoya, Adebayo, and Ajilore (2019), who claimed that social media platforms offer a real way for people to stay in touch with each other, meet new people, and have a social life that can be adapted to their busy schedules and the fast-paced modern lifestyle. The authors further postulated that marriage culture has been significantly influenced by social media platforms which offer a real way for people to stay in touch with others The findings also concur with those of Omoniyi-Oyefunke, Falola and Salau (2014) who stated that social media platforms are legitimate ways to build commercial relationships since they give users the chances to connect with a larger audience and clientele. The authors further mentioned that social media sites help people to pass through the awkward initial stages of meeting new people, especially for young people as people get to know each other via discussions on social media.

The findings also indicated that in-depth conversations on intimate affairs with people of the opposite gender were significantly implicating for causing marital conflict related to Facebook. The findings also indicated that other key sources of conflict for young couples include sharing too many personal details on Facebook, concealing the identity of the spouse, and keeping information from the partner. Results also indicated that hiding activities from one another and engaging in clandestine affairs on Facebook were important sources of tension in young relationships. These are consistent with the opinions of Okeibunor (2018), who stated that in recent years, secretive illegal behavior, such as extramarital affairs on Facebook and unrestrained sexual behavior, has increased marital strife. The findings also concur with those of George and Ukpong (2013), who claimed that prolonged Facebook use could cause couples to disregard one another and post information online that should not be. The author went on to say that there is a very high potential for couples to live vicariously via other individuals and possibly develop unhealthy relationships with them, which might be detrimental to their own existing relationships. The findings support Fox and Warber's (2013) hypotheses, which claim that masking the identity of a spouse on social media handles greatly raises the risk of extramarital affairs and may also lead to communication problems in a marriage. In order to mitigate the potential negative consequences of Facebook usage, the author also stressed the necessity to control social media usage and encourage couples to be open with one another.

The findings indicated that using Facebook motivates people to disclose their marital conflict difficulties there and ask for advice from Facebook friends. Results also revealed that people frequently spend more time speaking online than in person, and they frequently base decisions on the news they read on Facebook. The answer to this research question demonstrated that couples' sense of value is influenced by the number of followers they have on Facebook. These are in line with the opinions of Afolaranmi (2020), who stated that social interactions on platforms like Facebook have a significant impact on how people view issues and help them build a social life due to the extraordinarily long work hours that are required in today's society in order to survive. The research's findings also revealed that couples use Facebook to seek advice and to negotiate their differences out of fear of what they have seen there. These are in line with the opinions of Sultana (2017), who stated that couples, particularly young couples, tend to reveal a large portion of their daily activities on their social media handles, including Facebook, in order to gain followers who may then be paid for their views. The fame that people feel they have gained through their social media following has a big impact on how they feel about themselves, which has a direct impact on how well their relationships are going, according to the author.

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The findings further revealed that young couples should be open to each other and limit how much time they spend on Facebook and how much personal information they share there in order to decrease the marital disputes that result from the usage. These findings support Tolrunkele's (2014) assertion that social media use should be done with caution in order to dramatically reduce marital conflict among young couples. The author also said that in order to avoid suspicion, couples should be honest with one another about their Facebook usage. The findings concur with those of Ehor and Badey (2021), who suggested that social media use should be restricted and allowed to have an impact on people's personal lives.

Conclusion

Facebook use is very widespread among people in Enugu State. Given its popularity, there is a chance that it will have a big impact on all aspects of people's life. This applies to all young couples since it has an impact on every aspect of their lives. These consequences could be harmful or advantageous to the couple's relationship and general well-being. Thus, this study investigated the impact of young couples' Facebook usage on their relationships and potential remedies to the problems that occur from it. The findings indicated that frequent use of Facebook could impair young couples' ability to communicate as well as their perception of their own worth. Results further showed that the stories couples see on Facebook influence the decisions they make in their relationship. Based on the findings, the following recommendations were made: (1) Married couples should moderate their social media use to avoid friction or distraction in their relationship. (2) Couples should be honest with one another about their social media usage, especially their use of Facebook. (3) They should make their marital status on their social media handles apparent, and (4) Facebook should be used as a supplement to relationship-building, but not as a substitute.

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