THE STUDY OF RELATIONSHIP BETWEEN ATTACHMENT STYLES 
AND MARITAL SATISFACTION AND HAPPINESS FELL AMONG 
MARRIED FEMALE STUDENTS OF ISLAMIC AZAD 
UNIVERSITY ROUDEHEN 

Farideh Dokaneheei Fard and *Sima Sehhat 
Department of Counseling, Roudehen Branch, Islamic Azad University, Roudehen, Iran 
*Author for Correspondence 

ABSTRACT 
This study aims at investigating the relationship between the married female students' attachment styles with marital satisfaction and happiness at Islamic Azad University of Roudehen. The studied statistical population consists of all female married students at Islamic Azad University of Roudehen. The sample size is obtained equal to 250 based on the scientific principles and regression logic and equal to 300 with regard to the phenomenon of loss of subjects. The multi-stage random sampling method is done in this study. The data collection is based on Collins and Read adult attachment Scale (RASS), Enrich's marital satisfaction, and Oxford happiness scale as the complementary tools implemented on the target sample. The descriptive statistics (frequency, percentage, mean, charts, etc.) are applied to analyze data and the inferential statistics (through multiple-regression) is used for examining the research questions. The results indicate that there is a significant relationship between the female students' attachment styles with marital satisfaction and happiness. Therefore, it can be concludes that the couples' attachment styles affect the female students' marital satisfaction and happiness.

Keywords: Attachment Styles, Marital Satisfaction, Happiness 

INTRODUCTION 
The marital attachment style is among the factors which affect the quality of marital relationships. The strength of family depends on the stable and basic marriage and marital relationship. This means that any instability in marital satisfaction or the lack of a successful marriage disturb the inner calmness in couples and threaten the survival and preservation of family. 
The satisfactory relationships among the couples can be measured by mutual interest, caring for each other and mutual understanding. A variety of factors such as the marital satisfaction, couples' attachment style, and their happiness can affect the family health (Azizi, 2010). 
The happiness in a marital relationship requires the couple's efforts and knowledge about the factors which guarantee the health of marriage and thus the marital satisfaction. 
The effective establishment and maintenance of communication are essential for satisfactory marriage (Asoudeh, 2010). 

Attachment theory is among the broadest, most fundamental and innovative branches of psychology in the twentieth century (Cassidy and Shaver, 1999). This theory is first created by investigating the child's initial experiences from behavior with the one who cares him and his need for security (Ainsworth, 1987). Afterwards, some of the theorists in this field (such as Hazen and Shaver, 1987; Johnson, 1986; Bartholomew, 1990; Main, 1985) gradually raised these concepts by observing the security seeking models in other important relationships (Kianzadeh, 2009). Various factors such as the personality factors and childhood experiences play the growing roles in establishing the intimate relationships and creating the couples' love. In investigating the relationship between the attachment style and personal characteristics, we should pay attention to child's initial relationship with her parents. Hartmann and Bettelheim believe that not only the mother-child relations affect the communications, but also the marital relations (income Sharifi, 1389). 
This study seeks to examine the relationship between the attachment styles and marital satisfaction and sense of happiness in married female students at Islamic Azad University of Roudehen.
MATERIALS AND METHODS
This study has the correlative and consistency type and its statistical population consists of all married female students at Islamic Azad University of Roudehen during 2013-14. The Department of Educational Sciences and Humanities and consulting are selected from Department of Humanities, and the accounting and business administration from the Department of Basic Sciences with the same number. The method of this study has a multi-stage random sampling method and the sample size is equal to 250 based on the logic and scientific principles and logic regression and equal to 300 with regard to the phenomenon of loss of subjects (Cramer, 1948). The data collection tools include three standard questionnaires as follows:
A) Collins and Read adult attachment Scale (RASS)
B) Enrich's marital satisfaction questionnaire
C) Oxford happiness questionnaire (OHI)
The analysis of statistical data is done in descriptive statistics in the form of central tendency indexes and distribution such as the mean, median, mode, standard deviation, frequency distribution tables and charts. In inferential statistics, the following statistical methods are applied: multivariate regression and Pearson correlation coefficient.

RESULTS AND DISCUSSION

Results
Main Question
What is the relationship between the married female students' attachment styles with their marital satisfaction and happiness at Islamic Azad University of Roudehen?

Table 1: The obtained model of linear regression considering the couples' marital satisfaction and attachment and happiness

<table>
<thead>
<tr>
<th>Model</th>
<th>Multiple correlation coefficient ($R$)</th>
<th>Coefficient of determination ($R^2$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.175</td>
<td>0.31</td>
</tr>
</tbody>
</table>

The coefficient of determination shows that the marital satisfaction and attachment style can play the role in couples' happiness.

Table 2: Summary of analysis of variance for the relationship between the attachment style and marital satisfaction and happiness in couples

<table>
<thead>
<tr>
<th>Model</th>
<th>Total mean square</th>
<th>Degree of freedom</th>
<th>Mean square</th>
<th>$F$ Test</th>
<th>Significance level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regression</td>
<td>15.456</td>
<td>2</td>
<td>7.728</td>
<td>6.046</td>
<td>0.000</td>
</tr>
<tr>
<td>Residual</td>
<td>486.958</td>
<td>248</td>
<td>1.278</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>502.414</td>
<td>250</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Given the significance of calculated $f$ value, it is found that the linear combination of independent variables significantly explain and predict the changes in the dependent variable.

Table 3: The coefficients of linear regression equation for the marital satisfaction variable with happiness with attachment style in couples

<table>
<thead>
<tr>
<th>Model</th>
<th>Non-standardized coefficients B</th>
<th>SE</th>
<th>Standardized coefficients Beta</th>
<th>T-test</th>
<th>Significance level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant value</td>
<td>2.131</td>
<td>0.244</td>
<td>0.151</td>
<td>8.718</td>
<td>0.000</td>
</tr>
<tr>
<td>Marital satisfaction</td>
<td>0.148</td>
<td>0.050</td>
<td>0.151</td>
<td>2.978</td>
<td>0.000</td>
</tr>
<tr>
<td>Attachment level</td>
<td>0.162</td>
<td>0.081</td>
<td>0.101</td>
<td>2.002</td>
<td>0.046</td>
</tr>
</tbody>
</table>

* Criterion variable: sense of happiness
* Predictor variables: satisfaction and attachment style
According to the output above, the entered variable of marital satisfaction with attachment style in regression analysis has been able to explain the variance in couples' happiness as the dependent variable. Given the significance column, it is found that the satisfaction and attachment style are the good predictors for sense of happiness in couples. The obtained results indicate that there is a significant relationship between the attachment styles with marital satisfaction and happiness in married female students. The attachment style has a significant relationship with marital satisfaction. Among three components of attachment style (secure, insecure and avoidant), there is a significant relationship between the secure and avoidant styles, but no significant relationship between the insecure style and marital satisfaction. In general, the secure attachment style increases the marital satisfaction and happiness, but the avoidant attachment style reduces the marital satisfaction and happiness and the insecure attachment style decreases the marital satisfaction and has no significant relationship with happiness.

**Specific Questions**

1. What kind of relationship is there between the secure attachment style and marital satisfaction in married female students at Islamic Azad University of Roudehen?

Table 4: The results of Pearson correlation coefficient for the relationship between the secure attachment style and marital satisfaction in married female students

<table>
<thead>
<tr>
<th>Marital satisfaction</th>
<th>Secure attachment style</th>
<th>Pearson correlation coefficient</th>
<th>Significance level</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0.760</td>
<td>0.000</td>
<td>250</td>
</tr>
</tbody>
</table>

The calculated correlation coefficient equal to 0.760 at the significance level of 0.01 indicates that there is a significant relationship between the secure attachment style and marital satisfaction in married female students, so that the more the level of secure attachment is enhanced in married women, the more their marital satisfaction is increased.

2. What kind of relationship is there between the insecure-avoidant attachment style and marital satisfaction in married female students at Islamic Azad University of Roudehen?

Table 5: The results of Pearson correlation coefficient for the relationship between the insecure-avoidant attachment style and marital satisfaction in married female students

<table>
<thead>
<tr>
<th>Marital satisfaction</th>
<th>Insecure- avoidant attachment style</th>
<th>Pearson correlation coefficient</th>
<th>Significance level</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>-0.599</td>
<td>0.000</td>
<td>250</td>
</tr>
</tbody>
</table>

The calculated correlation coefficient equal to 0.599 at the significance level of 0.01 indicates that there is a significant and inverse relationship between the insecure and avoidant attachment style and marital satisfaction in married female students, so that the more the level of insecure-avoidant attachment is enhanced in married women, the more their marital satisfaction is reduced and vice versa.

3. What kind of relationship is there between the insecure-ambivalent attachment style and marital satisfaction in married female students at Islamic Azad University of Roudehen?

Table 6: The results of Pearson correlation coefficient for the relationship between the insecure-ambivalent attachment style and marital satisfaction in married female students

<table>
<thead>
<tr>
<th>Marital satisfaction</th>
<th>Insecure-ambivalent attachment style</th>
<th>Pearson correlation coefficient</th>
<th>Significance level</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>-0.760</td>
<td>0.000</td>
<td>250</td>
</tr>
</tbody>
</table>
An Open Access, Online International Journal Available at www.cibtech.org/sp.ed/jls/2015/02/jls.htm
2015 Vol. 5 (S2), pp. 2061-2066/Fard and Sehhat

Research Article

The calculated correlation coefficient equal to 0.760 at the significance level of 0.01 indicates that there is a significant and inverse relationship between the insecure-ambivalent attachment style and marital satisfaction in married female students, so that the more the level of insecure-ambivalent attachment is enhanced in married women, the more their marital satisfaction is reduced and vice versa.

4. What kind of relationship is there between the secure attachment style and happiness in married female students at Islamic Azad University of Roudehen?

Table 7: The results of Pearson correlation coefficient for the relationship between the secure attachment style and happiness in married female students

<table>
<thead>
<tr>
<th>Sense of happiness</th>
<th>Secure attachment style</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearson correlation coefficient</td>
<td>0.528</td>
</tr>
<tr>
<td>Significance level</td>
<td>0.000</td>
</tr>
<tr>
<td>Total</td>
<td>250</td>
</tr>
</tbody>
</table>

The calculated correlation coefficient equal to 0.528 at the significance level of 0.01 indicates that there is a significant relationship between the secure attachment style and happiness in married female students, so that the more the level of secure attachment is enhanced in married women, the more their happiness is increased.

5. What kind of relationship is there between the insecure-avoidant attachment style and happiness in married female students at Islamic Azad University of Roudehen?

Table 8: The results of Pearson correlation coefficient for the relationship between the insecure-avoidant attachment style and happiness in married female students

<table>
<thead>
<tr>
<th>Sense of happiness</th>
<th>Insecure-avoidant attachment style</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearson correlation coefficient</td>
<td>-0.315</td>
</tr>
<tr>
<td>Significance level</td>
<td>0.000</td>
</tr>
<tr>
<td>Total</td>
<td>250</td>
</tr>
</tbody>
</table>

The calculated correlation coefficient equal to 0.315 at the significance level of 0.01 indicates that there is a significant and inverse relationship between the insecure-avoidant attachment style and happiness in married female students, so that the more the level of insecure-avoidant attachment is enhanced in married women, the more their happiness is reduced and vice versa.

6. What kind of relationship is there between the insecure-ambivalent attachment style and happiness in married female students at Islamic Azad University of Roudehen?

Table 9: The results of Pearson correlation coefficient for the relationship between the insecure-ambivalent attachment style and happiness in married female students

<table>
<thead>
<tr>
<th>Sense of happiness</th>
<th>Insecure-ambivalent attachment style</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearson correlation coefficient</td>
<td>-0.373</td>
</tr>
<tr>
<td>Significance level</td>
<td>0.000</td>
</tr>
<tr>
<td>Total</td>
<td>250</td>
</tr>
</tbody>
</table>

The calculated correlation coefficient equal to 0.373 at the significance level of 0.01 indicates that there is a significant and inverse relationship between the insecure-ambivalent attachment style and happiness in married female students, so that the more the level of insecure-ambivalent attachment is enhanced in married women, the more their happiness is reduced and vice versa.

Discussion

The results indicate that there is significant relationship between the marital satisfaction and attachment style and happiness in couples. The influence of relations between couple is generally summarized in happiness and their marital satisfaction in the form of family affairs, and the way of attitudes and
perceptions towards each other and their behavior. Given that the identification of requirements and needs for creating the healthy relationship between the members, and also the social and individual environment and the healthy and proper life is one of the main principles in couples' marital satisfaction, the attention to the family members' needs especially the couples' needs for each other leads to the their safety and mental balance, and vice versa, the inattention or lack of normal relations between the family members will bring the mental confusion and disruption of their mental balance. Therefore, according to the findings of conducted research by experts in the field of couples' relations, it is necessary to create the marital satisfaction and happiness according to the conducted studies in this regard, so that the results of this study indicate the couples' marital satisfaction and happiness according to their type of attachment styles and this minimum need is provided by designing and implementing this study.

The results of this study are consistent with results of research presented in Chapter two. The results of study by Doustmohammadi (2010), Rasouli (2008), Nikjou (2008), Hamidi (2007), Sepah-Mansour and Mazaheri (2006), Khanjani and Eydi (2006), Asgharizadeh and Danesh (2005), Rezazadeh (2003), Mazaheri (2000), Besharat (2000), Jazayeri (1997), Dale (2006), Holty and Miller (2005), Sivel and Mibra (2003), Burke (2002), Feeny (2002), Keb and Bradbory (2001), Hughes et al., (2000), Brown (2000), Rainer Bans (2000), who studied the main research question, are consistent with the results of this study entitled "investigating the relationship between the married female students' attachment styles with marital satisfaction and happiness". Furthermore, the research by Yasami (2009), Rasouli (2008), and Cohen et al., (1992) are inconsistent with the results of this research perhaps due to the factors such as the difference in studied statistical population, the applied tool or the cultural factors.


Furthermore, the results of research by Jazayeri (1997), Khanjani and Eydi (2006), Olson et al., (2005); Feeny (2002), Brown (2000), Rainer (2000), Feeny (1999) for the second research question are consistent with the results of this research on investigating the relationship between the insecure-avoidant attachment style and marital satisfaction in married female students.


The results of research by Nikjou (2008), Rezazadeh (2008), Asgharizadeh and Danesh (2005), Hughes et al., (2000), Webster (1998) on the fourth question are consistent with the results of research on the investigation of relationship between the secure attachment style with happiness in married female students.

The results of research by Rezazadeh (2008), Mazaheri (2007), Dale (2006), Hughes et al., (2000), Webster (1998) on the fifth question are consistent with the results of this research on the investigation of the relationship between the insecure- avoidant attachment style with happiness in married female students.

The results of research by Nikjou (2008), Kazerouni (2004), Besharat (2000), Schat and Kerdoua (2002), Hughes et al., (2000), Feeny and Noller (1996) on the sixth question are consistent with the results of this research on the investigation of relationship between the insecure- ambivalent attachment style and happiness in married female students.

REFERENCES

Asoudeh Mohammad-Hossein (2010). Factors affecting the successful marriage from the perspective of happy couples. Master's Theses, University of Tehran.


Jazayeri AR (197). Marital problems: new perspective on the assessment and treatment. The Fifth Congress of Psychiatry and Psychology Research in Iran, Shahid Beheshti University of Medical Sciences and Health Services.

Kianzadeh Forough (2009). Construction and standardization of test on the attachment styles in married students at University of Tehran, Master's thesis on counseling. Allameh Tabatabaei University.


© Copyright 2014 | Centre for Info Bio Technology (CIBTech)