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Abstract

This study investigated the influence of interpersonal relationships on the psychosocial well-being of Consecrated Catholic Religious Women in the Ibadan Archdiocese, Nigeria. The psychosocial well-being of an individual is essential in enhancing interpersonal relationships. Moreover, psychosocially stable people are physically, psychologically, professionally, culturally, and spiritually robust. The study adopted a descriptive quantitative design. The target population was 110 consecrated female religious women. The study used a sample size of 86 respondents using a simple random sampling technique with Stovin's formula. The sample comprised 61 finally professed sisters and 25 temporary professed sisters from 16 different congregations. The research used Self-determination theory. The following objectives guided the study: To expound the interpersonal relationship among Consecrated Catholic Religious Women in the Archdiocese of Ibadan, Nigeria; To suggest ways to improve psychosocial well-being among Consecrated Catholic Religious Women in the Archdiocese of Ibadan, Nigeria, through counselling and spiritual direction. The research instruments used were FIAT-Q 2-14 Interpersonal relationship questionnaire, psychological well-being scale, and Spiritual Support Subscale. Data were collected using self-administered questionnaires. Statistical Programme for Social Sciences (SPSS) version 21 was used to get descriptive statistics. The study established that most consecrated Catholic religious women have mature and healthy interpersonal relationships. They think of a close relationship as necessary and that counselling and spiritual direction are essential in enhancing their psychosocial well-being. These reinforced healthy interpersonal relationships among themselves. However, most of them had problems receiving feedback from other people and arguing with those who gave unfavorable feedback.

Keywords: *Interpersonal Relationship, Psychosocial Well-being, Consecrated*

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1.0 Introduction

This study investigates the influence of interpersonal relationships on the psychosocial well-being of Consecrated Catholic Women Religious in the Ibadan Archdiocese, Nigeria. It also explores possible psychospiritual interventions to assist them. Psychosocially stable people are physically, psychologically, professionally, culturally and spiritually robust, reacting effectively to threats and grievances. They are also emotionally mature and aware of their limitations. Otherwise, they admit it and search for avenues to change the condition. Psychosocial well-being is defined as mental, physical, social and spiritual well-being (Zinger, 2011). In other words, an experience of a reasonable balance between physically, psychologically, culturally, and spiritually.

In the researcher's view, and supported by (Kiplagat, E.J., Tucholski H., 2019), Consecrated Catholic religious women everywhere in the world have in their structure of identity the character of themselves as happy, committed workers of God. However, their life activities and living revealed that authority figures coordinate them. So, the religious are more or less humble workers, who are required to sacrifice professional skills like further education and some beneficial developmental programs in some cases, self-care and even their very commitment as religious to become obedient workers.

1.1 Background of The Study

Religious life is one of the vocations people choose to serve God, and it is a way of life recognised in the Catholic Church. According to the Catechism of the Catholic Church, article 918, "From the beginning of the church, there were men and women who set out to follow Christ with greater liberty, and imitate him more closely, by practising the evangelical counsels" (Flannery, 1975: 458) Decree on The Up-To-Date Renewal of Religious Life. It is a form of consecrated life in the Catholic Church whose members profess the vows of chastity, poverty, and obedience within the congregation approved by the church. Consecrated Catholic Women Religious has been present in Africa since the arrival of the Sisters of St. Joseph of Cluny on the shores of Senegal in the present-day Gambia in 1822. Since that time, they have had a significant impact on the religion and development of many African countries while facing health, resource and cultural barriers in their missionary work, among other challenges (McNally, 2016).

Amidst these challenges, the researcher has observed that both the church and the different orders have continued to experience these Consecrated Catholic Women Religious leaving their orders or asked to leave. Many of these women religious remain with their orders then choose to live singly, rather than in the community, against that part of religious life character. Some others live and minister within the community without finding fulfilment in what they are doing, nor are they pleased with their interpersonal relationship with those they collaborate with.

The critical issue that this study examined is the interpersonal relationship as it affects the psychosocial well-being of Consecrated Catholic Religious Women in the Archdiocese of Ibadan. The emotional bond between Consecrated Catholic Religious Women comprises multiple psychosocial problems that range from psychological to mental and social, as observed by the researcher. A study performed by (Orth-Gomér, Albus & Bagés, 2005) noted some of the challenges facing women in religious life includes psychosocial well-being, which consists of fear, depression, social interactions and self-esteem.

These Consecrated Catholic Women Religious are more inclined to issues that linger within their religious vows because these chronic stresses are associated with pressure, anxiety symptoms and

health concerns (Kiplagat, E.J., Tucholski, H., 2019). The primary explanatory elements are the comprehensive family function criteria, spiritual life challenges, interpersonal and intrafamilial stressors, putting tremendous religious life stress on consecrated religious women (Orth-Gomér, K., Albus, Bagés, 2005). These stressors allow them to feel a high amount of anger, which raises their well-being. Therefore, considering the increase in depression and anxiety they encounter, little has been done to examine their impact on consecrated catholic religious women. Therefore, this research on the role of interpersonal relationships on the psychosocial well-being of Consecrated Catholic Religious women aims to address this void.

This research also intended to raise consciousness on the psychosocial difficulties that influence the interpersonal relationship among Consecrated Catholic Religious Women in Ibadan Archdiocese. And encourage them to pursue spiritual direction, psychospiritual therapy, and counselling intervention as practical care support to manage their challenges. Self-determination theory guided this analysis (SDT). The principle is based on the human perspective, founded in 2000 by Edward L. Deci & Richard M. Ryan. This theory considers that humans have physical requirements such as thirst and hunger. Hence, individuals often have the universal urge to look for and gain experiences of self-determination, competence and connectedness. Competence, relation, and self-determination are three basic and intrinsic psychological needs that form the foundation of motivation (Deci et al., 2017).

According to Chatzisarantis and Hagger (2005), competence relates to recognising how to achieve behavioural results, whereas there is a need for communication and treatment. (Sheldon et al., 2004) describe self-determination as intervention initiator and regulator because all three basic human needs are involved. They illustrate how interpersonal relationship may affect the psychosocial well-being of these Consecrated Catholic Women Religious in the Ibadan Archdiocese. Hence, if these Consecrated Catholic Women Religious neglect self-determination, ability, and relatedness in their living and relating, these experiences will continue to decrease self-motivation and psychosocial well-being.

Deci and Ryan's Self-Determination Theory (2000) reflects on self-determined human behaviour. In other terms, it reflects whether human activity is the product of a judgement that was either made autonomously or forced on an individual. The degree to which action is self-determined impacts incentive efficiency. How self-determined conduct depends on how effective it serves a person's inner psychological needs.

2.0 Literature Review

Burns (2017) asserts that the origin of interpersonal relationships studies is credited to the social science field of sociology and psychology. Nonetheless, Patricia (2015) states, "that relationship does not come by chance, but it is a social work to be done because the interpersonal relationship is the social link between two or more persons". Therefore, individuals need to get along well with their fellow workers for a positive atmosphere in workplaces for healthy interpersonal relationships to exist.

The study reviewed some related literature around the topic of this study based on two of the research objectives. Then, the researcher formulated the research questions based on the objectives. Going from the reviews done, the researcher observed that most of the reviewed literature showed that the need to avoid stress in people's relationship and work and have good support from those they live and work with would positively affect their interpersonal relationship.

So, as the researcher stated earlier in the background, much of the knowledge used in this present study came from adaptations from studies already carried out on related topics. Some of the reviewed literature presents the following findings;

(Herbers & Meijering, 2015) research in the Netherlands with older adults on the impacts of their interpersonal relationship on their well-being collected data from sixteen in-depth interviews with older adults living in sheltered housing in a small town in the northern Netherlands. Their participants had experienced contact with their children as an essential primary part of life among their interpersonal relationships. However, they found their interactions with other residents somewhat superficial. So, in their experience, it came out that relating with their children offered emotional support and was instrumental in playing essential roles in their well-being.

They also expressed that the social and physical activities organised by the residential care facility offered them the opportunity to remain physically and mentally active. In addition, the report observed that the care they received from housekeepers and caregivers was another essential element of interpersonal relationships that facilitated their well-being asserts.

A study by (Kiplagat, E.J., Tucholski, H., 2019) carried out in Nairobi County, Kenya, on the Correlation between Psycho-Spiritual Well-being and Happiness among Consecrated Religious Women used a correlational design with a systematic random sampling technique. The result showed that psychological well-being is significantly connected with happiness and, more importantly to increased spiritual well-being.

It further revealed a statistically crucial positive correlation between psychological well-being and spiritual well-being among the consecrated religious women (Kiplagat, E.J., Tucholski, H., 2019). Finally, it emphasised the need to focus on psychological well-being, which could impact meaningfully on both the spiritual well-being and happiness of the consecrated religious women.

Adebiyi, D.T et al. (2020) and his team researched the Impact of Counselling Intervention on the Psychosocial Well-Being of School Children in Their Peculiar Indigenous Environment in Makoko Lagos, Nigeria. The study examined the children's awareness of their environment and their viewpoint on extreme pollution in their environment. The purpose was to determine their awareness concerning their level of resilience and interpersonal relationship. The research adopted the quasi-experimental pre-test and post-test research design. At the same time, the researcher implored intact classes for the study. The researchers appealed a researcher-made questionnaire to gather data to test the two null hypotheses.

The study showed that 106 randomly selected school children participated in the study. And the researcher used a Paired sample t-test statistical tool to determine the participants' resilience and interpersonal relationship. The results showed that group counselling significantly impacted their stability and interpersonal relationship Adebiyi, D.T et al. (2020). It, therefore, recommended regular counselling interventions to enhance the rapid growth, development and psychosocial well-being of Makoko school children in their indigenous environment.

Yingshan Bao & Fangwei Zhu, (2017) in their study, explored the effect solution-focused group counselling had on college students. And thus revealed effective, focused group counselling improved college students' interpersonal relationships. The participants for the study were conscripted by campus radio, Internet, posters, and other forms. The 36 students who participated in the study were selected using a comprehensive diagnosis scale of interpersonal relationship. After collecting data and reviewing it, the study concluded that solution-focused group counselling is an effective way to improve the interpersonal relationship of college students, which can

effectively improve the interpersonal relationship level of college students. Yingshan Bao & Fangwei Zhu, (2017).

Although the reviewed studies were critical in illuminating some light on the topic, none of the reviewed studies has tackled the influence of interpersonal relationship on the psychosocial well-being of consecrated religious women in Ibadan, Nigeria. The closest to it was by Emily, who talked more about positive relations with others, self-acceptance, and acceptance of life's challenges and problems without blaming self but finding meaning and fulfilment in what one does. But, generally, the reviewed studies have revealed some knowledge gaps, mainly in terms of Contextual breaches, methodological breaches, conceptual slits and even geographical breaches. However, the reviewed research did not focus on counselling, spiritual direction, and psychotherapy as aids to improving relationships. Other gaps identified are related to the geographical differences of localised studies, which is different from the present study. In addition, a substantial number of them used mixed methods, while the current study uses a quantitative approach. Other notable differences were in the contextual coverage.

Conclusively, some of the reviewed literature showed that some of the factors presented have roles in enhancing the interpersonal relationship and psychosocial well-being or damaging it. Therefore, the researcher hopes that these established factors in the recent study would guide the consecrated catholic religious women to take appropriate decisions to enhance the positive relationship and well-being among them. The research design for this study is the descriptive design which, according to (Akhtar & Islamia, 2016), seeks to describe the present standing of an identified variable. Hence, these research design plans to provide systematic information about a phenomenon. Furthermore, the design choice for this study was motivated by the fact that the study took place at a single point in time. Therefore, it did not involve manipulating variables; it allowed the researcher to look at numerous characteristics at once.

Questionnaire Distribution and Return Rate

Table 1 shows the number of respondents who participated in the study.

Table 1: Questionnaire Distribution and Return Rate

	Targeted Participants		Participants that Responded	
	Frequency	%	Frequency	%
Respondents	86	100	86	100
Total	86	100	86	100

The study targeted 86 participants to respond to the questionnaire distributed. Consequently, the same number of participants (86) responded to the questionnaire items, as shown in Table.

The demographic data included: age, ethnicity, professed, professional status and qualification. The demographic has these divisions; the age range has five categories: age 18 as the youngest and 64 as the oldest. The Ethnicity demography information aspect comprises the country's four primary geographical regions: Northern, Southern, Eastern, and Western. The third on the demographics is professed and has two groups; finally, professed and temporary professed. The fourth is the professional status of five groups; medical line, education, social work, skill acquisition, etc. Lastly, academic qualification had three levels; WAEC, Degree, and Masters.

This outcome shows that most of the participants are mature adults, was from different geographical regions of the country, and could read, understand and respond appropriately to the items of the questionnaires of this study.

Interpersonal Relationship among Consecrated Catholic Religious Women in Archdiocese of Ibadan, Nigeria. This objective sought to establish the interpersonal relationship among the Consecrated Catholic Religious Women in the Archdiocese of Ibadan, Nigeria. The researcher tested ten items using a 6-point Likert scale to measure the degree of maturity of interpersonal relationships. A total of 86 respondents fully participated in this activity. In general, the results of this objective indicate that interpersonal relationship is essential for the well-being of consecrated catholic religious women. For instance, Respondents response to the statement, "When people give me unfavourable feedback, I argue with them," to which 50 (58%) showed some form of agreement in varying proportions, 5 (6%) were undecided. In comparison, 31 (36%) showed disagreement. This result implies that many of the respondents argue with people who give them unfavourable feedback. The effect of this attitude is that the consecrated catholic religious women involved in this behaviour experience anger, anxiety and avoidance that affects the psychosocial well-being. This result can account for the anger, unforgiveness, and crankiness experienced by these women religious, as noted by the researcher in the background of the study. This outcome, therefore, validates the researcher's observation. Furthermore, it calls for the need to psych educate the consecrated catholic women religious on the benefits of feedbacks and the right way of giving feedback.

On the statement "I talk about myself and my experiences with other people", those that showed agreement that they talk about themselves and their experience with other people were a whopping 71 (83%) against 11 (13%) who had a contrary opinion and 4 (5%) that were undecided. This gap indicates that most respondents can talk about themselves and their experiences with other people without inhibitions. While responding to the statement on the importance of close relationship, a higher number of respondents, 57 (66%), believed that intimate relationships are essential to them as opposed to those that were undecided 5 (6%) and those who showed disagreement 24 (28%). This result implies that most of the respondents consider close relationships as necessary.

Therefore, in the researcher's opinion, to sustain the psychosocial well-being of consecrated catholic religious women, their leaders need to continue encouraging activities that will support a positive relationship in communities and the workplace of the religious women. This study sought to establish also the possible role of counselling and spiritual direction on the interpersonal relationship and psychosocial well-being of Consecrated Catholic Religious Women in Ibadan, Nigeria, in the next objective. Those admitted to finding comfort in spiritual direction were 67 (78%) respondents against 19 (22%) who disproved the statement. Going by most respondents, it is clear that most of the respondents found comfort in the spiritual direction.

In another vein, those who showed some agreement to the statement, "I feel inner peace or harmony with counselling/psychotherapy," were 82%) respondents against 16% that had a contrary opinion. This percentage in an agreement construed to mean that most respondents experienced inner peace or harmony after undergoing counselling/psychotherapy sessions. In connection to this and found in the literature review by Adebisi et al. (2020) on "impact of Counselling Intervention on the Psychosocial Well-Being of School Children in Their Peculiar Indigenous Environment, " Makoko Lagos, Nigeria". The results showed that group counselling significantly impacted their resilience and interpersonal relationship. This present study is not different to this opinion.

In another response, the respondents that felt that, in general, counselling /spiritual direction are helpful to them were 76 (88%) against 10 (12%). This percentage of respondents indicates that counselling and spiritual guidance are beneficial to most respondents. This response is related to the reviewed literature on research carried out by McCarthy and Saks (2019) on the increased anxiety the U.S. 2016 election brought. The result showed that Counselling intakes increased after the election, meaning that it helped alleviate the stress and anxiety that the election had on the people. Hence, it validates the response in this study that showed that a sign of the respondents finds counselling/spiritual direction generally helpful.

Summarily, this study aimed to investigate the influence of interpersonal relationship on the psychosocial well-being of Consecrated Catholic Women Religious in Ibadan, Nigeria. Therefore, the following objectives guided the study: To expound the interpersonal relationship among Consecrated Catholic Women Religious in Archdiocese of Ibadan, Nigeria; and suggest ways of improving psychosocial well-being among Consecrated Catholic Women Religious Archdiocese of Ibadan, Nigeria through counselling and spiritual direction. Similarly, a review of related literature conducted by the researcher from various empirical studies; global, regional, and local levels helped the researcher have a clear understanding and synthesis of interpersonal relationships and how they impact the psychosocial well-being of individuals. Thus, the study supported the researcher's clear understanding and synthesis of interpersonal relationships and how they affect the psychosocial well-being of individuals.

However, the reviewed studies had literature gaps that needed to be filled by the current study primarily due to its unique focus on the psychosocial well-being of Consecrated Catholic Women Religious in Ibadan. Therefore, the present research was vital because it has created new knowledge in this specialized area. These knowledge include; ascertaining the need to sustain interpersonal relationship among the consecrated catholic religious women, the fact that some of them experienced loneliness, and that counselling/psychotherapy and spiritual direction are vital to maintaining well-being.

Conclusively, the study revealed that most consecrated Catholic women religious had mature and healthy interpersonal relationships. For instance, the study established that most of them were aware of their feelings and emotional experiences as they happened and were also aware of how they affect others during interactions. They can also carefully consider the source of feedback before changing their behaviour. They can talk about themselves and their experiences with other people without inhibitions.

They think of close relationships as necessary and identify situations when constructive to provide feedback to another person. They can also discover when to communicate with people and express their emotions at appropriate times and places. However, most of them had problems receiving feedback from other people and arguing with people who give them unfavorable feedback. Hence, most of them were found not to tolerate negative criticism.

The study also established that most consecrated catholic women religious found solace in counselling and spiritual direction and, therefore, found it essential to reinforce their interpersonal relationships. For instance, most of them experienced comfort in spiritual direction and found inner peace or harmony after undergoing counselling or psychotherapy sessions. Regarding spiritual matters, the study revealed that most respondents experienced God's love through others and found sharing their faith and issues with others as necessary for their spiritual growth.

3.0 Conclusion

The study concludes that most consecrated Catholic women religious have mature and healthy interpersonal relationships and were generally aware of their emotional feelings. It also discovered that most of the Consecrated Catholic Women Religious in the Ibadan Archdiocese had had an opportunity for further studies that seemed to have helped them live and relate better, unlike some of their counterparts in other parts of the country. The study also concludes that counselling and spiritual direction were essential in enhancing the psychosocial well-being of most consecrated Catholic women religious, which was a catalyst for reinforcing healthy interpersonal relationships.

4.0 Limitation of the study

The study had cost implicative since the data were coming in at different time. In addition, the researcher used DHL and scanning/printing means to get the data back to the researcher, leading to some delay in starting the analysis as when the researcher planned to do so. The data showed that most of the Consecrated Catholic Women Religious in Ibadan's education opportunity against their counterparts in other dioceses showed gaps in their experiences and responses to the same questionnaire. Therefore, the researcher believes that some practical problems that are more applicable to some consecrated religious women than others should not be neglected.

5.0 Recommendation

The Consecrated Catholic Women Religious should cultivate healthy relationships with their colleagues in communities and workplaces by treating one another with respect, giving positive affirmation, and avoiding conflicts and emotional exhaustion.

They should readily seek help from psychospiritual therapists whenever there are signs of stress and discomfort and seek Spiritual Direction services as part of their spiritual exercises both at the initial and ongoing formation level.

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