

The Relationship between Attachment Styles with Happiness & Marital Satisfaction in married female student

Qavami R.¹, Belyad M.^{2*}, Zhian Bagheri M.³

Abstract

Introduction: The purpose of this study was to determine The Relationship between Attachment Styles with Happiness & Marital Satisfaction in Married Female Students.

Research Method: The research method was descriptive correlational. The statistical population of this study was all married female students of Islamic Azad University of Karaj in the academic year 2018. Statistical sample was selected based on Cochran formula and available sampling method was 200 people. Research tools included the Adult Attachment Styles Questionnaire of Hazen and Shaver (1987); Azrin, Nester & Jones Marital Satisfaction Questionnaire (1973) & Olson Marital Satisfaction Questionnaire (1998).

Findings: Correlation test and regression analysis were used for data analysis. The findings showed that there was a direct and significant relationship between secure attachment and marital satisfaction. There was also a significant negative relationship between avoidant attachment styles with marital satisfaction, secure type with marital satisfaction, and avoidant type with marital satisfaction ($P < 0.05$).

Discussion and conclusion: According to the results, it can be said that with increasing secure attachment style, marital happiness also increases. & with increasing insecure-avoidant attachment style, anxiety decreases marital satisfaction. Hence, it is suggested, with workshops by authorities in the field of mental health on the one hand and educational programs related to families about how to deal with children and parenting on the other hand, the incidence of marital satisfaction in the future. Also prevent malicious behavior.

Key words: Attachment Styles, Happiness, Marital Satisfaction

Qavami R., Belyad M., Zhian Bagheri M. The Relationship between Attachment Styles with Happiness & Marital Satisfaction in married female student, Journal of Family and Health, Vol9 NO(2), summer 2019.

¹ M.A. in clinical Psychology, Karaj Branch, Islamic Azad University, Alborz, Iran.

² Corresponding Author, Assistant Professor, Karaj Branch, Islamic Azad University, Alborz, Iran.
Email: Belyad110@gmail.Com

³ Assistant Professor, Karaj Branch, Islamic Azad University, Alborz, Iran.