Attachment styles and Marital burnout; A mediating role of Marital communication patterns among Working women

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Dedication

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List of Symbols

Symbols	Definitions
α	Cronbach's index of internal consistency
k	Number of items
f	Frequency
n	Total sample
t	Ratio
M	Mean
SD	Standard Deviation
%	Percentage
p	Significance Value
R	Correlation Coefficient
R^2	Coefficient of Determination
β	Standardized Beta
B	Unstandardized Beta
SE	Error
Z	Standard Score
LL	Lower Limit
UL	Upper Limit
CI	Confidence Interval

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Abstract

Marriage is most important relationship in a person's life, but it may be difficult to keep one that is healthy going, particularly where attachment styles, communication patterns, and marital burnout are involved. This study aimed to investigate the relationship between attachment styles (close, depend, and anxiety), Gottman's communication patterns (criticism, defensiveness, contempt, and stonewalling), and marital burnout (somatic, psychological, and emotional) among working women, with a focus on the mediating role of marital communication patterns. A sample of 250 working women aged 30–50 years participated in the study. Three questionnaires were used to collect data; Attachment styles (18 items), Four Horsemen Scale (33 items), Marital burnout Scale (21 items). Data were analyzed using correlation and mediation analyses via Hayes' PROCESS macro in SPSS. The results revealed that secure attachment styles (close and depend) were associated with lower levels of negative communication patterns and burnout, while anxiety attachment was linked to higher levels of destructive communication and burnout. Communication patterns were found to partially or fully mediate the relationship between burnout and attachment styles, emphasizing their critical role in marital dynamics. Additionally, no significant age differences were observed in attachment styles, communication patterns, or burnout between individuals aged 30–39 years and those aged 40–50 years, suggesting that relational dynamics, rather than age, are more influential in shaping marital outcomes. With the goal reduce marital burnout and increase relational happiness, these findings emphasize the significance of developing a stable attachment and improving communication skills.

Key Words: Attachment styles, Communication patterns, Marital burnout.