

# Attachment Styles and Marital Satisfaction: A Study to Associate Attachment Patterns and Satisfaction in Marriages

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## Abstract

The attachment pattern of an individual primarily estimates their satisfaction in relationships. Two partners within one relationship can have different satisfaction levels and requirements from their union. The study aims to identify each participant's attachment style and further measure their marital satisfaction. The data has been collected through an online questionnaire for the 65 married participants belonging to different parts of India. The questionnaire consisted of the 18-item Adult Attachment Scale by Collins and Reed with a 5-point Likert scale and the 16-item Couples Satisfaction Index (CSI-16) by Funk and Rogge. Regression analysis was used to test the hypotheses. The result showed that individuals with a Close attachment style tend to experience significantly higher relationship satisfaction compared to those with an Anxiety attachment style. Similarly, individuals with a Depend attachment style exhibit significantly higher relationship satisfaction than those with an Anxiety attachment style.

**Keywords:** Attachment Style; Marital Satisfaction; Depend; Close; Anxiety

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## 1. Introduction

### 1.1 Attachment Styles

According to the American Psychological Association (APA), attachment style is the characteristic way people relate to others in the context of intimate relationships, which is heavily influenced by self-worth and interpersonal trust. Theoretically, the degree of attachment security in adults is related directly to how well they bonded to others as children. Four distinct categories of adult attachment style are typically identified: dismissive attachment, fearful attachment, preoccupied attachment, and secure attachment. For the purpose of this research, attachment style has been outlined as two distinct types: secure attachment and insecure attachment. The theory of attachment was initially given by Bowlby and Ainsworth.

Attachment theory posits that human beings have a natural inclination to form strong emotional bonds with others, which are often observed between infants and their caregivers. These bonds play a crucial role in shaping an individual's social and emotional development, influencing their sense of self and their ability to regulate emotions and navigate relationships throughout their lives. The two most commonly identified attachment styles in both children and adults are secure and insecure. Secure attachment is associated with interactions that provide a sense of safety and predictability,

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whereas insecure attachment arises in emotionally unpredictable or rejecting environments. (Dalbem & Dell'Aglio, 2005; Tamaki & Takahashi, 2013).

## 1.2 History of Attachment Theory

Attachment theory central to the history of psychoanalysis, but it is not easily recognizable, partly because of Bowlby's unique formulation of the centrality of relationships in terms of attachment for understanding the dynamics of the human inner world and partly because of certain defensive features of psychoanalysis that makes changes in thinking difficult. Due to the lack of acknowledgement of Bowlby's contribution to psychoanalysis has been a widespread ignorance of the difference between an attachment bond and a trauma bond. An attachment bond provides safety and a trauma bond provides harm. Victims of abuse can mistakenly be encouraged to remain in abusive relationships in the name of attachment because trauma bonds can be strong even though they are harmful. This is a dangerous misreading of attachment theory stemming from the marginalization and ignorance of Bowlby's work. (Schwartz, 2015)

Infant and caregiver attachment was originally a classification scheme based on the observation of behavior in the strange situation, a laboratory procedure involving two separations and two reunions between the infant and the caregiver. The infant behavior in the strange situation was a marker of the care giving experiences infants had experienced at home over the first year (Ainsworth et al., 1978).

Ainsworth talked about three major patterns, each with at least two subtypes. The most common and optimal pattern was labeled secure, or type B, and has 4 subtypes. These included infants who used their mothers as a secure base for exploration. They would explore freely in her presence whilst periodically checking for her whereabouts and reactions. If the mother was absent, then they would restrict their exploration. Varying levels of distress were shown in her absence, one feature which distinguishes the four subtypes. The levels of distress ranged from simple inhibition of play/exploration to extreme distress, but all showed a positive greeting to her upon reunion. Children who were more distressed sought physical contact and were comforted by it, subsequently being able to return to exploration.

The next most common type, type A, was labeled avoidant, and has two subtypes. These infants explored without interest in their mothers' whereabouts, and were minimally distressed by her departure and appeared to ignore her when she returned. The final type, type C, labeled resistant or ambivalent, has two subtypes. These infants were extremely distressed when the mother departed and although they seek physical contact when she returned, they did not easily settle down and return to exploration.

Within the secure group, some infants, like those in the B1 and B2 subgroups, show little distress and seek minimal contact with their mother at reunion. They can be thus likened to avoidant infants, but their generally positive approach to their mothers, particularly during reunions, places them in the secure category. Secure infants in B3 and B4 subgroups may be very distressed during separations, and some, like those in B4 subgroups, like resistant infants, may also be slow to settle down at reunions. Nevertheless, it is their competence in expressing their needs directly and their ambivalent acceptance of maternal ministrations, placing them in the secure group.

Thus, Ainsworth's study suggests that reunion behaviors reveal more about the quality of attachment than separation behaviors do. For several years, these three primary categories were adequate to capture the individual differences in infant behavior in the strange situation. The attachment patterns before this study were also recorded (the patterns observed at home), and the attachment patterns in later social development too. A large longitudinal study at University of Minnesota by Sroufe and Egeland et al., following infants and assessing their attachments at 12 and 18 months, and into late adolescence (e.g., Erickson, Sroufe, and Egeland, 1985; Sroufe et al., 1993).

A number of studies of normative and high risk populations included attachment measures at discrete points in the life cycle. As the scope of attachment studies expanded, including more clinical

samples, such as maltreated children, and children of psychiatrically diagnosed mothers, it became evident that there were patterns that might not fit the original three category scheme, although the basis remained the same, of one attachment style being secure. For many years after Ainsworth's development of the Strange Situation and the associated classification scheme, research focused on infants. Bowlby, however, clearly considered attachment to be a life-span construct, and it soon became evident that measures of attachment beyond infancy were needed.

### 1.3 Adult Attachment Classifications

There are several classifications of adult attachment styles. This research paper follows the attachment styles given by Collins and Read. In their Adult Attachment Scale, three subscales are measured- Depend, Close and Anxiety.

1. The Depend scale measures the extent to which a person feels he/she can depend on others to be available when needed.
2. The Close scale measures the extent to which a person is comfortable with closeness and intimacy.
3. The Anxiety subscale measures the extent to which a person is worried about being abandoned or unloved.

The attachment style category is determined by the interplay of three factors, which provide insight into how individuals form and maintain their relationships. This also helps to evaluate the measure's convergent validity. The Anxiety, Dependence, and Closeness constructs are obtained through the inversion of certain items and summation. Using Cluster analysis, three attachment styles - secure, avoidant insecure, and anxious insecure - are formed, as previously mentioned. (Collins & Read, 1990).

1. Those with low Closeness, high Anxiety, and high Dependence would have an anxious attachment style.
2. People with high Closeness, low Anxiety, and low Dependence are categorized as belonging to the secure attachment.
3. And those with low Closeness, low Dependence, and high Anxiety would have the avoidant attachment style (Collins & Read, 1990; Collins, 1996).

Dividing attachment styles into three factors instead of just two (secure/insecure) allows for a more nuanced understanding of attachment styles and reduces the likelihood of inaccurate results, such as individuals with insecure attachment styles being mistakenly classified as having a secure attachment style. (Collins & Read, 1990).

### 1.4 Marital Satisfaction

The examination of behaviors exchanged between spouses was initiated over 25 years ago, driven by the belief of Harold Raush and his colleagues that understanding actions is more valuable than just understanding what people say about themselves. Previous attempts to study marital satisfaction through questionnaires and scales have proven to be ineffective, leading researchers to focus on studying the behavior of couples. Despite ongoing interest, research in the 1990s showed that interpersonal processes in marriage are difficult to study and a complete understanding is still lacking.

### 1.5 History

Recent research on the interpersonal processes in marriage continues to concentrate on the behaviors exchanged during marital conflict and problem-solving discussions, in line with its clinical roots. To understand this emphasis and the findings of the 1990s, it's necessary to look at earlier research trends. Early on, it became evident that it was necessary to capture the interdependence between the behavior of the husband and wife, rather than just the raw number of behaviors displayed by each. This led to more sophisticated methodologies and produced insightful results on the different patterns of behavior between distressed and non-distressed couples. For instance, Margolin and Wampold (1981) found that compared to happy couples, distressed couples had higher levels of negative reciprocity and negative reactivity in their interactions. In the 1980s and 1990s, researchers expanded this work by examining less obvious aspects of marital interaction, including interpretations of behaviors, emotions, physiological responses, and global patterns, as well as pro social dimensions of marital behavior and marital violence.

### 1.6 Measuring Marital Context

In the 1980s, analyses by Fincham and Bradbury (1987b), Huston, McHale, and Crouter (1986), Norton (1983), among others, led to a widespread recognition that standard measures of marital satisfaction, such as Locke and Wallace's (1959) Marital Adjustment Test (MAT) and Spanier's (1976) Dyadic Adjustment Scale (DAS), consisted of different types of items, including evaluative judgments about marital quality and reports of specific behaviors and general interaction patterns. This resulted in the use of these scales potentially inflating the associations between marital quality and self-report measures of interpersonal processes in marriage. Although this development had clear benefits for the interpretation of findings and the execution of subsequent research, it also had two unfortunate side effects. Firstly, some researchers became more inclined to develop and use non-standard global measures of marital satisfaction, which limited the ability to integrate similar studies. Secondly, the notion that measures such as the MAT and DAS were not appropriate for some applications was over emphasized to the extent that they were believed to be inappropriate for all applications.

The study will utilize the CSI-16, which is a measure of relationship satisfaction with 16 items created by Funk and Rogge. It is a self-administered questionnaire that can be taken as a 32, 16, or 4-item scale. The CSI-16 has been proven to be a reliable measure with strong internal consistency.

### 1.7 Attachment Styles and Marital Satisfaction

Sure, attachment styles refer to the way a person relates to others in close relationships and are believed to develop in early childhood based on experiences with caregivers. These attachment patterns can influence adult relationships, including marriage.

Individuals with secure attachment styles tend to have positive views of themselves and others, and they feel comfortable with intimacy and dependence. As a result, they often have higher levels of satisfaction in their marriages and better communication and problem-solving skills.

On the other hand, people with insecure attachment styles may have negative views of themselves and others, fear abandonment, and struggle with intimacy and trust. This can lead to lower levels of satisfaction in their marriages and difficulties in maintaining healthy and stable relationships.

It should be noted that attachment styles can change over time, and with therapy and support, individuals with insecure attachment styles can work to improve their relationships and increase their marital satisfaction.

## 2. Review of Literature

- A review of the role of adult attachment style in psychosis: Unexplored issues and questions for further research

Katherine Berry, Christine Barrowclough, Alison Wearden

They reviewed and evaluated critically the studies that suggested that individuals with psychosis had higher levels of insecure attachment, particularly dismissing attachment, compared to those without psychosis. They also looked into the role that social cognition, interpersonal factors, and affect regulation played in the development and persistence of psychosis and specific symptoms related to the diagnosis. They examined studies that demonstrated that insecure attachment was linked to weaker interpersonal relationships and less effective recovery methods and discussed how recent theories and findings in the field of psychosis could be understood within the attachment theory's framework.

In their review, they argued that investigating the nature of attachment styles in individuals with psychosis and their connections to the cognitive, interpersonal, and affective factors that play a role in the condition would advance our understanding of psychosis. They concluded by outlining the practical implications of using attachment theory to comprehend psychosis and summarizing the methodological and conceptual limitations of the theory that needed to be addressed. This included the requirement for studies with longer-term designs, larger, more representative samples, and more accurate methods for measuring attachment styles in those with psychosis.

This study shows how attachment style can have a deep enough affect, influencing psychopathology including major disorders such as psychosis.

- Personality Factors, Attachment Styles and Coping Strategies in Couples with Good and Poor Marital Quality

Sangeeta Banerjee & Jayanti Basu

The research aimed to examine the variations in Personality traits, Attachment patterns, and Coping techniques between couples with either high or low marital satisfaction. Initially, 90 couples participated in the study for preliminary evaluation. After evaluating the scores from the Marital Quality Scale, 20 couples with high marital satisfaction and 20 couples with low marital satisfaction were selected. The Marital Quality Scale and the General Health Questionnaire-28 were the instruments used for screening, while the Neo Five Factor Inventory, the Attachment style Questionnaire, and the Coping Checklist were the tools used for further analysis.

The results of the analysis showed that husbands in marriages with low satisfaction had higher levels of neuroticism, fewer instances of extraversion, less secure attachment styles, less problem-focused coping and acceptance, and more instances of denial than those in marriages with high satisfaction. Additionally, wives in marriages with low satisfaction differed significantly from wives in marriages with high satisfaction in their use of less religious coping, less acceptance, and less social support.

This shows how attachment styles and personality traits have an effect on marital relationships.

- Measurement of individual differences in adolescent and adult attachment

Judith Crowell, R. Chris Fraley, Phillip R Shaver

The study employed three questionnaires, namely, the AHQ, the IPPA, and the Reciprocal Attachment Questionnaire. Although all three methods were based on self-reporting, none of them aimed to identify the attachment patterns identified by Ainsworth, Blehar, Waters, and Wall (1978) in the Strange Situation experiment.

The study of adult attachment grew in the past 20 years to become one of the highest activity and visible areas in developmental, social, personality, and clinical psychology. Between 1985 and 2007, nearly 1000 journal articles on "adult attachment" were published. The findings obtained by adult attachment researchers were interesting, consistent, and compatible with Bowlby's and Ainsworth's theories. Nevertheless, the issue of measurement presented serious challenges. The primary being that the same measures cannot be used for both adults and adolescents, and also it might not be an accurate predictor of other factors.

This is a limitation for our current study as attachment styles need to be measured differently at different ages.

- The relation of insecure attachment states of mind and romantic attachment styles to adolescent aggression in romantic relationships

Erin M. Miga, Amanda Hare, Joseph P. Allen & Nell Manning

This report summarizes a longitudinal investigation of adolescent psychosocial functioning, including 184 seventh- and eighth-graders assessed annually over the past ten years. The study focused on 93 adolescents aged 14.28 (SD = 0.78) who had romantic partners along with their romantic partners. The sample was racially/ethnically and socio-economically diverse. At Time 1, attachment interview data was obtained from all target adolescents, while at Time 2, data were obtained from all adolescents and their romantic partners. Adolescents and their partners participated in videotaped observations and filled out behavioral measures about themselves and their partner. Formal attrition analyses indicated that the current sample did not differ from the larger sample on any demographic characteristics.

This study looked at the connection between adolescents' attachment styles and their conflict resolution strategies in romantic relationships. It found that preoccupied individuals tend to use verbally aggressive tactics when dealing with conflict, whereas those with dismissing attachment styles were more likely to be victims of aggression. Furthermore, teenagers who selected partners with heightened attachment anxiety had relationships where the anxiously attached partners were more verbally and physically aggressive towards the teens. The study emphasizes that care should be taken to distinguish between attachment traditions when researching attachment states of mind and romantic attachment style.

This study shows how conflict resolution, a huge part of the health of a relationship, can be influenced by one's attachment style. This can thus play a key role in overall marital satisfaction as well.

- Insecure attachment style is associated with chronic widespread pain

K.A. Davies, G.J. Macfarlane, J. McBeth, R. Morriss, C. Dickens.

The study was conducted on subjects aged 25 to 65 years, who were registered at one of three general practices in the north-west of England and had previously participated in a postal survey. Of the 3,950 subjects mailed, 2,509 subjects returned a completed questionnaire, with a response rate of 73%. The mean age of participants was 49.0 years, and 59.2% of them were female. Subjects were mailed a questionnaire assessing pain status, attachment style, and demographic factors, and were asked to report their age, gender, and marital status. Subjects were also asked to report if they had any ache or pain which had lasted for one day or longer in the last month. Based on the information on pain status, chronic widespread pain (CWP) was classified using the definition in the American College of Rheumatology criteria for fibromyalgia. The study used a Relationship Questionnaire developed by Bartholomew and Horowitz to identify participants' predominant adult attachment style. Statistical analysis was used to examine the differences and relationships between the three pain groups (pain-free, CWP, and other pain) in age, gender, marital status and attachment style.

This study investigated the association between attachment style and chronic widespread pain (CWP), the number of pain sites, pain intensity, and pain-related disability. The results show that an insecure attachment style is linked to CWP, and preoccupied attachment is most strongly associated with CWP, the number of pain sites, and pain-related disability. The study suggests that an awareness of attachment issues could help manage people with CWP, and assessments of attachment could identify those at high risk of developing chronic pain, those who may have difficulty engaging with healthcare services, or those who are at risk of coping poorly with chronic pain. Possible mechanisms include persistent dissociation under stress, communication in terms of physical symptoms, and abnormalities in the way individuals affected perceive/respond to different threats and engage in support from others. The study findings indicate that healthcare services should consider assessing attachment styles in people with chronic pain to better identify the specific needs and develop treatment plans for them.

This study shows how attachment style has widespread effects including chronic pain. This shows that there is a high possibility of attachment style being a predictor of marital satisfaction.

- How Stable Are Attachment Styles in Adulthood?

Gillath, O., Karantzas, G. C., & Fraley, R. C.

The stability of attachment styles is a fundamental question in attachment research. Researchers believe that attachment styles function both as trait-like and state-like ways, and people's developmental trajectories become more stable as time progresses. However, people's working models can change due to certain experiences, such as interpersonal losses. Research is still needed to deeply understand the dynamics of change and stability, including how specific experiences impact attachment and whether they have short- or long-term consequences. To better understand



this, researchers need to assess attachment styles across multiple occasions before major life events take place and conduct multiple measurements of the construct across time.

Attachment styles can undergo a change but a big enough event is needed to bring about this change, this could mean that the effect of attachment styles on marital satisfaction could be inaccurate or change over time.

- Avoidance of Intimacy: An Attachment Perspective

Kim Bartholomew

They proposed that adult avoidance of intimacy can be traced back to early attachment experiences, where emotional vulnerability becomes associated with parental rejection. Negative models of others resulting from adverse experiences are thought to mediate adult avoidance of close relationships. Unlike children, adults are more aware of their unfulfilled attachment needs. The proposed styles of adult avoidance include a fearful style, where there is a conscious desire for social contact but fear of the consequences of attachment, and a dismissing style, where there is a defensive denial of the need or desire for attachment bonds. These styles are represented by differing models of the self. The fearful view themselves as undeserving of love and support, while the dismissing possess a positive self-model that downplays distress or social needs that may activate the desire for close attachments. Intimacy avoidance is a complex phenomenon with a rich developmental history, and an attachment perspective may be useful in guiding empirical studies of this important but neglected topic.

This is an extremely important angle to consider; if an individual avoids intimacy due to their attachment styles, it could have a deep and lasting impact on their partner and ultimately overall marital satisfaction.

- Validity Of Attachment Theory

Rebecca M. Bolen

The paper discusses the status of empirical support for the primary hypotheses of attachment theory. While there is some evidence to support some of the theory's claims, such as the stability and predictability of attachment, the overall level of support is equivocal, and many questions remain concerning the nature and boundary of attachment. The passage also highlights methodological weaknesses in some studies of attachment theory, suggesting that further research is needed to refine the theory's claims. Finally, the author suggests that while attachment theory is an important framework for understanding human development, its primary hypotheses cannot yet be considered fully validated.

This is an important consideration as the validity of the attachment theory itself plays a vital role in our overall study as a predictor for marital satisfaction and as a valid construct in itself.

- The Making and Breaking of Affectional Bonds

John Bowlby



The article discusses attachment theory, which explains how humans form strong emotional bonds with specific individuals and how separation and loss can lead to emotional distress and personality disturbances. The theory draws from various fields, including psychoanalysis, ethology, cognitive psychology, and control theory, and is considered a scientific discipline. The article also explores common patterns of healthy and unhealthy personality development and how parenting styles can contribute to these patterns.

This understanding of attachment theory, its cause and ripple effects are essential to understand to study it as a potential predictor of marital satisfaction.

- Can You See How Happy We Are? Facebook Images and Relationship Satisfaction

Laura R. Saslow, Amy Muise, Emily A. Impett, and Matt Dubin

The participants were required to fill out a 30-minute survey and follow the study's Facebook page. By agreeing to participate, they also gave permission for us to download their Facebook profiles. They were instructed to fill out a 10-minute survey online every night for two weeks, independently from their partner. To ensure that they completed the daily diary portion of the study, reminder emails were sent to those who had not yet submitted their surveys by 10 pm. On average, the participants completed 12 diaries during the study, and were paid \$40 for their participation.

The study provides empirical evidence that the ways people choose to represent themselves pictorially on Facebook are related to how happy they are in their relationships and how close they feel to their partner. Those who are more satisfied in their relationships are more likely to post images of themselves and their partner as their main profile photo on Facebook. The research indicates that dyadic profile pictures on Facebook are an important marker of interconnectedness in a relationship. The study provides evidence that feelings of relationship satisfaction are linked to displaying dyadic profile pictures. The findings suggest that individuals who post dyadic pictures tend to be more highly satisfied with their romantic relationships, as opposed to being happier or more satisfied with their lives in general. The study also indicates several directions for future research in the area.

This study talks about the modern day approach to relationships, which is an important point to consider when trying to understand the effect of attachment styles on marital satisfaction.

- The Role Of Mindfulness In Romantic Relationship Satisfaction And Responses To Relationship Stress

Sean Barnes, Kirk Warren Brown, Elizabeth Krusemark, W. Keith Campbell, Ronald D. Rogge

The study recruited 89 dating college students (73% women) from a southeastern U.S. university for extra course credit. All participants were from different pairs, and 82 participants completed the second phase of the study. The participants' average age was 19.3 years, and most were Caucasian. The majority of participants were dating steadily, and the average length of their romantic relationships was 18.6 months. The study measured mindfulness, relationship satisfaction, self-control, and accommodation using established scales. The Mindful Attention Awareness Scale, Dyadic Adjustment Scale, and Investment Model Scale were used to measure trait mindfulness and

relationship satisfaction, while the Self-Control Scale and Accommodation Scale were used to measure self-control and accommodation, respectively.

There were significant positive correlations between mindfulness, relationship satisfaction, self-control, and accommodation at Times 1 and 2. When demographic and relationship characteristics were controlled, mindfulness was found to be a significant predictor of relationship satisfaction and self-control at both Time 1 and Time 2. However, when prior levels of satisfaction were controlled, mindfulness did not predict relationship satisfaction at Time 2. These findings suggest that mindfulness may play a role in enhancing relationship satisfaction and managing relationship stress. Further research is needed to determine if individuals who are more mindful are better able to regulate their behavior during relationship-specific stressful encounters. They found the variability in the relationship satisfaction scores to be low over the study's relatively brief 10-week period, which may limit the conclusions that can be drawn.

The research talks about how relationship stress and relationship mindfulness sheds some light on how relationships work which gives valuable insight for the research.

### **3. Method**

#### **3.1 Sample**

The sample included both males and females between the age group of 25 years to 55 years from the Indian geographical population, and a random sampling technique was used to select participants. The number of individuals who participated in the study was 65.

#### **3.2 Tools and Test**

##### **Socio-demographic Form**

The socio-demographic form included all the necessary details regarding the variables such as age, gender, educational background, duration of marriage, presence of children, etc.

##### **The Scale of Attachment Style**

The Adult Attachment Style is a scale used to measure individual differences in adult attachment style. It was developed by Collins and Read and measures adult attachment styles named "Secure", "Anxious" and "Avoidant". The scale measures intimacy and dependence dimensions and reflects the fear of being unloved or rejected. The Adult Attachment Style was established using Hazan and Shaver's categorical scale, which investigated the connection between adult romantic partners' emotional bonds and the attachment system that forms the emotional bond between infants and caregivers. Collins and Read conducted three studies on working models, adult attachment, and relationship quality in dating couples to explore the associations between adult attachment and other variables.

##### **The Scale of Marital Satisfaction**

The Couples Satisfaction Index (CSI-16) is a questionnaire consisting of 16 items, designed to evaluate the level of relationship satisfaction for couples who are married, cohabiting, or dating. The scale was created by Funk and Rogge using Item Response Theory and is available as a self-report questionnaire in 32, 16, or 4-item scales. The CSI-16 measures the intensity of problems between partners and is available in English, Russian, and Persian. Higher CSI-16 scores indicate greater relationship satisfaction, with scores ranging from 0 to 81. The CSI-16 is a valid measure with good internal consistency, but there is limited information available regarding its test-retest reliability.

Funk and Rogge's research showed that the CSI-16 scale is more accurate in measuring satisfaction than other well-established self-report scales, such as the Marriage Adaptation Test (MAT) and the Dyadic Adjustment Scale (DAS). The CSI-16 has strong convergent validity with other satisfaction measures and excellent construct validity with anchor scales from the nomology net surrounding satisfaction, assessing the same theoretical constructs as previous scales.

IRT is a technique for analysing test or questionnaire responses with the aim of improving the accuracy and reliability of measurements. It is commonly used to develop tests that measure real-world abilities, such as maths or reading comprehension. The CSI-16 is freely available for both research and clinical use, and a clinical licence is not required to use the measure.

### 3.3 Design

This was a quantitative study; for the research, two questionnaires were used. Co-relational methods of research were used for the total sample and an Analysis of Variance was conducted. It was used because it allowed testing of expected relationships between and among variables and making predictions.

### 3.4 Procedure

A Google Form was created with the questionnaires used for the research. The data was collected using online surveys via Google Forms. Before administering the survey, Informed Consent was obtained from the participants through the form itself. All the necessary details were collected from the participants with the use of the form. The participants had the freedom to leave at any time during the entire data collection process. For participants who wanted to know their performance. Later the data was analyzed statistically with the help of R. To ensure the confidentiality of the results, the participant's name was removed from the final database before data entry, and they were identified using initials.

## 4. Results and Discussion

Table 1: Mean Comparisons

	Df	Sum Sq	Mean Sq	F Value	Pr (>F)
Attachment Style	2	6227	3113.5	9.829	0.000196 ***
Residuals	62	19639	316.8		

Signif. codes:

0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

Df (degrees of freedom): 2, which represents the number of levels in the attachment style variable (Close, Depend, Anxiety).

Sum Sq (sum of squares): 6227, which is the sum of squared differences between the observed values and the mean value for each attachment style group.

Mean Sq (mean sum of squares): 3113.5, obtained by dividing the sum of squares by its respective degrees of freedom.

F value: 9.829, which is the ratio of the mean sum of squares between groups to the mean sum of squares within groups.

The "Pr(>F)" value of 0.000196 (or 0.0196%) represents the p-value associated with the "Attachment Style" factor. Since the p-value is less than 0.05 (assuming a significance level of 0.05), we can conclude that there are significant differences in relationship satisfaction means across the attachment styles.

The "Residuals" row represents the unexplained variation or error term. The sum of squares for the residuals is 19639, and the mean sum of squares is 316.8. It indicates the variability in relationship satisfaction that is not accounted for by the attachment style factor.

Based on these results, we can confidently state that there are significant differences in relationship satisfaction means among the attachment styles. For determining the specific differences between attachment styles, we will conduct post-hoc tests (Tukey's Honestly Significant Difference) to compare the means of the different attachment styles pair wise.

Table 2: Tukey multiple comparisons of means

	diff	lwr	upr	P adj
Close-Anxiety	21.517544	7.366037	35.66905	0.0015404
Depend-Anxiety	29.533333	12.981514	46.08515	0.0001898
Depend-Close	8.015789	-5.015897	21.04748	0.3088626

95% family-wise confidence level

The table displays three comparisons between attachment styles: Close-Anxiety, Depend-Anxiety, and Depend-Close.

For each comparison:

diff: This column represents the estimated difference in means between the two attachment styles being compared.

lwr: The lower bound of the 95% confidence interval for the difference in means.

upr: The upper bound of the 95% confidence interval for the difference in means.

p adj: The adjusted p-value after correcting for multiple comparisons.

Here are the interpretations for each comparison:

Close-Anxiety:

The estimated difference in means between Close and Anxiety attachment styles is 21.517544.

The 95% confidence interval for the difference in means ranges from 7.366037 to 35.66905.

The adjusted p-value is 0.0015404, indicating a significant difference between these attachment styles.

Depend-Anxiety:

The estimated difference in means between Depend and Anxiety attachment styles is 29.533333.

The 95% confidence interval for the difference in means ranges from 12.981514 to 46.08515.

The adjusted p-value is 0.0001898, indicating a significant difference between these attachment styles.

Depend-Close:

The estimated difference in means between Depend and Close attachment styles is 8.015789.

The 95% confidence interval for the difference in means ranges from -5.015897 to 21.04748.

The adjusted p-value is 0.3088626, indicating that there is no significant difference between these attachment styles.

Based on these results, we can conclude that both the Close-Anxiety and Depend-Anxiety comparisons reveal significant differences in relationship satisfaction means. Individuals with a Close attachment style tend to have significantly higher satisfaction compared to those with an Anxiety attachment style, with a mean difference of 21.517544. Similarly, individuals with a Depend attachment style have significantly higher satisfaction compared to those with an Anxiety attachment style, with a mean difference of 29.533333. However, there is no significant difference in means between the Depend and Close attachment styles, as indicated by the non-significant p-value of 0.3088626.

Our analysis revealed that individuals with a Close attachment style tend to experience significantly higher relationship satisfaction compared to those with an Anxiety attachment style, with an average difference of 21.52 points. Similarly, individuals with a Depend attachment style exhibit significantly higher relationship satisfaction than those with an Anxiety attachment style, with an average difference of 29.53 points.

In conclusion, the hypotheses of the study- unsatisfactory marital relationships are based on the anxious attachment style of one or both the partners- has been accepted as proven by the results mentioned above.

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