



## Attachment Styles and Marital Quality Between Spouses

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### ABSTRACT

The research was aimed to study the relationship between attachment styles and marital quality between spouses. A total number of 52 spouses representing teachers from *Sekolah Menengah Agama Daeratul Ma'arifil Wataniah 1* (SMA DMW 1), in Peninsular Malaysia's northwest coast, participated in this study. There were two sets of questionnaires used: Experience in Close Relationship (ECR) and Marital Adjustment Test (MAT). The results showed that there was a significant relationship between attachment styles and spouses' styles. However, there is no relationship between marital satisfaction among spouses, and there is also no relationship between attachment styles and marital satisfaction among spouses. Future research is suggested to enhance the inquiry by moving beyond self-report instruments to develop alternative methods of assessment as some of the questions should be more specifically contextualised for the diverse Malaysian culture.

**Keywords:** Attachment Theory, Attachment styles, Spouses styles, Marital satisfaction

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## 1 BACKGROUND OF THE STUDY

Anyone who enters a marriage life always hope and dream that they will live happily ever after. However, many factors cause conflicts between spouses in married life, such as financial issues, sex relation issues, and ways of dealing with in-laws (Locke & Wallace, 1959). Conflict occurs regularly in the closest relationships (Brehm, Miller, Perlman & Campbell, 2002). It was also because people's working models are different, and more often than not, they are related to their attachment styles (Bowlby, 1969). In Attachment theory, Bowlby & Ainsworth (1992) explained about secure people who would tend to have higher satisfaction compared to those with insecure attachment styles. What about married couples who possess different attachment styles? In such case, this study investigates the relationship between insecure attachments style and how it influences the marital satisfaction between husbands and wives.

Various research has been conducted commonly on individuals, not between spouses. Past findings generally supported the proposition of securely attached individuals experiencing a better marital relationship (e.g., Korosh Mohammadi, 2016; Yahya et al., 2018; Bartholomew & Horowitz, 1991; Gallo & Smith, 2001; Kirkpatrick & Davis, 1994; Simpson, 1990). For example, Kobak & Hazan (1991) studied marital quality among 40 couples and found higher levels of marital satisfaction in securely attached couples. Secure Attachment also is predictive of successful conflict resolution (Kobak & Hazan, 1991; Yahya et al., 2017). Research also suggested that neither attachment style of either gender is dominant in predicting marital satisfaction (Gallow & Smith, 2001; Kirkpatrick & Davis, 1994) that is, men's and women's attachment styles have an equal impact on a couple's perception of marital quality. In a research by Kirkpatrick & Davis (1994), they examined adult attachment styles in 354 heterosexual couples in serious dating relationships. Their research focused on integrating gender role considerations and relationship dynamics and processes into theorizing on adult attachment. They found that attachment styles were non-randomly paired for males and females; for example, no anxious-anxious or avoidant-avoidant pairs were found. Kirkpatrick & Davis (1994) also found that both partners' relationship rating in different but theoretically meaningful ways related to concurrent relationship in male and female styles.

Another previous research concluded by Banse (2004) focused on four types of Attachments; Secure, Preoccupied, Dismissal and Fearful, conducted with 333 marriage couples in the City of Berlin, Germany. The findings indicated that the husband reported slightly higher relationship satisfaction than wives ( $ms\ 4.33$  and  $4.27$ ,  $t\ (332)\ 2.63$ .  $P <.01$ ). In his research, Banse (2004) mentioned that relationship satisfaction in married couples could be accounted for by the individual's Attachment to romantic partners, partner's attachment style, and combination. The positive effects of secure and the adverse effects of insecure attachment styles were either amplified or attenuated depending on the spouse's Attachment style based on Banse's statement. The research was conducted using the Relationship Assessment Scale (RAS: Hendrick, 1988) & Relationship Questionnaire (RQ: Bartholomew & Horowitz, 1991).

This research is interested in finding out the relationship between Attachment Styles and Marital Quality between Spouses in one of the Islamic Religious schools called *Sekolah Menengah Agama Daeratul Ma'arifil Wataniah 1* (SMA DMW 1). The result will be the first data collected in that selected area; the method and instrument using are different from previous research by Banse

(2004). The current study will use a combination of Experience in Close Relationship (ECR) and Marital Adjustment Test (MAT), will focus on the spiritual element in marriages.

In this research, the exploration was done among the married teachers and their spouse at one of the Islamic Religious schools in Penang, which is SMA DMW 1. So, the result would be the first data to show how Attachment Styles and Marital Quality are among them. Finding the result would highlight the significant and the uniqueness of the relationship from an Attachment perspective. The primary aim of this study is to re-look at the concept of Attachments Styles and Marital Quality between Spouses from a new perspective. It also used to find the association between Attachment Styles and Spouses Styles. So far, most of the studies on Attachments have focused either on the individual or between spouses. However, the participants or the research location was mostly outside Malaysia, and only a small number of researches in this country. None of the research had been run in Penang, specifically in one of the Islamic Religious schools, which is SMA DMW 1. In this study, the researcher has tried to shift the focus to the Islamic Religious school rather than the general's outlook. On the finishing note, hopefully, this study would be able to contribute to a relevant intervention program for couples that have low marital satisfaction, to create awareness for couples for a better understanding of their Attachment's style that could affect their marriage life.

## 2 ATTACHMENT THEORY

John Bowlby (1969), Mary Ainsworth (1964) described Attachment as a special bond between a child and its primary caregiver. Understanding the origin theory of Attachment by Bowlby himself, as from what he said, how the child's tie to the mother and its disruption through separation, deprivation, and bereavement (Bowlby & Ainsworth, 1992). When it comes to a further relationship, there is an adult attachment that stated four styles of Attachment: Secure, Preoccupied, Dismissing-avoidance and Fearful-avoidance (Bartholomew & Horowitz 1991).

Fraley & Shaver (2000) described anxiety as a variation in the degree to which people are sensitive to attachment-related concerns and rejection. It makes them worried about being abandon by their loved ones. Avoidance refers to those who are uncomfortable with closeness and dependency in a romantic relationship. They tend to lead as a 'parent' in a relationship and usually seeing him or herself better than their spouse (Fraley & Shaver 2000). It differences with secure attachment style, which can be function well of two dimensions: anxiety and avoidance. They tend to be more satisfied in their relationship. In this research, the researcher would like to investigate how the attachment style influences marital satisfaction by looking forward to four types of attachment style and focused on insecurity styles of Attachment.

A category approach similar to Ainsworth's attachment styles by Bartholomew 1990: (Bartholomew and Horowitz, 1991) these four attachment styles include; Secure Attachment indicated by low anxiety and low avoidance produces a positive model of self and others; Preoccupied identified by high in anxiety and low in avoidance produce a negative model of self and positive model of others; Dismissing identified by low in anxiety but high in avoidance produce a positive model of self and negative for others; Fearful characterized high in both

avoidance and anxiety highlight a negative model of self and others. So, this study research would like to find the association between Attachment Styles and Spouses Styles.

Anxiety is not always unattractive (Eastwick and Finkel, 2008). People's working model is different related to the attachments style as what Bowlby mention in his theory. Although the conflict is presentable in life, there must be a resolution to it. It will include believing, goals and people's self-relation to evaluate how to solve the issues. Different people in different ways, sometimes see a different side from others does not mean that it was wrong. It just on a way people should. Avoidance people, despite their need for distance and autonomy, desire social connection as well (Carvallo & Gabriel, 2006)

Previous research reported that individuals with insecure attachment styles also tend to impose positive values on their intimate partner (Banse, 2004). It is also proven in other research that mentions they are willing to give support to mates in an established relationship (Hazan & Shaver, 1994). According to that previous research, it confides this present research to investigate the power of influences from the insecurity attachment's style. However, it does not deny the secure Attachment will propose more supportive encouragement and higher satisfaction somewhat insecure. It just to highlight that people with insecure Attachment's style also tend to inspire their spouse. The positive effects of secure and the adverse effects of insecure attachments styles were either amplified or attenuated, depending on the Attachment of the spouse (Banse, 2004).

The current study intends to focus on perspectives of the husband and wife, and investigate their correlation works of the attachments between each couple. Attachment theory (Bowlby, 1973; Hazan & Shaver, 1987) provides a framework to understand differences in responses to conflict. Experiences in life may facilitate the development and maintenance of intimacy and satisfaction in life. Marriages bring about many issues between couples. When a partner possesses a distinctive style of Attachment, it would regulate their thinking, emotions, and behaviours (Kobak & Duemmler, 1994) on how they should react to their spouses, to keep the closeness, intimacy and to maintain the relationship people may be very creative to engage in collaborative strategies and try to resolve the conflict.

Low scores on both anxiety and avoidance dimensions would be referred to as having a secure attachment, denoting a positive history in their early attachments (Brennan, Clark & Shaver, 1998). However, in a marriage, an individual's security depends on his/her partner's attachment style, which would be translated to the ability to maintain a high satisfaction in marriage. For those with an insecure Attachment style, Bowlby (1980) describes that any situation instigates an attachment bond, would activate attachment behaviour (e.g., clinging, crying) that are designed to re-establish and maintain the bond (Bowlby, 1980). Such behaviours may prove to be useful for insecure people to attract their partners and recover their positionality within their relationship.

### **3 ATTACHMENT STYLE AND MARITAL QUALITY**

Attachment behaviour is thought to be universal and it is unrelated to age or gender. Research suggests that gender is not dominant in predicting the quality of marriage (Gallo & Smith, 2001).

Attachment styles of both sexes have an equal impact on a couple's perception of the quality of marital relationships. Moreover, Shi (2003) found that there are no gender differences regarding attachment styles and conflict resolution patterns, suggesting that going through similar life experiences during childhood will have similar consequences for both men and women (Brennan & Shaver, 1995; Carnelly & Janoff-Bulman, 1992; Hazan & Shaver, 1987).

As a result of a positive or negative view of the self and others, the spouses' attachment security leads to different levels of marital satisfaction. Secure attach people will always be more focused on the benefits of being with a partner and often organize individual goals around intimacy (Sochos & Yahya, 2015; Yahya et al., 2016). It motivates an individual to engage in a long-lasting romantic relationship (Sumer & Cozzarelli, 2004). In contrast, because of the experiences in non-secure (anxiously and avoidantly attached: to see behaviour painful both avoidance and anxiety highlight a negative model of self and others, or one from the aspect of view for preoccupied and dismissing (Bartholomew and Horowitz, 1991).

As a supported research view, research of Adult Attachment and Marital Satisfaction: Evidence for dyadic configuration effects by Banse, 2004) was focused on four types of attachments (secure, preoccupied, dismissal and fearful) to see whether it is substantially correlated with the marital satisfaction by examines both husband and wife to check their correlation of Attachment that been studied in German. The previous research supported this research in the correlation between attachment styles and satisfaction in marriage. The study shows that relationship satisfaction in married couples can be accounted for by their Attachment to romantic partners, their attachment style and their combination (Banse, 2004). His research shows that there are negative results related to the interaction terms wife secure + husband preoccupied and wife fearful + husband secure. It is proven that although with a secure attachment style, it still must depend on their spouse attachment's style too.

However, the instruments using in that research is the Relationship Assessment Scale (RAS: Hendrick, 1988) & Relationship Questionnaire (RQ: Bartholomew & Horowitz, 1991) that are different from this present research which is Experience in Close Relationship (ECR: Brennan & Shaver, 1998) & Marital Adjustment Test (MAT: Locke & Wallace, 1959). One partner attachment style might contribute to the other partner's behaviour (e.g., partner effects), or how the match between two partners' attachment style might shape behaviour during the conflict (e.g., couples' effect) (Bowlby, 1969) In one additional study, couple with secure man displayed less negative behaviour when discussing a conflict than those with an insecure man (Creasey, 2002). An understanding from (Pietromonaco, Greenwood and Barrett, 2004) Journal article in Conflict in Adult Close Relationship: An Attachment Perspective; men and women do not show the same patterns in retrospective self-report studies, and immediate perceptions of conflict intensity appear to be unrelated to attachment styles. Furthermore, (Pietromonaco, Greenwood and Barrett, 2004) stated in their study, one partner's attachment style contributes to the other person's perceptions of conflict, suggesting that future work will be necessary to examine the relationship context. Although attachment theorists have not developed an exact prediction about the influence of one partner's attachment style on the other partner's perception or behaviour, or about the joint effects of a couple member's attachment styles, two expectations seem reasonable. First, when both partners are secure, they should experience a deeper satisfaction in marriage, and better able to

resolve conflicts, in comparison to a scenario where one or two partners possess an insecure attachment style. Second, if one of the partners is secure in the relationship, it would serve better in the marriage, in comparison to a scenario where both partners demonstrate insecurity in their attachment styles.

#### 4 METHODOLOGY

The study uses a correlational research design with a cross-sectional survey as a data collection method. Correlational research design is suitable because it determines two variables that are correlated (Kalla, 2011). Also, the cross-sectional survey is more appropriate for the study as it is useful in understanding the associations between the variables in the study (Levin, 2006). Participants would be briefed before answering the questionnaires to minimize mistakes or errors during the data collection processes.

The population and sample are defined before conducting and distributing the research questionnaires to recognize the number of respondents involved in this study. The respondents were all married teachers in *Sekolah Menengah Agama Dae'ratul Maarifil Wataniah 1* (SMA DMW 1) and their spouses. The sample of the population was selected randomly. Each spouse was provided with a different code to distinguish between one another. Participants answered the questionnaire individually. SPSS was used to measure and analyse the data. A Chi-Square test was carried out to test the hypothesis.

The demographic data of the research included in the questionnaire are gender, age, salary, number of children, educational level, and job types.

The instruments used in this study were the Experience in Close Relationship Inventory (ECR; Brennan & Shaver 1998) and Marital Adjustment Test Inventory (MAT; Locke & Wallace, 1959). The ECR is an assessment of adult romantic attachment style. Following Bartholomew's four-category conceptualization of Attachment, it is possible to create four attachment categories from two higher-order scales. The secure style is described as comfortable with intimacy and autonomy; the preoccupied is overly concerned with relationships. The dismissing style has a distinct discomfort with intimacy, and the fearful style is described as having a discomfort distinct from intimacy and is socially avoidant. There are 36 Likert Scale items, with ten reverse score items. Of all the items, the 18 odd numbers represent the avoidant variables, and the other 18 even numbers represent the anxiety variables. MAT is a Marital Adjustment Test developed by Locke & Wallace (1959), which is to measure the marital satisfaction of couples. This assessment is also to distinguish between a couple that is satisfied and not satisfied in their marriage. 15 Likert scale items measured about (degree of happiness in marriage, finances, matters of recreation, demonstration of affection, friends, sexual relations, conventionality, philosophy of life, ways in dealing with in-laws, when the disagreements arise, engage outside interests together, preferences during leisure times, wishes if one is not married, wishes if one marries the same person, and preferences to confide in one's partner.

Both instruments had been back-translated by the expert panels. The validity was confirmed using concurrent validity. The final version was then piloted and administered to 22 married couples in Kota Samarahan, Sarawak. Both instruments have been shown to have high levels of internal consistency and validity, with constructive validity and internal consistency being 9 for ECR and 7 for MAT; and test-retest reliability being 0.564 for ECR Avoidant, 0.872 for ECR Anxiety and 0.605 for MAT.

## 5 RESULT AND DISCUSSION

The demographic questionnaires contained Gender, Age, Religion, Salary, Level of education, Job Types and No of children. The sample size of this study was 104, with 52 spouses from both side, husbands and wives. There was an equal number of participants from a gender perspective for this research which is 52 for male and female. The amount was equal due to a reason for the respondent collected are both husband and wife. The respondent's age is mostly in the range of age (20-30) with 42%, age (31-40) 24%, age (41-50) 22%, and the least in the range of age (51+) 12%. The respondent salary is mostly in (3001+) with 35%, (2001-3000) 27%, (500-1000) 23% and (1001-2000) 13%. The respondent's level of education is mostly in degree with 44%, followed by others level 32%, then Diploma 17% and one who possess a Master's degree (5%). The respondents' Job Type are divided into two categories. Those who work with the Government 57% (Government) and those in the Private sector 43% (Non-Government). The respondents mostly have (1-2) No of Children, with 54%, followed by children (3-4) 40% and 6% for those that have more than (>5) no of children.

**Table 1.** Attachment Styles and Spouses Styles of Chi-Square Test

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	246.257 <sup>a</sup>	24	.000
Likelihood Ratio	227.321	24	.000
Linear-by-Linear Association	81.961	1	.000
N of Valid Cases	104		

The Chi-Square ( $\chi^2$ ) statistic represents a distribution of observed cases. A Chi-Square Test of Independence was performed to examine the relationship between Attachment Styles and Spouses Styles. The relationship between these variables is significant.  $\chi^2$  (246.26) = 0.00,  $p < .05$ . This means there is a relationship between Attachment Styles and Spouses' Styles. In other words, the partners' Attachment influences other spouses' styles of Attachment. This finding confirms and substantially extend the previous literature indicating that partners' Attachment influences other spouses' styles of Attachment and satisfaction in marriage (Bartholomew & Horowitz, 1991; Gallo & Smith, 2001; Kirkpatrick & Davis; Simpson, 1990).

**Table 2.** Attachment Styles and Spouses Styles Cross Tabulation

SPOUSE_STYLES	ATTACHMENT_STYLES				Total
	Secure	Preoccupied	Dismissing	Fearful	
Secure_Secure	16	.	.	.	16
Secure_Preoccupied	2	2	.	.	4
Preoccupied_Preoccupied	.	10	.	.	10
Preoccupied_Fearful	.	4	.	4	8
Dismissing_Dismissing	.	.	16	.	16
Dismissing_Fearful	.	.	4	4	8
Fearful_Preoccupied	.	4	.	4	8
Fearful_Dismissing	.	.	3	3	6
Fearful_Fearful	.	.	.	28	28
Total	18	20	23	43	104
%	17%	19%	22%	41%	100%

Crosstabs, a short form for cross-tabulation, was used to assess the relationship between two variables in a table-based format. It works best with categorical variables. According to Table 2, 41% of respondents have Attachment Insecurity; Fearful, 22% have Attachment Insecurity; Dismissing, 19% Attachment Insecurity; Preoccupied, and only 17% of the respondents have Secure Attachment Styles. It also concluded that 83% of respondents were in Attachment Insecurity. The analysis of cross-tabulation produced a clear-cut pattern showed in Table 2 for husbands and wives. A secure attachment was positively correlated with secure and negatively with all three insecure attachment items of the spouse. Insecure attachment items, however, were generally positively correlated with the partner's insecure attachment items. This result is matched to the previous research conducted by Banse (2004) that suggested the other spouse will influence their spouses' attachment styles.

**Table 3.** Correlations between Attachment styles and Spouse Styles

Variables	N	Pearson Correlation	Significance value, <i>p</i>
Attachment Styles	104	.75**	.00
Spouses Styles	104	.75**	.00

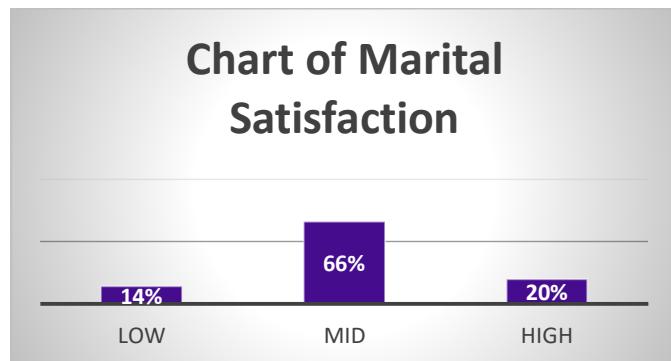
The Pearson Correlation analysis was conducted between Attachment styles and Spouse Styles. The result demonstrated the correlation between Attachment Styles and Spouses Styles. The *R*-value is .75 and *p*-value is .00. The table above shows *p*< 0.05, while *R*-value shows a significant correlation with a strong positive relationship. This finding is consistent with the previous research conducted by Banse (2004), who reported a correlation between Attachment Styles and Marital Satisfaction. The pattern also depending on their spouse Attachment's Styles. Banse (2004) presented that relationship satisfaction in married couples can be accounted for by the individual's Attachment to romantic partners, partner's attachment style and their combination. The positive effects of secure and the negative effects of insecure attachment styles were either amplified or attenuated depending on the Attachment of the spouse based on Banse's statement. The research was conducted using the Relationship Assessment Scale (RAS: Hendrick, 1988) & Relationship Questionnaire (RQ: Bartholomew & Horowitz, 1991). Moreover, these new results suggested that not only secure attachment styles but also those who are insecure of Attachment about the spouse are associated with not only one's own but also one's partner's marital satisfaction. That is why some partner with a different style of Attachment regulate their thinking, emotion, and behaviour (Kodak & Duemmler, 1994) on how they should react with their spouse to keep the closeness, intimacy and to maintain the relationship people may be very creative to engage in collaborative strategies and try to resolve the conflict.

One feels comfortable and stable in a close relationship (Shaver and Hazan 1993). As a result of a positive or negative view of the self and others, the spouses' attachment security leads to different levels of marital satisfaction. Secure attach people will always be more focused on the benefits of being with a partner and often organize individual goals around intimacy. It motivates an individual to engage in a long-lasting romantic relationship (Sumer & Cozzarelli, 2004). However, this current research has an important thing to highlight. First insecure people also can support secure people. Second, insecure people also satisfied with their marital life. This result was supported by (Hazan & Shaver, 1994). As reported by (Hamidi 2007) and supported by this research, marital satisfaction was not associated with Attachment. A secure or insecure individual might have high or low marital satisfaction.

Besides that, a new finding reported by Mohammadi, Samavi & Ghazari (2016) on their research The Relationship between Attachment Styles and Lifestyle with Marital Satisfaction. They found

that no significant relationship was identified between secure Attachment Styles and Marital Satisfaction. It depends on how they rate their satisfaction. Furthermore, as mentioned by (Pietromonaco, Greenwood Barrett, 2004), theorists have not developed how attachment style can influence perception or behaviour. It proved that some people do not rate their marital satisfaction based on the attachment styles that they belong to. Banse believed that not only can a combination of attachment styles be useful, but also cultural norms between men and women in romantic relationships in their demands to develop the theoretical perspectives and better understanding the function of secure and insecure attachment styles (Banse,2004).

An Independent Samples T-test was also conducted to compare Marital Satisfaction in gender, which is between husband and wife. There is no significant difference in the level of Marital Satisfaction among husband and wife. ( $M=35.12$ ,  $SD=1.80$ ) and ( $M=13.50$ ,  $SD=1.60$ ) condition  $t = (102) = 107$ ,  $p > 0.05$ .



**Figure 1.** Chart of Marital Satisfaction

We have used mean and standard deviation to measures the variables (low, average, high). It was found that 14% had low satisfaction, 66% in middle/average, and only 20% have high marital satisfaction.

**Table 4.** Cross Tabulation of Marital Satisfaction between Gender

		Gender		Total
		Male	Female	
MCR	Low	5	10	15
	Middle	37	32	69
	High	10	10	20
Total	52	52	104	

From the Cross Tabulation table of Marital Satisfaction between gender, N=104, it shows that 15 of respondents have low Marital Satisfaction, 69 are in middle while only 20 of respondents have high Marital Satisfaction.

**Table 5.** Chi-Square Tests

	Value	df	Asymp. Sig.	(2- sided)
Pearson Chi-Square	2.029 <sup>a</sup>	2	.363	
Likelihood Ratio	2.062	2	.357	
Linear-by-Linear Association	.712	1	.399	
N of Valid Cases	104			

Table 5 reported that the Pearson Chi-Square value is  $.36 > 0.05$ , which means that there is no relationship between the level of Marital Satisfaction among spouses. This finding is consistent with the previous research that suggested neither attachment style of either gender is dominant in predicting marital satisfaction (Gallow & Smith, 2001; Kirkpatrick & Davis, 1994)- that is, men's and women's attachment styles have equal impact on a couple's perception of marital quality. The result demonstrated the correlation between Attachment Styles and Marital Satisfaction. The  $R$ -value is 1, and the  $p$ -value is reported as a constant. Thus, the Null Hypothesis emphasis there is no relationship between Attachment Styles and Spouses Styles is failed to reject. In conclusion, this finding is consistent with the previous research conducted by Hamidi (2007), who reported that there is no correlation between Attachment Styles and Marital Satisfaction.

## 6 SUMMARY AND CONCLUSION

Although the results of the current study enhance our understanding of the role of Attachment in marital relationship, several limitations temper the conclusions that can be drawn. Because spouses were selected from only one religious perspective, the result may differ from those from other religions. Future research in this area should continue to explore attachment processes among married couples of other religions. For a more detailed analysis of participants and overcoming the limitation of survey methods, a qualitative research method or mixed-method research is recommended. There is also a lack of cooperation with the husband.

The Marital Adjustment Test Inventory (MAT) is an overall prediction in measures satisfaction of marriage. As in this research, it was not profitable to measures satisfaction as there is no specific component. Besides that, all of the respondents reported higher marital satisfaction than the mean of (MAT). It concluded a constant variable for (MAT). Previously, many studies have been conducted on Marital Satisfaction, but little attention was paid to the role of culture, ethnicity and race on marital experiences. (Gouin, Glaser, Loving, et al., 2009). It also considered as one of the limitations when finding the proper measurement and guideline to research from this perspective.

For counsellors, the recommendation suggested is to get more active in conveying and spreading information regarding Attachment Styles to the public. Counsellors can plan interventions that are related to attachment awareness with community members in selected research locations. On the other hand, counsellors also can run programmes that are related to attachment awareness. Such kind of opportunities can help the community to enhance their lives, communication standard, marital satisfaction and even how they view themselves and others.

The study focused on the Attachment Styles and Marital Quality between Spouses. It has helped a group of spouses to understand their types of Attachment and Spouses Styles. It provides them with information about the person characteristics, as identified by each Attachment Style, and how it correlates with their spouse's Attachment Styles. With the knowledge about their personal attachment styles, they would be better equipped to avoid conflict and to understand their own weaknesses. Findings from the study enhances a counsellor's personal knowledge on how to deal with clients who face marital issues, by utilising an Attachment framework.

Although attachment theorists have not developed a clear prediction about the influence of one partner's attachment style on the other partner's perceptions or behaviours or about the joint effects of a couple's attachment styles, two expectations are deemed reasonable. First, when both partners are secure, they should experience a better satisfaction in marriage and would be better able to resolve conflict. Second, if still there are one partner who is more secure in terms of Attachment style in the relationship, it would be better than both partners harbouring insecure attachment styles. A weak attachment would commonly result in an inability to handle conflict or achieve satisfaction within the partnership. However, consistent with previous literature, neither attachment style of either gender is dominant in predicting marital satisfaction (Gallow & Smith, 2001; Kirkpatrick & Davis, 1994); in sum, men's and women's attachment styles have an equal impact on a couple's perceptions of marital quality.

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