

**ATTACHMENT STYLES, MARITAL SATISFACTION AND  
PSYCHOLOGICAL WELL-BEING AMONG DYADS**



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01-275222-006

A thesis submitted in fulfillment of the  
requirements for the award of the degree of  
Masters of Science (Clinical Psychology)

Department of Professional Psychology

**BAHRIA UNIVERSITY ISLAMABAD**

JULY 2024

**ATTACHMENT STYLES, MARITAL SATISFACTION AND  
PSYCHOLOGICAL WELL-BEING AMONG DYADS**

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To my mother, husband and friends

## ACKNOWLEDGEMENT

All praise to Allah for blessing me with opportunities and facilities that have allowed me to be where I am right now. I thank my mother who worked tirelessly to provide me with the best of resources. To my mother and my husband, I thank you all for supporting me in every step of life and trusting my plans and decisions. I am grateful for my friends who supported me and motivated me to do my best throughout my time at university.

I am greatly thankful to my supervisor, Dr. Noshi Iram Zaman, for her continuous guidance, support and motivation. To my teachers at Bahria University, I am immensely thankful for guiding me not only through education but also through life lessons and creative thinking. A great teacher always inspires their students to be curious, to be eager to seek knowledge and I have been blessed with many such teachers at Bahria University.

*Eman Fatima*

## Abstract

This research explores the intricate relationship between married couples' psychological health, marital satisfaction, and attachment styles within the setting of Pakistani culture. The study, which is based on attachment theory, is to investigate the ways in which attachment styles affect married partners' mental health and relationship satisfaction. A cross-sectional correlational design was used in the study, and a survey method was used to gather data from 250 dyadic pairs. The Warwick Edinburgh Mental Well-being Scale (WEMWBS) was used to assess psychological well-being, the Experiences in Close Relationships Scale-Revised (ECR-R) was used to examine attachment patterns, and the Revised Dyadic Adjustment Scale (DAS) was used to measure marital satisfaction. Findings revealed a significant negative correlation between attachment insecurity (anxious and avoidant styles) and marital satisfaction (anxious =  $-.37$ , avoidant =  $-.54$ ,  $p < .001$ ), supporting the mediation hypothesis. Additionally, secure attachment styles were positively associated with psychological well-being (secure =  $-.39$ ,  $p < .001$ ), whereas anxious and avoidant styles exhibited negative correlations (anxious =  $-.28$ , avoidant =  $-.32$ ,  $p < .001$ ). The implications point to the need of culturally aware therapies and specifically designed educational programs that target attachment patterns in fostering happier marriages and psychological wellness. Potential sample bias, the use of self-report measures, and the difficulty to determine causal correlations with the cross-sectional design are some of the limitations. However, the study highlights the need of culturally sensitive approaches in therapeutic strategies and policy-making endeavors, as well as the universal significance of attachment dynamics in determining relationship outcomes.



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**LIST OF ABBREVIATIONS**

<b>APA</b>	American Psychological Association
<b>NIH</b>	National Institute of Health
<b>DAS</b>	Dyadic Adjustment Scale
<b>ECR</b>	Experiences in Close Relationship
<b>WEMWBS</b>	Warwick Edinburgh Mental Well-being Scale

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## **Introduction**

The intricate interplay between attachment styles and their influence on marital satisfaction and psychological well-being is fundamental to the foundation of enduring relationships. The concept of attachment, which is based on emotional links formed in childhood, has a substantial impact on how people perceive, engage in, and negotiate intimate relationships. This study will investigate the complex relationship between attachment styles, marital satisfaction and psychological wellbeing in dyadic relationships. This study intends to illuminate the subtle paths by which attachment styles intersect with degrees of satisfaction and wellbeing experienced in marriage. The degree of marital satisfaction is greatly influenced by attachment styles. Insecure attachment styles, like anxious or avoidant, can result in dissatisfaction because they make it difficult to connect emotionally and communicate in dyadic relationships. Securely attached people typically experience higher levels of intimacy and satisfaction.

Bowlby (1969) established attachment theory, which provides a basic framework for comprehending the dynamics of adult interpersonal relationships. According to this idea, early interactions with primary carers have a substantial impact on the formation of various attachment styles, which in turn influence individuals' emotional experiences and relational behaviors throughout their lives. (Hazan & Shaver, 1987; Mikulincer & Shaver, 2016) These four attachment styles—disorganized, avoidant, anxious, and secure—have a significant impact on how people perceive and engage with one another in romantic relationships (Collins & Feeney, 2018; Simpson & Rholes, 2019).

Building on Bowlby's fundamental work in attachment theory, subsequent research by Simpson and Rholes (2019) confirm the long-term influence of attachment types on adult romantic relationships. While Bowlby's (1969) theory lays the groundwork for understanding attachment dynamics, Simpson and Rholes' (2019) research sheds contemporary light on the pervasive influence of attachment orientations, highlighting the stark contrast between secure and insecure attachment patterns in shaping the durability and satisfaction within romantic relationships.

### **1.1 Attachment**

Attachment, as defined in psychological literature, entails the fundamental emotional and behavioral patterns that emerge in relationships as a result of early caregiver interactions. It is also defined as a lasting psychological connectedness between human beings (Bowlby, 1969). Attachment styles, which are typically defined as secure, anxious, avoidant, and disorganized, reflect people's internal working models that regulate their perceptions of intimacy, trust, and dependency within relationships. These styles profoundly influence how people interpret and respond to relational cues, influencing how they approach connection, interaction and handling disputes in romantic relationships (Mikulincer & Shaver, 2016).

John Bowlby, a British psychologist who is credited with developing attachment theory, described attachment as a persistent psychological bond between people. Bowlby was curious because he was aware of the fear and suffering that kids experience when they are taken away from their primary caregivers. Additionally, he found that when infants are distressed, they seek out the proximity of their primary caregivers for comfort and care. If child in time of illness, difficulty, or fear seek closeness to mother or any other attachment figure like the caregiver, it is taken as a

positive sign of secure attachment. This results in unique behavioral and motivational patterns associated with attachment (Bowlby, 1969).

Attachment to the close ones not only allows the child to deal successfully with his/her environmental factors but also helps in learning new ways to deal with the problem at hand. If attachment during early years of life is not secure, it will manifest itself in different relations through his/her life. So secure attachment with caregiver is an important stage over which child has to gain competence in order to succeed in future relationships. (Bowlby, 1988).

The role of parents cannot be replaced in a child's life. Their role has an important and positive impact on mental functioning, emotional and physical wellbeing. Parents remain influential throughout the life, as it is the first interaction with any person (Shonkoff & Phillips, 2000). The role of parents within the lives of their child is of prime significance cross all cultures and therefore is followed by responsibility i.e to direct the upbringing and education of one's own child are systematically valued and upheld in all cultures. Child's first interaction is of great value and importance. Later life interpersonal behaviour is affected from early attachment relationships. Future interpersonal attitudes as well as psychopathology of a child as they pass through stages of childhood, adolescence and adulthood is determined by the quality of interactions between child and his/her parents or caregiver. (Malekpour, 2007)

The attachment theory, which was developed by Bowlby (1969) and Ainsworth (1970) cited in Robinson et al. (2023), emphasizes how early bonding experiences shape our capacities for managing relationships and intimacy. Secure attachment, nurtured by thoughtfully attending to the needs of the newborn,



frequently transfers into adulthood as confidence, trust, and skill in handling relationship difficulties. On the contrary, insecure attachments may result from uneven or disturbing early emotional experiences. Moreover, they stated adults with insecure attachment styles may have trouble comprehending emotions, which affects their capacity to build strong bonds and may result in issues with intimacy, clinginess, or difficulty bonding. Even though adult relationships retain the scars of various life events, the long-term impact of early attachment ties remains critical. Understanding one's attachment style reveals insights into baffling behaviors and recurring relationship challenges, offering light on behavioral patterns and impediments to forming long-lasting bonds. (Robinson et. al., 2023)

### *1.2.1 Stages of Attachment*

Bowlby delineated four stages of attachment, constituting a developmental progression wherein each phase lays the foundation for subsequent ones, ultimately fostering a robust and secure attachment under optimal conditions. (McLeod, 2024)

Bowlby posited that these attachments play a pivotal evolutionary role, enhancing infants' prospects of survival by ensuring their safety and nurturance.

**Pre-attachment Phase (Birth to 6 Weeks):** In order to get the attention and response of their caregivers, infants naturally display behaviors like crying and smiling. But they don't show any preference for one caregiver over another; they take comfort and care from any adult. Infants do not yet know that they are different people from their caregivers.

**Attachment-in-the-Making (6 Weeks to 7 Months):** Infants start to grow to trust those who take care of their needs. They distinguish between known and unknown

faces, showing an affinity for known faces. However, they continue to accept care from strangers and do not yet object to being taken away from their parents.

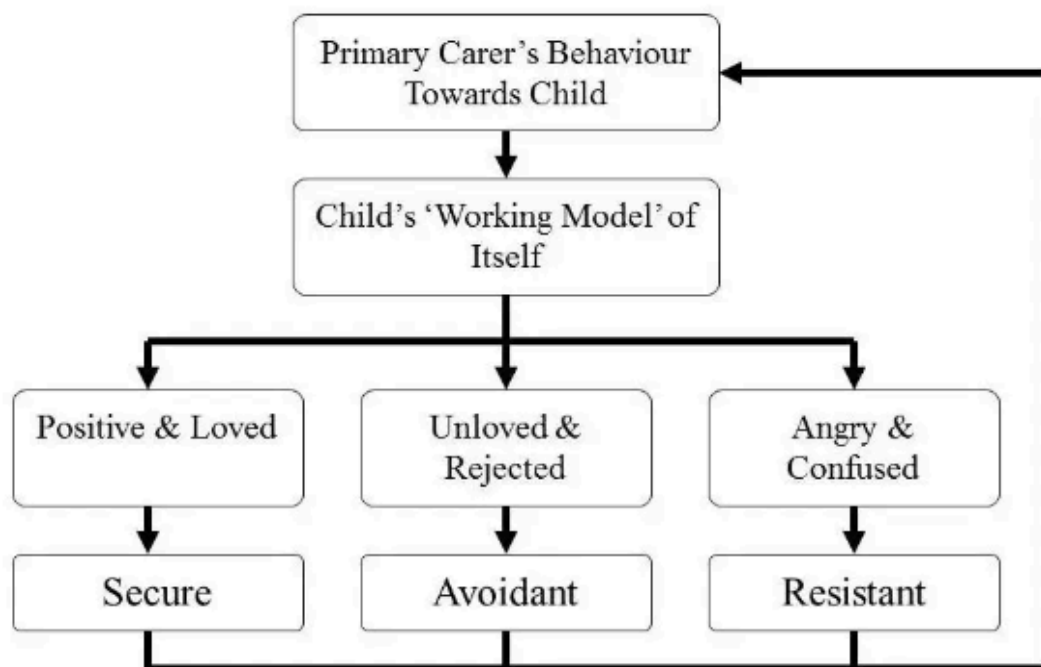
**Clear-Cut Attachment (7 Months to 24 Months):** At this point, a distinct relationship to primary caregivers develops. Infants aggressively pursue consistent interaction with their caretakers and may display signs of distress when taken from them, including clinging and following. The emergence of "separation anxiety" and "stranger anxiety" is another feature of this time. Usually manifesting from 7 to 9 months, stranger fear is a reflection of cognitive development that allows newborns to distinguish between people they know and people they don't. Nonetheless, consistent comforting exchanges with a sensitive caregiver impart the confidence required to lessen this fear. The fear of strangers usually goes away by the age of two as children grow socially more comfortable.

**Formation of a Reciprocal Relationship (24 Months and Beyond):** As language skills develop, toddlers gain insight into their parents' actions and motivations, enabling them to engage in negotiation. They become better equipped to tolerate separations with reduced distress and utilize mental representations of their caregivers for solace.

### ***1.2.2 Internal Working Model of Attachment***

The child-Mother Relationship has contributed towards development of Internal working Model. It is a framework or mental representation based on his/her experience with the caregiver that determines what individual expect from other, it also contribute to the understanding of world around them (Bowlby, 1969, 1973).

Basically these internal working models serve as a guiding principle about self and other. There are two possibilities, whether child will develop a healthy working model or unhealthy one. If it appears to child that his/her caregiver is available and responsive in time of need, he will develop a healthy model otherwise if caregiver is perceived as rejecting, not responsive she/he will develop a unhealthy model. How a child will react to future relationships, his/her cognitions, and his/her emotions will be directly a result of internal working model (Bowlby, 1973).



*Figure 1: Internal Working Model of Attachment (Bowlby, 1973)*

### ***1.2.3 Attachment Styles***

Attachment theory, pioneered by Bowlby (1969), implies that the early interactions of infants and their caregivers influence the internal working models of relationships that are developed. These models, known as attachment styles, influence

how individuals perceive and behave in relationships throughout their lives.

Ainsworth et al. (1978) identified four primary attachment styles in their research:

1. **Secure Attachment:** Individuals who have a secure attachment type typically think well of both themselves and other people. They can successfully ask for help from their partners when necessary, and they are at ease with closeness and dependency in partnerships. People who are securely bonded usually have positive self-esteem and mutual trust.
2. **Anxious-Preoccupied Attachment:** In partnerships, people with an anxious-preoccupied attachment style frequently show an increased need for intimacy and confirmation. They can fear being abandoned and worry about their partner's availability. People who have this type of relationship may become excessively dependent on their spouses and exhibit elevated levels of anxiety and doubt about the stability of their partnership.
3. **Dismissive-Avoidant Attachment:** Dismissive-avoidant attachment styles prioritize autonomy and self-sufficiency over closeness. They could minimize the value of intimate bonds and steer clear of emotional openness. These individuals may find it challenging to communicate their needs or establish emotional connections with others since they frequently repress their emotions.
4. **Fearful-Avoidant Attachment** (also known as Disorganized Attachment): This attachment style is characterized by a combination of anxious and avoidant tendencies. Individuals with a fearful-avoidant attachment style may desire closeness but also fear rejection and intimacy. They may struggle with trust issues and exhibit unpredictable behavior in relationships, swinging between a desire for connection and a fear of getting hurt.

Understanding attachment styles is crucial for comprehending how individuals navigate their relationships, interpret their partner's behaviors, and manage interpersonal challenges. Research indicates that attachment styles can significantly impact marital satisfaction and psychological well-being, making them a vital factor to consider in studies examining dyadic relationships.

## **1.2 Marital Satisfaction**

Satisfaction in marriage is a crucial indicator for assessing a married dyad's overall contentment, fulfillment, and happiness. It consists of mental, emotional, and behavioral elements that indicate the perceived quality and fulfillment obtained from the partnership. Communication patterns, emotional support, shared principles, and intimacy all play an integral part in the subjective assessment of marital satisfaction, emphasizing its deep links to overall relationship well-being and long-term viability. (Fowers, 1998).

As Zaheri et al. (2015) elucidates, marital satisfaction is an overall investigation into marriage that represents marital happiness and functioning. Furthermore, marital satisfaction can be defined as a psychological state of regulated techniques that monitors the advantages and disadvantages of marriage to an individual in particular. Attachment styles can have a substantial impact on marital satisfaction, higher marital satisfaction is connected with secure attachment styles, which are characterized by trust, open communication, and emotional support. Insecure attachment patterns, such as being anxious or avoidant, on the other hand, can lead to relationship issues and decreased happiness.

In their recent article it was explored how attachment styles shape close relationships provides insight into individual behavior, partner's perceptions, and intimacy responses. Recognizing these tendencies aids in identifying relationship needs and efficiently addressing challenges. Subsequently, it's important to understand that positive change can occur in any stage of life due to the plasticity of the brain, even in the face of interpersonal obstacles. Take, for instance, recognizing one's attachment style can help people become more self-aware, which can help them face their anxieties, improve their social skills, and build safer, more satisfying relationships. (Robinson et al., 2023)

Identifying one's attachment style while recognizing the potential for positive change can create the personal growth and companionship required for marital fulfillment, as defined by the dynamic goal theory of marriage. According to Li and Fung (2011), the dynamic goal theory of marriage contends that people have numerous goals in their marriage. Personal growth goals, companionship goals, and instrumental goals are the three types of marital goals. The priority of the three categories of marriage goals shifts dynamically during adulthood. In general, younger couples prioritize personal growth goals, middle-aged couples prioritize instrumental goals, and elderly couples favor companionship goals. Additionally, marital satisfaction is determined by whether or not the prioritized marital goals are met in marriage. However, some elements including life transitions and cultural norms, might influence the priority of various marriage goals, whilst others, such as communication patterns, problem-solving, and attribution, can enhance the fulfillment of prioritized marital goals.

### 1.3 Psychological Wellbeing

A cornerstone for self- fulfillment and life pleasure is psychological well-being, which is a result of the complex interaction between the emotional, cognitive, and behavioral dimensions of the human experience. The notion, which has its roots in multiple theoretical models and empirical studies, represents a person's subjective assessment of their overall functioning, emotional stability, and quality of life in their social and personal environments (Diener et al., 2017). The study of understanding and improving psychological well-being has attracted a lot of attention in the field of psychology, spanning fields such as public health, sociology, and psychology.

Understanding that psychological well-being has multiple aspects, including both hedonic and eudaimonic dimensions, is essential to any investigation into the topic (Ryan & Deci, 2001). The hedonic approach encompasses subjective perceptions of happiness, life satisfaction, and positive affect, emphasizing the pursuit of pleasure and avoidance of misery. The eudaimonic perspective, on the other hand, explores ideas of self-realization, personal development, and reaching one's potential while highlighting elements like autonomy, life purpose, and personal improvement (Ryff & Keyes, 1995). When taken as a whole, these characteristics provide a complex picture of psychological well-being that captures both the existence of flourishing and positive functioning in addition to the absence of suffering.

In recent years, scholars have recognized the significance of integrating psychological wellbeing as a central dimension in understanding the dynamics of intimate relationships. Psychological wellbeing encompasses multifaceted aspects of individuals' mental states and subjective experiences, including positive affect, life

satisfaction, autonomy, personal growth, and purpose in life (Ryff, 1989). This holistic perspective acknowledges the interconnectedness between individuals' relational experiences and their broader psychological functioning and overall quality of life.

Understanding the intricate relationship between attachment styles and psychological wellbeing within romantic relationships is paramount for comprehensively assessing individuals' relational dynamics and overall psychological health. Grounded in attachment theory, which delineates attachment into secure, anxious, and avoidant styles, individuals' emotional accessibility, trust in others, and coping mechanisms during adversity significantly shape their psychological wellbeing. (Mikulincer & Shaver, 2016).

Securely attached individuals typically exhibit elevated self-esteem, emotional resilience, and positive perceptions of themselves and their partners, fostering cognitive adaptability and emotional equilibrium conducive to psychological wellbeing. Conversely, those with insecure attachment styles, notably anxious or avoidant, may contend with heightened levels of rumination, uncertainty, and interpersonal discord, often resulting in diminished psychological wellbeing. Furthermore, the quality of romantic relationships, particularly those marked by secure attachment, emerges as a pivotal determinant of psychological wellbeing, with stable and affirming partnerships associated with enhanced wellbeing and reduced distress. Thus, recognizing the interplay between attachment dynamics and psychological wellbeing illuminates the nuanced fabric of romantic relationships and underscores the imperative of investigating these dimensions within research inquiries pertaining to relational dynamics and psychological health. (Sagone et al., 2023)



Despite the burgeoning interest in psychological wellbeing within the domain of relationship research, the specific mechanisms through which psychological wellbeing interfaces with attachment styles and marital satisfaction remain relatively understudied. Nonetheless, emerging evidence suggests that psychological wellbeing may serve as a critical mediating or moderating factor in the link between attachment orientations and relationship outcomes (Feeney & Collins, 2001).

This study seeks to address this gap in the literature by examining the interrelationships among attachment styles, marital satisfaction, and psychological wellbeing within dyadic partnerships. By adopting a quantitative research design, this study aims to elucidate the nuanced associations between these constructs and explore the potential pathways through which attachment orientations influence individuals' psychological wellbeing within the context of intimate relationships. By elucidating the mechanisms underlying these associations, this study may inform interventions aimed at promoting relational resilience and psychological wellbeing among couples across diverse relational contexts.

#### **1.4 Rationale**

This research seeks to delve into the intricate relationship between attachment styles, marital satisfaction, and psychological wellbeing among couples, aiming to address methodological, contextual, and theoretical gaps prevalent in existing literature. To understand the deeper outcomes within the unique cultural context of Pakistan, this study employs quantitative methodologies to systematically examine the dynamics at play.

#### ***1.4.1 Theoretical Gap***

Theoretical frameworks in attachment style and marital satisfaction research have often overlooked critical dimensions of attachment theory, including the interaction between attachment security, anxiety, and avoidance. This study seeks to address these theoretical gaps by integrating attachment theory with psychological wellbeing frameworks within a quantitative research paradigm, offering a nuanced understanding of the complex relationships among attachment styles, marital satisfaction, and psychological wellbeing among Pakistani couples.

#### ***1.4.2 Methodological Gap***

Existing research has often lacked robust quantitative designs capable of comprehensively analyzing all three variables attachment styles, marital satisfaction, and psychological wellbeing within couples. By employing standardized measures and statistical analyses, this study aims to fill this methodological gap, providing rigorous insights into the complex interplay between attachment dynamics and relationship outcomes.

#### ***1.4.3 Contextual Gap***

Studies in this field have predominantly focused on western populations, neglecting the cultural, social, and familial nuances inherent in Asian countries like Pakistan. By situating the research within the specific cultural context of Pakistan, this study endeavors to shed light on how cultural norms, familial structures, and societal expectations shape attachment styles, marital satisfaction, and psychological wellbeing among couples.

Through its quantitative approach, this research endeavors to contribute valuable insights into attachment theory and relationship dynamics, providing evidence-based recommendations for practitioners and policymakers working in the field of couples' wellbeing and mental health within diverse cultural contexts like Pakistan.

### **1.5 Objectives**

1. To examine attachment styles within marriages and their influence on marital satisfaction and psychological well-being.
2. To explore the dyadic nature of attachment dynamics, understanding how the interdependence of attachment styles influences relationship functioning and mental health outcomes within couples.

### **1.6 Hypotheses**

1. Marital satisfaction will mediate the relationship between attachment styles and psychological wellbeing among dyads.
2. Anxious and avoidant attachment styles will negatively correlate with marital satisfaction.
3. Individuals with secure attachment styles will report higher levels of psychological wellbeing than those with anxious or avoidant attachment styles.

## Literature Review

Originating in Bowlby's (1969) work, attachment theory offers a framework for interpreting interactions between people of different ages. Secure, anxious, and avoidant attachment styles have a big impact on relational dynamics in adult relationships, like psychological health and marital satisfaction. In order to emphasize important findings, methodological strategies, and gaps in the field, this review of the literature attempts to integrate empirical research on the relationship between dyads' psychological well-being, marital satisfaction, and attachment patterns.

Attachment theory crafts a complex and intricate narrative within the world of interpersonal relationships, influencing the patterns of emotional connectedness and relational dynamics. This theoretical paradigm, pioneered by Bowlby's core ideas, has grown to reveal the remarkable resonance of early attachment experiences on the complicated terrain of adult relationships. According to attachment theory, a person's attachment style is shaped by their early interactions with their primary caregivers. This attachment style is maintained into adulthood and has an impact on romantic relationships (Bowlby, 1969; Ainsworth et al., 1978). According to Bartholomew and Horowitz (1991), avoidant attachment is characterized by a preference for emotional distance and self-reliance, anxious attachment is marked by a preoccupation with relationships and a fear of abandonment, and secure attachment is defined by comfort with closeness and autonomy.

The literature comes together in a flourishing chorus, reflecting the ongoing significance of attachment styles—secure, anxious, avoidant, and

disorganized—within the delicate realm of intimate relationships. Across decades of research, a vivid depiction of how various attachment styles shape the contours of emotional flexibility, communication patterns, and conflict resolution mechanisms within dyadic unions has emerged.

The tapestry of empirical evidence unfolds as scholars traverse this landscape, depicting the profound influence of these attachment styles on the structure of marital satisfaction. This review attempts to navigate this broad terrain by integrating a number of research endeavors that express the symbiotic interplay between attachment styles and multiple dimensions of marital satisfaction.

With its emphasis on the significance of primary caregiver interactions for healthy social and emotional development, attachment theory is essential for understanding relationships (Yahya et al., 2018). According to Yahya et al. (2018), attachment concerns show up as attachment avoidance and attachment anxiety, which have a big influence on people's perceptions of closeness, independence, and trust in partnerships. The quality and stability of a person's relationships can be shaped by attachment insecurities through their influence on these essential components of interpersonal dynamics, highlighting the significance of secure attachment for normal emotional and social development.

Rholes et al. (1995) highlighted the intergenerational transmission of attachment patterns by examining how adult attachment types affect mothers' connections with their young children. The study advanced our knowledge of how attachment shapes relational processes across generations by examining the effects of parental attachment on family dynamics. The dynamic processes underpinning adult attachment organization were examined by Lopez and Brennan (2000), who

emphasized how attachment affects people's interpersonal interactions and self-concepts. Through the integration of attachment theory with clinical therapy, their study offered insightful information about fostering healthy relational patterns.

Studies continually demonstrate the critical impact attachment patterns have in marital satisfaction. Many researches show that secure attachment promotes efficient communication, conflict resolution, and emotional support—all essential for marital satisfaction—was offered by Mikulincer and Shaver (2007). On the other hand, anxious attachment frequently results in over-dependency and jealousy, which erodes the happiness of the relationship (Kirkpatrick & Davis, 1994). Relationship dissatisfaction may be exacerbated by avoidant people's difficulties with intimacy and support (Simpson, Rholes, & Phillips, 1996). Because secure attachment styles facilitate the development of close, trustworthy relationships, they are more likely to report higher levels of marital satisfaction. For example, Feeney, Noller, and Roberts (2000) found that whilst anxious and avoidant attachments were linked to lower levels of satisfaction, secure attachment was positively correlated with marital pleasure.

The effect of attachment anxiety on perceptions regarding disagreement along with encouragement in romantic relationships was investigated in a study conducted by Campbell et al. (2005). This study demonstrated how attachment-related worries, including the fear of being rejected or abandoned, can have a big impact on how relationships work and, eventually, how happy a couple is together.

A study by Vithanage (2014) suggests a positive correlation between secure attachment style and marital satisfaction, supporting the hypothesis that securely attached individuals experience higher levels of satisfaction in their marriages. The research also indicates that ambivalently attached individuals report the least marital

satisfaction, aligning with previous research findings. These results underscore the importance of secure attachment styles in fostering fulfilling and stable marital relationships, while highlighting the negative impact of ambivalent attachment on marital happiness.

A study by Sagone et al. (2023) The attachment dimension most strongly linked to psychological well-being was found to be the need for approval, which was found to have a negative correlation with psychological well-being in both singles and those in committed relationships. Compared to those in stable relationships, singles showed an attachment style linked to avoidance, seeing relationships as secondary, and feeling uncomfortable in close quarters. An attachment style characterized by confidence was found to be favorably predictive of psychological well-being in single individuals, whereas an attachment style characterized by the desire for approval was found to be adversely predictive. In adult attachment styles, close relationships were considered a protective factor for long-term emotional stability and psychological well-being. Higher levels of psychological well-being were linked to stable and happy romantic relationships, as well as reduced levels of psychopathology, efficient emotional regulation, and higher self-esteem.

Marital satisfaction is one of the most essential and core human pleasures, and it should be built within the family setting; otherwise, spouses may suffer emotionally if they argue or have conflict. The subjective assessment of the quality and contentment in a married relationship is known as marital satisfaction. It includes all facets of marriage, including the sexual, emotional, and practical. The Dyadic Adjustment Scale (Spanier, 1976) is one of the most popular tools that evaluate overall contentment, communication, affection, and conflict resolution.

A study by Abbasi et al. (2016) reveals that attachment styles significantly influence social and marital communications, which in turn affect marital satisfaction. Specifically, secure attachment style is positively associated with marital satisfaction, while avoidant and ambivalent attachment styles are negatively correlated with marital satisfaction. The implications of the study suggest that understanding attachment styles and emotional intelligence can be pivotal in improving marital satisfaction.

According to Mohammadi et al. (2016), there is a negative relationship between insecure attachment types (such as avoidant and ambivalent) and marital satisfaction. Individuals with these insecure tendencies frequently dread rejection, feel inferior, and struggle with intimacy. They engage in counterproductive communication and experience increased distress at times of stress, resulting in dissatisfaction in their relationships. Additional research have shed light on differing patterns in the dynamics of attachment styles in partnerships, revealing the considerable impact of these styles on marital satisfaction.

Furthermore, Aminpour et al. (2016) adds to the narrative by shedding light on the divergent paths of secure and avoidance attachment styles, emphasizing the contrasting trajectories in which secure attachments serve as beacons of satisfaction while avoidance styles cast shadows on the relational landscape, collectively elucidating the poignant symphony between attachment orientations and the tapestry of marital satisfaction.

A thorough theoretical analysis of social support's function in promoting relationship happiness and well-being was provided by Feeney and Collins (2015). The authors elucidated the mechanisms by which social support fosters favorable



relationship outcomes by fusing attachment theory with research on thriving via connections. Additionally, taking into account the moderating influences of gender and neuroticism, Davila et al. (2003) examined the within-subject relationships between depressive symptoms and marital satisfaction. This study shed important light on the intricate relationship between psychological health and marital pleasure.

Chung's (2014) study adds to the resonance of secure attachment patterns in the field of marital happiness. Chung's findings are consistent with the symphonic harmony observed in couples with stable attachment patterns, where better communication, marital coherence, and adaptability thrive as trademarks of their happiness. Individuals with less secure attachment styles, on the other hand, navigate a dissatisfying landscape, echoing the resounding chorus across numerous studies that emphasize the pivotal role these attachment orientations play in shaping the very essence of relationship dynamics and contentment.

Many studies have been conducted on the relationship between attachment types and marital pleasure. Li and Chan's (2012) meta-analysis, for instance, found that secure connection is a strong predictor of marital satisfaction. Emotional control and good communication act as mediators in this partnership. According to Campbell, Simpson, Boldry, and Kashy (2005), anxious attachment is frequently associated with hypervigilance to relational dangers and negative communication habits, which lowers marital happiness. Emotionally distant avoidant attachment can result in a lack of support and intimacy, which lowers marital satisfaction even further (Overall, Fletcher, & Friesen, 2003).

Another study found a substantial link between marital satisfaction and secure attachment styles. It discovered negative and substantial relationships between marital

satisfaction and both avoidant and ambivalent attachment styles. The study's findings revealed that attachment types can considerably predict marital satisfaction. (Kamel Abbasi et al., 2016)

A study by Mardani et al. (2021) explores the connection between marital satisfaction and attachment types, revealing important details that highlight how intricate these relationships are. According to the research, there is a substantial correlation between marital happiness and avoidance-insecure attachment, anxiety-insecure attachment, and secure attachment. The significance of these attachment styles in comprehending relationship dynamics is highlighted by the direct impact they have on marital pleasure.

Additionally, the study shows how Gottman's (1994) communication abilities mediate the link between attachment patterns and marital pleasure. The study model highlights the significance of effective communication in married relationships by confirming that Gottman's communication skills function as a mediator. This implies that although attachment types are important for marital pleasure, the Gottman principles of quality of communication can have a big impact on how these relationships work out. These results highlight the need of taking communication abilities and attachment types into account when trying to improve marital pleasure. The study emphasizes that communication-focused therapy, especially when viewed via Gottman's methods, may help lessen the detrimental effects of insecure attachment styles on marital satisfaction.

According to Gottman (1994), a number of variables, such as communication styles, techniques for resolving conflicts, and shared values, influence marital satisfaction. Sustaining high levels of marital happiness requires effective

communication and constructive dispute resolution (Markman, Stanley, & Blumberg, 2010). Mutual respect and shared values are also crucial (Fowers & Olson, 1989).

Consistent with investigations into the impact of attachment styles on relationship satisfaction, Towler and Stuhlmacher's (2013) study explores the attachment style dynamics of working women, underscoring the significance of attachment orientations on intimacy and relationship satisfaction. Furthermore, the study findings suggest a link between attachment style and satisfaction in intimate relationships. Individuals with an avoidant attachment style reported reduced satisfaction and cohesion with their intimate partners. The study, however, discovered no significant link between an anxious attachment style and relationship cohesion. Women with high degrees of avoidant attachment had less happy relationships, albeit this was only slightly significant. To elucidate, this could be owing to their proclivity for less collaborative activities, which would decrease relationship happiness. In contrast, very anxious people who are concerned about their self-concept may engage in activities with their partners that do not add significantly to relationship cohesion, thereby impeding the creation of strong bonds.

Studies examining attachment types in diverse circumstances consistently highlight the tremendous impact these styles have on marital satisfaction. This effect is especially noticeable when looking at the experiences of working women and the broader spectrum of marital satisfaction, revealing light on the intricate interplay between attachment types and the quality of intimate relationships.

As attachment styles have a big impact on dyadic interactions, according to Johnson and Greenman (2006), people who are securely linked are more inclined to interact in a constructive and encouraging way, which promotes a positive and healthy

relationship atmosphere. Anxious people could be needy and in need of comfort all the time, which could result in arguments and tension (Pietromonaco & Barrett, 1997). Avoidant people tend to shy away from emotional intimacy, which can sour a relationship and cause distance (Fraley & Shaver, 2000).

A study by Chellan (2018) that looked at the effects of attachment patterns on marital satisfaction discovered a strong and consistent effect. It specifically revealed a strong link between attachment types and marital satisfaction among married people. Those with a secure attachment type reported higher levels of marital satisfaction, attributing this to secure attachment-induced sentiments of comfort, support, positivity, inventiveness, resilience, and assertiveness. Individuals with insecure attachment patterns, on the other hand, reported lower levels of marital happiness, probably due to a lack of these reassuring elements in their marriages.

The intricacies of couple-level attachment patterns and their influence on newlyweds' marital satisfaction are explored in a study by Li et al. (2021). The study's key finding, which emphasizes the critical role that financial management perceptions play in mediating the impact of attachment styles on relationship satisfaction, is the identification of perceived partner financial mismanagement as the only mediator that influenced the association between couple-level attachment styles. The study also emphasizes how crucial it is to take into account both financial dynamics and attachment types when analyzing marital satisfaction in young adult wedding couples. These results imply that therapies targeting attachment-related problems and enhancing perceptions of financial management could greatly increase newlyweds' level of relationship happiness.

Recent research has identified a gap in understanding the linkage between marital satisfaction and overall psychological wellbeing across diverse dimensions. Emotional, psychological, and social well-being are some of the aspects that make up psychological well-being. Given the heterogeneous nature of the marital population, a study focusing on Coimbatore was conducted, selecting samples randomly from four zones. Involving 338 couples, the study aimed to assess marital satisfaction and psychological wellbeing, considering gender and length of marriage. Results unveiled higher marital satisfaction among husbands compared to wives, while wives reported greater psychological wellbeing compared to husbands. Additionally, a significant relationship between marital satisfaction and psychological wellbeing emerged, emphasizing the interconnectedness between the quality of marital relationships and individual psychological health. This study sheds light on the intricate dynamics between marital satisfaction and psychological wellbeing, underlining their mutual influence within marital contexts. (Kharपुरi & Priya, 2019)

Psychological well-being and marital satisfaction are correlated in both directions. Because it offers emotional support, friendship, and a sense of security, high marital satisfaction improves psychological well-being (Kiecolt-Glaser & Newton, 2001). On the other hand, psychological health makes it possible for people to interact with their partners more constructively and successfully, which increases marital pleasure (Robles, Slatcher, Trombello, & McGinn, 2014).

The links between psychological well-being, marital satisfaction, and attachment patterns are mediated or moderated by a number of factors. For example, the influence of attachment styles on marital happiness can be mediated by communication styles and conflict resolution techniques (Gottman, 1994). The association between psychological well-being and marital happiness can be

moderated by external stresses like financial hardship, which exacerbates the negative effects in already strained marriages (Karney & Bradbury, 1995).

Psychological well-being is also greatly impacted by attachment styles. Lower levels of anxiety and depression, improved stress management, and increased self-esteem are all associated with secure attachment (Mikulincer & Florian, 1998). People who are anxiously connected frequently feel more emotionally distressed and anxious, which is a reflection of their fear of being rejected and abandoned (Shaver & Mikulincer, 2002). Despite their seeming independence, avoidant people may repress their emotional needs, which can result in internalized stress and a decline in their general wellbeing (Wei et al., 2003).

A four-category model of attachment styles among young people is tested in Bartholomew and Horowitz's (1991) study, providing empirical evidence for the categorization of attachment styles and their correlations with psychological well-being. Research on the prevalence and correlates of various attachment patterns advances our knowledge of people's emotional and relational experiences. Lastly, research by Scharfe and Eldredge (2001) highlights the influence of attachment styles on adaptive coping mechanisms and psychological well-being by examining relationships between attachment representations and health behaviors in late adolescence. The study sheds light on the significance of stable attachment for people's general well-being by investigating the connections between attachment and health outcomes.

Psychological well-being is significantly predicted by marital satisfaction. Fulfilling relationships enhance life happiness, reduce stress, and improve mental health (Whisman, 2001). In contrast, studies have shown that marital unhappiness

raises the likelihood of psychological distress, anxiety, and depression (Beach, Katz, Kim, & Brody, 2003). Mutual support and communication are two examples of dyadic interactions that are essential to psychological health. Cutrona's (1996) research demonstrates how a spouse's emotional support can reduce stress and improve overall wellbeing. On the other hand, unfavorable interactions—like anger and criticism—can increase stress and lower psychological well-being (Fincham & Bradbury, 1987).

Whisman and Uebelacker's (2006) study on the prospective relationships between conflict between spouses and depressive symptoms in middle-aged and older adults illuminates the long-term impacts of marital satisfaction on mental health outcomes and advances our knowledge of the reciprocal relationship between psychological well-being and marital quality. Adding to this, the meta-analytic review by Robles et al. (2014) explores the thorough relationships between health outcomes and marital quality, quantitatively assessing empirical data to offer insights into the complex interactions between marital satisfaction, physical health, and psychological well-being.

The review paper by Story and Bradbury (2004) explores the intricate relationship between stress and marriage, providing insightful information about how marital quality affects people's stress levels and mental health consequences. This investigation adds to the conversation of Kiecolt-Glaser and Newton (2001), who highlight the gender variations in the relationships between psychological well-being and marital happiness and the reciprocal effects of marriage and health on both partners. Their research sheds light on the subtleties of marriage and how it affects people's mental health.

The longitudinal study by Lavner et al. (2016) offers additional insight into the dynamics of marital satisfaction by examining the reciprocal relationship between communication styles and marital satisfaction. The dynamic character of relationship processes and their long-term effects on psychological well-being are clarified by this study. Furthermore, a longitudinal study conducted in 1993 by Levenson, Carstensen, and Gottman investigates the variables that affect long-term marital satisfaction, providing information about the stability and variability of relationship satisfaction over time as well as its effects on people's psychological health.

The societal effects of marital suffering were examined by Whisman et al. (2007), which emphasizes how crucial marital satisfaction is to people's general well-being and sense of fulfillment in life. Similar to this, a study by Holt-Lunstad, Birmingham, and Jones (2008) examines the relative effects of relationship quality, marital status, and network social support on physiological and psychological outcomes. This study sheds light on the various ways that marital satisfaction contributes to people's overall well-being. Lastly, the review paper by Rehman, Gollan, and Mortimer (2008) delves into the reciprocal relationship between mental health outcomes and marital satisfaction, providing insights into the intricacies of marriage and their effects on people's psychological well-being. All of these research add to our knowledge of the complex interactions that occur throughout life between psychological health and marital pleasure.

A study by Arzeen et al. (2023) found that the moderating influence of thankfulness in relationships, marital satisfaction, and psychological well-being are all intricately related. The findings demonstrate a substantial positive correlation between psychological well-being and marital satisfaction, suggesting that higher levels of psychological well-being are associated with happier marriages. Additionally, the



study demonstrates that appreciation is a key moderating component in this association. The results demonstrate that expressing gratitude significantly strengthens the link between psychological health and marital pleasure. This demonstrates the impact that appreciation has on spouses' well-being and the capacity of gratitude to enhance both individual and marital well-being.

Higher levels of psychological well-being are linked to higher levels of marital satisfaction and self-compassion, according to a study by Birnić and Eryilmaz (2022). This highlights the significance of these characteristics in supporting married people's overall mental health. Furthermore, the study finds that among married people, psychological well-being is significantly predicted by happiness-inducing behaviors such as mental control, want satisfaction, and involvement in religious activities. These findings can be used by researchers and mental health practitioners to create focused interventions that aim to improve married people's psychological well-being and, in turn, improve the mental health outcomes of marriages.

In conclusion, an intriguing narrative is revealed by examining attachment theory in the context of relationships. A common framework emerges from Bowlby's pioneering research as well as more recent investigations conducted by a number of scholars: our early experiences have a substantial impact on the lenses through which we see and interact with relationships. The classification of attachment styles—*anxious, disorganized, avoidant, and secure*—acts as a road map for understanding the significant influence these tendencies have on emotional experiences and interpersonal dynamics. The combined observations highlight attachment styles' persistent resonance and highlight how crucial a role they play in determining the trajectory of adult relationships. Understanding these attachment patterns can help us negotiate the complex landscape of human connections by

providing insights into our own actions and possibly opening doors to healthier, more meaningful relationships.

The complex relationships among dyads between attachment styles, marital satisfaction, and psychological well-being are highlighted in this review. High marital happiness and psychological well-being are consistently correlated with secure attachment, but anxious and avoidant attachment styles pose difficulties. Crucial mediators that can improve the quality of relationships and personal wellbeing include effective communication, emotional support, and conflict resolution. In order to better understand these dynamics over time and investigate therapies that can lessen the detrimental effects of insecure attachment patterns, future research should concentrate on longitudinal studies.

## **2.2 Theoretical Framework**

### ***2.2.1 Attachment Theory***

The theoretical framework of this research draws upon attachment theory, which provides a comprehensive framework for understanding the intricate dynamics between attachment styles, marital satisfaction, and psychological wellbeing within couples. Developed by John Bowlby (1969) and expanded upon by researchers such as Mary Ainsworth (1978) and Hazan and Shaver (1987), attachment theory posits that early caregiving experiences shape individuals' internal working models of

relationships, influencing their attachment orientations and relational behaviors across the lifespan.

Attachment theory categorizes attachment styles into secure, anxious, and avoidant patterns, each characterized by distinct patterns of emotional regulation, intimacy, and dependency. Securely attached individuals tend to have positive internal working models of themselves and others, enabling them to form trusting and supportive relationships characterized by intimacy and emotional openness. In contrast, individuals with anxious attachment styles exhibit heightened levels of attachment anxiety, seeking reassurance and closeness from their partners, while those with avoidant attachment styles display reluctance to rely on others and maintain emotional distance to protect themselves from potential rejection or disappointment.

The interplay between attachment styles, marital satisfaction, and psychological wellbeing is influenced by various factors, including individual differences, relationship dynamics, and socio-cultural contexts. Research suggests that securely attached individuals often experience higher levels of marital satisfaction and psychological wellbeing, characterized by greater emotional intimacy, trust, and overall relationship satisfaction. Conversely, insecure attachment styles, such as anxious or avoidant, are associated with lower levels of marital satisfaction and psychological wellbeing, marked by increased conflict, emotional distress, and dissatisfaction within relationships (Feeney & Noller, 1990).

Furthermore, attachment theory underscores the importance of examining the role of attachment transitions and cultural influences on attachment dynamics and relationship outcomes. Individuals may transition between different attachment styles over time, influenced by life experiences, relationship transitions, and socio-cultural

factors. Cultural norms, values, and family dynamics shape attachment orientations and relational behaviors, influencing individuals' perceptions of themselves, their partners, and their relationships (Hazan & Shaver, 1994).

By integrating attachment theory with psychological wellbeing frameworks, this theoretical framework provides a comprehensive lens through which to examine the complex interplay between attachment styles, marital satisfaction, and psychological wellbeing within couples. Through empirical investigation, this research seeks to contribute to the existing body of knowledge on attachment theory and relationship dynamics, offering insights into effective interventions and strategies to promote healthy relationships and psychological wellbeing among couples in diverse cultural contexts.

### ***2.2.2 Attachment-Based Behavioral Systems Theory***

Attachment-Based Behavioral Systems Theory, developed by Bowlby (1988) and further explored by Shaver and Mikulincer (2007), integrates attachment theory with the functioning of behavioral systems in adulthood, particularly the caregiving and sexual systems. This theory explains how attachment styles influence caregiving behaviors and sexual intimacy within romantic relationships.

The caregiving system, which involves providing support and care to a partner, is vital for marital satisfaction. Secure attachment promotes effective caregiving behaviors, such as empathy, responsiveness, and nurturing, creating a supportive relationship environment. The sexual system, which governs sexual behavior and intimacy, is also affected by attachment styles. Securely attached individuals typically experience greater sexual satisfaction due to their comfort with closeness and mutual trust. Anxiously attached individuals may use sexual intimacy

as a means of securing reassurance, potentially leading to imbalances and dissatisfaction. Avoidantly attached individuals may distance themselves emotionally from sexual interactions, reducing overall relational satisfaction.

## **Method**

### **3.1 Research Design**

A cross-sectional correlational design was used in the research methodology to investigate the relationship between Attachment Styles, Marital Satisfaction, and Psychological Well-Being amongst dyads. This approach made it easier to look at relationships between important variables at a given point in time. A sample of 250 dyadic pairs—married and living together—were chosen by the study to take part in the research. It only used quantitative techniques, and GPower 3.1 was used to establish the sample size, which came out to be about 500 individuals. This sample size made sure that there was sufficient statistical power to look into the relationships between the study group's psychological well-being, marital satisfaction, and attachment types.

### **3.2 Research Strategy**

The research strategy for this quantitative investigation involved a survey method to data collection, analysis, and interpretation to address the research objectives effectively. Firstly, a comprehensive review of existing literature informed the selection of appropriate measures and theoretical frameworks related to attachment theory, marital satisfaction, and psychological wellbeing. Subsequently, a purposive sampling strategy was employed to recruit a diverse sample of dyadic pairs from various demographic backgrounds to enhance the generalizability of findings.

### **3.3 Population and Sampling**

The research encompassed a total of 250 dyadic couples, totaling 500 participants, both individuals aged 21 years to 60 years of age, that were purposefully selected to provide diverse insights into attachment styles and marital satisfaction within varying contexts and relationship dynamics. Purposive sampling was utilized to ensure the inclusion of participants who could offer rich insights into attachment styles and marital satisfaction within the study's scope which includes dyads.

#### ***3.3.1 Inclusion Criteria***

The inclusion criteria for participant selection included particular prerequisites, such as couples having a legal marital status and maintaining it since at least one year. Both couples must live in the same household and adults aged 18 and over are eligible, in accordance with the American Medical Association's age designations (NIH, 2022). Importantly, both partners must be willing to actively participate in answering the questionnaires. These criteria ensure that the study's objectives are selected in a targeted and focused manner.

#### ***3.3.2 Exclusion Criteria***

The study's exclusion criteria included divorced/separated individuals, individuals couples having present or past substance use would be excluded from current study. The study excluded divorced or separated individuals to avoid confounding variables and a broader sample. This allowed for more accurate assessment of factors contributing to marital satisfaction and attachment styles. Substance use, present or past, can significantly impact marital satisfaction and attachment styles, leading to decreased communication, increased conflict, trust issues, and emotional instability.

### **3.4 Operational Definitions**

#### ***3.4.1 Attachment Styles***

Attachment styles are characterized by different ways of interacting and behaving in relationships. During early childhood, these attachment styles are centered on how children and parents interact. In adulthood, attachment styles are used to describe patterns of attachment in romantic relationships. (Cherry, 2023) In the current study, attachment styles refer to a person's unique way of developing emotional relationships and connections with their partner within the framework of their relationship.

#### ***3.4.2 Marital Satisfaction***

In the dynamic goal theory of marital satisfaction, marital satisfaction was defined as “people’s global subjective evaluation about the quality of their marriage”. (Li & Fung, 2011) For the purposes of this study, marital satisfaction will be used as subjective evaluation and contentment levels of both parties in the marriage.

#### ***3.4.3 Psychological Well-being***

Psychological wellbeing has two important facets. The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological wellbeing is referred to as subjective wellbeing (*Diener, 2000*). In the context of this study, psychological wellbeing encompasses two critical dimensions. Firstly, it entails the degree to which individuals within dyadic relationships experience positive emotions and feelings of contentment. Secondly, psychological wellbeing encompasses individuals' perceptions of their own mental and emotional health within the framework of their intimate relationships. Thus, in this study, psychological wellbeing represents a multifaceted construct that



integrates both subjective feelings of happiness and individuals' perceptions of their mental health within the context of their dyadic relationships.

### **3.5 Instruments**

#### ***3.5.1 Informed Consent***

The informed consent form is critical in this study since it outlines the information and expectations for participation. It begins by introducing the research's aim, methodologies, and estimated duration. It gives an overview of the voluntary character of participation and that individuals can quit at any time without consequence. The form clarifies confidentiality procedures to protect participants' identity and data. It further describes how the information gathered will be used strictly for research purposes. Furthermore, the permission form includes the researcher's contact information in case participants have any questions or concerns during or after the study. Finally, it includes a portion in which participants affirm their comprehension of the information supplied and freely consent to take part in the study by signing and dating the form.

#### ***3.5.2 Demographic Data Sheet***

Participants' age, gender, education, profession, birth order, family system, definition of their marital life, duration of marriage, number of children, family income, and any history of substance use were collected using a demographic data sheet. This demographic sheet was an invaluable resource, providing useful insights into the backgrounds of the participants.

### ***3.5.3 Experiences in Close Relationships Scale - Revised (Bibi, 2012)***

The Experiences in Close Relationships Scale - Revised (ECR-R) is a widely used 36-item self-report questionnaire developed by Fraley, Waller, and Brennan in 2000 and translated by Bibi in 2012 with alpha reliability of .90. It measures adult attachment styles, including attachment anxiety and attachment avoidance. Respondents rate each item on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Higher scores on the scale indicate higher levels of attachment anxiety and avoidance.

### ***3.5.4 Revised Dyadic Adjustment Scale (Naseer, 2000)***

The Dyadic Adjustment Scale (DAS) is a 27-item self-report measure developed by Busby, Christensen, Crane, and Larson in 1995 and translated in Urdu by Naseer in 2000. It assesses various dimensions of marital adjustment and satisfaction, including consensus, satisfaction, cohesion, and affectional expression. Respondents rate each item on a 6-point Likert scale ranging from 0 (never) to 5 (always). Higher total scores on the DAS indicate greater marital adjustment and satisfaction. The RDAS has demonstrated strong internal consistency, with alpha reliability coefficient of 0.89.

### ***3.5.5 The Warwick Edinburgh Mental Well-being Scale (Sara Imtiaz, 2012)***

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a 14-item self-report questionnaire developed by Tennant et al., 2007. It measures various aspects of mental wellbeing, including positive affect, satisfying interpersonal relationships, and positive functioning. Respondents rate each item on a 5-point Likert

scale ranging from 1 (none of the time) to 5 (all of the time). Higher scores on the WEMWBS indicate higher levels of mental wellbeing. The translated version of the scale has demonstrated good internal consistency, with alpha reliability coefficients typically exceeding 0.88.

### **3.6 Data Collection and Procedure**

In the study, participants were recruited using a purposive sampling technique, targeting individuals within dyadic relationships. Detailed information regarding the scope and objectives of the research were provided to potential participants to ensure informed consent. Prior to data collection, permission was obtained from the authors for the utilization of all the scales. Participants completed self-report questionnaires in-person, ensuring confidentiality and privacy throughout the data collection process. Throughout the process, ethical standards and guidelines for research involving human participants were strictly adhered to, prioritizing participant confidentiality and autonomy.

### **3.7 Data Analysis**

In this study, the complex interplay between attachment styles, marital satisfaction, and psychological wellbeing among dyads were analyzed. The investigation utilized a variety of statistical techniques within the SPSS 26.0 software to comprehensively understand these relationships. Initially, descriptive statistics were employed to characterize the sample and key variables, shedding light on the demographic composition and central tendencies of attachment styles, marital satisfaction, and psychological wellbeing measures. Reliability analysis ensured the internal consistency of our measurement scales.

Subsequently, correlation analyses elucidated the associations between attachment styles, marital satisfaction, and psychological wellbeing. Multiple regression analysis was then conducted to assess the predictive power of attachment styles on marital satisfaction and psychological wellbeing, while considering potential demographic covariates.

### **3.8 Research Ethics**

Throughout the course of this research, the maintenance of ethical guidelines was of utmost importance. These criteria are based on numerous key elements. To begin, obtaining written consent from all participants is a fundamental principle that ensured their voluntary engagement in the research. Participants supplied with detailed information about the study's objectives and scope via the consent form. The autonomy of each participant was respected, and all obtained data was kept strictly confidential for research purposes only. Participants were able to withdraw from the study at any time and face no consequences if they do so. Finally, an agreement was made to communicate research findings honestly and impartially, free of manipulation or misrepresentation, ensuring the integrity and credibility of the study's findings.

## Results

**Table 4.1**

*Descriptive Statistics of the Demographic Characteristics of the Sample (N=500)*

		<i>f</i>	%	M	SD
Age				34.15	9.33
	21 to 30	232	46.4%		
	31 to 40	107	23.6%		
	41 to 50	120	24%		
	51 to 60	30	6%		
Gender		500		1.50	.50
	Men	250	50%		
	Women	250	50%		
Years married		500		8.59	8.55
	1 to 10	344	68.8%		
	11 to 20	86	17.2%		
	21 to 30	70	14%		
Number of Children					
	0	213	42.6%		
	1	78	15.6%		
	2	64	12.8%		
	3	77	15.4%		
	4	34	6.8%		
	5	34	6.8%		
Education					
	Matric	20	4%		
	Intermediate	4	.8%		
	Bachelors	190	38%		
	Masters	233	46.6%		
	PhD	2	.4%		
	MBBS	51	10.2%		
Profession					
	Govt. Servant	101	20.2%		
	Private Sect.	186	37.2%		
	Business	96	19.2%		

	Housewife	82	16.4%		
	Unemployed	7	7%		
Birth Order		500		2.72	1.59
	1	148	29.6%		
	2	98	19.6%		
	3	117	23.4%		
	4	65	13%		
	5	41	8.2%		
	6	16	3.2%		
	7	15	3%		
Monthly Income	<50,000	177	35.4%		
	50,000-100,000	186	37.2%		
	100,000-200,000	29	5.8%		
	200,000>	108	21.6%		
Family Structure					
	Nuclear	185	37%		
	Joint	315	63%		
Satisfied with marital life		500		1.09	.28
	Yes	455	91%		
	No	45	9%		
Thought about separation		500		1.92	.26
	Yes	38			
	No	462			
Drug use		500		1.96	.20
	Yes	22	4.4%		
	No	478	95.6%		

Table no 4.1 presents demographic characteristics of the participant sample. The mean age of participants was 34.15 years, with a diverse distribution across age groups. Gender distribution was evenly split between men and women. On average, participants reported being married for 8.59 years, with a majority having been married for 1 to 10 years. Educational attainment varied, with a notable proportion holding bachelor's degrees. The most common professions among participants were in government service being 20.2% and the private sector being 37.2%. Family structure

was predominantly joint coming to a total of 63%, reflecting the cultural context of the study setting. These demographic insights provide a foundation for understanding the diverse backgrounds and potential influences on marital dynamics observed in the study.

**Table 4.2**

*Alpha Reliability for Scales Measuring Attachment Styles, Marital Satisfaction, and Psychological Well-being*

Scales	N	Items	Cronbach's Alpha
DAS	500	27	.71
ECR	500	36	.85
WEMWBS	500	14	.87

*Note:* Cronbach's alpha is a measure of internal consistency reliability. A higher alpha value indicates greater internal consistency among the items in the scale.

DAS has a moderate level of internal consistency with a Cronbach's alpha of 0.71. ECR has a good level of internal consistency with a Cronbach's alpha of 0.85.

WEMWBS has a good level of internal consistency with a Cronbach's alpha of 0.87.



**Table 4.3**

*Direct Mediation effect between attachment styles, psychological well-being through marital satisfaction. (N=500)*

Antecedent	Consequent			
	Marital Satisfaction		Psychological-Well Being	
	<i>Coeff.</i>	<i>SE</i>	<i>Coeff.</i>	<i>SE</i>
Constant				
Attachment Styles	-1.27	.081	.212	.035
Marital Satisfaction	-	-	-.072	.015
R <sup>2</sup>	.33		.212	
F	249.24		67.15	

*Note: \*p<.05\*, \*\*p<.01, p<.001, Coeff = Standardized Regression Coefficient*

Table 4.3 presents direct mediation analysis of attachment styles, psychological well-being through marital satisfaction. Attachment styles significantly affect both marital satisfaction and psychological well-being. Marital satisfaction partially mediates the relationship between attachment styles and psychological well-being, as indicated by its significant direct effect on psychological well-being and the reduction in psychological well-being associated with maladaptive attachment styles.

**Table 4.4**

*Indirect mediation effect of attachment styles and psychological wellbeing through marital satisfaction. (N=500)*

Mediator	$\beta$	Boot SE	Boot CI 95%	
			Boot LL	Boot UL
Marital Satisfaction	.13	.03	.07	.19

Table 4.4 presents indirect Mediation analysis of attachment styles, psychological well-being through marital satisfaction. The beta coefficient suggests a positive relationship between marital satisfaction and the outcome variable. Specifically, for every one-unit increase in marital satisfaction, the outcome variable increases by .13 units on average. The standard error .03 indicates that the estimate of the beta coefficient is fairly precise. The 95% bootstrap confidence interval for the beta coefficient ranges from .07 to .19. This interval does not include zero, which suggests that the relationship between marital satisfaction and the outcome variable is statistically significant at the 95% confidence level. In summary, there is a statistically significant positive relationship between marital satisfaction and the outcome variable, with a moderate effect size. The precision of this estimate is supported by the narrow confidence interval obtained through bootstrapping.

**Table 4.5***Correlation between attachment styles and marital satisfaction. (N=500)*

Variables	Marital Satisfaction	Psychological Well-being
Secure Attachment		-.39
Anxious Attachment	-.37	-.28
Avoidant Attachment	-.54	-.32

*Note:* N=500,  $p = 0.000$  and  $p = .164$

The correlation analysis revealed a significant negative correlation between anxious attachment style and marital satisfaction ( $r = -.37$ ,  $p < .001$ ) among the sample of 500 participants. This indicates that individuals with higher levels of anxious attachment tend to report lower levels of marital satisfaction. Therefore, there appears to be an inverse relationship between anxious attachment style and marital satisfaction, suggesting that addressing anxious attachment tendencies could be important in interventions aimed at improving marital quality.

The correlation analysis revealed a significant negative correlation between avoidance attachment style and marital satisfaction ( $r = -.54$ ,  $p < .001$ ). This indicates that individuals with higher levels of avoidance attachment tend to report lower levels of marital satisfaction. However, it's worth noting that the p-value (.16) suggests a non-significant association between avoidance attachment style and marital satisfaction. This discrepancy may indicate that while there is a strong negative

correlation in the data, the sample size may not be large enough to reach statistical significance. Nonetheless, the negative correlation coefficient implies that addressing avoidance attachment tendencies could be crucial for promoting marital satisfaction and fostering healthier marital relationships.

The correlation analysis indicates a significant negative correlation between secure attachment style and psychological well-being ( $r = -.39, p < .001$ ) among the 500 participants. This suggests that individuals with higher levels of secure attachment tend to report higher levels of psychological well-being. The significant negative correlation coefficient ( $-.39$ ) suggests that as levels of secure attachment style increase, psychological well-being tends to improve. In other words, individuals who exhibit higher levels of security in attachment tend to experience greater psychological well-being.

The correlation analysis reveals a significant negative correlation between anxious attachment style and psychological well-being ( $r = -.28, p < .001$ ). This indicates that individuals with higher levels of anxious attachment tend to report lower levels of psychological well-being. Conversely, those with lower levels of anxious attachment style tend to report higher levels of psychological well-being.

The correlation analysis reveals a significant negative correlation between avoidance attachment style and psychological well-being ( $r = -.32, p < .001$ ) among the participants. This suggests that individuals with higher levels of avoidance attachment tend to report lower levels of psychological well-being. Conversely, those with lower levels of avoidance attachment style tend to report higher levels of psychological well-being.

**Table 4.6**

*Independent samples T-test Comparing Attachment Styles, Marital Satisfaction and Psychological Wellbeing Between Genders (N=500)*

	Gender	n	M	SD	df	p	Cohen's d
Marital Satisfaction	Men	250	83.47	8.96	49	.85	.01
	Women	250	83.67	14.83			
Psychological Well-being	Men	250	56.86	7.63	49	.04	.18
	Women	250	55.26	9.78			
Attachment Styles	Men	250	104.38	15.99	49	.16	.17
	Women	250	99.66	34.56			

Table 4.6 shows that there is no significant difference in marital satisfaction between males and females, as indicated by the non-significant p-value of .85. Therefore, there is no gender difference in attachment styles. There is a significant difference in well-being between males and females, as indicated by the p-value of .04. Therefore, it is to conclude that there is a significant difference in well-being between genders, with males having higher well-being scores than females. The analysis did not find a significant difference in attachment styles between males and females. The results of the study indicated varying effect sizes for the examined outcomes. Marital satisfaction showed a negligible effect size (Cohen's  $d = .01$ ), suggesting almost no difference between the groups. Psychological well-being exhibited a small effect size (Cohen's  $d = .18$ ), indicating a modest but noticeable

difference. Similarly, attachment styles also had a small effect size (Cohen's  $d = .17$ ), reflecting a slight but measurable difference between the groups.

## Discussion

Through exploring various relationship dynamics that shape relationship functioning and mental health outcomes, this study aims to offer important insights into the delicate interplay between psychological well-being, marital satisfaction, and attachment patterns among married dyads. The present study aimed to assess the relationship of attachment styles, their dyadic character within the Pakistani cultural setting, their impact on psychological well-being, and their link with marital satisfaction.

The first hypothesis proposed that marital satisfaction would mediate the relationship between attachment styles and psychological well-being among dyads. The mediation analysis (Table 4.3) revealed a significant negative relationship between attachment styles and marital satisfaction with the correlation coefficient being  $-1.27$ , supporting Hypothesis 1. It also indicates that marital satisfaction partially mediated the association between attachment styles and psychological well-being with the correlation coefficient being  $-.07$ . This finding suggests that attachment styles play a crucial role in influencing marital satisfaction, with higher levels of attachment insecurity associated with lower levels of marital satisfaction.

Many researches have also reported that the quality of marital relationships plays a crucial role in shaping individuals' psychological well-being, with attachment styles influencing both marital satisfaction and mental health outcomes. (APA PsycNet, 2012; Begum & Kumar, 2014; Feeney & Karantzas, 2019)

It is evident that marital satisfaction plays a critical mediating role when investigating the relationship between attachment styles, marital satisfaction, and psychological well-being among married couples. According to attachment theory,

our attachment styles are shaped by our early experiences with caregivers and have a big impact on how people interact in romantic relationships (Bowlby, 1980; Ainsworth et al., 1978). Hazan and Shaver (1987) found that secure attachment is typically linked to positive relationship dynamics, such as effective communication and emotional support, which in turn contribute to increased marital satisfaction. On the other hand, inadequate communication and unresolved disputes can lead to relationship problems and decreased levels of marital satisfaction in cases of insecure attachment styles, such as anxious or avoidant attachment (Mikulincer & Shaver, 2007).

In turn, marital satisfaction acts as a crucial mediator between psychological well-being and attachment types. Better psychological outcomes, such as lower levels of anxiety and depression and higher levels of general life satisfaction, are associated with high marital satisfaction (Weiss & Karaky, 1992). Empirical research, such as the findings of Butzer and Campbell (2008), which demonstrate that marital satisfaction mediates the effects of attachment styles on relationship outcomes, supports this association. Similarly, Simpson, Rholes, and Nelligan (1992) showed that marital satisfaction mediates the effects of various attachment types on relationship quality and psychological health. Various attachment styles influence how couples assist one another.

Marital satisfaction measures how well emotional needs are addressed and encapsulates the qualitative characteristics of the relationship that are influenced by attachment patterns. It serves as an essential conduit for converting the effects of attachment patterns into psychological health. Psychological well-being can be enhanced by a loving and meaningful marriage that acts as a buffer against the negative impacts of insecure attachment patterns (Cohen & Miller, 2012). The



necessity of promoting relationship satisfaction to enhance general mental health is thus highlighted by the concept of marital satisfaction as a mediator, which offers insightful information about how attachment types impact psychological well-being.

Individuals who experience attachment anxiety may become more sensitive to relationship pressures and find it difficult to trust their partner's commitment because of their fear of being abandoned and incessant desire for validation. However, people who avoid connection may find it difficult to give their all in a relationship, keeping emotional distance as a defense against possible rejection or vulnerability. Insecure attachment styles can hinder successful communication, emotional closeness, and conflict resolution in married couples, which can eventually compromise the stability and well-being of the union.

The observed mediation highlights the influence of attachment dynamics on marriage partnerships in the cultural setting of Pakistani society, where social support networks and familial ties are highly valued. Because Pakistani society is collectivist and values family harmony and stability, people's attachment styles play a crucial role in determining how happy they are in their marriages.

The correlation analysis (Tables 4.5) revealed a significant negative correlation between anxious attachment style and marital satisfaction ( $r = -.37, p < .001$ ). This indicates that individuals with higher levels of anxious attachment tend to report lower levels of marital satisfaction. It also showed a negative correlation between avoidant attachment style and marital satisfaction ( $r = -.54, p < .001$ ). This indicates that individuals with higher levels of avoidance attachment tend to report lower levels of marital satisfaction, providing support for Hypothesis 2.

These findings suggest that individuals with higher levels of anxious or avoidant attachment tend to report lower levels of marital satisfaction. Consistent with the second hypothesis, our study found significant negative correlations between anxious and avoidant attachment styles and marital satisfaction.

As mentioned in previous studies, individuals with higher levels of anxious or avoidant attachment tended to report lower levels of marital satisfaction, highlighting the detrimental impact of attachment insecurities on relationship quality (Mardani et al., 2021). These findings underscore the importance of addressing attachment dynamics in interventions aimed at improving marital satisfaction among Pakistani couples.

Attachment anxiety and avoidance, which are indications of insecure attachment patterns, are fundamentally harmful to the establishment and maintenance of happy, healthy relationships. Anxious attachment styles can cause people to constantly turn to their partners for validation and assurance, which can make them more sensitive to feelings of abandonment and unstable relationships. On the other hand, those with avoidant attachment styles could find it difficult to give their all in a relationship, keeping emotional distance as a defense against possible vulnerability or rejection. These behavioral patterns have the potential to undermine intimacy, trust, and productive communication in married couples, which will ultimately weaken the bond and level of happiness in the union.

People with anxious or avoidant attachment styles may encounter particular difficulties in Pakistani society, where traditional gender roles and familial expectations influence marital relations. For example, dissatisfaction might result from gendered expectations exacerbating anxiety or avoidance in relationships.

Furthermore, the effects of attachment concern on relationship outcomes may be amplified by societal standards that place a strong emphasis on marital stability.

The correlation analysis (Tables 4.5) between attachment styles and psychological well-being also demonstrated significant associations, it indicated a significant negative correlation between secure attachment style and psychological well-being ( $r = -.39, p < .001$ ) suggesting that individuals with higher levels of secure attachment tend to report higher levels of psychological well-being. It also revealed a significant negative correlation between anxious attachment style and psychological well-being ( $r = -.28, p < .001$ ) indicating that individuals with higher levels of anxious attachment tend to report lower levels of psychological well-being. The analysis also reveals a significant negative correlation between avoidance attachment style and psychological well-being ( $r = -.32, p < .001$ ) suggesting that individuals with higher levels of avoidance attachment tend to report lower levels of psychological well-being, supporting Hypothesis 3. More specifically, psychological well-being was higher in those with secure attachment patterns and lower in those with anxious or avoidant attachment types.

The findings of our research are consistent with previous research highlighting the protective role of secure attachment in promoting mental health and resilience (Simpson et al., 2007).

The strong relationships that have been observed between attachment types and psychological well-being highlight the enormous impact that attachment styles have on people's mental health outcomes in married couples. People with secure attachment patterns, which are marked by trust, emotional transparency, and useful coping techniques, have a strong basis on which to build their resilience and

confidence in order to face life's obstacles. Conversely, insecure attachment styles, including anxious or avoidant attachment, are characterized by challenges in creating and sustaining strong emotional attachments, which raises discomfort levels and results in maladaptive coping mechanisms. People that exhibit secure attachment styles generally have a good internal relationship model, believing that they are deserving of love and support and that their partners will be available and attentive. They are better able to handle stress, ask for help when needed, and keep their emotions in check when they feel secure. As a result, there is a greater chance that individuals will feel more satisfied with their lives overall and psychologically. On the other hand, those with anxious attachment styles could be too alert to indications of rejection or desertion, which makes them feel more insecure and nervous in their relationships. Similar to this, people who have avoidant attachment styles could use defensive tactics to preserve their emotional detachment and independence, which can lead to feelings of loneliness. Maladaptive coping strategies are linked to these insecure attachment styles and are linked to decreased psychological well-being.

In the cultural setting of Pakistan, stable attachment styles may provide resistance against psychological distress since social support networks and familial interactions act as important stress-reduction mechanisms. Stronger social ties and emotional support may be advantageous for people with stable attachments, improving their general wellbeing. On the other hand, those with insecure attachment styles could find it difficult to ask for help or cope with stress, which could have a negative psychological impact.

Understanding the numerous cultural influences on Pakistani society's marriage and attachment patterns is crucial. Cultural elements including collectivism, familial responsibilities, and societal expectations have a substantial impact on

people's attachment orientations and how they relate to relationship happiness and mental health, even though some findings are consistent with literature from the West. In Pakistani society, for example, attachment anxieties may have a greater influence on relationship outcomes due to societal expectations that prioritize marital stability. In order to create culturally sensitive interventions that address attachment-related issues in Pakistani marriages, future research should carry out more exploration of these cultural nuances.

## **5.2 Conclusion**

In conclusion, this research offers insightful information about the intricate interactions that exist between Pakistani married dyads' attachment types, marital satisfaction, and psychological health. The quality of relationships and mental health in Pakistani society can be improved by interventions that are specifically designed to take into account attachment dynamics and the country's distinct cultural setting.

## **5.3 Limitations**

1. The possibility of sample bias is one of the study's main drawbacks. Due to many factors like recruiting methods, sample demographics, and regional variances, the sample may not accurately reflect the heterogeneous community of Pakistani spouses. The study's results may have been biased if, for example, some demographic groups were overrepresented or underrepresented. To assure a more representative sample, future research could solve this restriction by utilizing more stringent sampling procedures, including stratified sampling or random sampling.

2. The use of self-report measures to gauge psychological well-being, marital satisfaction, and attachment styles is another drawback. Self-report measures are subject to response biases, social desirability bias, and common method bias, which can compromise the validity and accuracy of the data that is presented. Instead of accurately representing their actual experiences and perceptions, participants may give answers they feel fit social norms or are socially acceptable. Future research could use multi-method techniques, including observer ratings or behavioral observations, to reduce this constraint and improve the data's dependability by triangulating findings.
3. The study's cross-sectional design makes it difficult to determine causal relationships between variables. Researchers are unable to determine causality or evaluate changes over time using cross-sectional data since they only offer a snapshot of associations at one particular point in time. The study found correlations between psychological well-being, marital satisfaction, and attachment patterns; however, it was unable to ascertain the chronological order or directionality of these interactions. Studies that follow participants over time and take repeated measurements may yield more reliable proof of causal connections and temporal dynamics.
4. The results of studies that have attempted to examine attachment patterns in the context of Pakistani culture may not fully capture the nuances of cultural norms, beliefs, and customs that affect marriage partnerships. Due to the country's diversity in terms of ethnicity, religion, and geography, distinct subpopulations may be affected differently by attachment styles and marital dynamics. The study's conclusions might not apply to all Pakistani couples, and certain cultural quirks could not have been sufficiently covered.

Qualitative techniques, including focus groups and interviews, may be used in future studies to better understand the ways that culture affects attachment and marriage.

#### **5.4 Implications**

1. The study has a number of implications for clinical practice despite these drawbacks. The results can be used by mental health practitioners who deal with Pakistani couples to inform therapeutic interventions meant to improve psychological well-being and marital satisfaction. Aspects of interventions that might be addressed include emotional closeness, communication skills development, adaptive coping techniques, and attachment insecurities. Couples seeking assistance in developing ways to overcome obstacles can benefit from a therapist's understanding of their respective attachment styles and how they impact relationship dynamics.
2. The results of this study can also be used to guide the development of educational initiatives in Pakistan that are aimed at individuals and couples. Programs for relationship education may offer psychoeducation on stress management, communication skills training, conflict resolution tactics, and attachment theory. These programs can enable couples to create happier, healthier relationships and avoid marital distress by giving people the information and abilities to deal with relationship obstacles.
3. The study's conclusions might have an impact on how Pakistani policymakers draft laws pertaining to mental health services, relationship education initiatives, and family support services. The evidence can be used by policymakers to support the inclusion of relationship education and counseling

services in community settings and already-existing healthcare systems.

Policies that place a high priority on family well-being, raise public awareness of mental health issues, and remove structural obstacles to getting support services can improve the stability and resilience of families as a whole as well as the strength of marriages.

4. Finally, the study contributes to cross-cultural understanding by highlighting the universal significance of attachment dynamics in shaping relationship outcomes while also acknowledging the cultural specificity of attachment patterns. By recognizing and respecting cultural differences, interventions and policies can be tailored to meet the unique needs of diverse populations. Culturally sensitive approaches that consider cultural norms, values, and traditions can foster more inclusive and effective strategies for promoting healthy relationships and well-being across diverse cultural contexts.



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## **Annexures**

**Annexure A**  
**Informed Consent**

### اجازت نامہ

میں ایمان فاطمہ ، بحریہ یونیورسٹی کے شعبہ نفسیات میں ماسٹرز کی طلباء ہوں . اپنی ڈگری کے حصول کے لیے میں ایک تحقیق بعنوان وابستگی کے انداز اور ازدواجی زندگی میں اطمینان پر کر رہی ہوں جس میں مجھے آپ کی اور آپ کے ساتھی ( ازدواجی ) کی شمولیت درکار ہے . اس مقصد کے لیے مجھے آپ سے یہ فام پر کروانے کی ضرورت ہے۔

آپ کی شرکت ہمیں وابستگی کے انداز اور ازدواجی زندگی میں اطمینان کے درمیان تعلق کو بہتر سمجھنے میں مدد کریگی . آپ کی یقین دہانی کے لیے آپ کی تمام دی گئی معلومات کو صیغہ راز میں رکھا جائیگا اور آپ کے نام کسی بھی رپورٹ یا اشاعت میں استعمال نہیں کیے جائیں گے . مزید یہ کہ آپ جب چاہیں اس تحقیق میں شمولیت سے انکار کر سکتے / سکتی ہیں۔ میری تحقیق کا دورانیہ تقریباً 6-7 ماہ ہوگا۔ اگر آپ تحقیق سے متعلق نتائج جاننے میں دلچسپی رکھتے ہوں تو دیئے گئے ای۔ میل ایڈریس پر رابطہ کر سکتے ہیں:

ieemanfatima@gmail.com

اگر آپ اوپر فراہم کردہ تفصیلات سے متفق ہیں اور اس تحقیق میں شمولیت پر رضامند ہیں تو نیچے دی گئی جگہ پر دستخط کیجئے۔

شکریہ!

دستخط امیدوار : \_\_\_\_\_

**Annexure B**  
**Demographic Sheet**



## ذاتی کوائف نامہ

- عمر: \_\_\_\_\_ جنس: \_\_\_\_\_ تعلیم: \_\_\_\_\_
- پیشہ:  سرکاری ملازم  نجی ملازم  کاروبار  گھریلو خاتون  بیروزگار
- پیدائش میں نمبر: \_\_\_\_\_ خاندانی نظام:  انفرادی  مشترکہ
- ماہانہ آمدنی: \_\_\_\_\_ شادی کی مدت: \_\_\_\_\_ بچوں کی تعداد: \_\_\_\_\_
- کیا آپ اپنی ازدواجی زندگی میں خوش ہیں؟  ہاں  نہیں
- کیا آپ نے کبھی علیحدگی یا طلاق کے بڑے میں سوچا؟  ہاں  نہیں
- ہاں کی صورت میں کیوں؟

- کیا آپ نے کبھی کسی قسم کی منشیات استعمال کی ہیں؟  ہاں  نہیں
- ہاں کی صورت میں مندرجہ ذیل میں سے کون سی؟

شراب  چرس  ال ایس ڈی  جادوی مشروم  کیٹامین

افیم  ہروئن  کوکین  تمباکو  کرسٹل میتھ

### **Annexure C**

**Scales: Experiences in Close Relationship, Dyadic Adjustment Scale & The  
Warwick-Edinburgh Mental Well-being Scale**

## Scale 1

اکثر شادی شدہ خواتین و حضرات کے باہمی تعلقات میں بعض اختلاف دیکھنے میں آتے ہیں۔ آپ نے یہ بتانا ہے کہ مندرجہ ذیل معاملات میں آپ اور آپ کے / کی شریک حیات کے درمیان کس حد تک اتفاق پایا جاتا ہے۔

نمبر شمار	بیانات	ہمیشہ متفق	تقریباً متفق	کبھی کبھار غیر متفق	اکثر غیر متفق	تقریباً غیر متفق	ہمیشہ غیر متفق
1	گھریلو اخراجات کرنے میں						
2	شفقت / محبت کا اظہار						
3	دوست احباب						
4	جنسی تعلقات						
5	روایت پسندی (رسم و رواج کے مطابق درست یا صحیح رویہ)						
6	فلسفہ حیات (زندگی گزارنے کا طریقہ)						
7	والدین سے برتاؤ						
8	سسرال والوں سے برتاؤ						
9	عوام، مقاصد اور اہم معاملات						
10	اکٹے وقت گزارنا						
11	اہم فیصلے						

						فارغ اوقات کے مشاغل	12
						روزگار اور پیشے کے بارے میں فیصلے	13

نمبر شمار	بیانات	ہمیشہ	زیادہ تر	اکثر	کبھی کبھار	شاذ و نادر	کبھی نہیں
14	ہم میں طلاق، علیحدگی یا اپنے تعلقات ختم کرنے سے متعلق بحث/بات چیت ہوتی ہے						
15	میں شریک حیات سے لڑائی کے باوجود گھر چھوڑنا/چھوڑتی ہوں						
16	میں سوچتا/سوچتی ہوں کہ ہمارا ایک دوسرے کے ساتھ ابھی وقت گزر رہا ہے						
17	ہم ایک دوسرے پر مکمل اعتماد رکھتے ہیں						
18	مجھے اپنے شادی شدہ ہونے پر افسوس/پچھتاوا ہوتا ہے						
19	میرا شریک حیات سے جھگڑا ہوتا ہے						
20	ہمیں محسوس ہوتا ہے کہ ہم ایک دوسرے کے اعصاب پر سوار ہو رہے ہیں						

نمبر شمار	بیانات	سب میں	زیادہ تر	کچھ میں	بہت کم	کسی میں بھی نہیں
21	ہم گھر سے باہر مشاغل اور سیر و تفریح میں اکٹھے شریک ہوتے ہیں					

نمبر شمار	بیانات	کبھی نہیں	مہینے میں ایک دفعہ سے بھی کم	مہینے میں ایک یا دو دفعہ	ہفتے میں ایک یا دو دفعہ	دن میں ایک دفعہ	اکثر
22	گرم جوشی سے تبادلہ خیال کرنا						
23	اکٹھے ہنسنا / قہقہہ لگانا						
24	کسی معاملے پر اطمینان سے بحث کرنا						
25	کسی منصوبے پر اکٹھے کام کرنا						

بعض امور میں شادی شدہ جوڑوں میں اتفاق دیکھنے میں آتا ہے۔ آپ کو یہ بتانا ہے کہ کچھ کچھ ہفتوں میں ان میں سے کون سے امور آپ کے لیے اختلاف رائے یا کشیدگی کا باعث بنے (ہاں یا نہیں میں جواب دیں)

26. تھکن کی وجہ سے جنسی تعلقات سے انکار \_\_\_\_\_

27. آپس کے تعلقات میں آپ کتنے خوش یا ناخوش ہیں صرف ایک نقطے پر نشان لگائیے۔

انتہائی خوش    بہت زیادہ خوش    تھوڑا ناخوش    تھوڑا ناخوش    بہت خوش    تھوڑا ناخوش    بہت زیادہ خوش    انتہائی ناخوش

## Scale 2

درج ذیل بیانات ان احساسات کے متعلق ہیں جو آپ قریبی تعلقات میں محسوس کرتے ہیں۔ ہم یہ جاننے میں دلچسپی رکھتے ہیں کہ آپ کو عام طور پر قریبی تعلقات کا کیسا تجربہ ہوتا ہے۔ ہر بیان کے سامنے صحیح (✓) کا نشان لگا کر بتائیں کہ آپ کس حد تک اس سے متفق ہیں؟

نمبر شمار	بیانات	بالکل غیر متفق	غیر متفق	کسی حد تک غیر متفق	غیر جانبدار	کسی حد تک متفق	متفق	بالکل متفق
1	میری پریشانی یہ ہے کہ میرا شریک حیات میرا اتنا خیال نہیں رکھتا جتنا میں رکھتا / رکھتی ہوں۔							
2	مجھے خوف ہے کہ میں اپنے شریک حیات کی محبت سے محروم ہو جاؤں گا / گی۔							
نمبر شمار	بیانات	بالکل غیر متفق	غیر متفق	کسی حد تک غیر متفق	غیر جانبدار	کسی حد تک متفق	متفق	بالکل متفق
3	جب میں اپنے شریک حیات کے لئے اپنے جذبات کا اظہار کرتا / کرتی ہوں، تو مجھے در ہوتا ہے کہ وہ میرے بارے میں ویسا ہی محسوس نہیں کریگا / کریگی۔							
4	ضرورت کے وقت شریک حیات کے پاس جانا مددگار ثابت ہوتا ہے۔							
5	میں اپنے شریک حیات پر انحصار کرنے میں آسانی پاتا / پاتی ہوں۔							

							6	میں اکثر پریشان ہوتا/ہوتی ہوں کہ میرا شریک حیات میرے ساتھ نہیں رہنا چاہئے گا/گی۔
							7	میں محسوس کرتا/کرتی ہوں کہ میرا شریک حیات میرے اتنا نزدیک نہیں ہونا چاہتا/چاہتی، جتنا میں چاہتا / چاہتی ہوں۔
							8	میں اکثر خواہش کرتا/کرتی ہوں کہ کاش میرے شریک حیات کے جذبات میرے لیے اتنے ہی شدید ہوتے، جتنے کے میرے جذبات اس کے لئے ہیں۔
							9	میں اپنے شریک حیات کے قریب آنے میں سکون محسوس کرتا/کرتی ہوں۔
							10	جب میرا شریک حیات بہت زیادہ قربت چاہتا / چاہتی ہے، تو میں مشکل محسوس کرتی ہوں۔
							11	میرا شریک حیات مجھے اور میری ضروریات کو واقعی سمجھتا / سمجھتی ہے۔
							12	میں اپنے شریک حیات سے چیزوں کے بارے میں بات کرتا/کرتی ہوں۔
							13	یہ بات مجھے پائل کر دیتی ہے کہ مجھے اپنے شریک حیات سے وہ محبت اور سہارا نہیں ملتا، جو میں چاہتا/چاہتی ہوں۔

							14	میں اپنے تعلقات کے بارے میں اکثر پریشان رہتا / رہتی ہوں۔
							15	میرا شریک حیات صرف تب ہی مجھے توجہ دیتا/دیتی ہے جب میں غصہ ہوتا / ہوتی ہوں۔
							16	جب میرا شریک حیات میری آنکھوں سے اوجھل ہو تو میں پریشان ہوتا / ہوتی ہوں کہ کہیں وہ کسی اور میں پچھپی نہ لینے لگے۔
							17	میں اپنے احساسات و جذبات اپنے شریک حیات کو بتا کر بہت پرسکون محسوس کرتا / کرتی ہوں۔
							18	میں اپنے شریک حیات پر انحصار کرنے میں سکون محسوس کرتا / کرتی ہوں۔
							19	میرے لئے اپنے شریک حیات کے قریب رہنا مشکل نہیں۔

نمبر شمار	بیانات	بالکل غیر متفق	غیر متفق	کسی حد تک غیر متفق	غیر جانب دار	کسی حد تک متفق	بالکل متفق
20	میں اپنی اندرونی کیفیات کو اپنے شریک حیات پر ظاہر کرنے کو ترجیح نہیں دیتا / دیتی						
21	مجھے اپنے شریک حیات پر انحصار کرنے میں مشکل						



							پیش آتی ہے۔	
							میں اپنے شریک حیات کے ساتھ بہت زیادہ قربت کو ترجیح نہیں دیتا / ہتی۔	22
							مجھے اپنے شریک حیات سے کھل کر بات کرنے میں مشکل پیش آتی ہے	23
							میں اپنے شریک حیات کے ساتھ شفقت سے پیش آنے میں آسانی محسوس کرتا / کرتی ہوں۔	24
							بعض اوقات میرا شریک حیات بغیر کسی ظاہری وجہ کے، مجھ سے بد دل ہو جاتا/ جاتی ہے۔	25
							مجھے اپنے شریک حیات کی وجہ سے خود پر شک ہونے لگتا ہے	26
							مجھے اگر چھوڑ دیا جائے تو میں اس پر زیادہ پریشان نہیں ہوتا/ ہوتی۔	27
							میں اپنے شریک حیات کے زیادہ قریب ہونے پر گھبرا جاتا / جاتی ہوں۔	28
نمبر شمار	بیانات	بالکل غیر متفق	غیر متفق	کسی حد تک غیر متفق	غیر جانب دار	کسی حد تک متفق	بالکل متفق	
							میں اپنے شریک حیات کے ساتھ قربت کو نسبتاً آسان محسوس کرتا / کرتی ہوں۔	29
							میں پریشان ہوتا / ہوتی ہوں کہ میں دوسروں کے معیار پر پورا نہیں اترؤںگا / اترؤں گی۔	30

							31	مجھے خوف ہے کہ میرا شریک حیات جب مجھے جان لے گا، تو وہ مجھے پسند نہیں کریگا / کرے گی۔
							32	کئی دفعہ میرے بہت قریب ہونے کی خواہش لوگوں کو مجھ سے دور کر دیتی ہے۔
							33	میں عام طور پر اپنے شریک حیات سے اپنے مسائل اور ترجیحات پر بات کرتا / کرتی ہوں۔
							34	میں اکثر پریشان ہوتی ہوں کہ میرا شریک حیات مجھ سے درحقیقت محبت نہیں کرتا۔
							35	میرا شریک حیات مجھے میرے بارے میں شک میں ڈال دیتا / دیتی ہے۔
							36	میں اپنے شریک حیات کو سب باتیں بتا دیتا / دیتی ہوں

## Scale 3


نیچے سوچ اور احساسات کے بارے میں کچھ جملے دیئے گئے ہیں۔ برائے مہربانی نیچے دیئے گئے جملوں کو غور سے پڑھیں اور اپنی رائے کا اظہار دیئے گئے پیمانے کی مدد سے کریں، جو کہ آپ کے پچھلے دو ہفتوں کے تجربے کو بہترین طریقے سے بیان کرے۔

نمبر شمار	بیانات	کبھی نہیں	بہت کم	کبھی کبھار	اکثر	ہمیشہ
1	میں مستقبل کے بارے میں پر امید محسوس کرتا / کرتی ہی ہوں۔					
2	میں اپنے آپ کو ایک کارآمد انسان سمجھتا رہا / رہی ہوں۔					

					3	میں پرسکون محسوس کرتا / کرتی ہی ہوں۔
					4	میں دوسرے لوگوں میں دلچسپی محسوس کرتا رہا / رہی ہوں۔
					5	میرے پاس کافی توانائی ہی ہے۔
					6	میں مسائل سے اچھے طریقے سے نمٹتا رہا / رہی ہوں۔
					7	میں واضح طور پر سوچتا رہا / سوچتی ہی ہوں۔
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					14	میں خوش محسوس کرتا رہا / کرتی ہی ہوں۔

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to me

Fri, Feb 23, 11:24 PM    

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 **Dean Busby** <dean\_busby@byu.edu>  
to me

Mon, Feb 26, 7:09 PM    

Dear Eman,

The RDAS has been published in its entirety in the following article (see the Appendix). Consequently you do not need permission to use it and can adapt it and translate it if needed. The scoring is in the appendix. You are only required to cite this article in any publication you produce with your research.

Sincerely,

Dean M. Busby

Busby, D. M., Crane, D. R., Larson, J., & Christensen, C. (1995). A revision of the dyadic adjustment scale for use with distressed and nondistressed couples: Construct hierarchy and multidimensional scales. *Journal of Marital and Family Therapy*, 21, 289-308.

On Feb 23, 2024, at 7:19 AM, Eman Fatima <[ieemanfatima@gmail.com](mailto:ieemanfatima@gmail.com)> wrote:

\*\*\*

Re: Permission Request for Translation and Use of ECR-R Inbox x

 **R. Chris Fraley** <[rcfraley@gmail.com](mailto:rcfraley@gmail.com)>  
to me

Fri, Feb 23, 8:24 PM    

Hello. Please feel free to use it. You can find more info about the ECR-R via the "Resources" tab on my website (<http://labs.psychology.illinois.edu/~rcfraley/>).

~ Chris

R. Chris Fraley  
University of Illinois at Urbana-Champaign  
Department of Psychology  
603 East Daniel Street  
Champaign, IL 61820  
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