



Relation between Attachment Styles and Marital Conflicts through the Mediation of Demographic Variables in Couples

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ABSTRACT

The purpose of this study is to explain the test of the mediating role of demographic features in relation with marital conflicts and attachment styles. The studied samples were 150 couples visiting the consulting centers of the city Shiraz who were selected by the purposeful sampling method among 800 couples. They filled out adult attachment styles and marital conflicts and also demographic questionnaire. The findings showed that secure attachment style has a direct and negative effect on marital conflicts. Besides, avoidant and ambivalent attachment style has a direct and positive effect on it. Moreover, age has a direct and positive effect but education has a direct and negative effect on marital conflicts. Results showed that the conflicts in samples with secure attachment style will be increased by increasing age and they will be reduced by increasing the level of education. Because in people with secure attachment style, increase of age and academic level leads to their intellectual growth and therefore, they adapt more active and flexible approaches to the resolve their problems and conflicts flexibility in solving problems and conflicts. Besides, they use a variety of intellectual methods and pay more attention to their spouses, they use a wide spectrum of solutions so that the level of their conflicts would be reduced.

Keywords: Marital Conflict, Attachment Styles, Demographic Variables

INTRODUCTION

Marital life is one of the most global human institutions which have been composed of two persons with different capabilities and talents and with various interests and needs and in one word with different personalities (Goldenberg and Goldenberg, 2002).

Whenever there is disagreement, difference or incompliance between the spouses, conflict would be created. Couples with conflicts are those who are not satisfied with the habits and personality of their spouse and have communicative problems in various domains (Fowers and Olson, 2005).

The process of conflict is created when one of the spouses feels that the other one suppresses some of the issues which are interesting for them (Greeff and Bruyen, 2006).

In Glaser's opinion (quoted by Paykar, 2010), marital conflict is caused by the disharmony of man and woman in the type of their needs and methods of satisfying them, self-centeredness, differences in the needs, behavioral schemas and irresponsible behaviors associated with marriage and marital relationships. Each of the experts has a special approach to conflict. Although generally concepts of disharmony, disagreement, conflict and confrontations are considered to be the basic factors composing conflict. This disagreement can occur in the fields of the perspectives, perceptions, tendencies, behaviors, emotions and needs.

Turner (1982, quoted Weaks and Treat, 2005) mentions the term exploitation of conflict and defines it as an active and dynamic process in the respect of couple's usage of conflict and not being satisfied with solving the problem. In his opinion, conflict can be positive and a factor of growth and creation of growth.

Eight positive uses of conflict are:

1. Exploitation of the energy instead of suppressing it
2. Creative usage of conflict in the respect of growth of new opinions and questions
3. Revelation of emotions and thoughts which have remained hidden until now
4. Creation of new methods for the couples to manage the conflicts
5. Reevaluation of power in the relationship
6. Creation of a new cooperation space
7. A logical learning and view to the issues
8. Discussing the previous contracts again and changing the expectations in the relationship (Shiri, 2008).

In the field of destructive effects of conflict, its mental and physical consequences can be referred to. Mentally, individuals experience a very stressful experience while facing conflicts in the relationships (Halford, 2006).

The intensity of conflict leads to the occurrence of hypocrisy, aggression and militancy and eventually collapse and downfall of the family. A family that is chaotic due to the conflict and quarrel and hypocrisy between man and woman has destructive effects on the childhood of the children and life of the family which will occur in the future as aggression and rebellion regarding social regulations (Kiu-ching, 1996, quoted from Farahbakhsh, 2006).

Identifying factors that provide the conditions for the occurrence of marital differences and separation of the couples has an important role in the fall of the statistics of divorce in the society and psychological knowledge along with studies and researches in the field of these factors and conditions provides the conditions for reducing and preventing these conflicts.

One of the factors which have a main share of the formation, continuity and destruction of marital relationships is the attachment style of the couples. Therefore, the attachment theory provides a proper framework which contributes to a better perception in the marital relationships and methods of encountering the conflict of the couple (Kimberly and Baker, 2008).

In this regard, John Bowlby believed that the "attachment theory" is not only the child development theory but it is the development theory in the "life span" as well (Mazaheri, 1990, quoted by Asghari Nejad and Danesh in 2010). Generally, attachment can be defined as the emotional atmosphere dominating the child's relationships between his or her care taker; the fact that a child wants his or her care taker which is usually his or her mother and hangs on to her is indicative of their attachment to each other. Bowlby believes that a person needs an emotional link for a healthy growth. The feeling of safety in the child is a basis for his or her mental health. In Bowlby's opinion, an unsafe relationship leads to lack of trust, having problems being in harmony, sensitivity and lack of emotional satisfaction in romantic relationships (Srivastasa and Beer, 2008).

Bowlby (1996) believed that the nature of the first close relationship (mother – infant) determines the nature of the close relationship of an individual throughout his or her life. The attachment theory believes that attachment is a universal link and exists in all humans. It means that humans are influenced by their attachment links (Safarzadeh Khooshabi, 2007).

The fans of this theory believe that the child's attachment style most probably continues to adulthood based on the internal practical patterns of themselves and appearance of attachment and is reflected in the person's relationship in adulthood. Three attachment styles have also been specified in adulthood: secure, avoidant and ambivalent (Feeney, 2005).

Attachment relations have a very important role in our feeling of security. For children this relationship is firstly established with the parents and in adulthood, this attachment is established with the spouse (Weiss, 1994 quoted by Feyz Abadi, 2007).

Bowlby believes that mutual emotional knots which leads to the closeness of mother and child is considered as the earliest expressions of attachment. Attachment maintains the mutual closeness between two persons in all of the stages of life (Khanjani, 2005).

Moreover, in addition to attachment styles, some of the demographic factors have a role in the formation of marital conflicts and the divorce phenomenon. These demographic factors lead to the formation of a specific place in each class in which the behavior of humans find a special form. These living conditions and financial status of the family has an unavoidable effect on the family links and family member's reaction (Sarokhani, 2012).

The level of education can have a positive and constructive role in the life of each person. Being educated has this specification that prevents the person from doing inappropriate things or showing inappropriate behaviors due to scientific learning in various fields and gaining more information and in addition, it determines the position of a person in society (Askari, 2001).

Given the role of education in the individual life, the researchers found out that level of education can be effective on the lives of spouses as well. Extensive researches show that academic levels can be very effective on the happiness of the family, because the level of education is usually related to the social rank of the person. A vast difference between the levels of education might lead to the creation of the feeling of humiliation and irritation. Another problem which is caused by the difference of the levels of education of man and woman is lack of an accurate perception of the couples of one another. The perspective of the educated person of the conditions of the surrounding environment might be way more realistic than their spouses, therefore he/she obviously has more information about the issues of the surrounding environment. However if their spouses are not at the same level as them, they will have a completely different way of thinking about various issues and accordingly, their reactions to these issues will also be different (Shamloo, 2001).

Newman and Newman (1991, quoted by Sarokhani, 2012) considers high levels of education and also a better social status as the effective factors on marital satisfaction and says that couples who have high levels of education have lesser chronic stresses in life (such as living in a crowded environment). Therefore, couple's high level of education is the factor of understanding and continuity of life.

Level of education of the couples who have filed for divorce is significantly less than other couples. This finding is indicative of the results obtained from those groups of researches that say that the rate of divorce is higher in couples who are at lower levels of social classes and have lower level of education (Mir Ahmadi Zadeh, *et al.* 2003).

In addition, the results of other reports show that the higher the level of education of the couples is, the more their reaction to the living situations will be together with proper emotions and they will have more capability to solve family problems. Education has a more important role in the survival and maintenance of the family. Accordingly, it seems that literacy acts like an informative factor and illiteracy and borders close to it provide the highest ratios of divorce (Wilson and Smallwood, 2008).

Also about age, it can be said that age and time of marriage are important factors in the stability and sustainability and satisfaction of marriage. A high rate of instability in marriage and lack marital satisfaction is seen in couples who have gotten married in an early age; because the role of weak performances is seen in the marriages at early ages. People who get married in ages less than 20 have lower stability in marriage and satisfaction. Also, in high ages, because of the stability of roles during the time when they are single and inflexibility for compliance with the married role, couples show lesser satisfaction and lesser stability in marriage (Shahmoradi, Fatehi Zadeh, Ahmadi, 2011).

Researches have shown that the lower age of marriage is, the probability of family's disruption increases; because people do not have the required capabilities for playing the role of the spouse in young ages (Mir Ahmadi Zadeh, *et al.* 2003).

The research literature related to attachment styles show that couples with secure attachment had more marital satisfaction and trust and couples with avoidant and ambivalent styles had more problems in their marital relationships (Besharat, 2001).

Feeney (2005), in his researches, found out that people with secure attachment have severe emotional control and their excitements are mostly negative that are good predictors for marital satisfaction. In his researches, he came to the conclusion that there is a significant relation between attachment and satisfaction of the couple and also between attachment styles and methods of solving the conflicts and marital satisfaction.

Birami, Fahimi, Akbari and Amiri, in their research called prediction of marital satisfaction based on attachment styles and differentiation factors, showed that components of (secure, avoidant and ambivalent) has a relation with marital satisfaction. People with insecure ambivalent attachment styles are usually afraid of being rejected in their relations and also tend to not to get close to others and are worried that their spouses wouldn't respond to their emotions as well which leads to the coldness and distance in the relationship.

Hefazi Torghabeh, Firooz Abadi, Hagh Shenaz, in their research, with the title "review of the relation between demographic variables (age, sex, years of marriage) with three components of love and marital satisfaction, showed that the level of satisfaction reduces as you increase age and years of marriage in both the group of men and the group of women.

Vaqe'ee, Miri, Ghasemipoor, in their researches, showed that level of education affects marital satisfaction. The interesting point was that employees whose academic level was B.A. and higher, which are at the employment level of the educated class, are less satisfied with their marital life than those employees with associate degree, diploma or lower.

Since the occurrence of the marital conflicts is one of the things leading to separation and divorce and if this issue is not controlled and solved marriage will end in separation, psychologists and consultants shall attempt to present solutions for preventing and treating it. Therefore, in this research, this issue will be reviewed: do demographic variables (age and education) have a mediating role between attachment styles and marital conflicts or not?

Research method:

Testees: The studied samples were 300 persons visiting the consulting centers of the city Shiraz who were selected by the purposeful sampling method among 800 couples. The age average of the testees was 34.20 with the standard deviation of 7.82. Among all of the studied samples, 204 persons filled out the questionnaire completely.

Research tools: the tools of this research were three questionnaires about which some explanations are provided.

Collins and Reed Questionnaire (1990)

This self-evaluation scale is one of the skills of creating relations and self-description is a method of forming attachment relations compared to the close attachment appearances and includes 18 data which is evaluated through a marking on a 5-degree scale (Likert) including: it does not comply with my specifications at all (0) to it totally complies with my specifications (4).

Scoring based on the instruction of the questionnaire: 6 items related to each subscale are specified by considering the circle the testee has marked about each sentence in the questionnaire and the score for each subscale will be specified. Scores 0 to 4 are respectively considered for options 1 to 5.

Questions 1*, 6, 8*, 12, 13 and 17* evaluate secure attachment. Questions 2, 5*, 7, 14, 16* and 18* evaluate avoidant attachment and finally, questions 3, 4, 9, 10, 11 and 15 evaluate ambivalent and anxious attachment. In cases where questions are scored diversely (which have been specified with * in the scoring instructions), the scores 4, 3, 2, 1 and 0 shall be considered respectively for options 1 to 5. Questions which have been specified with * shall be scored diversely before adding the scores. The scores of 6 items of each scale are added to one another and the score of the subscale will be obtained.

Reliability and validity: Collins and Reed (1990, quoted by Pakdaman, 2001) showed that the closeness, dependency and anxiety subscales remained sustainable in a 2-month interval and even in a 8-month interval. And about the capability of trusting, the Collins and Reed's adults' attachment scale was used and the rate of Cronbach's alpha for each subscale in three samples of students has been reported as follows:

Table 3-2 – rate of Cronbach's alpha

Number of samples	Secure	Avoidant	Ambivalent
173	0.81	0.78	0.85
130	0.80	0.78	0.85
100	0.82	0.80	0.83

Given that the rates of Cronbach's alpha are equal to or more than 0.80 in all cases, the test has a high validity. On the other hand, in Pakdaman's research (2001), the rate of validity of the test has been specified by using the test again as correlation between these two executions. This questionnaire was distributed among 100 high school junior boys and girls who were selected randomly. The results obtained from the two times this questionnaire was distributed, with a one-month interval, indicated that this test is valid at the level of 0.95.

In the present research, the reliability was obtained to respectively be 0.87, 0.85 and 0.83 for secure, anxious and avoidant attachment styles by using Cronbach's alpha.

Marital Conflict Questionnaire (MCQR):

Marital conflict questionnaire is a tool with 54 questions which has been made for evaluating the marital conflicts and based on it the clinical experiences of the guidance professor of the research. This questionnaire evaluates eight dimensions of marital conflict which are reduction of cooperation, reduction of sexual relationship, increase of emotional reactions, increase of gaining the support of child(ren), increase of the individual relationships with their relatives, reduction of family relations with the relatives of the spouse and friends, separating financial affairs from each other and "reduction of effective relation". Consultants and other clinical specialist can use this questionnaire for evaluating marital conflicts and their dimensions.

Mutual specifications of these couples are having lived together for at least two years, having at least one child, being at least 25 years old and being literate. About half of the sample group is formed of persons who are 36 years old and more. Mean and standard deviation of the total score of the group with marital conflicts and the control group are respectively 130.46 (27.96) and 106.20 (16.49). The temporary norm of this questionnaire has been calculated based on the standard T scores for the experimental and control groups of men and women separately. Those whose raw score is in the range of 79 to 149 (equal to the standard T score between 60 and 70) have conflicts more than normal and a raw score of 187 and higher (which is equal to the standard T score higher than 70) have intense conflict or severely vulnerable relations (Sanayi, 2008).

Scoring: for each question, five options have been considered and scores 1 to 5 have been assigned to them in proportion. The maximum total score of the questionnaire is 270 and the minimum of it is 54. The questions of the subscales are these: "reduction of cooperation", questions 4, 12, 18, 25 and 34; "reduction of sexual relations", questions 5, 13, 19, 35 and 40; "increase of emotional reactions", questions 6, 14, 20, 27, 36, 42, 49 and 51; "increase of gaining children's support", questions 9, 22, 31, 38, and 44; "increase of individual relations with their relatives", questions 8, 15, 21, 29, 37 and 43; "reduction of individual relations with the relatives of the spouse and friends"; questions 1, 23, 32, 46, 50, 53; "separating financial affairs from one another", questions 2, 10, 17, 24, 33, 39 and 48; "reduction of effective relations"; questions 3, 7, 11, 16, 26, 28, 30, 41, 45, 47, 52 and 54. Maximum score of each subscale is equal to the number of its questions with the number of subscales multiplied by 5. In this tool, the higher score means more conflict and lower scale means a better relationship and less conflict.

The options are scored as such: "never (1), rarely (2), sometimes (3), mostly (4), always (5). Questions 3, 11, 14, 26, 30, 33, 45, 47 and 54 are scored diversely.

Validity: Cronbach's alpha for the whole questionnaire for a group of 270 persons was obtained to be equal to 0.96 and it is as follows for 8 of its subscales: reduction of cooperation (0.81), reduction of sexual relationship (0.61), increase of emotional reactions (0.70), increase of gaining the support of child (0.33), increase of the individual relationships with their relatives (0.86), reduction of family relations with the relatives of the spouse and friends (0.89), separating financial affairs from each other (0.71) and reduction of effective relation (0.69).

Validity of the "marital conflicts questionnaire" has a good validity. At the level of analyzing the content of the test, after the first distribution of the questionnaire and calculation of the correlation of each question with the whole

questionnaire and its subscales, due to the proper correlation of all questions, no question was deleted. In the present research, reliability was also obtained to be 0.84 by using the Cronbach's alpha (Sanayi, 2008).

Demographic questionnaire:

In order to evaluate the demographic features, the researcher-made questionnaire including sex (male and female), age (in years), and education (in academic levels) was used.

Findings:

In table 1, the mean and standard deviation of the variables have been reported in the studied samples. In table 2, the rate of correlation of the studied variables with marital conflicts and their significance level has been provided.

Table 2 – mean, standard deviation, maximum and minimum scores of the participants in research variables

Variable	Mean	Standard deviation	Minimum	Maximum
Marital conflict	101.94	18.05	81	187
Secure style	13.32	7.89	1	21
Avoidant style	13.03	4.22	2	22
Ambivalent style	12.57	4.28	2	24
Age	34.20	7.82	20	65
Education	12.75	2.10	5	16

Table 2 – correlation coefficients between research variables

	Variable	1	2	3	4	5	6
1	Marital conflict	1	23*/0-	21*/0-	15*/0-	14*/0	14*/0-
2	Secure style	23*/0-	1	30*/0	09/0	12/0	03/0-
3	Avoidant style	21*/0-	30*/0	1	18*/0	01/0	08/0-
4	Ambivalent style	15*/0-	09/0	18*/0	1	01/0-	01/0-
5	Age	14/0	12/0	42/0-	01/0-	1	16/0-
6	Education	14*/0-	03/0-	08/0-	01/0-	16/0-	1

Correlation coefficients with * are significant among the variables at the level $p=0.05$.

As it is seen in table 2, there is a significant and negative correlation between marital conflicts and secure style, avoidant and ambivalent styles and education at the level of $P<0.05$. But no correlation was seen between age and marital conflicts.

In the following tables, the test results of the direct and indirect paths and their standard coefficients in the recommended model have been provided based on the studied variables.

Table 3 – direct paths and their standard coefficients

Path	B
Secure style → conflicts	-0.28
Avoidant style → conflicts	0.20
Ambivalent style → conflicts	0.37
Age → conflicts	0.29
Education → conflicts	-0.35

Standard coefficients mentioned in the table above are indicative of the significance of all paths at the level of $P<0.05$.

Table 4 – indirect paths and their standard coefficients

Path	B
Secure style → age → conflicts	-0.06
Avoidant style → age → conflicts	0.12
Ambivalent style → age → conflicts	0.13
Secure style → education → conflicts	-0.08
Avoidant style → education → conflicts	0.11
Ambivalent style → education → conflicts	0.09

Standard coefficients mentioned in the table above are indicative of the significance of all paths at the level of $P<0.05$.

As it is seen in tables above, the results showed that secure attachment style has a negative path coefficient through the mediation of age and education and the conflicts of a person with secure attachment style are reduced by increasing age and level of education.

DISCUSSION AND CONCLUSION

The purpose of this study is to explain the test of the mediating role of demographic features in relation with marital conflicts and attachment styles. Given the findings obtained from this research, it was seen that path coefficient of secure style has a direct and negative effect on marital conflicts which indicates that the testees with secure attachment have lesser marital problems, lesser interpersonal problems and a higher level of happiness than testees with avoidant and ambivalent attachments; also having a positive understanding of spouses which is one of the features of persons with secure attachment style and predicts the supporting behaviors and reduction of marital conflicts in the couples. The results of this research comply with the results of the researches of Besharat (2001), Asghari Nejad and Danesh (2005), Kachadorin, Fincha, Davila (2004), Bans (2004), Hin and Bois and Wan Evest (2005), Davila and Bradbori (2010). These researches have mentioned that couples with secure attachment style are more satisfied with the marital life and feel more trust. Individuals with secure attachment style are able to be supporters, have a special self-confidence and risk more, look for various solutions for solving their problems and are more hopeful to the outcome their actions and show more warmth and friendliness and these features increase their satisfaction with their spouses. Positive perception and social support are two other specifications of individuals with secure attachment style which can express the findings which were previously mentioned. Positive understanding of spouses reinforces supporting interactions of the couples which leads to the reduction of marital conflicts. Exploring behavior and inflexibility give secure person the necessary courage for examination and gaining experience. Problem solving skills in secure persons is the product of normal exploring action which reduces marital problems. Adjacency satisfaction is also considered as the need of the secure person and leads to the improvement of communicative skills and interpersonal and mutual relations with others with the help of positive and ambivalent feedbacks obtained from closeness in the relations with others and ends with the improvement of marital relations. Tendency to forgiveness and preventing negative emotions are some of the other specifications of the people. The more this tendency and this strictness about the errors in the relationships between man and woman are, the more the probability of marital conflicts reduces. Also attachment style influences the quality of sexual relations of the person in such way that individuals with secure attachment styles tend to experience sexual issues in conditions with commitment and enjoy all aspects of their sexual relation. Therefore, the marital problems have less chance to be manifested in secure individuals and lead to the increase of marital satisfaction in them.

The results of the present research also showed that the path coefficient between avoidant style on marital conflicts is direct and positive. This issue indicates that the higher the avoidant style of individuals is, the more their marital compliance reduces and family conflicts and differences increases.

The results obtained from this research comply with the results obtained from the researches of Bans (2004), Besharat (2003), Feeney and Noller (2005), Shaker, *et al.* (2011). These researches have mentioned that the more insecure the attachment style of these people is, the more their marital compliance reduces and family conflicts and differences increases.

The obvious feature of the individuals with avoidant attachment style is fear of closeness and friendliness and fixation along with extreme self-reliance. Individuals with avoidant attachment style have the feeling of self-value and positive and believe that others can't be trusted. They evaluate the attachment relations to be of low importance and low value with low effect. These individuals feel sad about being close to others and can't trust others completely. It is difficult for these individuals to rely on others and when they see that someone wants to get so close to them, they become angry and they are not able to face stressful situations. Therefore, all of these factors lead to the increase of their conflicts.

The results of the present research showed that anxious attachment style path coefficient is positive on marital conflicts. In a research done by Sadeghi, *et al.* (2011), with the title adults' attachment and the quality of the relationship of the couple based on observation of their interactions, the results showed that couples with ambivalent insecure attachment style have more negative interactions and also conflicts compared to other couples. The results of this research comply with the results obtained from the researches of Besharat (2003), Bans (2003), Feeney and

Noller (2005), Rajaei, *et al.* (2010), Birami, *et al.* (2012). These researches mentioned that individuals with ambivalent insecure attachment style have more negative interactions and also marital conflicts compared to others. Lack of self-confidence in facing stressful situations imposes psychological frustration on the insecure person and this mode increases the humiliation and anxiety the person feels and lack of trust in others leads to creation of distance, space and lack of support of others (Koback and Sceery, 1988, quoted by Atari, Sarcheshmeh, Honarmand, 2006).

Behavioral and personal features of an ambivalent person have negative impacts on marital relations. In the regard that an ambivalent person creates a psychological problem way too much due to the feeling of anxiety caused by permanent rejection and severe attachment and affection and a permanent feeling of being hurt by disloyalty of the spouse and to some extent, with a permanent attachment to the spouse and controlling them, they deprive the spouse of freedom and autonomy. Tolerating this type of behavior and features of ambivalent spouse creates problems for others and causes lack of marital satisfaction and coldness of the relationship. It can be predicted that such features affect marital satisfaction and lead to the increase of marital conflicts.

The results of the present research also showed that age path coefficient is direct and positive on marital conflicts. The results of the researches of Henry and Miller (2004) showed that marital conflicts increase as age increases. The results comply with the results obtained from the research of Sanayi. Zaker and Bagher Nejad (2003), Hefazi Torghabeh (2006); because these researches have also mentioned that the rate of marital satisfaction reduces as age increases and do not comply with the results obtained from the research of Shahmoradi, *et al.* (2011) because they have said that a high rate of instability in marriage and marital conflict is mostly seen among couples who have married in young ages.

Couples who are middle aged face a number of important and unique transmissions which affect their problems. The middle period of life is the time when many couples face the responsibility of taking care of their elder parents. In addition, some middle-aged couples have no choice but to take care of both their old parents and their children simultaneously and this additional responsibility generally has a negative impact on the relationships of the couples. Also in old ages, since children get married and the parents become alone, this can be a factor for increasing their marital problems. Women's menopause is another important transmission in the life of a person which potentially affects marriage and behavioral modes (rage, anxiety and depression) are often together with the intensification of the symptoms of menopause and these factors increase the marital conflicts in the individuals.

Also, marriages in old ages show less stability and satisfaction due to the consolidation of the roles during the time of being single and inflexibility for being harmonized with the role as a spouse. That is why marriage in old ages increases the risk of divorce.

The results of the present research also showed that path coefficient between education and marital conflicts is direct and negative which means that conflicts are reduced as the level of education increases. These results comply with the results of Jamali, *et al.* (2004), Newman and Newman (1991, quoted by Ezkar, 2000). The results obtained from the researches indicated that there is a significant relation between the level of education and success in the lives of husbands and also their wives. The results of this research do not comply with the results obtained from the researches of Forkma and Lifebroer (2004) and Vaque'ee (2008). They say that level of education affects the rate of marital satisfaction which means that marital satisfaction reduces as level of education increases.

Level of education can have a positive and constructive role in the life of each person. Being educated has this specification that prevents the person from doing inappropriate things or showing inappropriate behaviors due to scientific learning in various fields and gaining more information. Therefore, the higher the level of education of these couples is, the better and more their reactions to the living situations will be and they will be together with more important feelings and are more capable to solve family problems. Also, by increasing the level of education, people become more careful and more sensitive to the issue. In other words, literacy acts like an informative factor which leads people to be more aware of the problems of others and gain more perception power and this is why the rate of marital conflicts is lower in educated couples.

Given the model presented in this research which confirms the mediating role of age and education among attachment styles and marital conflicts, it can be said that the conflicts of people with secure attachment style reduces by increasing the age and level of education. In explaining the results of this model it can be said that in

individuals with secure attachment style, increasing age and level of education leads to their intellectual development and growth. Therefore, they adapt more active and flexible approaches to resolve their problems and conflicts flexibly in solving problems and conflicts. Besides, they use a variety of intellectual methods and pay more attention to their spouses, they use a wide spectrum of solutions so that the level of their conflicts would be reduced. Also individuals with secure attachment style, in older ages, by achieving the skill of controlling themselves and having more realistic perspectives so that they would comply with the level of their own expectations and enjoy their married lives. Usually, as the couples become older, they become more familiar with the behaviors of the other and don't do anything that would bother the other and reach a certain stability in the decision makings and they also reach a relative welfare financially or adapt themselves with their current situation and a series of these factors leads to the increase of their satisfaction with life and reduction of their marital conflicts.

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