



ATTACHMENT STYLES AND MARITAL SATISFACTION AMONG YOUNG MARRIED FEMALE UNIVERSITY STUDENTS

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Abstract

Marriage is considered as an important decision which takes place in an individual's life. Attachments styles determines the marital satisfaction of an individual. This study investigated relationship between attachment styles and marital satisfaction among young married female university students. Data was collected using Experiences in Close Relationship (ECR) and Index of Marital Satisfaction(IMS) . Research sample consisted of N=100 female married university students who were within the age range of 21-25 years. All the research participants were either under graduate and graduates from 5 different institutions of Lahore. Statistical Package for Social Sciences (SPSS)20 was used to compute the data. Pearson Product Moment Correlation Coefficient was used to find out the relationship between attachment styles and marital satisfaction among young married female university students, whereas Multiple linear Regression was used to find attachment styles (anxiety and avoidance) as predictors of marital satisfaction among young married female university students. Results indicated that attachment styles (anxiety and avoidance) were negatively correlated with marital satisfaction. This shows that individuals who scores higher on both attachment subscales (anxiety and avoidance) are less anxious and less avoidant and have more marital satisfaction. Multiple Linear Regression revealed that both attachment subscales (anxiety and avoidance) were likely to predict marital satisfaction among young married female university students. Future implications of the present study were discussed.

Keywords

Attachment styles, Marital satisfaction,
Female married students.

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1.Introduction

The aim of the study is to identify attachment styles and marital satisfaction among young married female university students in Pakistan.

Intimate relationships are vital for health and personal development. For effective personality development it is essential to have capacity to develop close relationships with others which is considered as an important task of human development. The adult close relationship highly depends upon the person's social, historical and cultural influence making it a highly complex fact. People throughout the world strive to have successful close relationships but the exact method to achieve marital satisfaction has not yet been discovered.

Marriage is a religious and cultural obligation in our Pakistani Society. Some females are married while they are in their educational careers. It is assumed that some of the females continue their education while others discontinue. Marriage is well defined in a different way by totally different entities, supported cultural, non-secular and private factors. A proper union, wedding may be a social, and legal contract between two people that unites their lives lawfully, economically, and showing emotion. Wedding is a written agreement that implies that the couple has legal obligations to every different throughout their lives or till they plan to divorce. Being married conjointly provides legitimacy to sexual relations in the wedding (Stritof, 2017).

Attachment Style

Attachment can be explained as an affectional bond between one person and another, that binds them together in space and endures over time. Attachment is not just a connection among two individuals, it is a bond that involves a choice for physical touch with that man or woman and distress due to separation from that person. The association is developed amongst the mother and child. They often have interaction with each other, to develop a sense of safety and guide with the attached person (Cherry, 2017).

Secure attachment can result in a courting based on empathy, with appropriate limitations and significant relationships. If both partners feel comfy, they may enjoy each other's company and can be sincere and actual. They feel contented sharing intimate mind and feelings.

Securely connected partners have factors in their lives that they do together, but they also have their very own space for doing matters one by one (Baras, 2017).

Avoidant attachment can lead to important, inflexible and distant relationships. On this dating, there can be a loss of accept as true with and inflexibility. For avoidant couples, intimacy is risky and there's a form of fear of their relationship (maybe from every different or from feeling exposed and susceptible, for fear of having harm). Human beings who have this attachment style frequently do not stand up for themselves and blame themselves while others are competitive and controlling. Their essential goal is to avoid conflicts. They may allow their companion make the decisions to avoid arguments and give up expressing their wants and dreams within the relationship. They have a tendency to bottle up their feelings and sense very lonely inside their relationship (Baras, 2017).

Ambivalent attachment can cause worrying and insecure relationships. It may result in controlling and unpredictable relationship, blaming and accounting seeking to stability the pain (e.g. you hurt me, i'm able to hurt you). A person with ambivalent attachment may additionally attempt to restore the other companion, manage his/her mind. This may easily lead to trying to manipulate other things together with, who they communicate to and how regularly, what they purchase, how they ? their time and plenty of different things.

Disorganized attachment can cause traumatic, insensitive, chaotic and explosive relationship (somewhat like the relationship in bi-polar). These relationships are regularly abusive and needy however lacking in believe. The disorganized character can have exhibit comparable characteristics to the avoidant and ambivalent attachment. These relationships can suffer vast ups and downs and lots of ache and heartache (Baras, 2017).

Bowlby (1969) evolutionary theory of attachment suggests that children are biologically programmed to develop attachment with other in order to survive. Bowlby put forth that attachment styles are inborn. Circumstances such as separation, anxiety and lack of confidence trigger avoidance of closeness. Bowlby stated that in babies the fear of outsiders represents their means of survival. Babies

have inborn behaviors which tell about their closeness to any attached figure that is mother or care taker. Bowlby theorized that it is a biological need of babies and mothers to stay close to each other. Infant behaviors like crying, smiling inspires care from elders. Attachment is not determined by the food intake but on the amount of care and response to infant from its elders. Bowlby advised that an infant only develops one attachment and that only attachment figure acts as a secure one for discovering the world and other relationships around. This attachment relationship sets out to be the example for all other future relationships and any trouble in it can cause serious consequences (McLeod, 2007).

Özmen and Atik (2010) depicted that early attachment relationship with the caregiver or mother leads to the individual differences psychologically and socially in the adult romantic relationships in later life. That is secure attachment childhood will lead to a secure adult romantic relationship, whereas avoidant or insecure attachment will lead to an insecure adult romantic relationship.

Another research by Fard and Sehhat (2015) conducted a research at Islamic Azad University of Roudehen, to investigate relationship between styles of attachment, marital satisfaction and happiness in female married students. The sample comprises of 250 students. Read adult attachment Scale (RASS), Enrich's marital satisfaction, and Oxford happiness scale are used to assess styles of attachment, marital satisfaction and happiness respectively. The study is conducted using multi stage random sampling method. The findings showed a significant relationship between the styles of attachment, marital satisfaction and happiness in married students. Hence, it can be concluded that the couples' styles of attachment affects the marital satisfaction and happiness in female students.

Aminpour, Mamsharifi, Bayazidi and Ahmadzadeh (2016) investigates the relation between styles of attachment and marital adjustment among young couples. The sample comprised of 96 couples by applying multi stage cluster sampling method. To measure the marital satisfaction and attachment styles, Enrich marital satisfaction questionnaire and Besharat's adults' attachment styles questionnaire was used respectively. Descriptive statistics methods, and

inferential statistics methods were applied for analyzing the information collected. Findings indicated a direct relationship between secure styles of attachment and marital satisfaction, and a negative relationship has been found in avoidant style of attachment and marital satisfaction

Vithanage (nd) conducted a research to explore the effects of styles of attachment and marital satisfaction on married couples in Sri Lanka. Results showed that secure attachment has a positive relation with marital satisfaction therefore it leads to higher marital satisfaction in couples, whereas in insecure styles of attachment a negative relationship has been found in anxious attachment and marital satisfaction.

Marital Satisfaction

Marital satisfaction is an overall analysis of marriage which reflects marital happiness and functioning. Through evolutionary point of view, marital satisfaction can be assessed as a psychological state of regulated methods that monitors the advantages and disadvantages of marriage to a particular individual (Zaheri et al., 2015).

Dynamic goal theory of marital satisfaction states that marital objectives are the basis of marriage and are supposed to be achieved. The theory states that there are three types of marital objectives to be achieved. Personal development and achievement of goals depends upon the understanding between the married couple. When these goals are met, a feeling of accomplishment helps the spouse to feel capable of future challenges. Marital goals should be accentuated by young adults who have a future waiting for them. Companionship goals show the relationship needs that a spouse must develop with the other spouse, while the instrumental goals focus on the tasks that occur throughout life that include using the spouse's physical and mental resources. The nature of marriage is known as the instrumental goals and is often applied as a division of household effort and responsibilities. Instrumental support helps improving the marital quality, and resolving the marital conflict. The dynamic goal theory of marital satisfaction argues that a couple's vulnerability and stressful events within their environment, help them to modify their life to the environmental changes that interact and combine

together influencing the couple's marital stability (Li & Fung, 2011).

A research conducted by Khalatbari, Ghorbanshiroudi, Azari, Bazleh and Safaryazdi (2013) explores the relationship between marital satisfaction and emotional stability. The sample comprised of 110 students and were selected from Imam Sadegh University by a random cluster method. Subjects were assessed through Islamic Marital Satisfaction and five factor Personality Questionnaire of Neo-Ffi. The results were analyzed using descriptive analysis and inferential analysis. The results showed a significant relationship between marital satisfaction and emotional stability.

Ismail, Azlan and Yusoff (2015) investigates the dimensions that have an impact on marital satisfaction and quality of life. The sample comprised of 603 married individuals. Marital satisfaction and quality of life was assessed through Enrich marital satisfaction scale and Quality of life Instrument respectively. Findings indicated that gender, age, family income, number of children and duration of marriage were linked to lower quality of life and marital dissatisfaction. The Multivariate analysis indicated that if marital satisfaction increases it leads to decrease in quality of life.

1.1 Rationale:

Marriage is religious obligation in which two persons are bound in a permanent relationship for physical, social and spiritual purposes. It is assumed that usually marriage takes place during the educational career of females in Pakistani society. It is due to the set pattern in the society that females are married while they are studying, in some cases educational career is discontinued while on the other hand some females manage their education and marital relationship. Attachment style is an important factor that affect the marital relationship. Instability in the marital relationship affects the inner happiness among the couples, while satisfaction in the relationship is healthy for the marriage. In Pakistani society it is assumed that females are married at a young age so in some cases they have to manage their household and studies which affects the marital life. This study is based upon relationship between attachment styles and marital satisfaction among young married female university students. This study can be beneficial

for marital counsellors to understand the expectancies of married couples.

1.2 Objectives:

Objectives of the current study are:

- To investigate the relationship between attachment styles (anxiety and avoidance) and marital satisfaction among young married female university students.
- To find out that attachment styles (anxiety and avoidance) are likely to predict marital satisfaction among young married female university students.

1.3 Hypotheses:

H1: There is a significant relationship between attachment styles (anxiety and avoidance) and marital satisfaction among young married female university students.

H1: Attachment styles (anxiety and avoidance) are likely to predict marital satisfaction among young married female university students.

2. Method

The aim of the study is to identify the relationship between attachment styles and marital satisfaction among young married female university students.

2.1 Research Design

Correlational research design was used in the present study. The present study investigates relationship between attachment style and marital satisfaction among young married female university students.

2.2 Sample and Sampling Strategy:

The current study comprised of N= 100 married female university students. Data was collected from Kinnaird College, Lahore College for Women, University of Punjab, Government College University and University of Education. Twenty participants were taken from each institute. Sampling strategy used was purposive sampling.

Inclusion criteria:

- Female married students between ages 21-25 were included in the sample.
- Female married students between 3-12 months duration of marriage were included in the sample.
- Female married students who have not taken any gap in their educational career were included in the sample.

Exclusion Criteria:

- Female married students who have taken gap in the educational career were excluded from the sample.

2.3 Operational Definition:

Attachment Style: It was defined as scores obtained by the participants on two subscales of Experiences in close relationship: Anxiety and Avoidance (Fraley, Waller, & Brennan, 2000).

Index of Marital Satisfaction: It was defined as scores obtained by the participants on Index of Marital Satisfaction (Hudson, 2001).

2.4 Conceptual Definition:

Attachment style: Attachment can be explained as an affectional bond between one person and another, that binds them together in space and endures over time. Attachment is not just a connection among two individuals, it makes a bond that involves a choice for physical touch with that man or woman and distress due to separation from that person. The association is developed amongst the mother and child. They often have interaction with each other, to develop a sense of safety and guide with the attached person (Cherry, 2017).

Marital Satisfaction: Marital satisfaction is an overall analysis of marriage which reflects marital happiness and functioning. Through evolutionary point of view, marital satisfaction can be assessed as a psychological state of regulated methods that monitors the advantages and disadvantages of marriage to a particular individual (Zaheri et al., 2015).

2.5 Instruments:

2.5.1 Demographic Sheet: Demographic information form was used to get demographic information of the participants including age, Duration of marriage, Educational qualification, Any gap year taken during educational career and academic performance (CGPA before and after marriage).

2.5.2 The Experiences in close Relationship-Revised (ECR-R) Questionnaire

Fraley, Waller and Brennan (2000) The Experiences in close Relationship Questionnaire was used to explore adult attachment style. This scale is widely used and is valid. The scale consists of 36 items to measure the adult attachment style. ECR has two subscales of attachment that is anxiety and avoidance. The items 1-18 consist of anxiety related attachment

and items 19-36 consist of avoidance related attachment. The items are rated on 7 point Likert scale where 1= strongly disagree and 7=strongly agree. The convergent validity of anxiety was confirmed by depression and anxiety subscale of DASS-21 and the divergent validity with RSES. The test-retest reliability over a two week period for total score and two dimensions of avoidant and anxiety were 0.87, 0.71, and 0.89, respectively (Panaghi et al., 2014).

Items 1-18 comprise of anxiety related attachment. However 9, 11 items are reverse keyed, so the responses are reversed before averaging. That is high number shows low anxiety rather than high anxiety. Items 19-36 comprise of avoidance related attachment, items 20, 22, 26, 27, 28, 29, 30, 31, 33, 34, 35, and 36 are reverse scored before averaging the responses.

2.5.3 Index of Marital Satisfaction (IMS)

Hudson (2001) Index of marital satisfaction was used to evaluate satisfaction in marriage. This scale is highly used and valid. There are 25 items in this scale. Most or all of the time=5, a good part of the time=4, sometimes=3, a little of the time=2, rarely or none of the time=1. Cronbach's alpha was 0.97 for the non distressed and 0.93 for the distressed couples. The discriminate validity coefficient was 0.82. Concurrent validity coefficient was -0.94 for the IMS in Dyadic Adjustment Scale (DAS) and -0.93 for the IMS in dyadic satisfaction subscale (Torkan & Moulavi, 2009).

The positively worded items are reversed scored. Items 1, 3, 5, 8, 9, 11, 13, 16, 17, 19, 20, 21, 23 are positively worded and reversed scored. After all the 25 items are reversed scored and added, then subtract 25 from the sum. Higher the score indicated more satisfaction in the relationship.

2.6 Procedure

The permission for carrying out the research was taken from Kinnaird College. Students from 5 different universities of Lahore were taken. Kinnaird College, Lahore College, University of Punjab, Government College University and University of Education were chosen for research. Purposive Sampling was used to select married female university students. After getting official permission from the institutes the research was conducted. The questionnaire consisted of consent form,

demographic sheet, Experiences in Close Relationship(ECR) and Index of Marital Satisfaction scales respectively. 20 respondents were taken from each institute. All the data was collected personally from the respondents, during University hours. Before getting the questionnaires filled the respondents were informed about purpose of this research. The respondents were ensured that all the data collected would be kept confidential. All the respondents were given 20-25 minutes to fill the questionnaire. Data was collected within five weeks.

2.7 Statistical analyses of data

Statistical Package for Social Sciences (SPSS) was used for data analysis. To analyze relationship between attachment style and marital

satisfaction among young married female university students Pearson Product Moment Correlation was applied whereas, Multiple linear regression was used to analyze attachment styles as predictors of marital satisfaction in young married university students.

3.Results

This chapter reviews the findings and analyses of the relationship between attachment styles and marital satisfaction among young married female university students. Tables and figures have been used in this chapter for elaboration.

Demographic features of the sample used in the study have been summarized in the following table.

Table 3.1 Shows the demographic features of the sample.

Variables	f(%)	M(SD)
Age		22.76(1.37)
21	24(24.0%)	
22	22(22.0%)	
23	23(23.0%)	
24	16(16.0%)	
25	15(15.0%)	
Education		
BA	11(11.0%)	
BSC	48(48.0%)	
MA	18(18.0%)	
MSC	9(9.0%)	
MBA	1(1.0%)	
MPHIL	12(12.0%)	
PHD	1(1.0%)	

Variables	f(%)
Duration of Marriage	
Three months	9(9%)
Four months	4(4.0%)
Five months	9(9.0%)
Six months	9(9.0%)
Seven months	12(12.0%)
Eight months	10(10.0%)
Nine months	6(6.0%)
Ten months	2(2.0%)
Eleven months	3(3.0%)
Twelve months	36(36.0)
Institutions	
Kinnaird College	20(20%)
Lahore College	20(20%)
Punjab University	20(20%)
Government College University	20(20%)
University of Education	20(20%)

Note : M=mean, SD=standard deviation , f=frequency, %=percentage

Table 3.2 Shows the psychometric properties of major study variables.

Variables	Female Married University Students				
	<i>K</i>	<i>M</i>	<i>SD</i>	α	<i>Skewness</i>
Attachment Styles	36	3.07	0.76	0.84	-0.12
Avoidant styles	18	3.30	1.00	0.82	0.15
Anxiety Styles	18	2.82	0.89	0.80	0.65
Marital Satisfaction	25	3.92	1.00	0.80	1.13

Note. *K*= Total no of items, *M*=Mean, *SD*=Standard Deviation, α =Cronbach's alpha.

Analysis of reliability showed that the calculated Cronbach's alpha reliability of all the three scales, i.e. Experiences in Close Relationship and Index of Marital Satisfaction . As all the skewness values were between the range of +2 to - 2, it was concluded that the data was normally distributed.

To find out relationship between Attachment styles and Marital Satisfaction among young

married female university students Pearson Product Moment Correlation was applied.

Hypothesis I

There is a significant relationship between attachment styles and marital satisfaction among young married female university students.

Table 3.3 Pearson Product Moment Correlation Coefficient between Attachment styles and Marital Satisfaction among young married female university students(*N*=100).

Variables	<i>r</i>	<i>p</i>
Attachment styles		
Anxiety styles	-.361***	0.000
Avoidance styles	-0.46***	0.000
Marital Satisfaction		

Note

The results support the hypothesis because the calculated p value is 0.000 is less than the alpha value, ie.0.001, and indicates that the attachment styles and marital satisfaction have a significant negative relationship among young married female university students. This means that married female students who score higher on both the attachment subscales (anxiety and avoidance) are less anxious and less avoidant and have more marital satisfaction.

<0.001

In order to investigate that attachment styles are likely to predict marital satisfaction among young married female university students. Multiple linear Regression was used to find attachment styles as predictors of marital satisfaction among young married female university students.

Hypothesis II

Attachment styles are likely to predict marital satisfaction among young married female university students.

Table 3.2 Multiple Linear Regression Analysis showing Attachment styles as Predictors of marital satisfaction among young married female university students(N=100 females).

Predictors	Marital Satisfaction		β
	F	R ²	
Model 1	17.59*	.26***	
Anxiety			-.24**
Avoidance			-.39***

*Note**p<0.05;**p<0.01;***p<0.00

A multiple linear regression was applied to predict marital satisfaction of young married female university students based on their attachment styles (anxiety and avoidance subscales). The assumption for independence of errors was determined by the Durbin Watson value which was 1.71, thus the value was between 1 to 3 so the assumption was fulfilled. Another assumption of no perfect multicollinearity was assessed by determining the *tolerance* values and all the values were above .2, therefore the assumption was fulfilled.

In the first model of marital satisfaction, attachment styles (anxiety and avoidance) are the independent variables . A significant regression equation was found [F(2,97)=17.59,p=0.000] which represented 26% variance of marital satisfaction in the model. Attachment styles were found as a significant negative predictors of marital satisfaction among young married female university students. This shows that young married female university students who scored higher on both the attachments subscales(anxiety and avoidance) are less anxious and avoidant and predict more marital satisfaction.

4.Discussion

The purpose of the current research was to investigate the relationship between attachment styles and marital satisfaction among young married female university students. The total sample of the study consisted of 100 married female university students.

Hypothesis I

A significant relationship between attachment styles and marital satisfaction was found in young married female university students as the calculated p value was 0.000. The correlation coefficient between anxiety attachment style and

marital satisfaction was -.361, and correlation coefficient between avoidance attachment style and marital satisfaction was -0.46, which indicates that there was negative correlation between the two variables. This means that female married students who score higher on attachment styles (anxiety and avoidance) are less anxious and less avoidant and have more marital satisfaction.

Aynew(2016) investigates the effects of adult attachment styles on couples relationship satisfaction. The sample comprised of 306 (159 female and 147 male) who were selected from the three Kebles in Yeka sub city of Addis Abada. Relationship Assessment Scale and Experience in Close Relationship Scale-Revised were used to assess relationship satisfaction and attachment styles in couples. Pearson product moment correlation and multiple regressions were used to find out the relationship and prediction among the variables respectively. The results showed that a significant negative relationship was found between styles of attachment and relationship satisfaction. Multiple Regression indicated that both the attachment subscales predicted relationship satisfaction. Therefore, it was concluded that participants who scored lower on both attachment dimensions reported higher relationship satisfaction.

Aminpour, Mamsharifi, Bayazidi and Ahmadzadeh(2016) investigates the relation between styles of attachment and marital adjustment among young couples. The sample comprised of 96 couples by applying multi stage cluster sampling method. To measure the marital satisfaction and attachment styles, Enrich marital satisfaction questionnaire and Besharat's adults' attachment styles questionnaire was used respectively. Descriptive statistics methods, and inferential statistics methods were applied for

analyzing the information collected. Findings indicated a direct relationship between secure styles of attachment and marital satisfaction, and a negative relationship has been found in avoidant style of attachment and marital satisfaction.

Correlation between Attachment styles and Marital Satisfaction

Correlations

		anxietysubscale	Avoidantsubscale	meanmarital
anxietysubscale	Pearson Correlation	1	.306**	-.361**
	Sig. (2-tailed)		.002	.000
	N	100	100	100
avoidantsubscale	Pearson Correlation	.306**	1	-.462**
	Sig. (2-tailed)	.002		.000
	N	100	100	100
meanmarital	Pearson Correlation	-.361**	-.462**	1
	Sig. (2-tailed)	.000	.000	
	N	100	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

Regression Table

Attachment styles are likely to predict Marital satisfaction among young married female university students.

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.516 ^a	.266	.251	.50884	.266	17.597	2	97	.000	1.718

a. Predictors: (Constant), avoidantsubscale, anxietysubscale

b. Dependent Variable: meanmarital

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	9.112	2	4.556	17.597	.000 ^b
	Residual	25.115	97	.259		
	Total	34.227	99			

a. Dependent Variable: meanmarital

b. Predictors: (Constant), avoidantsubscale, anxietysubscale

Ghehi and Yeganegi (2017) explores the relation between styles of attachment, marital satisfaction and emotion regulation among married individuals. The sample comprised of 89 men and women. To measure attachment style, emotion regulation and marital satisfaction, Experiences in close relationship (ECR-S), difficulty in emotion regulation (DERS), and Enrich marital satisfaction scale was used respectively. The findings indicated that the anxious attachment style is the predictor for happiness with sexual relations and religious orientation of the couples. Bowlby attachment theory (1969) suggest that attachment is bond formed between children and parents or caregiver. Attachment helps in providing a sense of safety to children to allow them to explore the surroundings. The early relationship between children and parents affects the future relationship, that is secure attachments lead to secure adult romantic relationship, where as avoidant or insecure relationship lead to insecure adult romantic relationship. Also the current research conducted on married female university students reveals that childhood secure attachments leads to secure relationships and higher marital satisfaction, that is secure attachment is positively associated with higher marital satisfaction.

In order to investigate that attachment styles are likely to predict marital satisfaction among young married female university students.

Hypothesis II

Attachment styles were found as a significant negative predictors of marital satisfaction among young married female university students as the calculated p value was 0.000. The attachment styles (anxiety and avoidance) predictors explained 26% of variance in marital satisfaction. This shows that attachment styles are likely to predict marital satisfaction among young married female university students. This means that female married students who score higher on anxiety and avoidance subscale are less anxious and avoidant and predict more marital satisfaction.

Özmen and Atik (2010) examines styles of attachment and gender in predicting marital adjustment of married individuals. The sample comprised of 204 participants (70 male, 134 female) married individuals. Dyadic Adjustment Scale and Experiences in Close

Relationship were used to assess marital adjustment and attachment styles. Multiple linear regression was applied to predict avoidance and anxiety attachment dimensions along with gender for marital adjustment of married couples. The findings indicated that avoidant style of attachment and gender predicted marital adjustment. Therefore, it was concluded that married individuals who score lower on anxiety and avoidance have higher marital adjustment scores, whereas married individuals who score higher on anxiety and avoidance have lower marital adjustment scores. Males scored higher on marital adjustment than females.

Mohammadi, Samavi and Ghazavi (2016) investigates the relationship between styles of attachment, lifestyle and marital satisfaction. The study comprised of 292 employees (146 couples) working in Bandar Abbas oil refining, by applying multistage random sampling. The Enrich marital satisfaction scale, revised adult attachment scale and lifestyle questionnaire was used to assess marital satisfaction, attachment style, and lifestyle. Pearson's correlation factor and multivariable regression were used for data analysis. The results indicated that style of attachment and lifestyle predicted marital satisfaction, a negative relationship was found between anxious, ambivalent and avoidant styles of attachment and marital satisfaction. However, no relationship was found between secure style of attachment and marital satisfaction.

Komitaki and Homaei (2015) conducted a research on the students of Ahvaz Islamic Azad university. To explore the relationship between secure style of attachment, self-efficacy, optimism and life satisfaction. The sample consisted of 300 students. Hazan and Shaver attachment styles questionnaire, self-efficacy questionnaire, optimism questionnaire and life satisfaction questionnaire were used to measure attachment styles, self-efficacy, optimism and quality of life. The findings showed a significant positive relationship between secure attachment, self-efficacy, optimism and life satisfaction. Regression analysis predicts a significant relationship between secure attachment, self-efficacy, optimism and life satisfaction.

Ismail, Azlan and Yusoff (2015) investigates the dimensions that have an impact on marital satisfaction and quality of life. The sample comprised of 603 married individuals. Marital satisfaction and quality of life was assessed through Enrich marital satisfaction scale and

Quality of life Instrument respectively. Findings indicated that gender, age ,family income, number of children and duration of marriage were linked to lower quality of life and marital dissatisfaction. The Multivariate analysis indicated that if marital satisfaction increases it leads to decrease in quality of life.

5.Conclusion

Based on the findings of the present and previous researches, a significant moderate negative relationship has been found in attachment styles (anxiety and avoidance) and marital satisfaction. These results indicate that attachment styles are likely to predict marital satisfaction among young married female university students. Findings further conclude that married female university students who have scored higher on both attachment subscales(anxiety and avoidance) are less anxious and avoidant having more marital satisfaction.

6.Limitations

Following are the limitations of the present research.

- The research was conducted in universities of Lahore only, thus the results cannot be generalized.
- The research was restricted to females only.

7.Recommendations:

- A qualitative research can be conducted in order to gain better understanding regarding attachment styles and marital satisfaction among young married female university students.
- Couples can be included in the research to have a deeper understanding on the attachment styles and marital satisfaction.

8.Implications

- This study can be helpful for the family counselling and in understanding the rights and well being of children.
- This study can be beneficial for marital counsellors to understand the expectancies of married couples.

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