

Study of Marital Satisfaction in Students Based on Psychological Components of Attachment Style, Perfectionism and Conflict Resolution

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Abstract

The purpose of this study was to predict marital satisfaction in students based on the psychological components of attachment style, perfectionism and conflict resolution. This is an applied research in terms of objective and method and a descriptive-correlational study in terms of data collection method. The statistical population of this study consisted of all married students studying in universities of Tehran in 2017 which were calculated on the basis of Cohen, Kergeci, and Morgan table (1970) of 252 people. The data collection tools were A rich's Marital Satisfaction Questionnaire (1998), Hazen and Shew (1993), Adult Attachment Styles Questionnaire, Ahwaz Perfectionism Scale (1999), and Rahim's Conflict Coping Style Questionnaire (1995). In order to analyze the data, descriptive and inferential statistics Incides and methods were used. So, In order to describe the collected data, the mean, standard deviation and frequency distribution tables, and to analyze the data, Pearson correlation coefficient and multivariate regression were used by SPSS software. In general, the findings showed that there is a relationship between marital satisfaction and commitment and attachment styles and conflict resolution and perfectionism. Also, the results indicate that secure attachment is associated with a higher degree of marital satisfaction than anxious-avoidant and anxious-ambivalent attachment. Secure attachment styles have a positive relationship with marital satisfaction and anxious-avoidant and anxious-ambivalent attachment styles have a negative relationship with marital satisfaction.

Keywords: marital satisfaction, attachment style, perfectionism, conflict resolution.

1. Introduction

Family is one of the main pillars of society, and achieving a healthy society depends on family health. The realization of a healthy family is conditional on its members having a good and effective relationship with each other. Having a problem in establishing intimacy and proper relationship can be associated with a wide range of psychological problems, such as depression and chronic stress (Carini, 2003, quoted from Van der Zi, 2009). One of the influential factors in each relationship is the attachment style of individuals. Attachment model predicts the way and quality of future relationships. From the point of view of attachment, every person throughout the life cycle needs the presence of a secure attachment style as well as the ability to identify this style in its partner and to participate with him/her to maintain mutual relationships. In a relationship with good functioning, the attachment system acts in such a way that couples feel being protected and secure, and each one is able to affiliate with another and are not afraid of being affiliated with others and being affiliated of others with their owns (Crunle and Fisher, 2000). In an insecure relationship, self-protection is the first issue, and this often overcomes the ability of a person to respond sympathetically to his/her wife (Reibestain, 2001). Investigations on attachment represent the effect of primary experiences of attachment to future relationships in adulthood (Hamidi, 2007). There is a

great deal of research evidence that shows the stability of the attachment style from child to adulthood and even its transmission among generations (Break, 2007). Perfectionism is also one of the factors influencing the satisfaction and desire of individuals to disclose information about relationships. Studies have shown that self and other-directed perfectionism are directly related to more family relationships and other positive aspects of the romantic relationships of individuals such as trust (Bailey and Snell, 2005). Perfectionism is a multidimensional personality style that is linked to a large number of psychological, interpersonal and marital problems. Perfectionism is an abnormal pattern of behaviors, which can lead to many disorders. Seeking success and loyalty encompass tangible and appropriate expectations (very difficult and achievable goals), and bring about a sense of satisfaction and happiness.

While perfectionism requires inappropriate levels of tangible expectations and goals (such as perfection) and a permanent lack of satisfaction, regardless of function (Hewitt, 2009), conflict is a distressing interactive between two people who do not have the tendency or ability to listen to each other's discomfort, and a state of separation and tension that creates a lot of psychological pressure and negative feelings and emotions on both sides (Khodami, 2012).

Research suggests that satisfaction of couples' relationships has a high correlation with conflict styles (BradBuri, 2000). Compatible couples value the positive effects of their wives and can tolerate their negative effects more easily. In contrast, incompatible couples think more about negatives and spend a lot of time paying attention to the unpleasant aspects of their spouses, and have difficulty in understanding their compensating and positive characteristics (Dibaji et al., 2009). Factors affecting marital satisfaction are of interest to scholars and have indicated numerous cases, for example Schlesinger (1982) mentioned mutual respect, trust, love, attention, loyalty and mutual relation (Tabrizi, 2004). The purpose of present research is to investigate the prediction of marital satisfaction in students based on the psychological components of attachment style, perfectionism and conflict resolution.

According to the research mentioned, in previous researches the relationship between attachment style and marital satisfaction has been identified in separate research (almost all of them abroad) in previous research. But there was no research in Iran where these variables were studied simultaneously. The question now arises: Is the degree of marital satisfaction in students predictable according to the psychological components of attachment style, perfectionism and conflict resolution? To answer this question, the main hypothesis of the research is formed that the degree of marital satisfaction in students based on the psychological components of attachment style, perfectionism, and conflict resolution can be predicted.

2. Literary review

Ebrahimi (1391) studied the "relationship of love styles and attachment styles with quality of life and marital satisfaction among female teachers in Ardabil city" in a study on 100 people. The results of Pearson correlation coefficient showed that there is a significant positive correlation between some love styles and attachment styles with marital satisfaction and quality of life.

Also, a positive relationship was found between secure attachment style and marital satisfaction in a research by Natanzi (2012) entitled "Investigating the effect of attachment styles and forgiveness on marital satisfaction in couples in Masal city" on 75 couples.

Oghani Esfahani (2012) studied the role of differentiation, attachment styles, emotional intelligence and coping styles in marital satisfaction". The statistical population consisted of all married people in Tehran, at least one of whom was employed by governmental organizations and had at least one year of their common life and lived together during the research. The results showed that attachment style had the highest and coping style the least impact on marital satisfaction

Hirzbergger et al. (2009) 15 years longitudinal research showed that couples whose attachment style is secure, have more marital satisfaction with anxious-avoidant, and evaluate their feelings about their spouse positively. In the year 2008 (2008), Maryagral also came to the conclusion that social support and secure attachment style predict mental health and marital adjustment.

Judy (2006) investigated the structures of jealousy, commitment and style of romantic attachment in a sample of 372 students. The results of data analysis revealed a significant positive relationship between secure attachment and personal commitment, and a negative and significant relation between the avoidant attachment style and personal commitment was confirmed.

Heen, Buyses and Van (2005) concluded that there is a positive relationship between secure attachment style and depression and negative correlation with marital adjustment. On the other hand, insecure attachment styles had a significant negative correlation with marital adjustment and had a positive relationship with depression. Martin and Ashby (2004) examined the relationship between perfectionism, marital relations, and fear of intimacy. The results of the survey showed that perfectionists reported more fears of intimacy and less satisfaction with their marital relationships.

3. Research methodology

The present research is a descriptive cross-sectional and correlational study. The statistical population of the study is all married students studying in universities in Tehran in 2017. A total of 252 people were computed using Cohen, Kergeci, and Morgan table (1970) through randomized and convenience sampling. The data collection tools were Anrich's Marital Satisfaction Questionnaire (1998), Hazen and Shew (1993) Adult Attachment Styles Questionnaire, Ahwaz Perfectionism Scale (1999), and Rahim's Conflict Coping Style Questionnaire (1995). In order to analyze the data, descriptive and inferential statistics methods will be used. Descriptive statistics including mean and standard deviation, and inferential statistics includes Pearson correlation coefficient and multivariate regression (due to the multiplicity of dependent variables and having a subscale in the variables). All analyzes will be performed using SPSS statistical software version 22 and a significant level of "0.05" considered.

4. Demographic characteristics analysis

Table 1. Demographic characteristics of the research

Row	Specifications	Frequency	Percentage
Age	20-25 years	50	19.8
	26-30 years	98	38.9
	35-31 years	77	30.6
	More than 35 years	27	10.7
	Total	252	100
Gender	Female	142	56.3
	Male	110	43.7
	Total	252	100
Education	Bachelor	78	31
	MS	105	41.7
	P.H.D	69	27.4
	Total	252	100
Child Status	Have	81	32.1
	Do not have	171	67.9
	Total	252	100

Study hypotheses

First main hypothesis: Marital satisfaction in students is predictable based on the psychological components of attachment style, perfectionism and conflict resolution.

As shown in Table 2, correlation matrix, marital satisfaction is correlated with attachment style ($r = 130$), perfectionism ($r = 620$) and conflict resolution ($r = 002$). To determine the significance of

relationship between marital satisfaction with attachment style, perfectionism and conflict resolution, the correlation coefficient significance test was used. All correlations were significant. Multiple regression analysis was used to determine the contribution of each of the variables of marital satisfaction with psychological components of attachment style Perfectionism and conflict resolution.

Table 2. Correlation matrix between marital satisfaction with psychological components of attachment style, perfectionism and conflict resolution

Variable	Marital Satisfaction	Attachment style	Perfectionism	Conflict Resolution
Marital Satisfaction	1.000	.130	.620	.002
Attachment style	.130	1.000	-0.71	.009
Perfectionism	.620	-0.71	1.000	-.095
Conflict Resolution	.002	.009	-.095	1.000

Table 3. Correlation coefficients between marital satisfaction and psychological components of attachment style, perfectionism and conflict resolution

Model	R	R ²	Adjusted R ²	standard error
1	.647	.418	.411	19..285

According to Table 3, the value of the correlation coefficient is .647 and the correction coefficient is .418, therefore, 42% of the variance of marital satisfaction scores can be explained by a combination of psychological components of attachment style, perfectionism and conflict resolution.

Table 4. Multivariate regression between marital satisfaction with psychological components of attachment style, perfectionism and conflict resolution

Indicators Source of changes	Sum of squares	Df	Average squares	F	Significance level
regression	66266.68	3	22088.92	59.389	.000
Remaining	92240.02	248	371.93		
Total	158506.80	251			

Based on the information in Table 4, the calculated F value is 59.389, which is greater than the critical value with a degree of freedom of 3 and 248 at a level ($p < 0.05$). Therefore, there is a moderate correlation between marital satisfaction with psychological components of attachment style, perfectionism and conflict resolution, and the psychological components of attachment style, perfectionism and conflict resolution have predictive power in predicting marital satisfaction.

Table 5. Relationship between marital satisfaction and psychological components of attachment style, perfectionism and conflict resol

Model Stats	B	SE	Beta	T	Significance level
Constant	52.209	14.221		3.671	.000
Attachment Components	.299	.083	.175	3.579	.000
Perfectionism	.746	.057	.638	13.074	.000
Solve Marital Conflict	.160	.127	.061	1.254	.214

According to the statistics of Table 5, the beta coefficients of the psychological components are 0.929 for attachment style and 0.446 for perfectionism, which are significant at the level ($p < 0.05$), but the beta coefficients of marital satisfaction and conflict resolution are 0.160, which are not significant at level ($p < 0/05$). We can show the prediction pattern as follows:

$$Y = 50.076 + 0.276 X_1 + 0.613 X_2$$

First sub hypothesis: The degree of marital satisfaction in students is predictable based on the psychological components of attachment style.

Table 6. The results of Pearson correlation coefficient between marital satisfaction and psychological components of attachment style

Variables studied	Number of observations	Pearson Correlation Coefficient	Significance level	Type of relationship	Relationship form	Intensity of relationship
Marital satisfaction and secure attachment style	252	**0.238	0.000	significant	Direct and weak	23%
Marital satisfaction and anxious-avoidant insecure attachment style	252	** -0.198	0.002	significant	Indirect and weak	19%
Marital satisfaction and anxious-ambivalent insecurity attachment style	252	** -0.261	0.000	significant	Indirect and weak	26%

According to the results of the correlation matrix coefficient in Table (6), it can be said that with a confidence of 0.95%, an error less than 0.05 was found between the components of marital satisfaction and the psychological components of attachment style. On the other hand, according to r calculated between marital satisfaction and secure attachment style, this ratio, which is equal to 0.238, direct (positive) and at weak level. This means that with the increase in secure attachment style, marital satisfaction will also be relatively weak. On the other hand, according to r calculated between marital satisfaction and the anxious avoidant insecure attachment style, this relationship is equal to -0.198, indirect (negative) and at weak level, meaning that with the increasing anxious avoidant insecure attachment style, marital satisfaction will also decrease slightly. Also, according to r calculated between marital satisfaction and anxious ambivalent insecure attachment style, this ratio is equal to -0.261, indirect (negative) and at weak level, meaning that with increasing anxious ambivalent insecure attachment style, the amount of marital satisfaction will also decrease slightly. Second sub hypothesis: The degree of marital satisfaction in students is predictable based on perfectionism.

Table 7. Results of Pearson correlation coefficient between marital satisfaction and perfectionism

Variables studied	Number of observations	Pearson Correlation Coefficient	Significance level	Type of relationship	Relationship form	Intensity of relationship
Marital satisfaction and perfectionism	252	**0.453	0.000	Significant	Direct and moderate	43%

Regarding the results of the correlation matrix coefficient in Table (7), it can be said that with a confidence of 0.95% and an error less than 0.05, there is a relationship between the components of marital satisfaction and perfectionism. On the other hand, according to r calculated between marital satisfaction and perfectionism, this ratio is equal to 435/0, direct (positive) and moderate. That is, with the rise of perfectionism, marital satisfaction will also increase moderately. Third sub hypothesis: The degree of marital satisfaction in students is predictable based on conflict resolution.

Table 8. Pearson correlation coefficient between marital satisfaction and conflict resolution

Variables studied	Number of observations	Pearson Correlation Coefficient	Significance level	Type of relationship	Relationship form	Intensity of relationship
Marital satisfaction and conflict resolution	252	**0.197	0.002	Significant	Direct and weak	19%

Regarding the results of the correlation matrix coefficient in Table (8), it can be said that with a confidence of 0.95 and an error less than 0.05, there is a relationship between the components of marital satisfaction and conflict resolution. On the other hand, according to r calculated between marital satisfaction and conflict resolution, this ratio is equal to 197.0, direct (positive) and at weak level. This means that with increasing conflict resolution, marital satisfaction will also slightly increase.

5. Conclusion and recommendations

The results of Pearson correlation test showed that there is a significant relationship between marital satisfaction and attachment styles. These results are consistent with the research conducted in this regard (Najm, 2005; Lawrence et al., 2008; Bans, 2004; Verdon et al., 2009). Also, the results indicate that secure attachment is associated with a higher degree of marital satisfaction than anxious-avoidant and anxious-ambivalent attachment styles. Secure attachment styles have positive relationship with marital satisfaction and anxious-avoidant and anxious-ambivalent attachment styles have a negative relationship with marital satisfaction. In explaining this finding, it can be said that people with a secure attachment style trust others, communicate easily, enjoy communication, are not concerned about rejection, have stability, In their relationship there is pleasure, honesty and friendship, and they have a sense of value to themselves and others. In contrast, people with insecure attachment are fearful of being rejected and lack comfort to have intimate relationships, since feeling comfortable in relationships and lack of fear of rejection indicates secure attachment and these two factors are important factors in marital satisfaction; therefore, it can be concluded that people with secure attachment style have high marital satisfaction and those with insecure attachment style experience lower marital satisfaction.

The results of Pearson correlation test showed that there is a significant relationship between marital satisfaction and conflict resolution in students. Research suggests that satisfaction of couples' relationships has a high correlation with conflict resolution (Bardbury, 2000). Compatible

couples value the positive actions of their wives and can tolerate their negative actions more easily. In contrast, incompatible couples tend to think more negatively and spend a lot of time paying attention to the unpleasant aspects of their wives; they have difficulty in understanding their compensating and positive characteristics. Stobber (2005) has shown that adults with more constructive conflict resolution strategies have more durable marital satisfaction. In explaining this finding, it can be said that constructive verbal strategies help couples to take a positive stance and show feelings and situations, seek consent from the other party, agree on issues, and trust each other. On the other hand, women seem to enjoy their husbands confabulating and talking about their mysteries, and vice versa, they upset their husbands' silence and feel saddened by their not expressing feelings. These gender differences cause a negative feeling in women and a decrease in marital satisfaction.

The results of Pearson correlation test showed that there is a significant relationship between marital satisfaction and perfectionism in students. The results of this hypothesis are consistent with studies (Hokins, 2005; Ashby et al., 2005). In explaining this finding, it can be said that in marital relationships, the existence of high-level expectations, along with a permanent perfectionist assessment of the behavior and practice of the spouse, imposes many different pressures on him/her. Over time, this pressure creates a number of negative emotions such as anger, irritation and anxiety, and this affects the level of marital satisfaction. Female students were able to psychologically empower themselves in their compliance with high-level expectations of their parents, and thus able to deal with marital conflicts and relationships more satisfactorily. Of course, parents' expectations, in addition to marital satisfaction, marital affairs and conflict resolution, also had predictive power for personal issues, leisure activities, family and friends, and egalitarian roles. From this point of view, it can be said that the perfectionist expectations of parents are a dimension of perfectionism, which brings sustainability to female students. These inclusive and potentially meaningful roles are often not limited to immortality, and also drawn to after marriage by forming an internal conductive structure.

According to the results of the research, the following points are recommended to improve the marital satisfaction of married students:

- Understanding the signs of insecure attachment style and early maladaptive schemas can be placed in a training package (premarriage recognition) and taught in educational settings, so that in addition to the awareness of girls and boys about the age of choosing a spouse regarding the recognition of these symptoms in themselves and the other party, there is the possibility of receiving specialized help to get rid of insecure attachment and maladaptive schemes pains before marriage and to begin a marital life.
- Developing educational curricula on conflict resolution education, perfectionism, and attachment styles is necessary for students. In this regard, students can explain the problem, on the one hand, by designing great programs and, on the other hand, by establishing workshops, and compilation of scientific, simple and practical books.
- Considering the importance of conflict and its effective resolution to the satisfaction and success of marriage, and the fact that the type of conflict and its resolution manner is a cultural affair, and also because researchers' search in databases has shown that research has so far, no research with qualitative approach has investigated the conflict areas and conflict resolution methods among married couples in our society, It is a necessity to conduct research with the aim of identifying conflict areas and conflict resolution methods for couples with satisfying marriage.

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