



## Relationship between attachment styles and body image with controlling the age on sexual motivation of women

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### ABSTRACT

*In order to investigate the relationship between attachment style and body image with controlling the age on the sexual motivation of women, 200 females who selected through available sampling method, assessed via adult attachment questionnaire (AAQ), scale of body image (BIRS) and emotional and motivational orientation related to sexual arousal (AMORE). The data were analyzed. The results show that there is a relationship between attachment styles and body image and sexual behavior in all motivated eight sub-scales. In addition, insecure-avoidant attachment style could predict six of these motives (except non-secret pleasure and breeding) and ambivalent insecure attachment anxiety could predict the motives release of tension. As well as body image have a negative relationship with dimensions of self-worth, release from tension and with birth. No significant linear relationship between body image and aging was found, but the dimensions of the feeling of worth, spouse respect, the release of tension, the experience of an authority of spouse, pleasure seeking and age is a negative correlation was observed.*

**Keywords:** attachment styles, body image, sexual motivation, and women.

### INTRODUCTION

Sexual insufficiency associated with social problems such as crimes, rape, mental illness and divorce. A satisfactory sexual relationship is an important factor for having a good marital life (Tavakkolizadeh, 2013). Sexual motivations and increased levels of pleasure and satisfaction from it among couples is the main factor in preventing of tearing desires in their sexual behavior and the search for sexual gratification in non-marital and family outside relationships (Yeh et al, 2006). Conducted research on successful marriages express three main issues:

- A) The importance of Sexual relationship in successful marriages
- B) Benefits of sexual relationship in successful marriage
- C) Changes in sexual relationships throughout life

The satisfactory sexual relationship is an important part of marriage. A sexual relationship without satisfaction increases the difficulty and reduced intimacy and vitality of life (Batlani et al, 2009). Various factors affect the volatility and changes in sexual motivation which are divided into two categories: physiological and psychological. Physiological factors include pregnancy, menopause, alcohol and drugs, uterine cancer, diabetes and etc. Psychological factors include factors such as the feel of guilt, anger, fear of rejection, lack of control, communication problems and etc. (Teymourpor, 2010). Finally, in recent studies attachment and body image as well as the psychological factors that influence on sexual motivation taken into consideration.

Attachment theory looks humans as a social creature which has the capacity to communicate with other human beings. Attachment makes deeper our understanding of daily communication events like the sexual relationship that is a necessary component in a satisfactory marital relationship. Sexual relationship increases attachment between couples. For many couples, sexual relationship occurs when to be able to communicate with each other more delicate and more subtle and respond to attachment needs. Sexual relations are a part of the romantic relationship between couples and romantic relationships and the intimacy and satisfaction from the Sexual relationship are key factors in couple's attachment. The importance of childhood and the relationship between mother and child is to such an extent that some researchers described emotional distress and behavioral disorders in children, and mother deprivation as the most common cause of mental disorders (Razeghi et al, 2005). Attachment is an interactive system where through acceptable limits, safety feeling is created. Attachment is a fundamental motivation, intrinsic, biological and inevitable process and is central to all human relationships and pays to interpersonal and intrapersonal contrast processes. So identification of attachment patterns can be a key concept to predict the motivation and consistency in relationships. On the other hand, there is a view that persons have on the own body and the self-esteem of his body on establishing, maintain, and the quality of sex is not without effect. The body image is one of the strongest predictors of marital satisfaction (Asgari et al, 2010).

Among the variables of satisfaction of body image, sexual desire, and sexual satisfaction has been reported High correlation. Although many studies have been done till now in the field of psychological factors relations with sexual motivation. But these studies usually have been discussed sporadically different variables or separately body image and attachment style especially with marital satisfaction is considered and sexual satisfaction has been neglected. Thus, according to the high prevalence of sexual problems and dissatisfaction, on the other hand, lack of sufficient local studies in this context, the researchers sought to answer the following questions:

Is there a relationship between attachment style and body image with controlling the age on the sexual motivation of women?

#### **MATERIALS AND METHODS**

This research is descriptive and of a correlation predictor kind. In this study predictor variables are

Attachment style and body image and sexual motivation as a criterion or dependent variable. Statistical population consisted of all women living in Tehran who were selected through available sampling method. The final sample according to two recent correlation – descriptive studies, were included 200 women (Dehkordi et al 2012, Masoumi et al 2014). The women were selected from among those who referred to Saba, Shokouh, Azadi Cinema sport clubs and Islamic Azad University of Roudehen branch, department of psychology and educational sciences.

#### **Research Tools:**

1. Attachment Style Questionnaire by Simpson, Rholes, and Phillips (1996):

The questionnaire contains 17 matter which scored the seven-point Likert method. Some matter has been wording the upside down to be avoided of positive response directed. The Cronbach's alpha coefficient for men and women in terms attachment avoidance are 0/70 and 0/74 respectively and for attachment, anxiety subscale are 0/72 and 0/76 respectively. Structures and the criterion validity (reliability) of two subscales also are desirable. Internal consistency is in very favorable level and the alpha coefficient for avoidant attachment and anxious attachment is obtained 0/81 and 0/78 respectively.

2. Sexual Motivation Questionnaire (AMORE):

Emotional and motivational orientation related to sexual arousal (AMORE) is a self-assessment questionnaire with 5-point Likert method is designed to measure individual differences in eight sexual motivation and on the basis of sexual motivation structures intrinsic (internal). This test internal consistency coefficients to subtests are from 0/76 (for subscales birth) to 0/94 (for the release of tension, the experience of the authority of spouse). Alpha coefficients are usually higher than 0/85. Convergent and divergent validity for subscales of questionnaires were represented well.

3. Body image questionnaire (BIQ):

The questionnaire included 23 matter with 5-point Likert method. The test is designed in October 2002 by Cláudia Maria Ramos and et al. The internal consistency of test is equal to 0/91. In addition the validity of test is also desirable Cláudia Maria Ramos (2002).

**Findings**

**Hypothesis 1:** Attachment patterns and body image, predict sexual motivation.

**Table 1. Summary Model of Relationship between Attachment patterns and body image with sexual motivation**

| Model | R    | R Square | Adjusted R Square | standard error of the Estimated | Durbin-Watson | F     | Sig. |
|-------|------|----------|-------------------|---------------------------------|---------------|-------|------|
| 1     | .224 | .050     | .035              | 5.267                           | .096          | 3.243 | .023 |

Table 1 shows the correlation between body image and patterns of attachment is 0/224. Modified multiple correlations squared values stating that predictor variables predict 3/5 % of the variance in sexual motivation. The calculated multiple squared correlations is meaningful. The Durbin - Watson shows that errors are independent. The amount is typically from 1/5 to 2/5. Hypothesis 1 is confirmed.

**Table 2. Regression coefficients of attachment patterns and body image to predict sexual motivation**

| Model | Unstandardized coefficients |                    | Standardized coefficients | t     | Sig.  | Correlation Half-split | The linearity Indicators |      |       |
|-------|-----------------------------|--------------------|---------------------------|-------|-------|------------------------|--------------------------|------|-------|
|       | B                           | The standard error | Beta                      |       |       |                        | Tolerance                | VIF  |       |
| 1     | Fixed                       | 24.402             | 4.164                     | 5.860 | .000  |                        |                          |      |       |
|       | body image                  | -.050              | .025                      | -.147 | -2.01 | .046                   | -.145                    | .963 | 1.039 |
|       | Avoidance                   | .138               | .072                      | .141  | 1.922 | .050                   | .138                     | .953 | 1.049 |
|       | Anxious / ambivalence       | -.062              | .078                      | -.058 | -.802 | .424                   | -.058                    | .986 | 1.014 |

As Table 2 shows body image and avoidance is the significant predictor of feeling of worth

Percentage and body image -2/01 % and avoidance are 1.92 %. In other words, the share of body image is more than avoidance. The linearity of the indicators also shows that there is no a high correlation between predictor variables.

**Hypothesis 2:** There is a relationship between attachment patterns and sexual motivation.

**Table 3. Summary Model of Relationship between attachment patterns and sexual motivation**

| Model | R    | R Square | Adjusted R Square | standard error of the Estimated | Durbin-Watson | F     | Sig. |
|-------|------|----------|-------------------|---------------------------------|---------------|-------|------|
| 1     | .171 | .029     | .019              | 5.311                           | .062          | 3.791 | .044 |

Table 3 shows the correlation between attachment patterns and sexual motivation is 0/171. Modified multiple correlations squared values stating that predictor variables predict 1/9 % of the variance in the feeling of worth. The calculated multiple squared correlations is meaningful. The Durbin - Watson shows that errors are independent. The amount is typically from 1/5 to 2/5. Hypothesis 2 is confirmed.

**Table 4. Regression coefficients of attachment patterns and sexual motivation**

| Model | Unstandardized coefficients |                    | Standardized coefficients | t      | Sig.   | Correlation Half-split | The linearity Indicators |       |       |
|-------|-----------------------------|--------------------|---------------------------|--------|--------|------------------------|--------------------------|-------|-------|
|       | B                           | The standard error | Beta                      |        |        |                        | Tolerance                | VIF   |       |
| 1     | Fixed                       | 19.394             | 3.367                     | 5.760  | 0.000  |                        |                          |       |       |
|       | Avoidance                   | 0.165              | 0.071                     | 0.169  | 2.316  | 0.022                  | 0.168                    | 0.987 | 1.013 |
|       | Anxious / ambivalence       | -0.057             | 0.078                     | -0.053 | -0.726 | 0.469                  | -0.053                   | 0.987 | 1.013 |

As Table 4 shows avoidance is the significant predictor of sexual motivation. Percentage of avoidance is 2.316 %. The linearity of the indicators also shows that there is no a high correlation between predictor variables.

**Hypothesis 3:** There is a relationship between body image and age.

**Table 5. The correlation matrix age with body image**

|            |         | Body image | age    |
|------------|---------|------------|--------|
| Body image | Pearson | 1          | -0.023 |
|            | Sig.    |            | 0.755  |
|            | Number  | 188        | 188    |
| Age        | Pearson | -0.023     | 1      |
|            | Sig.    | 0.755      |        |
|            | Number  | 188        | 188    |

Table 5 showed that there is no significant relationship between body image and age. Hypothesis 3 is not confirmed.

### CONCLUSION AND DISCUSSION

The first results showed attachment patterns and body image, predict sexual motivation. These findings are consistent with the research of Teymourpour et al (2010), Batlani et al (2010), Bretherton et al (1999) and Shelly et al (2002). In explaining the above findings it can be said; people with secure attachment style (compared with people with avoidant style) due to feeling more secure in the relationship and feel more psychologically with their sexual partner, experience more sexual desire. But people with avoidant insecure attachment style due feel uncomfortable of intimacy and the inability to shaping close relationships with others, experience less sexual desire and prefer to abstain from a sexual relationship. On the other hand, people with ambivalent insecure attachment style due to the turmoil in the attachment style, need for emotional aspects of the sexual relationship and emotional intimacy, fear of rejection by an intimate partner, engaged in sexual relations repeatedly (Teymourpour et al, 2010). The second results showed there is a relationship between attachment styles and sexual motivation. People with / ambivalent / anxious attachment style due to their turmoil in the attachment style need for emotional aspects of the sexual relationship and emotional intimacy. As a result, constantly turn to sexual relations and in this way try to come up with the stresses of daily life (Teymourpour et al, 2010). On the other hand, those who have avoidance insecure attachment, mainly their sexual behavior are under the effect of the psychological needs which from childhood is dominant in their interpersonal relationships. That is why among the two-dimensional eight motivations aspects that are not associated with insecure attachment, included physical pleasure or birth as a goal. Results showed that there is relationship between body image and sexual motivation. The fact is that body image is a significant predictor of behavior of women. So that between healthy or unhealthy behaviors with body image, there is a positive or negative relationship. These findings are consistent with the research of Asgari and Shababi (2010). Body image of the person, since a part of its obvious aspects, influenced by worry and anxiety. In the meantime, the body weight as an indicator of fitness and beauty provides concern in these subjects. Anxious attachment causing intense search the approval of others and concerns about important people to gain affection in life or maintenance of it. These concerns causing the use of various methods for maintaining a positive attention, including cosmetic surgery to increase physical beauty. People who feel safety have clearer, more coherent, and more interconnected attachment o his wife, and positive feelings toward themselves. Couples who have secure attachment are more committed to each other. They are more satisfied with their interpersonal relationship and this causes continuity of relationship between them.

The third results showed body image of women changes with increasing age. No significant relationship between these two variables. Evidence suggests that with increasing age, sexual motivation and body image can be changed. With increasing age physical self-esteem increases. These findings are consistent with the research of Heydari et al (2009).

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