



## INFLUENCE OF ATTACHMENT STYLES ON MARITAL SATISFACTION AMONG MARRIED COUPLES

### Social Science

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### ABSTRACT

Researchers are interested in marital satisfaction since it is significant for couples' psychological well-being. They have been studying the factors that lead to a happy marriage for a long time. Adult attachment styles, according to the prior study, serve an active role in forming an intimate relationship. The purpose of the current study was to examine the influence of adult attachment styles (Secure, Fearful, Dismissive, and Preoccupied) on marital satisfaction among Indian married couples. 304 respondents (152 females & 152 males) from various cities across India participated in the study. To assess the participants' attachment styles and marital satisfaction, the Revised Adult Attachment Scale (Collins, 1996) and ENRICH-SF Marital Satisfaction Scale (Fowers, & Olson, 1993) were used respectively. The statistical analysis was determined using the Chi-square, Kruskal-Wallis One way ANOVA and Mann-Whitney U tests. Results showed that the respondents with secure and dismissive attachment styles had higher marital satisfaction than the respondents with preoccupied and fearful attachment styles. The study found that male and female subjects did not differ significantly in their attachment styles and marital satisfaction. However, participants who were married for more than 20 years were more in number to have experienced a secure attachment style and they had higher marital satisfaction. Psychotherapists and counsellors in general, and couple therapists in particular, will benefit from the current research. Further study will aid in a better understanding of this finding.

### KEYWORDS

Marital satisfaction; Adult attachment style; Intimate relationship; Married Couples; Couples' psychological well-being.

#### MARITAL SATISFACTION

A happy marriage is a commitment between two individuals to love and care for one another, as well as to share both pleasant and unpleasant marital experiences. What distinguishes a satisfied marriage from unsatisfied one is perhaps the most significant question in the scientific literature on marriage (Terman, 1938). Many couples regard marriage as a sacred covenant that contributes to the emergence of a family (Khademi et al, 2015). Cited in Altmann et al. (2013), "a satisfying intimate relationship is an important predictor of many aspects of one's quality of life, such as happiness (Zimmermann & Easterlin, 2006), psychological health (Beach et al., 2003), or even physical health (Schoenborn, 2004)." Researchers are interested in marital satisfaction since it plays an essential role in the psychological well-being of couples (Shek, 1995), as well as it predicts overall life satisfaction (Carr et al., 2014). The vulnerability-stress-adaptation model of marriage (Karney & Bradbury, 1995) states that spouses' attributes influence their relationship quality and adaptation to external stressors, and hence have a distal impact on their relationship satisfaction. According to Hazan and Shaver (1994), the most significant features of a potential partner should mirror the very characteristics that have been demonstrated to be important in the attachment bond in infancy. Trust and responsiveness are well-known qualities to look for in a possible romantic partner. Trust encourages self-disclosure and the growth of intimacy (Reis & Shaver 1988). A successful marriage is one in which both couples have a sense of identity and significance in their life (Aldous, 1996). A satisfactory marriage might be compared to a shield that guards against mental challenges, adverse outcomes, and life circumstances. A satisfactory relationship, according to attachment theory, is one in which all fundamental needs are addressed (Bowlby, 1969/1982).

#### ATTACHMENT THEORY

Attachment theory is a research-based framework for explaining essential elements of interpersonal interaction in both children and adults. Attachment theory (Bowlby, 1969/1982, 1973) has had considerable success in inspiring research on the creation and quality of emotional attachments, as well as the complex interplay between individual-level and relationship-level processes at all phases of life (Shaver & Hazan, 1993). Bowlby (1969/1982, 1973, 1980) described the attachment behavioural system as an innate psychobiological system that incentivizes people of all ages, though most obviously in infancy, to seek out significant others (attachment figures, safe haven and secure base) in times of need as a way of securing oneself from threats and reducing distress (Cited in Mikulincer & Shaver, 2012). In

this regard, the pioneering work of Ainsworth et al. (1971/1978) on individual variability in children's attachment patterns has been crucial. Mary Ainsworth and her colleagues established attachment styles and verified attachment assessments through Strange Situation Laboratory. They labelled observed Secure, Avoidant, and Ambivalent/Anxious attachment styles in infants. Main and Weston uncovered the fourth pattern, labelled "Disorganized" (1981). Rising literature on adult attachment patterns has augmented the notion of individual differences in attachment. Attachment theory has recently gained the interest of clinical psychologists, who are beginning to apply it to the issue of adult psychotherapy (Fish & Dudas, 1999; Holmes, 2001; Rutter, 1995; Sable, 1992; Shane & Shane, 2001; Slade, 1999; Sperling & Lyons, 1994; Szajnberg & Crittenden, 1997; West & Keller, 1994; Cited in Daniel, 2006).

Bartholomew systematized Bowlby's (1973) concept of "internal working models" in a four-category (Figure 1) classification method (Bartholomew, 1990; Bartholomew & Horowitz, 1991). In terms of two dimensions, Bartholomew established four prototypical attachment patterns: positivity of a person's model of self and positivity of a person's model of others. The degree to which a person has internalized a sense of self-worth (as opposed to feeling anxious and sceptical of the self's lovability) is measured by the positivity of the self-model. As a result, in close relationships, the self-model is linked to anxiety and reliance on others' acceptance. The degree to which people are expected to be available and supportive is indicated by the other model's positivity. Thus, the other model is linked to the urge for or avoidance of closeness in relationships. A combination of a positive self-model and a positive model of others characterizes secure adult attachment. Secure individuals have a strong feeling of self-worth and are at ease with intimacy in close relationships. A negative self-model and a positive model of others describe preoccupied attachment. Individuals who are preoccupied anxiously seek acceptance and validation from others, as if they assume they can achieve safety or security if they can just get others to respond appropriately to them. The negative self and other models describe the fearful attachment. Fearful people, like the obsessed, are extremely reliant on the acceptance and affirmation of others; nevertheless, because of their negative expectations, they avoid proximity to prevent the anguish of loss or rejection. A positive self-model and a negative model of others constitute dismissing attachment. Dismissive people avoid proximity because of negative expectations, but they preserve their self-worth by denying the value of close relationships defensively (Bartholomew & Shaver, 1998).

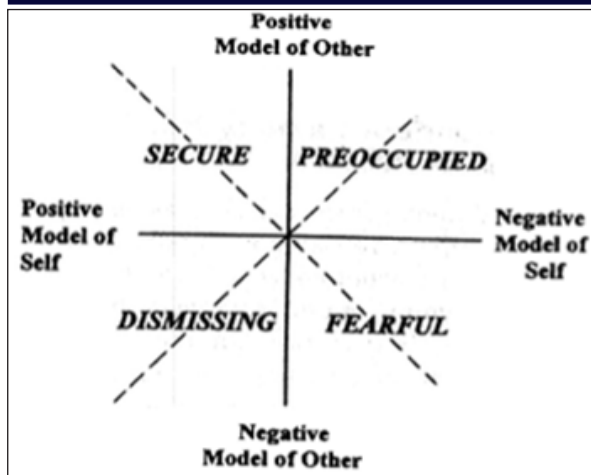


Figure 1. Two-dimensional four-category model of adult attachment

(Bartholomew & Shaver, 1998).

### LITERATURE REVIEW

Previous research has shown that attachment styles impact marital satisfaction by influencing both positive and negative attributions of spouses. Individuals who have an insecure attachment are more likely to have unstable intimate relationships. They are also more feared for rejection or abandonment. By fantasizing about or actively indulging in casual sexual encounters with another person, avoidant persons tend to reject attachment requirements (Hazan & Shaver, 1990), avoid emotional dependency, and avoid commitment in partnership (Brennan & Shaver, 1995). The first clinical study to look at the link between adult attachment and marital satisfaction (Mondor et al., 2011) revealed that avoidant attachment style is a significant predictor of marital dissatisfaction in a sample of 172 troubled couples. According to the authors, avoidant people prefer to engage in self-protective behaviours to safeguard their partnership with their spouse (Simpson et al., 1996). Individuals with an anxious attachment orientation will offer excellent attempts to preserve physical and emotional contact with their partner and will watch for signs of declining emotional or physical proximity (Cassidy & Berlin, 1994; Simpson et al., 1999). They are fearful of being abandoned and want comfort from their intimate relationship (Collins & Read, 1990). They also tend to show controlling behaviour (Collins & Read, 1990; Hazen & Shaver, 1987), which makes the married life difficult (Downey et al., 1998). In a meta-analysis evaluating the effects of anxious and avoidant attachment on relationship quality, it was discovered that both attachment styles were adversely connected with relationship quality. Avoidant attachment, in particular, is linked to lower overall relationship satisfaction (Li & Chan, 2012). Individuals who have a secure sense of self and others exhibit the polar opposite of those with insecure attitudes and behaviours. Insecure people have less regard, appreciation, and gratitude for their love relationship than secure people (Shaver & Mikulincer, 2003). Shah, Bihari, and Munshi (2018) investigated the relationship between adult attachment style and marital satisfaction among Indian married couples. The Revised Adult Attachment Style (RAAS) and ENRICH-SH Marital Satisfaction Scale (EMS) were examined on 24 individuals (13 females and 11 males) aged 25-45 years. Their study result revealed that participants with a secure attachment style were more satisfied with their marriage than those with an insecure (Fearful, Preoccupied, Dismissive) attachment style.

### NEED OF THE STUDY

Close relationships, such as parent-child interactions, friendships, and partnerships, are among the most essential parts of life and of our social bonds. Attachment security is important since it paves the way for proper development. Some people are turning away from marriages because it is becoming increasingly difficult to sustain happy and secure partnerships (Amato et al., 2003). Divorce rates in India have skyrocketed (Nathawat & Mathur, 1993). Marital issues are one of the most common reasons people seek psychological therapy (Veroff et al., 1981); furthermore, their negative effects on psychological well-being are widely established (Bloom et al., 1978; Holmes, 1983). As a result, the question "What makes happy marriages" arises (Mary et al.,

2012). Basic psychological factors depend on socio-cultural practices and meanings, and it has been established that culture plays an essential role in determining a person's response to any given scenario (Triandis, 2000). Culture may be broadly divided into two categories: collectivism and individualist (Srivastava et al., 2008). Those in a collectivist culture consider themselves as interconnected with their groups (family, friends, community, tribe, nation, etc.), whereas individuals in an individualist culture regard themselves as self-sufficient and prioritize personal objectives and demands. The collectivist culture is prevalent in Asia and Africa, while the individualist culture is prevalent in North America, Australia, and New Zealand, to mention a few (Gayathri & Meenakshi, 2015). Contemporary family crises in India have included many of the same issues that have afflicted western countries since the 1960s. Marital difficulty and breakdown, parent-child confrontations, and different types of family violence are examples of these. Given these circumstances and challenges, the future and well-being of the Indian family are ambiguous (Chowdhury, 1999; Das, 1999). Taking cultural variability into account, India, collectivist culture, necessitates studies that address dyadic transactions of its own to contribute wealthy findings that can lead researchers to find ways to prevent family crises that arise from couples interactions and safeguard the families' wellbeing.

### METHODOLOGY

#### Hypothesis

- H1: Couples with different Attachment Styles do not differ significantly in their Marital Satisfaction.
- H2: Male and Female subjects do not differ significantly in their Attachment Styles and Marital Satisfaction.
- H3: Couples with varied Duration of Marriage do not differ significantly in their Attachment Styles and Marital Satisfaction.

#### Measuring Tools

**Revised Adult Attachment Scale (RAAS; Collins, 1996)** is a modified version of the Adult Attachment Scale developed by Collins and Read (1990). It is an 18-item self-report questionnaire using a 5-point Likert scale (1- Not at all characteristic of me, 5- Very characteristic of me). This scale consists of three dimensions yield measures of Close, Depend, and Anxiety, which are used to identify the 4 attachment styles given by Bartholomew and Horowitz, viz. Secure, Fearful, Preoccupied, and Dismissive. The Close dimension relates to how comfortable a person feels with proximity and intimacy. The Depend dimension relates to how much a person believes they can rely on others to be there when required. The Anxiety dimension describes how concerned a person is about being rejected or unloved. To classify each individual into one of the four attachment styles, a scoring methodology was employed in which the individual's raw score in each subscale was compared to the theoretical mean cut off score of 3 on that dimension. CLOSDEP was formed by combining the scores of the subscales Close and Depend.

If(CLOSDEP > 3) and (ANXIETY < 3) Then: "SECURE"  
 If(CLOSDEP > 3) and (ANXIETY > 3) Then: "PREOCCUPIED"  
 If(CLOSDEP < 3) and (ANXIETY < 3) Then: "DISMISSIVE"  
 If(CLOSDEP < 3) and (ANXIETY > 3) Then: "FEARFUL"

#### I. The ENRICH (Evaluation and Nurturing Relationship Issues, Communication, and Happiness) Marital Satisfaction (EMS) Scale

(Fowers, & Olson, 1993) is a 15-item self-report questionnaire that asks participants to rate the extent to which they agree with items on a 5-point Likert scale (1- strongly disagree, 5- strongly agree). Idealistic distortion, Marital Satisfaction, Personality Issues, Communication, Conflict Resolution, Financial Management, Leisure Activities, Sexual Relationship, Children and Parenting, Family and Friends, Equalitarian Roles, and Religious Orientation are among the 12 domains covered by the EMS Scale. The ENRICH-15 item is a shortened version of ENRICH Inventory-125 items. The Idealistic Distortion (ID, 5 items) and Marital Satisfaction (MS, 10 items) make up the EMS Scale. Each of these ten MS items is used to measure each of the domains in ENRICH Inventory. The five items in the ID evaluate marital conventionalization, or the inclination to portray their marriage in a falsely positive light. The EMS score is calculated by correcting the Marital Satisfaction ratings for Idealistic Distortion using the formula:

EMS score = PCT - [(.40 x PCT) (.01 x ID)]  
 Where, PCT - percentile score for individual MS scale,  
 And ID - percentile score for individual ID scale.

**Procedures**

Participants had access to questionnaires both online (via link) and in-person (in paper and pencil form). Participants were requested to go through the consent letter before providing their basic socio-demographic information. The researchers made the survey anonymous to ensure that participants deliver honest responses rather than manipulative ones. The researcher's contact number was also included in case of any question. The Revised Adult Attachment Scale (RAAS) and the ENRICH Marital Satisfaction Scale (EMS) were presented to the participants as self-report tools. Online participation submitted the form through the provided link and offline participation delivered it to the researchers.

**Sample size and sampling**

The present study's main screening data included 377 respondents. 83 people were not included in the study since they were from countries other than India; 29 participants left some items unanswered, and 16 participants (9 female and 7 male) fell on the midpoint of 3 on the Close-Dep and Anxiety dimensions, preventing them from participating in any of the attachment styles. In order to establish gender balance, the researcher had to actively seek for 10 male participants to account for the influence of extraneous variable. Finally, the study considered 304 respondents (152 females, 152 males) with a marriage duration greater than 3 years. The data was obtained employing survey design via simple random sampling technique. The sample ranged in age from -25 to 65+ years old. The questionnaires were only available in English.

**RESULT**

**Table 1. Attachment Style: Distribution of the selected sample by various attachment styles and results of chi-square tests**

Attachment style	Frequency	Percent	Test Statistics
Secure	153	50.3	X <sup>2</sup> = 145.184 P= .001
Preoccupied	27	8.9	
Dismissive	96	31.6	
Fearful	28	9.2	

**Table 2. Marital Satisfaction: Distribution of the selected sample by various levels of marital satisfaction and results of chi-square tests**

Marital satisfaction	Frequency	Percent	Test Statistics
Low	31	10.2	X <sup>2</sup> = 327.480 P= .001
Medium	250	82.2	
High	23	7.6	

**Table 3. Attachment Styles and Marital Satisfaction: Descriptive statistics on mean marital satisfaction scores of respondents with varied attachment styles**

Attachment style	N	Mean	Standard Deviation
Secure	153	55.53	7.56
Preoccupied	27	34.75	12.60
Dismissive	96	53.39	9.32
Fearful	28	29.71	9.35
Total	304	50.63	12.44

**Table 4: Results of Kruskal-Wallis Test mean ranks on marital satisfaction scores of respondents with varied attachment styles**

Attachment style	N	Mean Rank	Test Statistics
Secure	153	184.36	X <sup>2</sup> =106.929 P= .001
Preoccupied	27	56.87	
Dismissive	96	163.97	
Fearful	28	31.30	

**Table 5. Gender and Attachment Styles: Distribution of the selected sample by attachment styles and gender and results of chi-square test**

Attachment style		Gender		Total	Test statistics
		Male	Female		
Secure	Frequency	68	85	153	X <sup>2</sup> = 7.539 P= .057
	Percentage	44.7%	55.9%	50.3%	
Preoccupied	Frequency	13	14	27	
	Percentage	8.6%	9.2%	8.9%	
Dismissive	Frequency	59	37	96	
	Percentage	38.8%	24.3%	31.6%	
Fearful	Frequency	12	16	28	
	Percentage	7.9%	10.5%	9.2%	

**Table 6. Gender and Marital Satisfaction: Descriptive statistics on marital satisfaction scores of male and female respondents**

Variable	Gender	N	Mean	Standard Deviation
Marital satisfaction	Male	152	51.23	11.81
	Female	152	50.03	13.05

**Table 7: Results of Mann-Whitney U tests on marital satisfaction scores of male and female respondents**

Variable	Gender	N	Mean Rank	Test Statistics
Marital satisfaction	Male	152	155.68	MWU= 11068.50 P=.528
	Female	152	149.32	

**Table 8. Marriage Duration and Attachment Styles: Distribution of the selected sample by attachment styles and duration of marriage and results of chi-square test.**

Attachment style		Marriage Duration (in years)				Total
		<5	6-10	11-20	>20	
Secure	F	28	35	33	57	153
	%	28.3%	50.7%	58.9%	71.2%	50.3%
Preoccupied	F	9	7	4	7	27
	%	9.1%	10.1%	7.1%	8.8%	8.9%
Dismissive	F	51	17	15	13	96
	%	51.5%	24.6%	26.8%	16.2%	31.6%
Fearful	F	11	10	4	3	28
	%	11.1%	14.5%	7.1%	3.8%	9.2%
Test Statistics		X <sup>2</sup> = 42.865; p= .001				

**Table 9. Marriage Duration and Marital Satisfaction: Descriptive statistics on marital satisfaction scores of respondents with varied durations of marriage**

Marriage duration (in years)	N	Mean	Standard Deviation
<5	99	50.54	12.37
6-10	69	47.24	11.97
11-20	56	50.58	13.34
>20	80	53.70	11.69
Total	304	50.63	12.44

**Table 10: Results of Kruskal-Wallis One way ANOVA for marital satisfaction scores of respondents with varied durations of marriage**

Marriage duration (in years)	N	Mean Rank	Test Statistics
<5	99	153.14	X <sup>2</sup> = 14.051 P= .003
6-10	69	122.92	
11-20	56	152.77	
>20	80	177.03	

**DISCUSSION**

Although most of the emphasis has been on the early interaction between children and their caregivers, attachment theory is a developmental theory that applies to all intimate relationships throughout one's life. Bowlby (1988) indicated that healthy human beings continue to rely on attachment bonds at times of danger, vulnerability, weakness or sickness. This idea is contrary to the popular belief that childhood dependency is ideally replaced by emotional independence in adulthood (See also Kennedy, 2006; Kane, 2016). Although there may be more than one such relationship, attachment is defined as an affectionate bond to another person who is irreplaceable by others. The need to preserve proximity, distress upon separation, joy upon reunion, and grief at loss are all characteristics of attachment relationships. What distinguishes an attachment relationship from other intimate ties, however, is the use of the attachment figure as a secure base from which to explore the world and as a safe haven to flee in times of hardship and distress (Bowlby, 1969/1982; Ainsworth, 1989).

The goal of this study was to examine how attachment styles influence marital satisfaction among married couples. 304 respondents (152 females, 152 males) with a marriage duration greater than 3 years (age -25 to 65+) participated in the study. The study was employing survey design via simple random sampling technique to obtain the data.

On reviewing the first table, 153 (50.3 %) of the total sample size of 304 participants had secure attachment styles. The significant result (X<sup>2</sup>= 145.184; P=.001) on the chi-square test, suggested a difference between secure and insecure attachment styles, with the majority of the sample having a secured attachment style. On reviewing Table 2, the majority of the selected sample (82.2 %, or 250 participants) evaluated

their marital satisfaction as the medium level. Although only 153 (50.3%) of respondents scored a secure attachment style, 250 participants (82.2%) scored satisfactory with their marriage at the medium level and only 23 participants (7.6%) evaluated their marital satisfaction as high. This shows that all of the participants who scored secure were not perceiving their marriage as highly satisfactory. In contrast, some individuals with insecure attachment styles were among the majority who perceived their marriage satisfactory at the medium level. The Answer to this confusion is in Tables 3 and 4 that shows the individuals with secure attachment styles received a mean score of 55.53 associated with their marital satisfaction, however, those with dismissive style had a mean score of 53.39. This indicates that secure and dismissive attachment styles were proven to have better marital satisfaction scores than preoccupied and fearful attachment styles.

Although looking at Table 5, shows the gender and attachment styles had a non-significant association ( $X^2= 7.539$ ;  $P=.057$ ), it is observed that female participants occupied a slightly greater number in the secure attachment style than male participants, whereas, the number of male participants was slightly greater in avoidant attachment style. Furthermore, Examining tables 6 and 7, the Mann-Whitney U test indicated a non-significant difference ( $MWU=11068.50$ ;  $P=.528$ ) in the marital satisfaction among male and female respondents in favour of male participants.

In Table 8, the chi-square test ( $X^2= 42.865$ ;  $P=.001$ ) shows a substantial association between attachment styles and marriage duration. Those who have been married for more than 20 years evaluated their attachment style as the most secure and those who have been married for less than five years evaluated their attachment bond as the least secure. In addition, the avoidant participants, who were competing secure ones in marital satisfaction, were shown to be accumulated in number among the respondents with less than five years of marriage duration. This means that younger couples were more avoidant, but elder couples were more secure in their attachment bond with their spouses.

In examining Tables 9 and 10, the Kruskal-Wallis test indicated a significant mean rank difference ( $X^2= 14.051$ ;  $P= 0.003$ ) suggesting that marital satisfaction was higher among those who had been married for 20+ years and lower among those who had been married for 6-10 years.

Tracing the preceding result suggests that the generation gap may have a role in the current predicament. Although the majority of individuals rated a secure attachment style, they did not have a high level of marital satisfaction, instead, the majority scored a medium level of satisfaction. According to the theory, individuals with secure attachment styles have a positive perspective of themselves and others. They have an optimistic outlook on their relationship. They can trust people and are at ease in personal and intimate relationships (Griffin & Bartholomew, 1994). They are capable of resolving interpersonal conflicts and are willing to communicate to solve problems. Such characteristics indicating that they can handle their interpersonal relationships better than those with insecure attachment styles, that in turn, allowing them to be satisfied with their marriage. (Adameczyk & Bookwala, 2013; Levy & Kelly, 2010). Thus, given previous research (Shaver & Mikulincer, 2003; Mayseless et al., 1997; Nadiri & Khalatbari, 2018), it is not surprising that secure individuals score higher than insecure individuals in their marital satisfaction. In contrast, dismissive attachment style is distinguished by a positive self-model and a negative model of others. According to the study, dismissive individuals avoid intimacy because of negative expectations; yet, they maintain a sense of self-worth by refusing to admit the significance of intimate relationships (Bartholomew & Shaver, 1998). However, in the current study, Along with the secure individuals, it was the dismissive participants who were scored higher in their marital satisfaction. Given that males were both slightly more avoidant on their attachment bonds and satisfied with their marriages than females, culture may have a role in how a satisfactory marriage is perceived. This outcome is contrary to the previous research (Mondor et al., 2011; Shah, et al., 2018; Li & Chan, 2012) that concluded avoidant attachment style is a predictor of marital dissatisfaction.

Preoccupied and fearful attachment styles were shown to be the least satisfying in terms of marital satisfaction among insecure attachment styles which is in line with the previous studies (Li & Chan, 2012;

Downey et al., 1998; Shah, et al. 2018). People who are preoccupied (Bartholomew & Shaver, 1998) are described as having a negative image of themselves and a positive image of others (Hazan & Shaver, 1987); as a result, they are always concerned about their spouse abandoning them (Collins & Read, 1990). They have an unceasing need for validation from their partner, which their mate may or may not be able to meet, resulting in lower marital satisfaction (Li & Chan, 2012). This ongoing neediness develops unhealthy coping mechanisms, which is problematic since neither of the couples can grow further. In addition, Fearful attachment is characterized by negative self and other models. Fearful persons, like the preoccupied, are heavily dependent on the acceptance and affirmation of others; but, because of their negative expectations, they reject closeness to escape the agony of loss or refusal, just as dismissive people (Bartholomew & Shaver, 1998).

Given the limitations of the current study, such as minimal contact with participants due to the lock down period, or participants being under the stress of a more serious issue, such as the challenges of adjusting to the new normal of covid-19, and participants walking in an unexpected zone denied some of the unpleasant issues in their marriage to avoid further conflicts, it is likely that the outcome was skewed. Furthermore, As said by Shah et al. (2018) in a similar study, it also might be owing to a cultural concept in India that people tend to keep their married relationship secret, which could be a confounding variable. Even though the survey was kept anonymous, it could be possible that participants did not fill out the forms honestly, which might have influenced the study's results. Considering the fact that India is transitioning from joint families to nuclear, further study with more detailed considerations is recommended to gain a better understanding of the factors that contribute to a satisfactory marriage among Indians.

## CONCLUSION

The purpose of this study was to determine the influence of attachment styles on marital satisfaction among married couples. Using survey sampling procedures, a sufficiently representative sample of 304 respondents (male:152, female:152) with at least three years of marital duration (age -25 to 65+) was obtained from various cities in India.

The findings revealed that individuals with secure and dismissive attachment styles scored higher on marital satisfaction than those with preoccupied and fearful attachment styles. Therefore the first hypothesis, "couples with different attachment styles do not differ significantly in their marital satisfaction," is rejected. Furthermore, the study found that male and female individuals did not vary significantly in their attachment style or marital satisfaction, suggesting that the second hypothesis is accepted. In addition, individuals who had been married for more than 20 years were more likely to have a secure attachment bond and had higher marital satisfaction with their spouses. As a result, the third hypothesis, "couples with the varied duration of marriage do not differ significantly in their attachment styles, and marital satisfaction" is rejected as well.

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