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Examining the relationship between psychological security, emotional maturity, and attachment styles and marital adjustment

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ABSTRACT

The current study examined the relationship between psychological security, emotional maturity, and attachment styles and marital adjustment. This research method is correlational descriptive. The population of the study included of all 450 married female students studying at Islamic Azad University in North Tehran Branch in the second semester of academic year 2015-2016, that 130 of them were selected as sample of study using available sampling method. Maslow Psychological Security Questionnaire, Yashviringh Emotional Maturity Questionnaire, Hazen - Shaver Adult Attachment Scale, and Locke-Wallace Marital scale were used to collect data. Data were investigated using multivariate regression correlation and they were analyzed using SPSS software. The results showed that there is a significant relationship between the psychological security and emotional maturity and attachment styles, and 31% of changes in marital adjustment are explained through these variables. There is a positive relationship between psychological security and marital adjustment. It was also found that there is positive correlation between psychological security and marital adjustment. The coefficient was equal to 0.462 and significant at 99% level. There is also a positive significant relationship between emotional maturity and marital adjustment, and the correlation coefficient is equal to 0.466 and it is significant at 99% level. There is also a relationship between attachment styles (secure, avoidant and ambivalent) and the marital adjustment.

Key words: psychological security, emotional maturity, attachment styles, marital adjustment

INTRODUCTION

Family is fundamental component of society and the key element for human growth and development. The formation of this sacred institution is based on marriage between men and women. While study on marital satisfaction has a long and documentary history, divorce figures suggest that our knowledge on the way to achieve marital satisfaction and to maintain it at appropriate level and ensured marital success is very little. Attachment has contributed to understand long-term effects of family early experiences through justifying the importance of child-caretaker relationship. Attachment theory suggests that the nature and quality of intimate relationships in adulthood are strongly affected by emotional events in childhood, especially the child-caretaker relationship [1]. The impact of marriage quality in relations between couples in the family on the physical and psychological health and the success of their psychosocial adjustment in various aspects of individual and social life has always been confirmed. Factors such as demographic information (difference between men and women), maturity, motivation, spouse selection qualifications, and personality traits are among the factors affecting the quality of marriage. Marriage, even in its

best quality, cannot ensure its stability and adjustment over time. While some people have considered marital satisfaction as result of general satisfaction of shared life, satisfaction of sexual relations, and emotional satisfaction, it is generally believed that interpersonal and intrapersonal factors have impact on marital satisfaction.

Attachment theory was initially developed by investigating early childhood experiences of caretaker in dealing with child need. Hazan and Shaver (1987) found three attachment styles in adult relationships. In general, the evidence suggests that attachment memories of children are powerful predictors for romantic relationships in adulthood. There are also some studies indicating that attachment style is one of the factors playing important role in marital satisfaction. Fini [2] found that people with emotionally insecure attachment have severe control over negative emotions and it is a good predictor of marital satisfaction. He also concluded that there is significant relationship between attachment style and couples' satisfaction and between attachment styles and methods of conflict resolution and marital satisfaction. Investigations of Lopez, Riggs, Palard and Hook [3] showed significant and negative relationship between avoidant and anxious attachment styles and marital satisfaction. Batzr and Campbell [4] also showed significant and positive relationship between secure attachment style and marital satisfaction, and significant and negative relationship between ambivalent and avoidant attachment styles and marital satisfaction. Blu *et al* [5] and Lemenzu *et al* [6] indicated significant positive relationship between secure attachment style and marital satisfaction. Christiano *et al* [7] found a significant relationship between secure attachment style and marital satisfaction, and negative and significant relationship between and ambivalent and avoidant attachment styles and marital satisfaction.

Other variable investigated in this research is the psychological security. Security in the law means the absence of threat. People with psychological security have access to their negative feelings and emotions about themselves and others, but their positive emotions usually defeat some negative emotions and feelings. They imagine that their performance is positive and they do not feel fear without reason and due to self-confidence, feel relaxed, and lack of irrational fears, their productivity is higher in comparison with other people. People with proper psychological security have sufficient emotional maturity. Maturity means achieve to sexual maturation that can have child. Emotional maturity is psychological comfort that one person feels on himself or herself. In fact, emotion is one of psychological comfort dimensions in most of studies conducted in this field.

Differentiation as a process can also be viewed as a personality trait. Differentiation process requires that one differentiate himself from multi-generational family system described by various levels of emotional attachment. Therefore, differentiation requires that an individual to separate herself or himself from family members without the emotional faults. Couples with high level of differentiation tend to enhance the higher performance of their family, while couples with low levels of differentiation experience disrupted performance in family and low level of satisfaction. It seems necessary to investigate the factors that bring adjustment for marital life or factors that put many families at risk of disorganization and disintegration. In previous studies, various factors affecting the marital adjustment have been referred, but the impact of psychological security, emotional maturity, and attachment styles on marital couples has not been investigated. Therefore, this study was conducted to fill this gap. Seven components of intimacy, empathy, self- esteem, emotional stability, independence, emotional balance, and the ability to observe emotional case are considered as complete definition of emotional maturity. Emotional maturity is perceived as no one and nothing can annoy irritate and make him angry, unless he himself allows for that person or thing. Attachment is not limited to childhood, but is found in next stages of the life affecting an individual's life. Bowlby (1980) argues that emotions are strongly correlated with attachment, and he claims many emotional stresses play role in the development, maintenance, outage, and restoration of attachment relations [8]. In the attachment theory, Bowlby emphasizes that the initial relationship between child and parent develops a person's attachment style and affects the individual's view on himself and others and organizing the interpersonal communication. According to this theory, the effect of attachment quality continues in all life span and it explains individual differences in methods of coping with internal disturbances and regulating the interpersonal relationships. Many developmental psychologists believe that a feeling of warmth, trust, and security resulting from secure attachment paves the way for adaptive psychological action in the later stages of growth. Based on Bowlby's attachment theory, adult attachment was founded. The researchers defined the adult attachment in two ways: a) internal representations or models that guide the interpersonal behavior and processing information, b) the specific strategies, and practices that people use to protect themselves. Based on the results of studies conducted in infant attachment styles, they introduced adult attachment styles at three secure, ambivalence and avoidant categories. According to his studies, Bekendam (2001) stated that people with secure attachment had adaptive emotion regulation, they had empathy in interpersonal communications, and little personal distress was seen in them. In contrast, people with insecure attachment had

maladaptive emotion regulation styles, they were mentally disturbed, and they suffered from emotional disabilities. People with secure attachment are very successful in several of the tasks and communications including interpersonal communication, social problem solving, dealing with stress, physical and psychological health. Schorn and Friedlander (1998) reported that people who show lower emotional reactions and emotional separation and their differentiation is high experienced more satisfaction in their marriage. Schorn (2000) studied the relationship between differentiation and marital adjustment in 39 couples. The results showed that differentiation scores justified 74% of the variance in marital satisfaction of men and 61% of the variance in marital satisfaction of women. He also concluded that couples who have low emotional reactions, emotional faults, and less fusion with others are able to take "my position" in their relationships and to experience higher levels of marital satisfaction. Glade (2005) showed that self-differentiation and its dimensions are correlated with marital satisfaction. Scores of emotional faults and "my position" in men and emotional reaction and emotional faults in women affect marital satisfaction over time. Steven (1981) investigated the relationship between emotional maturity and marital adjustment. His results showed that healthy family showed more positive and stronger relation and disturbed families showed negative relation.

Christie (2001) conducted a study to investigate adaptive and maladaptive couples and his results showed that couples who have had a good marital relation face with less problems in understanding each other's view and vice versa. It means that as emotional maturity is higher, and marital adjustment and satisfaction will be high. Maria [9] examined the attachment, social support and marital satisfaction and secure attachment and results showed that secure attachment plays important role in enhancing the marital satisfaction. Cassidy (2010) investigated the relationship between marital adjustment and secure attachment and the findings showed a positive relationship between secure attachment style and marital adjustment.

Tools and methods

Research Hypothesis:

- 1- There is a significant relationship between psychological security, emotional maturity, attachment styles, and marital adjustment.
2. There is a significant relationship between psychological security and marital adjustment.
3. There is a significant relationship between emotional maturity and marital adjustment.
4. There is a significant relationship between attachment styles and marital adjustment.

Theoretical and operational definition of variables

Psychological security: it is relative freedom from risk and security is peace of mind resulting from ensured satisfaction of needs and his wants and lack of threat by others. In the present study, the psychological security is assessed and determined based on scores of Maslow's psychological security questionnaire (2004).

Emotional Maturity: Emotional maturity is mental comfort on an individual's feeling to himself. Attachment is an inherent driving force that complements self-autonomy, providing a safe haven for an individual and base of security [10]. In the present study, emotional maturity is score that subject obtains it from emotional maturity questionnaire. Additionally, in the current study, attachment style is a score that subject obtains it from Attachment Styles Scale of Hazan and Shaver (1987).

Marital adjustment: marital adjustment involves a situation in which couples are feeling marital happiness and satisfaction in most cases. Satisfactory relations between the couples can be evaluated through mutual love, acceptance, and understanding each other, and care for each other [11]. In the present study, the subjects' marital adjustment scores are obtained through Lak- Wallace (1959) Marital Adjustment Questionnaire.

Methodology: The methodology of this study is a survey. In the survey study, samples are selected from small and large communities to examine the relative prevalence, distribution, and relationships, and rarely whole community is selected in this regard. Only samples are selected from the community and properties of the whole community are inferred through these samples [12]. This study is cross-sectional in terms of time and applied in terms of objective.

The population of study: population of study is a set of subjects who have shared properties. The population of this study included all married women students studying at Islamic Azad University in North Tehran Branch in the second semester of academic year 2015-2016. According to the University's Department of Education, their number was 450 people.

Determining the sample size: Sample size of this study was 130 psychology students studying in the second of 2015-201

Sampling methods: Sampling is one stage of the interconnected scientific research stages and it is one of the basic elements of modern science methodology. Sampling, as research tool, facilitates the investigation process. Sampling provides the possibility for researchers to spend fewer resources to achieve his intended results. A sample representing the whole population is the main concern of researcher in sampling [13].

Available sampling was used in this study, in which management department was selected among the language, management, and human sciences departments. Then, questionnaires were provided for female married students studying in the field of psychology.

The data collection tool: There are several methods to collect data, and various methods could be used in a study to collect data. Data collection method in each study should be based on research objectives, methodology, and characteristics of samples. Therefore, due to the nature of the research, the data were collected at two steps:

The first step: to complete the theoretical foundations, library method (reading books, articles and various studies) will be used.

The second step: to collect data required in the field method, the following questionnaires are used.

RESULTS

After completion of questionnaires by the participants, they were coded and analyzed using SPSS software. In this chapter, we described samples studied based on background variables (age, education level and work experience). Thus, using descriptive tables, we will present some of descriptive results along with required statistics. Then, using bivariate analysis, we will investigate the difference of means.

Demographic information

According to Table 1, out of the total respondents, 97 of them (74.6%) had undergraduate education and 33 of them (25.4%) had graduate education. Statistics calculated for this variable is based on their assessment level, that it is undergraduate education with frequency of 97% in this study. Additionally, as Table 2 shows, out of total respondents to the questionnaire (n = 130), 13 people (10%) were younger than 22 years, 70 of them (53.8 %) were between 23 to 25 years , 38 people (29.2%) were between 25 and 27 years, and 9 people (6.9%) were older than 28 years. The related Diagram is shown in Figure 1 .According to Table 3, out of the total respondents, 1 of them (0.8%) had the monthly income of less than 1000000Tomans, 23.8 % of them had the monthly income between 1000000 and 1500000 Tomans, 43% of them had the monthly income between 1500000 and 2000000 Tomans. In addition, 13.8% of them had the monthly income between 2000000 and 2500000Tomans, and 12.3% of them had the monthly income between 2500000 and 3000000Tomans, and 6.2% of them had the monthly income 3000000Tomans or higher. Table 4 shows that the monthly expenditure 1 of 42.3% of them was between 100000 and 1500000Tomans, 20% of them had the monthly expenditure between 1500000 and 2000000Tomans, 6.6% of them had the monthly expenditure between 2500000 and 3000000Tomans, and 6.9% of them had the monthly expenditure 3000000Tomans and higher. The relevant Diagram is shown in Figure 2.

Tables 1-4: Table (1) Table of frequency and percentage of respondents in terms of educational level (2) the distribution of population in terms of age groups (3) Frequency distribution and percentage of respondents in terms of monthly income in terms of Tomans (4) distribution of respondents in terms of monthly expenditures in terms of Tomans

(1)

| % | f | Education level |
|-------|-----|-----------------|
| 74.6 | 97 | undergraduate |
| 25.4 | 33 | graduate |
| 100.0 | 130 | Total |

(2)

| % | f | age groups |
|------|-----|-----------------------|
| 10.0 | 13 | Younger than 22 years |
| 53.8 | 70 | 23 to 25 |
| 29.2 | 38 | 25 to 27 |
| 6.9 | 9 | Older than 28 years |
| 100 | 130 | Total |

(3)

| % | f | Income (in terms of Toman) |
|-------|-----|------------------------------|
| 0.0 | 0 | Less than one million Tomans |
| 42.3 | 55 | 1 to 1.5 million Tomans |
| 20.0 | 26 | 1 to 2 million Tomans |
| 23.8 | 31 | 2 to 2.5 million Tomans |
| 6.9 | 9 | 2.5 to 3 million Tomans |
| 6.9 | 9 | 3 million Tomans and higher |
| 100.0 | 130 | Total |

(4)

| % | f | Expenditure (in terms of Toman) |
|-------|-----|---------------------------------|
| .8 | 1 | Less than one million Tomans |
| 23.8 | 31 | 1 to 1.5 million Tomans |
| 43.1 | 56 | 1 to 2 million Tomans |
| 13.8 | 18 | 2 to 2.5 million Tomans |
| 12.3 | 16 | 2.5 to 3 million Tomans |
| 6.2 | 8 | 3 million Tomans and higher |
| 100.0 | 130 | Total |

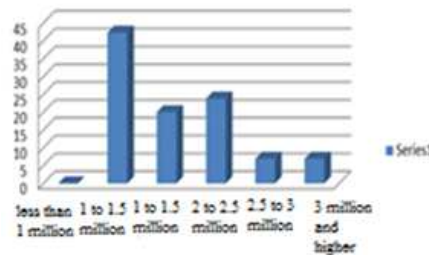


Figure 1: Distribution of the study population in terms of age groups

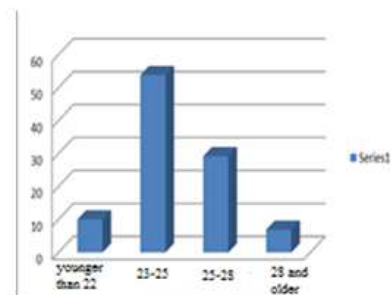


Figure (2): Distribution of respondents in terms of monthly expenditure in terms of Toman

According to Table 5, out of the total respondents, 86 people (66.2%) had the private housing status, 35 people (26.9%) of them had the mortgage housing status, and 9 people (6.9%) had the heir housing status. Additionally, according to Table 6, out of the total respondents, 6.9 percent had weak psychological security, 13.1 percent had low psychological security, 33.8% had moderate psychological security, and 46.2 percent had high psychological

security. Thus, according to Table 6, we can state that 80 percent of respondents had moderate to high psychological security.

Table 7 indicates mean of dimension of each of the variables, obtained by SPSS 19 software. As it is shown, the minimum score of respondent in the psychological security variable was 24, and the maximum score was 71. The mean of respondents' scores in this variable was 54.40, and its standard of deviation was 11.35. In addition, the minimum score of respondents in the emotional maturity variable was 163, and the maximum score was 240 in this regard. The mean of respondent's scores on this variable was 199.30 and its standard of deviation was 20.18.

The lowest score of respondents in the secure attachment style variable was 22 and the highest score was 38. The mean of respondents' scores in this variable was 31.87 and its standard deviation was 3.51. The lowest score of respondents in the avoidant attachment style was 16 and the highest score was 29. The mean of respondents' scores on this variable was 23.21 and its standard of deviation was 3.05. The lowest score in the variable of ambivalent insecure attachment was 20 and the maximum score was 35. The mean of respondents' scores in this variable was 27.55 and its standard of deviation was 3.46. The lowest score of respondents in the marital adjustment variable was 51 and the highest score was 72, and the mean of respondents' scores in this variable was 57.52 and its standard of deviation was 4.93.

Table 5-7: (5) distribution of studied populations in terms of housing status, (6) distribution of respondents in terms of psychological security, (7) mean and standard deviation of the main variables

(5)

| % | f | Income (in terms of Toman) |
|-------|-----|----------------------------|
| 0.0 | 0 | Very weak |
| 6.9 | 9 | Weak |
| 13.1 | 17 | low |
| 33.8 | 44 | Moderate |
| 46.2 | 60 | High |
| 100.0 | 130 | Total |

(6)

| % | f | Housing status |
|------|-----|----------------|
| 66.2 | 86 | Private |
| 26.9 | 35 | Mortgage |
| 6.9 | 9 | heir |
| 100 | 130 | Total |

(7)

| Variables | Minimum score | Maximum score | mean | SD |
|--------------------------------------|---------------|---------------|--------|-------|
| Psychological security | 24 | 71 | 54.40 | 11.35 |
| Emotional maturity | 163 | 240 | 199.30 | 20.18 |
| Secure attachment style | 22 | 38 | 31.87 | 3.51 |
| Avoidant attachment style | 16 | 29 | 23.21 | 3.05 |
| Ambivalent insecure attachment style | 20 | 35 | 27.55 | 3.46 |
| Marital adjustment | 51 | 72 | 57.52 | 4.93 |

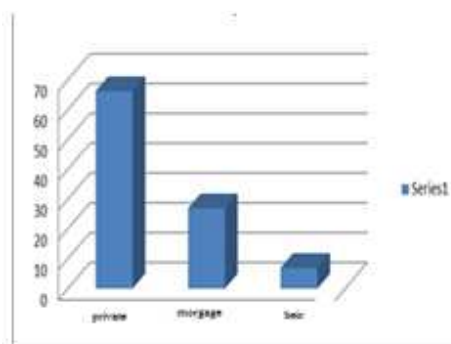


Figure 3: Distribution of the studied populations in terms of housing status

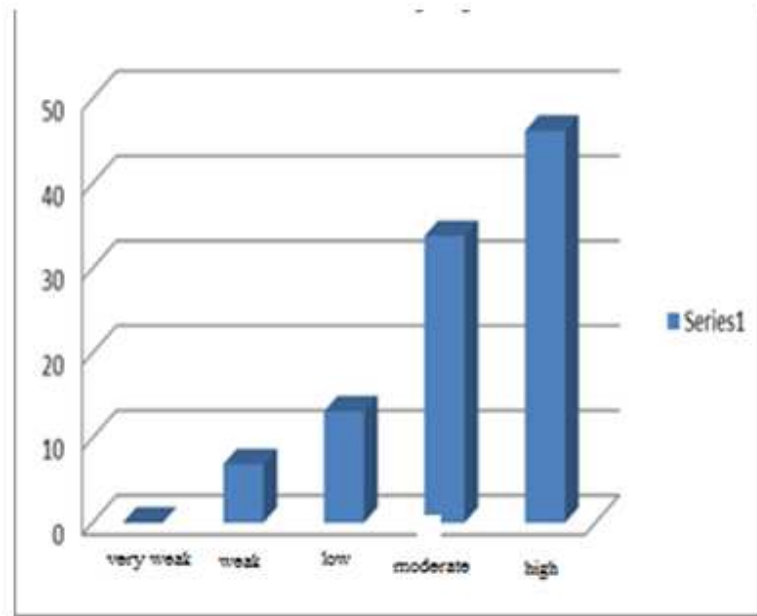


Figure 4: Distribution of respondents in terms of psychological security

Investigating the normal distribution of the variables

In order to select parametric or non-parametric test, statistical distribution of variables should be ensured. To test the normal distribution of variables, Kolmogorov Simonov (K-S) test was used. Table (8) shows the results of this test for the main variables of study.

In general, it can be said that in the K-S test, if the significance level is less than 0.05, it can be said that distribution of variables in non-normal. As reflected in the table above, the distribution of all variables is normal given the significance level of 0.05, so parametric test is used.

Table 8- Kolmogorov Simonov (K-S) test results for main variables of study

| The main variables | Kolmogorov Simonov (K-S) value | Significance value |
|--------------------------------------|--------------------------------|--------------------|
| Psychological security | 3.15 | 0.210 |
| Emotional maturity | 2.72 | 0.875 |
| Secure attachment style | 1.48 | 0.246 |
| Avoidant attachment style | 1.62 | 0.102 |
| Ambivalent insecure attachment style | 2.82 | 0.770 |
| Marital adjustment | 1.11 | 0.170 |

Hypotheses testing

Multiple correlation coefficients, coefficient of determination, adjusted coefficient of determination, and standard error are shown in Table 9. According to this table, it can be stated that the multiple correlation of marital adjustment variable in a linear combination with variables entered into the equation (psychological security, attachment styles, emotional maturity) is 0.579. Additionally, resulting coefficient of determination is 0.336 and adjusted coefficient of determination is 0.309. It means that approximately 31% of changes in marital adjustment have been explained by independent variables, and remaining changes (69%) belonged to other variables that are not observed in this study and hypotheses of study.

The significance test of coefficient of determination (F) shows that if obtained coefficient of determination is significant or not. Accordingly, F value is ratio of average of regression variance to average of residual variance, which it is equal to 12.52 and significance level of 0.000. It means that it is significant at the level of 99%. Therefore, obtained adjusted coefficient of determination is, significant. In other words, 31% of changes in the dependent variable (marital adjustment) have been explained through the variables of psychological security, avoidant attachment styles and emotional maturity, but secure and ambivalent attachment styles were removed from the equation due to lack of increase in R2.

According to Table 10, there is positive correlation between and marital adjustment (as psychological security increases, marital adjustment also increases and as psychological security reduces, marital adjustment also reduces), and there is relationship between the two variables of psychological security and marital adjustment at moderate level (0.462). As obtained significance value (sig) is 0.000 and it is smaller than 0.01, hypotheses H1 is rejected and H0 is rejected at 95 percent confidence level. Therefore, the first research hypothesis is confirmed.

According to Table 11, there is positive correlation between emotional maturity and marital adjustment (as emotional maturity increases, marital adjustment increases, and as emotional maturity reduces, marital adjustment also reduces) at moderate level (0.446). As obtained significance value (sig) is 0.000 and it is smaller than 0.01, hypotheses H1 is rejected and H0 is rejected at 95 percent confidence level. Therefore, the second research hypothesis is confirmed.

According to Table 12, there is positive correlation between secure attachment style and marital adjustment (as secure attachment style increases, marital adjustment also increases and as secure attachment style reduces, marital adjustment also reduces) at low level (0.201). In addition, there is negative correlation between avoidant attachment style and marital adjustment (as avoidant attachment style increases, marital adjustment reduces, and as avoidant attachment reduces, marital adjustment increases) at low level (0.248)

There is negative correlation between ambivalent insecure attachment and marital adjustment (as ambivalent insecure attachment increases, marital adjustment reduces, and as ambivalent insecure attachment reduces, marital adjustment increases) at moderate level (0.309). Therefore, with 0.05% alpha, it can be confirmed that there is significant correlation between marital adjustment and attachment styles.

Table 9-12: (9) multiple correlation coefficient, coefficient of determination, adjusted coefficient and standard error of the estimate, (10) the correlation between psychological security and marital adjustment, (11) the correlation between emotional maturity and marital adjustment, (12) the correlation between attachment styles and marital adjustment

Table 9

| multiple correlation coefficients | coefficient of determination | adjusted coefficient of determination | standard error of the estimate | F | Sig |
|-----------------------------------|------------------------------|---------------------------------------|--------------------------------|-------|--------|
| 0.579 | 0.336 | 0.309 | 4.099 | 12.52 | 0.0002 |

Table10

| | psychological security and marital adjustment |
|---------------------------------|---|
| Pearson correlation coefficient | 0.462 |
| Significance value (sig) | 0.000 |

Table 11

| | emotional maturity and marital adjustment |
|---------------------------------|---|
| Pearson correlation coefficient | 0.446 |
| Significance value (sig) | 0.000 |

Table 12

| | ambivalent insecure attachment style | avoidant attachment style | Secure attachment, |
|--|--------------------------------------|---------------------------|--------------------|
| Pearson correlation coefficient-marital adjustment | 0.201 | -0.248 | -0.309 |
| Significance value (sig) | 0.022 | 0.004 | 0.000 |

Variables affecting marital adjustment

Table 13 shows the results of regression analysis in which each column represents fixed value, non-standardized coefficients (b), standard error, standardized regression coefficients, t-test, and a significance level for each of the variables. In examining the statistical relations of various research hypotheses, variables were analyzed in pairs. Then, to study the simultaneous impact of independent variables on the dependent variable, multivariate regression analysis was used.

The regression coefficient (b): regression coefficient for the variable of psychological security is - 0.152. Standardized regression coefficient for this variable is estimated to be 0.349, and it is 4.45 for t-test and it is significant at the 99% confidence level given its significance value (0.000).

The results show that emotional maturity regression coefficient is 0.069. Standardized regression coefficient for this variable is estimated to be 0.282. The estimated value for t-test is 3.52 and it is significant at the 99% confidence level given its significance value (0.001).

Regression coefficient of avoidant attachment style is 0.277. Standardized regression coefficient for this variable is estimated to be 0.171. The estimated value for t-test is 2.293 and it is significant at the 95% confidence level given its significance value (0.023).

Regression coefficient of secure attachment style is -0.094. Standardized regression coefficient for this variable is estimated to be 0.313. The estimated value for t-test is -0.090 and it is not significant at the 95% confidence level given its significance value (0.622).

Regression coefficient of insecure attachment style is -0.082. Standardized regression coefficient for this variable is estimated to be 0.421. The estimated value for t-test is -0.072 and it is not significant at the 95% confidence level given its significance value (0.513). However, making judgment on role and contribution of each of the independent variables in explaining the dependent variable (marital adjustment), we should rely on beta values, since these values are standardized providing the condition to compare and determine relative contribution of each of the variables. In this study, the highest impact related to psychological security followed by emotional maturity, avoidant attachment style.

Table 13: standardized and non-standardized regression coefficients of variables affecting the marital adjustment

| Model | non-standardized coefficients | | standardized coefficients | T-test | Significance level |
|---------------------------|-------------------------------|--------|---------------------------|--------|--------------------|
| | B | SD | B value | | |
| Constant | 45.604 | 5.212 | | 8.751 | .000 |
| Psychological security | .152 | .034 | .349 | 4.450 | .000 |
| Emotional maturity | .069 | .020 | .282 | 3.522 | .001 |
| Avoidant attachment style | .277 | .121 | .171 | 2.293 | .023 |
| Secure attachment style | -.094 | -1.013 | .313 | -.090 | .622 |
| Insecure attachment style | -.082 | -.808 | .421 | -.072 | .513 |

DISCUSSION AND CONCLUSION

It can be said that ambivalent people are dependent, emotionally unstable, and extremely jealous in romantic relationships. It is obvious this indulge in this attachment style can easily bring instability to love and intimacy. On the other hand, people with avoidant attachment style have learnt not to rely on other's support (even spouse) in the tension time. They also believe that the best way to access security and peace of mind is to rely on themselves and to be away from attachment. Due to their willingness to be independent, self-reliant and goals giving credibility for themselves, and consequently neglect to strengthen shared relationships, their marital relation experience many negative consequences. In addition, people who have lower emotional intelligence will have weaker adaptability and adjustment in dealing with the stresses of life. Therefore, they will experience higher depression, frustration and other negative consequences of life. It is obvious that defect in emotional skills of spouses along with other factors leave adverse effect on their common life.

Finally, it should be noted that marriage is a deep, emotional, and full of affection bond to each other. In other words, it can be considered as emotional event more than transient emotional relation that could be created for many reasons and broken immediately. In marriage, the emotional event should be deep, real, and genuine. Couples who have satisfied life also show greater empathy and greater sensitivity to each other's emotions. Deep emotional bond is required for all of these factors affecting marital satisfaction. Marriage parties (man and woman) should reach to needed limit of emotional maturity to love each other after their marriage.

Despite serious and honest efforts to conduct the current study, this study as other studies suffers from some limitations and problems in human issues area that an effort to resolve them in the future studies can confirm the results of the current study. These limitations are as follows:

•According to the four questionnaires and large number of questions, and low patience of research subjects, this study were faced with many problems such as following-up the responses in the different days as well as encouraging the subjects to cooperate in the study.

•The limitation of this study is the small sample size and sample related to one university. Therefore, in generalizing the results to other populations, we should treat with caution.

• Distrust of subjects on confidentiality of personal information of participants who did not want to respond to the psychological security questionnaire.

•Additionally, the current research is a correlational plan. Therefore, we should treat with caution in causal inferring of results.

• This research was conducted on female married students and we should treat we caution in generalizing the results to other universities or departments.

• Other limitation of this study was strict behavior of security office of university to provide license to complete the questionnaire.

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