

An examination of the correlation between attachment styles and marital satisfaction among couples with marital conflict referring to the psychology clinic.

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Abstract: The present study aimed to examine the correlation between attachment styles and marital satisfaction among couples with marital conflict who sought assistance from psychologists, counseling centers, and clinics. This study is retrospective descriptive research employing a correlation design to examine the temporal and predictive associations among variables. The present study's statistical population comprises couples with marital conflict and acute family differences in Tehran who sought assistance from psychology and counseling centers and clinics. This study comprises a sample size of 128 individuals, consisting of 64 couples, selected from the available sampling methods. The present investigation employed both field and library methodologies to gather data and information. The present investigation employed two standardized questionnaires to assess marital satisfaction and attachment style. The structural validity of these measures was evaluated through confirmatory factor analysis, while their internal consistency was assessed using Cronbach's alpha coefficient, which yielded satisfactory results. The study employed regression analysis to examine the data. The findings indicate that the adult attachment style construct accounted for and anticipated roughly 36% of the fluctuation in the score of the marital satisfaction variable among couples who experienced acute disparities and disputes. It is recommended that psychologists allocate particular attention to the correlation between attachment style and marital satisfaction in the context of psychotherapeutic intervention.

Keywords: marital satisfaction, emotional relationship, attachment style, couples with marital conflict.

Introduction

There exist a multitude of approaches to conceptualizing and operationalizing the construct of marital satisfaction. Sadeghi has provided a definition of marital satisfaction as a subjective experience of contentment, pleasure, and satisfaction that is perceived by both partners, and encompasses all facets of married life. The notion of marital satisfaction is a dynamic and mutable construct, wherein the majority of couples undergo minor fluctuations in their degree of contentment over the course of their shared existence (Sadeghi, 2018). According to the definition, marital satisfaction is a state in which the husband and wife feel happy and satisfied about marrying each other and being together (Sinha and Mukerjee, 1991, quoted by Mir Ahmadizadeh et al., 2012). Several factors play a role in the satisfaction of married life: background factors (such as family authenticity and social cultural factors, personal characteristics and behaviors and the process of interaction of couples), control of arguments, participation in decision-making, quality of relationships, physical and mental health, and real values. According to Shamlo's (2009) research, factors such as respect, feelings of sympathy, and justice play a significant role in the interaction between couples and their level of satisfaction with their married life. Grandon et al. (2004) assert that various factors contribute to a fulfilling and agreeable life, including the personalities of the involved parties, the degree of mutual comprehension, intellectual development and psychological stability to a satisfactory degree, economic considerations and compatibility, sexual gratification, and love. In identifying the effective factors in marital satisfaction, specialists agree that agreeing to marry requires special abilities and skills in both parties, one of which is communication and problem solving skills. On the other hand, it should be noted that the social, political and cultural changes have created certain changes in the attitude towards marriage and the expectations of the parties from the joint life, which reveals the necessity of research in this matter in different periods. The experience of a profound interpersonal disconnect in various domains of life and society is attributed to ineffective communication.

According to Zamani (2016), a lack of proficiency in initiating and maintaining a fulfilling marital relationship can result in adverse outcomes such as social isolation, bodily ailments, psychological distress, low self-efficacy, occupational discontent, domestic conflicts, and mortality. Over the past two decades, the behavioral approach has placed significant emphasis on the correlation between communication abilities and levels of marital contentment, yielding valuable findings. Practitioners adhering to this approach primarily employ communication training as their primary therapeutic intervention (Gordon & Coop, 1999). Although Halford (2003) found communication skills training to be beneficial, there have been conflicting findings as well. The results of the therapies in general show that behavioral interventions, including training in communication skills, are only useful in 50% of troubled couples and have been able to change the quality of their marital relationships (Feeney, 1999). Disappointment in the improvement of couples' relationships, biased and incorrect views and wrong relationships, in addition to the side effects that pass on the communication between spouses, undoubtedly destabilize the family structure as well. Family instability also has destructive effects on children's mental health and their natural and healthy growth.

The author Ameri (2012) suggests that it is imperative to prioritize familial considerations and enhance the bond between partners, who serve as the quintessential and fundamental exemplars of romantic relationships. In contrast, in cases where a couple's relationship is characterized by ambiguity, conflict, or ambivalence, there may be a lack of mutual understanding or appreciation for each other's desires. This can impede the couple's ability to effectively resolve problems and reach agreements on matters such as sexual satisfaction, socializing with relatives, leisure activities, child-rearing, and financial management. Consequently, the couple may experience feelings of emotional distance and a lack of mutual understanding, leading them to seek solutions that may ultimately exacerbate the situation. Hence, a crucial aspect of assessing families is the standard of conjugal relationships. The main question is whether the marriage partners are satisfied with their relationship. In fact, they should water, confirm and support each other. The foundation of a marital relationship ought to rest upon the principles of trust and mutual respect, encompassing elements of romance and intimacy. Moreover, it is imperative that each marital pair possesses a spouse who possesses sufficient expertise to effectively resolve any preexisting disputes in a timely manner.

The aforementioned citation is attributed to Barker and has been translated by Dehghani et al. in the year 2012. Effective coordination and fulfillment of couples' needs, including emotional and sexual satisfaction, as well as possessing the necessary skills to foster understanding and love, can contribute to a satisfying and enduring joint life, characterized by intimacy and a strong relationship. According to Danesh (2013), sexuality encompasses interrelated facets of intimate relationships that can potentially exert either favorable or unfavorable impacts on one another.

Attachment style is a crucial factor that significantly impacts the level of marital satisfaction. The theory of attachment, originally utilized in the realm of juvenile development, has been recently implemented in the context of adult attachment relationships, resulting in a significant influence on the advancement of emotion-focused therapy for couples (Alstin, 2002). In 1987, Hazen and Shaver posited that attachment styles are indicative of underlying

distinctions in the cognitive frameworks of adults with regard to romantic love. According to MarySue and Lundsberger (2002).

According to Sayadpour's (2004) research, individuals who feel secure in their relationships tend to express intimacy and emotions rooted in love and friendship, which leads to greater satisfaction. Conversely, those who exhibit avoidant or ambivalent attachment styles, characterized by emotional distance and anxiety, tend to view the quality of their marital relationships in a negative light. The role of attachment style in marriage has been identified as a crucial factor (Buvleson and Denton, 1997). Effective and efficient communication between spouses has been recognized as the most significant aspect of families with optimal functioning, according to Griff (2000), in relation to marital characteristics. According to Sappington (2012), Beck and Jones (1972) identified that deficient communication is the prevailing issue in distressed marriages. According to Carr (2000), certain couples who seek therapy may prioritize and be preoccupied with communication difficulties as their primary concern. Communication approaches frequently analyze marriage and conjugal relationships based on three fundamental presumptions. Firstly, marital conflicts are inevitable, and communication therapy aims to manage them constructively rather than eradicating them entirely. 1. Employed; 2. Communication transpires through both verbal and nonverbal means, and one of the primary causes of marital conflicts is the incongruity of messages conveyed through these two channels simultaneously; 3. There exist variations in communication styles among wives, as per Sohrabi (2012). Commonly, it is believed that ineffective communication skills of the partners are the root cause of various communication issues in marriages. oponohue & Crouch, in 1996, supported this perspective and emphasized the significance of communication training as a crucial element in several marital therapy approaches aimed at resolving problematic relationships (Buvleson and Denton, 1997).

The impact of attachment styles on marital satisfaction is contingent upon the mother's appropriate responsiveness to the child's needs, which in turn leads to the development of a secure attachment style in the individual. Individuals with elevated levels of self-esteem tend to perceive the world as a secure environment. Individuals who exhibit fairness in their interactions with others and ground their thought processes in actuality are considered to possess a fair-minded approach. The belief posits that individuals possess an innate goodness, albeit occasionally exhibiting a sense of mistrust. Their distrust of humans is solely based on empirical evidence. Individuals who possess this skill are able to effectively engage in interpersonal communication by utilizing a consistent structure and framework. Individuals exhibit positive and realistic self-perceptions and perceptions of their significant others, as well as their interpersonal relationships. Frequently, individuals experience a sense of contentment in their interpersonal connections. Individuals who exhibit secure attachment styles tend to engage in longer-lasting relationships and demonstrate greater levels of commitment towards their partners. This cohort exhibits elevated emotional intelligence and adeptly recognizes and regulates their emotional responses. According to Najm (2017), individuals who possess the ability to make effective decisions and manage tensions adeptly demonstrate a high level of efficacy in their personal and professional lives. In cases where a child's needs are disregarded and the mother exhibits apprehension towards attachment behaviors, an individual may develop an insecure and disrupted attachment style. Such people have a set of characteristics of avoidant and ambivalent people (Norsworthy, 2010). The phenomenon of disrupted attachment is frequently observed in children who have been exposed to clinical issues. Observations are conducted on children who undergo internal trauma, such as parental loss, parental separation, or abuse.

Alexandrov et al. (2017) found that insecure individuals exhibit lower levels of marital satisfaction. However, despite this finding, the rate of divorce within the first four years of marriage is lower among insecure individuals. The primary factor contributing to this issue is the individuals' self-perception of unworthiness of a tranquil existence, leading them to persist through adversities and challenges to the extent of mortality and self-endangerment. The justification philosophy is from such people that we remain firm on the path of our love and stay on it until death. All their romantic behavior is due to their terrible, insatiable need to win the love of their lover. It is worth noting that individuals in this particular category exhibit a higher likelihood of engaging in infidelity compared to other groups (Stackert & Bursik, 2013). The impact of attachment styles on marital satisfaction is contingent upon the mother's appropriate response to her child's needs, which in turn leads to the development of a secure attachment style in the individual. Individuals with elevated levels of self-esteem tend to perceive the world as a secure environment. Individuals who exhibit fairness in their interactions with others and ground their thought processes in actuality are considered to possess a fair-minded approach. The belief posits that individuals possess an innate inclination towards benevolence, although on occasion, they may develop a sense of skepticism towards others. Their lack of trust towards humans is solely grounded on tangible evidence. Individuals who possess this trait are adept at interpersonal communication and utilize a consistent structure and framework when engaging with others. Individuals exhibit positive and realistic self-perceptions and perceptions of their significant others, as well as their interpersonal connections. They often feel satisfied with their relationships. People with secure attachment styles have longer-term

relationships and are more committed to others. This cohort exhibits elevated levels of emotional intelligence, enabling them to accurately recognize and regulate their emotions.

This study examines the relationship between attachment styles and marital satisfaction in couples with acute differences who referred to counseling centers.

Method

The current research is a type of retrospective descriptive study with a correlation design, in which temporal and predictive relationships between variables are investigated. The statistical population of the current research consists of couples with conflict and acute family differences in Tehran city who referred to psychology and counseling centers and clinics in 2021-2022. The study involved the participation of 128 individuals, comprising 64 couples, utilizing the sampling method that was available. The present investigation employed both field and library methodologies to gather data and information. In this study, two standardized questionnaires of marital satisfaction and attachment style were used, the validity of the structure was checked through confirmatory factor analysis and their reliability was checked through Cronbach's alpha, which was at an acceptable level.

Marital satisfaction: Enrich Marital Satisfaction Questionnaire (1989) was used to measure the variable of marital satisfaction. The test in question was devised by Olsen and colleagues in 1989. The purpose of this survey is to assess potential areas of concern or areas of strength and productivity within the context of a marital relationship. Olson has used this questionnaire to check marital satisfaction and believes that this scale is related to the changes that occur during a person's life and is also sensitive to the changes that occur in the family. Each of the topics of this questionnaire is related to one of the important fields. Assessing these areas within a marital relationship can identify potential problems for couples. This tool can also be used as a diagnostic tool for couples who seek marital counseling and seek to strengthen their marital relationship. The questionnaire is a dependable instrument that is frequently employed in various research studies to assess the level of marital contentment. The Marital Satisfaction Questionnaire developed by Enrich comprises a total of 115 closed-ended questions and is composed of 12 scales. The initial scale comprises 5 questions, while the residual scales are composed of 10 questions each. In Iran, this questionnaire was standardized by Suleimani (1994) and turned into a form of 47 questions with 9 subscales. The subscales of this questionnaire are: marital satisfaction, personality issues, marital relationship, conflict resolution, financial supervision, sexual relations, raising children, relationship with relatives and religious orientation.

Marital satisfaction variable: This scale measures satisfaction and compliance with 9 aspects of marital relationship which are listed below.

1. The present scale assesses an individual's perception of their spouse based on their conduct, traits, and degree of contentment or discontentment with regards to personality matters.
2. Marital relationship: This scale is related to feelings, beliefs and personal attitudes, relative to the role of communication in the continuity of marital relationships.
3. The Conflict Resolution scale assesses the emotional responses, cognitive beliefs, and individual attitudes of a partner in order to facilitate the creation or resolution of a conflict. The items on the scale are centered around strategies for bringing the discussion to a close.
4. The construct of financial supervision pertains to the interests and attitudes that are associated with the economic approach, as well as the matters that are addressed within spousal relationships.
5. The present scale assesses the individual inclinations of couples towards leisure activities.
6. Sexual relations: This category evaluates personal feelings and concerns about sexual and emotional relations with the spouse.
7. Marriage and raising children: This scale evaluates personal attitudes and feelings about having children and agreement on the number of children.
8. Relatives and friends: This scale assesses feelings and interests related to relations with relatives, spouses, and friends.
9. The present scale assesses individuals' ideological and religious orientation, encompassing their attitudes, emotions, and personal inclinations towards religious beliefs and practices within the context of married life.

The survey instrument comprises a five-point scale, akin to the Likert-type attitude scale, with each option assigned a numerical value ranging from one to five, as presented in Table 3-5.

When the score obtained in a marital satisfaction assessment is below 30, it is indicative of a significant level of dissatisfaction experienced by the spouses in their marital relationship.

A range of scores from 30 to 40 signifies a state of discontentment with the conjugal bond between the partners.

A score falling within the range of 40 to 60 is indicative of moderate and comparable levels of contentment with the conjugal relationship between partners.

A range of scores from 60 to 70 is indicative of a significant level of satisfaction among spouses with regards to their marital relationships.

Marital satisfaction between spouses is considered to be high when scores exceed 70.

Sanai (2009) demonstrated that the Enrich questionnaire's subscales effectively distinguish between content and discontent couples, thereby establishing the criterion validity of this instrument. The construct of marital satisfaction comprises nine distinct subscales. The present study conducted a confirmatory factor analysis on the research variable "Study procrastination" using the software program. The reliability of the questionnaire was reported by Parents (2016) through the use of Cronbach's alpha, yielding a value of 0.91. The authors Attari et al. (2005) have also documented the reliability of their findings using Cronbach's alpha, which was found to be within the range of 0.90 and 0.91. The reliability of the 47-item questionnaire was assessed by Shafiabadi et al. (2009) on a sample of 11 individuals, yielding a Cronbach's alpha coefficient of 0.95.

The confirmatory factor analysis yielded goodness of fit indices that indicate a favorable correspondence between the model and the observed data. To clarify, the operational definition of "marital satisfaction" utilized in this study aligns with the collected data.

Table 1: the goodness of fit indices of the measurement model pertaining to marital satisfaction.

chi-square	Sig.	Root Mean Squared Error of Approximation	goodness of fit index	Adjusted goodness of fit index
98.11	043.0	05.0	88.0	85.0

The chi-square statistic is considered to be the most crucial fit statistic. This metric quantifies the disparity between the actual and predicted matrix. The insignificance of this statistical measure indicates the degree of compatibility between the model and the data. However, it is worth noting that this measure is susceptible to sample size, meaning that in larger samples, the likelihood of insignificance decreases. In order to determine the adequacy of a model in relation to observed data, it is generally accepted that a root mean square error index value of less than 0.05, as well as goodness of fit index and adjusted goodness of fit index values exceeding 0.8, are deemed acceptable criteria. The present study incorporates the variable "marital satisfaction," which comprises nine indicators, as the dependent variable. The construct validity of this variable has been established and is presented in Table 3-3. The Cronbach's alpha has been utilized to determine the reliability of the subscales for marital satisfaction, with reported values ranging from 0.65 to 0.89. Additionally, the reliability of the marital satisfaction variable has been assessed through Cronbach's alpha, yielding a value of 0.75. The sample size of 252 individuals, comprising of 126 couples, demonstrates the internal correlation between variables utilized to assess the intended constructs. Consequently, it can be inferred that marital satisfaction exhibits the requisite level of reliability.

The Adult Attachment Styles Questionnaire is a self-report instrument developed by Hazan and Shaver (1987) that posits the existence of resemblances between attachment styles in adult relationships and those formed between children and their caregivers. The aforementioned measuring instrument comprises of three statements that pertain to an individual's emotional state regarding the aspects of comfort, closeness, and intimacy within their interpersonal relationships. Each depiction illustrates one of the three styles of attachment. Respondents are asked to indicate the applicability of each of the three descriptions about themselves on a 7-point Likert scale. Subjects are advised to select the description that most accurately characterizes their emotions in the context of close and intimate relationships. According to Behzadipour's (2015) study, the test-retest method yielded a reliability coefficient of 0.93 for the first question, 0.92 for the third question, and 0.89 for the second question. Additionally, the alpha value for the second scale was estimated to be 0.95. The indices of goodness of fit obtained from the confirmatory factor analysis model reflect the degree of correspondence between the model and the observed data. The present study's operational definition of "attachment styles" comprising of three subscales is congruent with the obtained data.

Table 2: goodness of fit indices of the measurement model of the structure of attachment styles

chi-square	Sig.	Root Mean Squared Error of Approximation	goodness of fit index	Adjusted goodness of fit index
21.78	04.0	08.0	85.0	83.0

The most important fit statistic is the chi-square statistic. This statistic measures the difference between the observed and estimated matrix. The insignificance of this statistical measure indicates the degree of compatibility between the model and the data. However, it is worth noting that this measure is susceptible to sample size, meaning that in larger samples, the likelihood of insignificance decreases. A value less than 0.09 for the root mean square error index and values higher than 0.8 for the goodness of fit index and modified goodness of fit index are considered as acceptable criteria for matching the model with the observed data. The research variable "adult attachment styles" is presented with three indicators and deemed to possess acceptable construct validity. The communication skills variable has achieved a Cronbach's alpha of 0.76, indicating a satisfactory level of reliability. Considering the volume of 126 sample couples, it shows the internal correlation between the variables to measure the desired concepts, and thus it can be said that the attachment styles have the necessary reliability or reliability.

The data in this study was analyzed using regression testing. The significance level of this study was selected by reviewing the research history ($\alpha = 0.05$).

Results

Table 3 displays the outcomes of the analysis.

Table 3: Correlation coefficients

Variables	Adult attachment style	Marital Satisfaction
Adult attachment style	1	*60.0
Marital Satisfaction	*60.0	1
Total number of samples	128	128
It is significant at the level of ($\alpha=0.05$).		

The results of Table 3 show that for the two variables of adults' attachment style and marital satisfaction of couples, the correlation coefficient of 0.601 was obtained, which is significant at the level ($\alpha = 0.05$), therefore, according to the information obtained, with the least for the possibility of first type error, zero hypothesis based on "absence of relationship" is rejected and one hypothesis based on "existence of significant relationship between two variables" is concluded. With 95% certainty, we can say that there is a significant positive relationship between the two variables of perfectionism and marital satisfaction. That is, with the increase in the scores in the amount of attachment style, the marital satisfaction score of the couple increases and vice versa.

Table 4: regression analysis to examine the relationship between adult attachment style and marital satisfaction as the prediction variable.

	Correl ation	R- squared	Adjusted R-squared	The standard deviation of the estimate	R-squared change	F	change		The significance percentage of F test
							DOF		
							1	2	
Model 1	601.0	361.0	358.0	42118.0	361.0	146.119	1	126	001.0

Table 5 displays that the coefficient of determination indicates that utilizing the adult attachment style variable can account for roughly 36% of the variability in the marital satisfaction variable score of couples, thereby enabling prediction of the same. The adjusted explanatory coefficient also shows approximately 0.36. The study has determined the standard error rate for predicting marital satisfaction among couples using adult attachment style as a variable to be 0.42. The explication and prognostication of the residual 64% is contingent upon additional variables.

Table 6 displays the outcomes of the regression analysis that aimed to forecast the marital satisfaction variable of couples by utilizing the adult attachment style variable.

Table 6: the ANOVA analysis of the predicted and residual sum of squares.

	sum of squares	DOF	Mean square	F	Sig.
predicted	136.21	1	136.21		
residual	430.37	126	177.0	146.119	001.0
total	566.58	127			

Table 6 displays the F-test outcomes for the variance between the anticipated and residual mean squares, which yielded a value of 119/146. The obtained significant percentage (0.001) is lower than the critical value ($\alpha=0.05$); Therefore, the relationship between the two mentioned variables is meaningful.

Table 7: the regression coefficients

variable	Unstandardized coefficient		Standardized coefficient		
	B	The standard deviation	Beta	T	Sig.
Original work	067.6	190.0	36.0	87.31	001.0
Adult attachment style	549.0	050.0		915.10	001.0

Table 7 presents an overview of the properties of the regression line equation and an analysis of its coefficients. The obtained significant percentage (0.001) indicates the significance of the width from the origin and the slope of the line in predicting the dependent variable.

Table 8: The statistics pertaining to the prediction of the marital satisfaction variable.

	Min	max	Mean	Std.	N
Predicted value	347.3	85.4	0123.4	316.0	128
residual	098.1	0247.1	000.0	421.0	128
Standard predicted value	112.2	652.2	000.0	00.1	128
Standardized residual	607.2	433.2	000.0	998.0	128

Conclusion and summary

The findings indicate that the adult attachment style variable accounts for approximately 36% of the variance in couples' marital satisfaction scores, thereby enabling explanation and prediction of said scores. The findings of this investigation are corroborated by prior research conducted by Fathi et al. (2011), Golzari and Abdi (2016), Amani and Latafati (2012), Birami et al. (2011), Rahimi (2018), Shah Siah et al., Babaei and Qahari (2016), Mohad Hosni et al. (2016), and Shiukhi Sokenlu et al. (2015). The theory of attachment, originally utilized in the realm of child development, has been more recently employed in the context of adult attachment relationships, and has significantly influenced the advancement of emotion-focused couple's therapy (Alstin,2002). Mears and Lundsberger, 2002 assert that the proposition made by Hazen and Shaver in 1987 suggests that attachment styles are indicative of underlying distinctions in the cognitive frameworks of adults concerning romantic love. According to Sayadpour's (2004) research, individuals who express intimacy and emotions rooted in love and friendship tend to experience greater satisfaction in their relationships. Conversely, those who exhibit emotional distance and anxiety, such as avoidant and ambivalent individuals, tend to view the quality of their marital relationships in a negative light. Halford (as cited in Adib, 2014) posits that there exists a correlation between sexual relationships and sustained levels of contentment within the relationship. Spouses who express contentment with their marital relationship report a higher degree of alignment between their preferred sexual activities and the sexual activities they actually engage in. According to Greif and Malherb (2001), there is a significant correlation between the level of family functioning and sexual satisfaction for both genders. Research by Rosen-Grandon et al. (2004) indicated that sexual satisfaction is a very important component in relationships. The object in question exhibits a high degree of fidelity. However, initial satisfaction with sex is a strong predictor of satisfaction and continuation of the relationship in later times.

Spence (1997), as cited by Halford and translated by Adib (2014), posits that unsatisfactory sexual experiences are a significant cause of conflict in troubled relationships. Conversely, Masters and Johnson (1970) suggest that sexual difficulties frequently arise from inadequate communication within marital relationships. Consequently, their approach to addressing sexual issues involves assisting couples in enhancing their overall interpersonal dynamics. According to Carr's (2000) perspective, the quality of sexual compatibility, rather than the frequency of sexual engagement, is significantly associated with the level of satisfaction in a marital relationship. There are many couples who are involved in romantic relationships and are unable to continue their education, and there are many married men and women who are caught in the trap of love and their family life has suffered serious damage. Therefore, if these people realize that their relationship is a pathological relationship, in order to get rid of it or to eliminate the destructive effects of failures caused by it, they will refer to counseling centers and seek treatment. Communication plays a central role in marriage (Buvleson and Denton 2, 1997) in such a way that it has been identified in terms of marital characteristics that effective and efficient communication between husband and wife is the most important aspect of families with optimal functioning (Griff, 2000). According to Sappington's (2012) citation of Beck and Jones (1972), deficient communication is the prevailing issue in distressed marriages. According to Carr (2000), certain couples who seek therapy may prioritize and be preoccupied with communication difficulties as their primary concern. Communication approaches often examine marriage and marital relations with three basic assumptions: 1- Marital conflicts are unavoidable, the goal of communication therapy is not to completely eliminate these conflicts, but rather they try to direct them and make them in constructive ways. 1. Employed; 2. Communication transpires through both verbal and nonverbal means, and a primary cause of marital conflicts is the incongruity of messages conveyed concurrently through these two channels; 3. There exist variations among wives in their modes of communication with one another (Sohrabi, 2012). Commonly, it is widely believed that deficient communication abilities of the partners are the root cause of various communication issues in marriages. In support of this notion, Odonohiv Crouch asserted in 1996 that communication training is a crucial element in numerous marital therapy approaches aimed at resolving problematic relationships (Sohrabi, 2012).

As Covova, Gee & warren (2005) state, research in the field of emotion happens in the field. The initial domain under investigation pertained to the prevalence, capability, and magnitude of emotional reactions within the context of matrimony. An instance of this can be observed in Gutman's research conducted in 1994. Research conducted in this region has established that couples experiencing difficulties exhibit a greater degree of conflict and negative emotional expression compared to those who are not experiencing such issues. The second domain investigated the impact of disrupted affective states, such as depression and anxiety, on the quality of marital relationships. The existing body of research has demonstrated a robust correlation between depressive affect and marital discord, as evidenced by Beach's seminal study in 2001. The third domain investigated the function of affect in the context of couples' therapeutic interventions. From a scholarly perspective, the genesis or foundation of relational discord can be attributed to adverse affective states that become apparent during interpersonal exchanges with one's partner. An instance of this would be the studies conducted by John, Sullivan & Bradbury. The findings of Tirgari, Asgharanjad, Bayanzadeh and Abedin (2006) as well as the research of Rahmani and Kaysaripour (2006) showed a significant relationship between emotional intelligence (emotional) and marital satisfaction, that is, in general, emotionally intelligent couples have high marital satisfaction.

Asadbeigi and Sepah Mansour's (2005) study investigated the correlation between love style components (namely, intimacy, lust, and commitment) and women's marital satisfaction. The findings revealed a significant association between intimacy and marital satisfaction. Although spouses tend to have similar views on intimacy and self-disclosure in a marital relationship, it has been found that there is a difference between men and women in intimacy and marital satisfaction (Griff and Mahler, 2001). There exist inherent differences between males and females. Women consider self-disclosure in the field of feelings as intimacy, and men consider having joint activities with their spouses as a sign of intimacy (Markman & Kraft, 1989, quoted by Halford, 2014). Asadbeigi and Sepah Mansour (2006) conducted a study on the correlation between love styles' components, namely intimacy, lust, and commitment, and women's marital satisfaction. The findings indicated a noteworthy association between the element of intimacy and marital satisfaction. According to Halford (as cited in Adib, 2014), sexual activity is linked to sustained levels of satisfaction within a romantic partnership. Satisfied spouses report greater congruence between the sexual activity they desire and the sexual activity they experience. For both men and women, sexual satisfaction is significantly related to the level of family functioning (Greif and Malherb, 2001). According to the findings of Rosen-Grandon et al. (2004), sexual satisfaction holds significant value as a crucial element in relationships. It is faithful. The level of contentment experienced during the initial sexual encounter is a robust indicator of the degree of satisfaction and longevity of the relationship in subsequent periods. Spence (1997), as cited by Halford and translated by Adib (2014), posits that unsatisfactory sexual experiences are a significant contributor to conflicts in couples facing issues. Conversely, Masters and Johnson (1970) suggest that sexual problems often stem from inadequate

communication within the context of marriage. As such, a key component of addressing sexual difficulties in couples involves enhancing their overall relationship. According to Carr's (2000) perspective, the quality of sexual compatibility, rather than the frequency of sexual encounters, is significantly associated with the level of contentment in a marital relationship.

While numerous personality differences are considered typical and do not significantly affect relationship satisfaction, research has identified two particular traits that have a substantial influence on communication issues and divorce rates. These traits are the inability to regulate negative emotions, specifically nervousness, and an attachment style characterized by insecurity. (Halford, as cited in Adib, 2014). Attari et al.'s research (2015) showed that the personality factor of neuroticism and marital satisfaction have a negative relationship, and on the other hand, personality factors including extroversion, agreeableness, and conscientiousness have a positive relationship with marital satisfaction. According to Attari et al., the degree of sensation seeking exhibited by both spouses, irrespective of their level of similarity or dissimilarity in this trait, has an adverse impact on the compatibility of their marital relationship. In explaining this issue, they have pointed out that since marriage is a long-term contract that creates restrictions for people by concluding it, these restrictions are not easily acceptable for thrill-seeking people, and therefore compatibility and satisfaction with Marriage is reduced in these people. Golzari and Abdi (2016) showed that the relationship between love and personality was significant. The results showed that after the training, the total score of marital adjustment improved and a statistically significant difference was observed in the subscales of agreement and expression of feelings. Yousufzadeh et al. (2012) demonstrated that the amalgamation of sex education and religious instruction can enhance overall marital harmony, consensus, and emotional communication within the context of matrimony.

According to Amani and Latafati's (2012) findings, the implementation of group training for communication skills has a noteworthy impact on diminishing marital conflicts and their various components within couples. According to Fathi et al. (2013), a noteworthy correlation exists between secure attachment style and personal commitment, with a positive and significant relationship. Conversely, a negative and significant relationship is observed between anxious and avoidant attachment styles and personal commitment. Also, there is a positive and significant relationship between secure attachment and marital satisfaction, and a negative and significant relationship between avoidant and anxious attachment and marital satisfaction. A statistically significant and positive correlation has been observed between personal commitment and marital satisfaction. The results of step-by-step regression analysis to predict marital satisfaction based on personal commitment, moral commitment and structural commitment, secure attachment style, avoidant attachment style and anxious attachment style showed that the prediction model predicts 20% of the variance of marital satisfaction. they do. The results of the research of Birami and his colleagues (2013) support the belief that the initial relationships of people in the family environment lead to the formation of a specific attachment style and high or low levels of differentiation, and these initial experiences affect the interpersonal relationships of couples. It exerts a significant impact on the individual's later life stage.

Abbasi et al. (2013) found that marital dissatisfaction is associated with various factors, including personality traits, individual attitudes shaped by cultural differences, and insufficient understanding and awareness of the psychological characteristics of couples, as well as their personal and social obligations and responsibilities. May a significant part of it be solved through regular and continuous training programs. According to Botlani et al. (2009), the implementation of attachment theory in couple's therapy resulted in a significant improvement in both sexual satisfaction and sexual intimacy among couples, as evidenced by the post-test and follow-up assessments. have given. Rezaei (2009) reported that women who have low sexual satisfaction should use IUD or condoms to prevent pregnancy. It is recommended that further clinical trials be conducted to investigate the impact of switching contraceptive methods on sexual satisfaction. to be The study of Birami and his colleagues (2013) concluded that the research results support the belief that the initial relationships of people in the family environment lead to the formation of a specific attachment style and high or low levels of differentiation, and these experiences Primary has a direct effect on the interpersonal relationships of couples in adulthood.

Shah Siah et al. (2007) The results showed that there is a significant relationship between marital commitment and sexual satisfaction. Also, there is a relationship between the length of marriage with marital commitment and sexual satisfaction, and the shorter the length of marriage, the greater the commitment and sexual satisfaction. Shah Siah et al. (2007) showed that there is a significant relationship between marital commitment and sexual satisfaction. Also, there is a relationship between the length of marriage with marital commitment and sexual satisfaction, and the shorter the length of marriage, the greater the commitment and sexual satisfaction. A noteworthy correlation exists between educational attainment and sexual satisfaction. According to Hamidi's (2007) findings, individuals who are married and possess secure attachment styles tend to experience higher levels of marital satisfaction. Conversely, those who exhibit insecure attachment styles, such as avoidance or ambivalence, tend to experience significantly lower levels of marital satisfaction compared to their secure counterparts.

Also, the research results show that there is no significant difference between the attachment styles of female and male married students, although women have a higher level of security in interpersonal relationships and attachment, but the differences are not significant. Another result of this research is that there is no significant difference between marital satisfaction in college students based on gender. Prior research on marital satisfaction has demonstrated that gender status does not serve as a reliable predictor of satisfaction. The study conducted by Mehraki et al. (2017) revealed that there exists no statistically significant correlation between the demographic attributes of participants and their level of marital contentment. Furthermore, there is no discernible disparity in spousal contentment levels between genders.

According to Salimi et al. (2017), the presence of affection and emotional attachment between spouses results in a state of harmony and agreement between them. When couples are committed to each other and feel safe and secure and are strongly supported by each other, they do not shy away from accepting responsibility for marital issues and, according to their commitment, help each other to solve problems. According to the study conducted by Keihan Dost and Nemani (2017), the utilization of PAIRS intimate communication skills in marriage enrichment training has been found to be efficacious in ameliorating marital conflicts. Based on the findings of the research, it can be concluded that marriage enrichment training through the PAIRS method can reduce marital conflicts in married women. Jones (2016) showed that couples who discuss more about sex are more likely to be emotionally and psychologically satisfied. The results showed that sexual relations had a significant effect on couples' communication. The study has found that the standard beta coefficient for the direct impact of sexual activity on the satisfaction levels of both the relationship and sexual aspects of the couple is higher than that of the wife's satisfaction levels in these domains. Specifically, the observed standard beta coefficients for relationship satisfaction and sexual satisfaction of the couple were 0.27 and 0.37, respectively, while those for the wife's satisfaction levels were 0.28 and 0.34, respectively. Also, the impact of communication processes on the relationship satisfaction of the husband is more than that of the wife.

The findings indicate that there exists a disparity in the quantity of direct and indirect connections between spouses. The study conducted by Babaei and Qahari (2016) demonstrated a statistically significant distinction between the two cohorts in terms of their levels of intimacy and marital compatibility subsequent to the intervention. The results showed that communication skills training can affect the increase of marital intimacy and compatibility. The study conducted by Diosi Sirin and Deniz (2016) demonstrated that women who took part in the program had lower post-test scores for marital problems compared to those who did not participate in the program. Furthermore, the post-intervention scores of female participants in the experimental cohort exhibited a statistically significant decrease in comparison to their pre-intervention scores.

Mohed Hosni et al. (2016) suggested that love is an important psychological category in relation to marital satisfaction and that love plays an important psychological role in every stage of marriage. The present study highlights the need for further investigation into the psychological dimensions of love within the context of marital relationships, and its potential impact on the psychological welfare of married individuals. According to the study conducted by Shiukhi Sokenlu et al. (2015), sexual mindset training has been found to be efficacious in enhancing women's sexual satisfaction. Additionally, the findings suggest that education can serve as a viable means of enhancing women's sexual relationships. Holly and Olson's (2010) findings indicate that the post-test scores of participants across all three plans exhibited a statistically significant increase compared to both their pre-test scores and the control group's scores. Upon completion of the course, a significant majority of 98% of the couples who took part in these groups reported a notable level of satisfaction.

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