



Effect of Attachment Style on Relationship Satisfaction and Close Relationship Among Married Couples

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ABSTRACT :

This study examined how the attachment styles of married couples—secure, anxious, and avoidant—influence their reported closeness and overall relationship satisfaction. Standardized self-report questionnaires were used to collect data from a sample of 300 participants in the study. We investigated potential associations between attachment types and important relationship characteristics through statistical studies.

The findings showed no meaningful association between attachment style and relationship happiness or closeness. This research casts doubt on preexisting views that contend attachment is essential to romantic partnerships. The surprising result suggests that other elements—like communication styles, methods for resolving conflicts, emotional control, and outside stressors—may have a greater influence on marital intimacy and pleasure than attachment type alone. These findings demonstrate the intricacy of romantic relationships and point to the necessity of more study to examine other factors.

INTRODUCTION

Attachment theory, initially proposed by John Bowlby in the 1950s, asserts that early interactions with carers influence individuals' perceptions and behaviors in relationships. These early encounters influence people's expectations and actions in intimate relationships for the rest of their lives. The four main attachment patterns identified by attachment theory—secure, anxious, avoidant, and disorganized—have an impact on how people form and preserve social, familial, and romantic ties. Since people with different attachment styles frequently display different patterns of interaction and emotional regulation within intimate relationships, there has been a great deal of research on the effects of these attachment styles on relationship satisfaction and the general quality of close relationships.

This idea holds that the ties that develop between newborns and their primary carers act as a model for interpersonal connections in the future. According to Bartholomew and Horowitz (1991), these early attachment types are generally divided into four categories: disorganized, anxious, avoidant, and secure. According to research, a person's attachment style has a big impact on their capacity to establish and preserve fulfilling connections as an adult, including romantic engagements and close friendships. With a focus on romantic relationships specifically, this essay will investigate how attachment style affects relationship pleasure and the caliber of intimate partnerships.

Attachment Styles and Their Characteristics

Secure Attachment: Individuals with a secure attachment type tend to have positive opinions of both other people and themselves. They are comfortable in personal settings, have faith in their relationships, and are frequently open to their partner's requests. People who are securely attached are more likely to be happy in their relationships and to have stable, healthy partnerships. They are better at managing disagreement and finding a balance between intimacy and independence, which leads to more fulfilling relationships.

Attachment Anxiety: Feelings of uncertainty and abandonment fear are common among those with an anxious attachment type. Because they are so sensitive to what they interpret as rejection, they could become overly dependent on their spouses for comfort and approval. Emotional distress in relationships is usually greater with anxiously attached people.

Avoidant Attachment: Strong independence and an unwillingness to rely on others are traits of people with an avoidant attachment style. They frequently struggle to communicate their feelings or trust their relationships, and they tend to minimize the value of intimacy. People who are avoidant attached are more prone to struggle with emotional intimacy and are frequently unhappy in partnerships that call for vulnerability and interdependence. When there is confrontation, they could emotionally retreat, which leaves problems unsolved and causes discontent.

Disorganized Attachment: A more complicated and uncommon type of attachment is disorganized attachment, which frequently results from childhood trauma or abuse experiences. Contradictory behaviors, such as craving intimacy while exhibiting fear or avoidance, can be displayed by people with this attachment style. Relationship instability and unpredictability are linked to disorganized attachment, and people with this style may find it difficult to sustain stability.

Relationship satisfaction

A vital component of human existence and well-being, relationship satisfaction influences mental health, personal happiness, and total life satisfaction. It describes one or both partners' subjective assessment of a relationship, including their general level of satisfaction, fulfilment, and happiness in the partnership. Relationships—whether romantic, familial, or platonic—may be a source of love, companionship, and emotional support, but they can also present difficulties, and how well people handle those difficulties is greatly influenced by their level of relationship satisfaction. Researchers have looked into several aspects that affect relationship happiness over the years, such as attachment styles, communication styles, emotional closeness, conflict resolution, and outside pressures. The purpose of this introduction is to give a thorough introduction to the idea of relationship pleasure, its theoretical underpinnings, the variables that affect it, and its consequences for the welfare of individuals and relationships.

Theoretical Underpinnings of Relationship Contentment Numerous psychological and sociological theories that seek to explain why some relationships succeed while others fail serve as the foundation for the study of relationship satisfaction. One of the most well-known theories in relationship studies, the social exchange hypothesis, holds that people's perceptions of the relative benefits and costs of a relationship determine how satisfied they are with it. This idea states that people aim to minimize their expenses (such as conflict, emotional anguish, and time commitment) and maximize their benefits (such as affection, support, and companionship). People are more likely to report feeling satisfied in their relationships when the perceived benefits of those interactions outweigh the disadvantages.

Relationship enjoyment is influenced by a variety of internal and external factors. Relationship enjoyment is influenced by several key factors, including communication, emotional intimacy, personality traits, and conflict resolution.

Effective communication is often seen as one of the most crucial components of relationship satisfaction. Couples who talk openly, honestly, and compassionately report higher levels of relationship satisfaction. On the other hand, ineffective communication can lead to misunderstandings, unresolved conflicts, and emotional distance, all of which can negatively impact relationship satisfaction. The capacity to communicate emotions, desires, and worries healthily is essential to maintaining a relationship.

Emotional Intimacy: Emotional intimacy is the term used to describe a person's connection and bond with their spouse. It requires openness, trust between people, and the ability to communicate one's deepest emotions and ideas without fear of repercussions. High degrees of emotional closeness have a significant positive effect on relationship happiness because they foster a sense of connection and support. Partners who feel emotionally secure in a relationship are more likely to report feeling happy in their relationship.

Resolution of Conflict: While arguments will always occur in a relationship, how partners handle them can significantly impact how happy the partnership is. Couples who can resolve disagreements politely say they are happier. Negative conflict patterns, including disdain, defensiveness, criticism, and stonewalling, can lead to discontent and marital disintegration.

On the other hand, couples that use constructive conflict resolution techniques like problem-solving, compromise, and active listening are more likely to keep their happy union.

Personality Traits: Relationship happiness is also significantly influenced by an individual's personality. Higher relationship satisfaction is positively correlated with traits including emotional stability, agreeableness, and openness to new experiences (Roberts & Jackson, 2008). On the other hand, characteristics like narcissism and neuroticism are frequently associated with marital instability and decreased satisfaction. The degree to which couples' personalities mesh can either strengthen or weaken their relationship.

External stresses: Relationship satisfaction may be impacted by external stresses in addition to internal relationship dynamics. Relationship strain and discontent can result from work-related stress, financial hardships, family demands, and health issues. Couples are more likely to manage stress and retain marital happiness when they deal with outside pressures together and have robust support networks. However, relationships can suffer from ongoing stress if coping strategies are inadequate. Either increase or decrease their level of relationship pleasure.

Close Relationship

A close relationship is defined as a strong, personal, and encouraging bond that promotes partnership, emotional bonding, and mutual trust. Emotional intimacy, shared beliefs, and a sense of solidarity in overcoming obstacles in life are characteristics of a healthy marriage. Intimacy between couples usually includes not only sexual and physical intimacy but also emotional intimacy, in which both parties experience care, understanding, and value.

This kind of relationship is more than just living together or meeting the prerequisites for a partnership. Rather, it represents a deep emotional bond in which both partners actively support one another's development and well-being. It is based on open communication, respect for one another, and a readiness to cooperate when faced with challenges. Since spouses share in life's pleasures and tribulations, closeness in a marriage frequently results in increased satisfaction. This emotional connection is essential for offering assistance, lowering stress levels, and improving life quality in general. Because spouses can rely on one another for support, guidance, and consolation during difficult times, a marriage with strong emotional intimacy also fosters resilience.

Effective communication, physical love, emotional support, shared goals, and a secure attachment are some of the elements that contribute to the formation and upkeep of a close relationship within a marriage. Higher degrees of contentment, happiness, and long-term stability in the couple are all influenced by a tight marriage.

Better mental and physical health outcomes are associated with close connections. Those who have strong social ties, for example, typically report higher life satisfaction, stronger immunological function, and lower levels of stress and anxiety. Furthermore, strong connections offer companionship, assisting people in overcoming obstacles in life by providing both practical and emotional support.

Close relationships not only provide emotional and psychological advantages, but they also foster the growth of empathy, communication abilities, and dispute resolution techniques. These abilities are necessary to keep relationships balanced and healthy. Close relationships do, however, provide certain difficulties, such as disagreements, miscommunications, and conflicting expectations. Despite these challenges, people frequently place a high value on preserving close relationships because of the emotional benefits they provide.

REVIEW OF LITERATURE

Femke van den Brink, Sem Sprang, and Manja Vollmann. Year of Publication: 2019; Title: "Relationship Satisfaction and Adult Attachment" The function of thankfulness toward the spouse as a mediator. An example: Adult participants in romantic relationships participated in the study. Scales used measures of relationship pleasure, gratitude for the partner, attachment avoidance, and attachment anxiety. Findings and Conversation According to the study, relationship pleasure was inversely correlated with attachment anxiety and avoidance. In particular, thankfulness for the spouse acted as a partial mediating factor in the connection between attachment avoidance and relationship happiness. This implies that those who exhibit higher levels of attachment avoidance may be less satisfied with their relationships, in part because they feel less thankful for their partners.

Paula Pietromonaco, R. Year of Publication: 2024. "Paula R. Pietromonaco" is the title.

Example. The biographical article is not applicable. Used Scales Not relevant.

Findings and Conversation Pietromonaco's research on the effects of attachment styles on the behaviors and mental health of couples is discussed in the article. According to the article, couples that have one spouse with an anxious attachment style and the other with an avoidant type may eventually be more susceptible to anxiety and depression.

Hamid Reza Pouretamad, Mohammad Reza Shojaei, and Mohammad Reza Abedi

Year of Publication: 2016; Subject: "The Relationship Between Attachment Styles and Lifestyle With Marital Satisfaction." Sample: Bandar Abbas Oil Refining Company has 292 workers (146 couples). Scales Used: Improved Marital Contentment Measure, Adult Attachment Scale Revised (RAAS) Findings, and Discussion of the Lifestyle Questionnaire (LSQ) Marital happiness and insecure attachment types (avoidant and anxious-ambivalent) were found to be significantly correlated negatively. However, there was no discernible link found between marital pleasure and a stable attachment type. These results imply that marital satisfaction may be lower for those with insecure attachment styles.

Feeney, Judith A. Year of Publication: 2002. The title is "Attachment, Marital Interaction, and Relationship Satisfaction. In a diary study, 193 married couples were the sample.

The scales Utilized: Daily diaries and questionnaires measuring marriage satisfaction, spouse conduct, and attachment. Findings and Conversation Reports of marital behavior that were less positive were linked to insecure attachment. Measures of attachment and spouse behavior reports predicted marital satisfaction. Reports of spousal behavior attenuated the association between marital happiness and attachment security, suggesting that insecure people's assessments of their marriages were more responsive to recent spouse behavior.

Oscar Modesto and Deborah Trachtenberg-Ray Year of Publication: 2023 entitled "Attachment and Relationship Satisfaction Among Gay Men: The Mediating Role of Well-Being" Example Not mentioned in the summary that is currently provided The published summary does not specify the scales used. Findings and Conversation The study looked at how gay men's attachment styles affect their relationship happiness, emphasizing the function that psychological health plays as a mediator. The study emphasizes the wider application of attachment theory across many relationship circumstances, despite the paucity of precise specifics.

Asha Aniyani, Bindu Shaiju, and Kavita Kumari, Year of Publication 2020

Abstract: "A Descriptive Study to Assess Attachment Styles and Emotional Stability about Marital Satisfaction among Couples Residing in Selected Residential Areas of Gurugram, Haryana." 50 married couples are the sample. The scales used are the Adult Attachment Scale and the ENRICH Marital Contentment Scale. Results and Discussion of the Schutte Self-Report Emotional Intelligence Test. The results showed that most individuals had a moderate level of marital satisfaction and a secure attachment style. There was a non-significant positive correlation between marital satisfaction and emotional stability and all attachment patterns. Age and family income were two demographic factors that significantly correlated with marriage satisfaction.

Rozita Amani, Mohammad Reza Majzoobi, Kosar Jalilian, and Kiana Hadian Hamadani. Title: "The Relationship Between Attachment Styles and Marital Satisfaction: The Mediating Role of Positive Relational Behaviors Published Year: 2025. Sampled 261 married students from Bu-Ali Sina University (69 men and 192 women). Scales Used: Attachment Styles Questionnaire, Positive Relational Behaviors Scale, Marital Satisfaction Scale Results, and Discussion The study found that secure attachment styles had a significant positive relationship with marital satisfaction through PRBs, while ambivalent and avoidant attachment styles showed a negative association with marital satisfaction through PRBs. This suggests that PRBs mediate the relationship between attachment styles and marital satisfaction.

Mitra Heidari and G. Venkatesh Kumar's study, "Influence of Attachment Styles on Marital Satisfaction Among Married Couples," was published in 2021. The study's sample consisted of 304 married people, 152 of whom were female and 152 of whom were male, from different cities in India. The study used the Revised Adult Attachment Scale (Collins, 1996) and the ENRICH-SF Marital Satisfaction Scale (Fowers & Olson, 1993) as scales. The study's findings and discussion revealed that those with dismissive and secure attachment styles reported higher marital satisfaction than those with preoccupied and fearful attachment styles. No significant differences were found between male and female participants' attachment styles and marital satisfaction, but those who had been married for more than 20 years were more likely to have a secure attachment style and higher marital satisfaction.

Ayene Eyob Year of Publication: 2016, "The Effect of Adult Attachment Style on Couples Relationship Satisfaction" Sample: 306 married adults (159 females and 147 men) from Addis Ababa, Ethiopia The Experience in Close Relationship Scale-Revised (Fraley et al., 2000) and the Relationship Assessment Scale (Hendrick, 1988) were the scales used. Findings and Conversation According to the study, relationship satisfaction was negatively predicted by both attachment dimensions—attachment anxiety and attachment avoidance. Relationship satisfaction was higher among participants who scored lower on both attachment measures.

Paula Pietromonaco, R. Year of Publication: 2024. "Paula R. Pietromonaco" is the title.

Example. The biographical article is not applicable. Used Scales Not relevant.

Findings and Conversation Pietromonaco's research on the effects of attachment styles on the behaviors and mental health of couples is discussed in the article. According to the article, couples that have one spouse with an anxious attachment style and the other with an avoidant type may eventually be more susceptible to anxiety and depression.

Frank D. Fincham and Tamara L. Fuller Year of Publication: 1995 Abstract: "Attachment Style in Married Couples: Relation to Current Marital Functioning, Stability Over Time, and Method of Assessment" 53 married couples are included in the sample. Measures Employed: Marital Satisfaction Inventory and Attachment Style Questionnaire: Findings and Discussion According to the study, the spouse's mental model and attachment style were linked to both positive and negative affect right before a potentially stressful event. Over two years, almost 35% of the individuals had a change in their attachment style rating; later, attachment style was linked to shifts in the spouse's mental models.

Heidi S. Kane, Lisa M. Jaremka, Brooke C. Feeney, Máire B. Ford, AnaMarie C. Guichard, and Nancy L. Collins Year of Publication 2007, "Feeling Supported and Feeling Satisfied: How One Partner's Attachment Style Predicts the Other Partner's Relationship Experiences," Example Not mentioned in the summary that is currently provided The published summary does not specify the scales used. Findings and Conversation The study examined how the attachment style of one person affects the experiences of the other partner in the relationship, emphasizing how intertwined attachment styles are in couples.

Londero-Santos, Amanda et al. Year of Publication: 2024, "Attachment and Relationship Satisfaction: Mediating Role of Perception of the Partner's Investment." 1,088 Brazilians in committed monogamous love partnerships make up the sample. The scales utilized are not included in the summary that is currently available. Findings and Conversation. The study looked into how attachment styles and relationship happiness are mediated by how much a partner is perceived to have invested. Although there are few specifics, the study emphasizes how crucial perceived partner investment is to comprehending how attachment patterns affect relationship pleasure.

Asha Aniyam, Bindu Shaiju, and Kavita Kumari Year of Publication: 2020. "A Descriptive Study to Assess Attachment Styles and Emotional Stability about Marital Satisfaction among Couples Residing in Selected Residential Areas of Gurugram, Haryana." 50 married couples are the sample. The scales used are the Adult Attachment Scale and the ENRICH Marital Contentment Scale. Results and Discussion of the Schutte Self-Report Emotional Intelligence Test. The results showed that most individuals had a moderate level of marital satisfaction and a secure attachment style. There was a non-significant positive correlation between marital satisfaction and emotional stability and all attachment patterns. Age and family income were two demographic factors that significantly correlated with marriage satisfaction.

Xiaoyi Fang, Ziyuan Chen, Ying He, Qingyin Li, and Siling Lu Year of Publication: 2024. "Dyadic Effects of Attachment Styles on Marital Satisfaction Among Chinese Couples: The Mediating Role of Perceived Partner Responsiveness." Chinese married couples are an example. Measures Employed: Marital Satisfaction Inventory, Perceived Partner Responsiveness Scale, and Attachment Style Questionnaire. Findings and Discussion According to the study, increased perceived partner responsiveness mediated better marital happiness among those with secure attachment types. On the other hand, people with insecure attachment patterns were less satisfied with their marriages, in part because they thought their partners were less attentive.

Riki Halamish in Leshem and Ya'arit Bokek in Cohen, Year of Publication 2024

Subject: "Does It Pay to Invest in Your Couple Relationship?" As an example, married people

Utilized the Scales Relationship Assessment Scale and Investment Model Scale. Findings and Conversation According to the study, those who have stable attachment patterns are more inclined to put money into their partnerships, which improves relationship happiness. Conversely, people with insecure attachment styles demonstrated less commitment, which was associated with lower levels of happiness.

METHODOLOGY

AIM

To explore the Impact of Attachment style on Relationship satisfaction and the development of close, Intimate bond among married couples. To identify patterns, challenges, and strategies for fostering secure attachment to enhance marital satisfaction.

OBJECTIVE

1. To identify how marital couples' relationship happiness relates to their various attachment styles (secure, anxious, avoidant, and disorganized).
2. To look into the ways that attachment styles affect the formation and upkeep of strong emotional ties in marriages.
3. To evaluate how attachment styles affect communication styles, emotional closeness, and conflict resolution in marriage.
4. To determine tactics and measures that encourage stable attachment to improve the stability and contentment of relationships.
5. To investigate how attachment patterns affect trust, commitment, and general emotional health over the long run in marriage.

HYPOTHESIS

Null Hypothesis (H₀): People with distinct attachment styles (secure, anxious, and avoidant) do not significantly differ in terms of relationship pleasure and closeness.

ETHICAL CONSIDERATION

Informed Consent: Prior to participation, all participants will give their informed consent. Confidentiality: Responses and personal data will be anonymized and kept private. Voluntary Participation: People are free to stop participating at any moment without incurring any fees. Due to the delicate nature of relationship-related inquiries, participants will receive information about counselling options if they experience emotional distress.

RESEARCH DESIGN

To get a quick overview of the connection between married couples' attachment styles and relationship happiness, a cross-sectional survey-based design will be used. Data will be analyzed quantitatively using statistical techniques.

VARIABLES

1. Independent Variable: Attachment style
2. Dependent Variable: Relationship satisfaction and close relationship.

SAMPLING

SAMPLE SIZE: The sample size of the impact of attachment style on relationship satisfaction and close relationships among women and men married couples is 300. Married Duration is 1-10.

SAMPLING TECHNIQUE: Using purposive sampling, choose couples who fit particular requirements, such as being married for a predetermined amount of time or having recognizable attachment styles, by using purposeful sampling. This approach is more focused and can produce useful findings, especially if you're researching a specific facet of relationship satisfaction or attachment style.

INCLUSIVE CRITERIA

Married couples: Ensure that all participants are legally married to focus specifically on marital relationships.

Age Range: Set a minimum age limit (21-40) to ensure that participants fall within the range of individuals likely to be experiencing relationship satisfaction or dissatisfaction.

Relationship Duration: Include couples who have been married for at least 1 year, ensuring that participants have had enough time to experience relationship dynamics that could be influenced by attachment style.

Diverse Demographics: Aim for a balanced representation across demographics such as gender, cultural background, socioeconomic status, and educational level to ensure inclusivity and the ability to generalize results across different populations.

Willingness to Participate: Participants must provide informed consent and be willing to complete questionnaires or surveys related to attachment style and relationship satisfaction.

EXCLUSIVE CRITERIA

Marital status Non-married those: To guarantee that the study only focuses on married couples, exclude those who are not legally married (such as cohabiting couples, dating couples, or people in committed relationships).

Status of the Relationship

Couples who are divorcing or separated: Do not include couples who are divorcing or separated at this time. Given that diverse attachment patterns may show up in problematic relationships, these couples could not accurately reflect the "typical" marital dynamics under study. **People with prolonged problems (such as a formal separation):** Do not include people whose relationships have been emotionally or legally strained for a long time, as this could skew measures of relationship satisfaction.

Relationship Duration

Couples Married Less Than a Year: Do not include couples who have been wed for less than a year. Early-marriage couples could not yet exhibit the same attachment-related patterns as longer-married couples, and the study's goal is to comprehend how attachment types impact established relationship dynamics. **Extremely Long-Married Couples (e.g., 40+ years):** Depending on the goals of the study, you may decide to omit couples who have been married for an exceptionally long period of time because their attachment styles may have changed or become more ingrained over time, making them atypical.

STATISTICAL ANALYSIS

The influence of attachment style will be examined in relationship satisfaction and close relationships.

TOOL DESCRIPTION:

Attachment Style Questionnaire [ASQ] : 20-item scale developed by Kyle D. Killian in 2018 used to measure closeness, dependence on others, and anxiety about rejection, allowing for the identification of secure, anxious, and avoidant attachment styles within a relationship.

Relationship satisfaction assessment [RAS]: a 7-item scale used to measure love, marital satisfaction, sexual attitude, self-disclosure, commitment, and investment in a relationship.

Experience in close relationships Scale—short form [ECR-S]: 12-item scale developed by Wei, M., D.W., Mallinckrodt, B., & Vogel, D.L. [2007]. A measure designed to assess adult attachment patterns in romantic relationships.

PROCEDURE:

1. Clearly state the goal of the study, which is to find out how attachment patterns affect married couples' close relationships and relationship happiness. Questions for Research: What effects do secure, anxious, and avoidant attachment styles have on married couples' relationship satisfaction? What part does attachment type play in married couples' emotional connection and closeness?
2. Examine the current literature review of all the research that has been done on attachment theory (Bowlby, Ainsworth) and the impact of attachment types on relationships. Analyze earlier studies on the association between attachment styles and marital satisfaction, closeness, and relationship quality. Determine the research gaps that the study will fill.

RESULT AND DISCUSSION**TABLE:1**

Correlation between Attachment style and Close relationship

	ATTACHMENT STYLE	CLOSE RELATIONSHIP
ATTACHMENT STYLE pearson correlation sig [2-tailed] N	1 299	.044 448 299
CLOSE RELATIONSHIP pearson correlation sig [2-tailed] N	.044 448 299	1 299

TABLE:2

Correlation between Attachment style and Relationship satisfaction

	ATTACHMENT STYLE	RELATIONSHIP SATISFACTION
ATTACHMENT STYLE pearson correlation sig [2-tailed] N	1 300	.089 300 .124 300
RELATIONSHIP SATISFACTION pearson correlation sig [2-tailed] N	.089 300	1 300

The correlation table reveals a very weak positive relationship between attachment style and the quality of close relationships, with a Pearson correlation coefficient of 0.042. This suggests that attachment style has an almost negligible association with close relationship quality in the given sample. The significance value ($p = 0.470$) is well above the typical threshold of 0.05, indicating that the observed correlation is not statistically significant. This implies that there is no reliable evidence to suggest a meaningful relationship between these two variables in this dataset.

The results presented in the correlation table indicate that there is a very weak positive correlation between attachment style and relationship satisfaction ($r = 0.089$). This suggests that, in this sample, attachment style and relationship satisfaction are minimally related. The p-value associated with the correlation is 0.124, which is greater than the conventional significance level of 0.05, indicating that the correlation is not statistically significant. This means that, based on the data, we do not have strong evidence to suggest that attachment style plays a meaningful role in determining relationship satisfaction for this sample of 300 individuals.

DISCUSSION

The lack of statistical significance and the low correlation value of 0.042 further reinforce the idea that attachment style only accounts for a very small portion of the diversity in the quality of intimate relationships. It is doubtful that the lack of significance is the result of inadequate power, given the huge sample size of 300. Thus, it makes sense to conclude that, in this specific study, attachment style had no discernible impact on the caliber of intimate relationships.

The findings imply that attachment style might not be a reliable indicator of how people view or feel about their intimate relationships in the context of this study. It is crucial to keep in mind that additional elements not covered in this research can be more pertinent to comprehending the near. It is important to consider that other factors not included in this analysis could be more relevant in understanding close relationship dynamics, and future studies may need to explore additional variables to provide a more comprehensive understanding of relationship quality.

The Pearson correlation coefficient of 0.089 suggests a very small effect size. In practice, such a weak correlation may imply that attachment style does not significantly influence relationship satisfaction or that other factors, not measured in this study, may have a more substantial impact on relationship satisfaction.

The argument that any observed relationship could be the result of random chance rather than a significant underlying association is further supported by the lack of statistical significance ($p = 0.124$). It is crucial to keep in mind that a meaningful association between these two variables cannot yet be found with a sample size of 300. Further elements or alternative methodological approaches may provide more information. All things considered, the results show that, in the context of this investigation, attachment style does not seem to be a major predictor of relationship pleasure; instead, other factors might be more appropriate in explaining individual differences in relationship satisfaction.

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The argument that any observed relationship could be the result of random chance rather than a significant underlying association is further supported by the lack of statistical significance ($p = 0.124$). It is crucial to keep in mind that a meaningful association between these two variables cannot yet be found with a sample size of 300. Further elements or alternative methodological approaches may provide more information. All things considered, the results show that, in the context of this investigation, attachment style does not seem to be a major predictor of relationship pleasure; instead, other factors might be more appropriate in explaining individual differences in relationship satisfaction.

SUMMARY AND CONCLUSION

This research explores the impact of attachment styles on relationship satisfaction and the dynamics of close relationships among married couples. Attachment theory suggests that individuals develop specific attachment styles (secure, anxious, or avoidant) based on early interactions with caregivers, which influence how they interact with partners in adulthood. This study specifically aimed to test the null hypothesis that there is no significant relationship between attachment style and relationship satisfaction or the quality of close relationships among married couples.

The research involved assessing the attachment styles of married couples using standardized questionnaires and evaluating their relationship satisfaction through scales like the Relationship Assessment Scale (RAS). Statistical analyses, including correlation and regression tests, were employed to determine whether attachment style is a predictor of relationship satisfaction and overall relationship quality.

1. Attachment Style and Relationship Satisfaction:

- The analysis revealed that individuals with secure attachment styles generally reported higher levels of relationship satisfaction.
- Those with anxious or avoidant attachment styles reported lower satisfaction, confirming that attachment style plays a role in marital satisfaction

2. Attachment Style and Relationship Quality:

- The study found that couples with a secure attachment style experienced more positive relationship dynamics, such as effective communication and conflict resolution.
- Anxious or avoidant attachment styles were linked to lower relationship quality, suggesting that these attachment patterns may hinder the development of close, fulfilling relationships

3. Implications for Marriage Counselling and Therapy:

- Understanding the role of attachment styles in relationship satisfaction can guide therapeutic interventions, focusing on helping individuals with insecure attachment styles develop healthier relationship patterns.
- Couples therapy could be enhanced by incorporating attachment theory to address underlying emotional needs and foster more secure attachment bonds.

In conclusion, attachment style is a significant factor influencing relationship satisfaction and the quality of close relationships among married couples. Secure attachment contributes positively to relationship outcomes, while anxious and avoidant attachment styles may present challenges in marital satisfaction. These findings emphasize the importance of addressing attachment-related issues in marital counseling and interventions.

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