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**ADDIS ABABA UNIVERSITY
COLLEGE OF SOCIAL SCIENCE
DEPARTMENT OF SOCIAL WORK**

**THE INFLUENCE OF EARLY ATTACHMENT EXPERIENCE ON MARITAL RELATIONSHIP:
IN THE CASE OF ADDIS ABABA WATER AND SEWERAGE AUTHORITY (AAWSA)**

**A THESIS SUBMITTED TO THE SCHOOL OF SOCIAL WORK OF ADDIS ABABA
UNIVERSITY IN PARTIAL FULFILLMENT OF THE REQUIREMENT OF MASTER OF
DEGREE IN SOCIAL WORK**

**BY
HELINA TEKLAY
ID NO. GSE/ 2041/14**

**ADVISOR:
Dr. DEBEBE ERO**

**Feberuary, 2025
ADDIS ABABA, ETHIOPIA**

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ID NO. GSE/ 2041/14**

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Declaration

I, the undersigned, hereby certify that the thesis entitled “THE INFLUENCE OF EARLY ATTACHMENT EXPERIENCE ON MARITAL RELATIONSHIP: IN THE CASE OF ADDIS ABABA WATER AND SEWERAGE AUTHORITY” is prepared under the supervision of DEBEBE ERO (PhD). All Sources were noted, referenced, and included in the list of references. I declare that this thesis is my original work and was not submitted in part or in whole to any other higher-learning institution for earning a degree.

Helina Teklay: Signature: _____ Date: _____

Addis Ababa University
College of Social Work

This is to certify that the thesis entitled “THE INFLUENCE OF EARLY ATTACHMENT EXPERIENCE ON MARITAL RELATIONSHIP: IN THE CASE OF ADDIS ABABA WATER AND SEWERAGE AUTHORITY” carried out by Helina Teklay, was submitted in partial fulfillment of the requirements for the Degree of Master. It complies with the university's regulations and meets the accepted standards concerning originality and quality.

Approval of Board of Examiners

Head, School Of Social Work:

Signature: _____ Date: _____

Advisor: Debebe Ero (PhD)

Signature: _____ Date: _____

Internal Examiner:

Signature: _____ Date: _____

External Examiner:

Signature: _____ Date: _____

Acknowledgment

My sincere gratitude goes to Dr. Debebe Ero, my thesis advisor. I truly appreciate his close supervision, leadership, and helpful criticism during the project. His perseverance and hard work are what allowed this study to be completed successfully. In addition, I would like to say thank you to my family for their understanding during my absence, their support throughout my university education, and the time I spent completing this study. The assistance in helping me complete my studies successfully is greatly treasured and appreciated.

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Abstract

This study investigates the enduring impact of early attachment experiences on the formation and maintenance of marital relationships. Attachment theory posits that the quality of early bonds with caregivers significantly shapes individuals' internal working models of relationships, which, in turn, influence their expectations, behaviors, and emotional responses in later romantic partnerships. The research examines how different attachment styles (secure, insecure) developed in childhood are associated with various aspects of marital functioning, including relationship satisfaction, communication patterns, conflict resolution strategies, and emotional intimacy. Through quantitative and qualitative data analysis, the study explores the mechanisms by which early attachment experiences can influence marital dynamics. Findings individuals with secure attachment styles are more likely to experience satisfying and enduring marriages, characterized by trust, emotional intimacy, and effective conflict resolution. In contrast, individuals with insecure attachment styles (anxious or avoidant) often encounter difficulties in forming and maintaining healthy romantic relationships. Anxious individuals exhibit excessive neediness, jealousy, or fear of abandonment, while avoidant individuals struggle with emotional intimacy, trust, and commitment. The study also delves into the potential mediating factors that influence the relationship between early attachment styles and marital outcomes. These factors include personality traits, relationship experiences, and external stressors. Additionally, the research considers the implications of early attachment experiences for couples therapy and interventions aimed at improving marital relationships. By understanding the enduring influence of early attachment experiences on marital relationships, this study contributes to the broader body of knowledge on attachment theory and its implications for interpersonal relationships. The findings inform clinical practice and provide valuable insights for individuals and couples seeking to enhance their marital satisfaction and well-being.

CHAPTER ONE

Introduction

This chapter presents the background of the study, the statement of the problem; the general and specific objectives of the study, the research questions, the significance of the study, the scope and limitations, and finally definition of key terms.

1.1. Background of the Study

The foundation of a happy and fulfilling marriage is often attributed to factors like shared values, strong communication, and emotional compatibility. However, the research investigates deeper, revealing the influence of a less readily apparent yet significant element: early attachment experiences. This thesis explores the intricate link between a child's primary parent/caregiver relationships in infancy and the quality of their adult romantic partnerships, particularly focusing on marital relationships. (Garnham, August 30, 2022)

John Bowlby's Attachment Theory posits that early interactions with caregivers shape an internal working model of relationships, impacting how individuals approach intimacy, trust, and emotional security throughout life. Secure attachment, characterized by consistent responsiveness and affection from caregivers, fosters a sense of self-worth and the belief that others are dependable sources of comfort and support. Conversely, insecure attachment styles, formed through inconsistent or neglectful caregiving, can lead to anxieties around intimacy, difficulty trusting partners, and a heightened fear of abandonment. (Bowlby, 1969)

This thesis delves into the three main attachment styles identified by Mary Ainsworth and colleagues: secure, anxious-preoccupied, and avoidant. Securely attached individuals tend to enter marriages with a positive outlook, and confidence in their ability to build trusting and supportive bonds. Conversely, those with an anxious-preoccupied attachment may exhibit "clingy" behavior, constantly seeking reassurance and prone to jealousy. Individuals with avoidant attachment styles, on the other hand, might struggle with intimacy, fearing dependence and emotional vulnerability within the marriage.

Exploring the impact of these attachment styles on various aspects of marital relationships forms a core focus of this study. Communication, a cornerstone of any healthy marriage, can be significantly

influenced by early attachment experiences. Securely attached individuals are typically more open and honest, fostering effective communication within the marriage. In contrast, insecure attachment styles can lead to difficulties in expressing emotions or interpreting a partner's communication accurately. This can create misunderstandings, resentment, and ultimately, marital discord. (Hazan, 1987)

Another crucial aspect of a successful marriage is conflict resolution. Securely attached individuals tend to approach disagreements constructively, seeking solutions through open communication and empathy. However, those with insecure attachment styles might struggle with conflict, resorting to passive-aggressive behavior or emotional withdrawal.

The exploration doesn't end with communication and conflict resolution. This thesis will delve into how attachment styles influence intimacy, commitment, and overall marital satisfaction. Secure attachment fosters a foundation for healthy intimacy, while insecure styles can lead to difficulties in achieving emotional closeness with a partner. (Hazan R. S., Research, and Clinical Implications")

Furthermore, the potential for intergenerational transmission of attachment styles will be examined. Securely attached individuals are more likely to provide responsive and nurturing care to their own children, fostering secure attachment in the next generation. Conversely, insecure attachment styles can perpetuate a cycle of unhealthy patterns across generations.

Understanding the influence of early attachment on marital relationships holds significant implications for both individuals and mental health professionals. By recognizing patterns and understanding their roots, couples can be empowered to develop healthier relational dynamics. Therapists can use this knowledge to tailor interventions that address attachment-related issues, improving communication, fostering trust, and ultimately enhancing marital satisfaction. (E Shah, 2010)

This research aims to shed light on the enduring legacy of childhood experiences on adult relationships. By examining the link between early attachment and marital outcomes, this thesis strives to contribute valuable insights to the field of attachment theory and its application within marital therapy, potentially leading to stronger, more fulfilling marriages for individuals across the spectrum of attachment styles

1.2. Problem Statement

Attachment theory, pioneered by (Bowlby, 2000), posits that the quality of a child's early relationship with primary caregivers shapes their Internal Working Model (IWM) of relationships. This IWM informs expectations

and behaviors in future close relationships, including romantic partnerships. Secure attachment, characterized by consistent responsiveness and emotional availability from caregivers/parents, fosters trust, intimacy, and secure self-esteem. Conversely, insecure attachment styles, such as anxious or avoidant, develop when caregivers/parents are emotionally distant or unpredictable. These styles can lead to difficulties with trust, communication, and emotional regulation, potentially hindering marital success.

Marriage is a cornerstone of societal structure, impacting personal well-being, family dynamics, and community stability. While factors like communication, conflict resolution, and shared values influence marital success, research suggests that early childhood experiences also play a significant role. This thesis explores the influence of early attachment experiences on adult romantic relationships, specifically focusing on marital success.

Research conducted internationally, especially in the Western world, a number of studies have been conducted on various dimensions of early attachment experience effect of adult relationship by marital relationship, emotional intelligence, interpersonal relationships and conflict resolution and so on.

Several studies about the bound between attachment styles and close relationships have specified that securely attached individuals invest more in the relationship, have more compatible and satisfying relationships (Ceyda, 2016), have higher partner acceptance, and are more constructive (sharma and Kaushik, 2024) compared to people with anxious and avoidant attachment styles.

According to Crescent Med J. 2016 established that the early relationship within the family context develops a specific attachment style, which influences couples' interpersonal relationships in adulthood. However, the results discovered that the impact of attachment patterns on interpersonal relationships is significantly bigger than that of lifestyle. Additionally The Mediating Role of Insecure Attachment Styles between Early Experienced Violence and Marital Adjustment in Women. This study finding is early attachment experience can effect of interpersonal relations with couples in the adulthood relationship on their early attachment experience can be

influence their longitute behavior like their, problems solving skills with their partners and marital adjustment. (Ghobari-Banab, 2019).

Some related studies with our research topic in Africa. Hongo (2019) Kenya researcher study on relationship between attachment style and marital satisfaction among married Christian couples in all saints cathedral church, Nairobi this study work on 82 married respondent's their age was around 25 and 45 years. The result was secure attachment married people have high level of marital satisfaction.

Besides to this In Ethiopian Context, Eyob (2016), was carried out a research on the effect of adult attachment style on couple relation satisfaction. In this research 306 respondent's (159 females and 147 male) the result showed both attachment dimensions predicted relationship satisfaction.

Studies suggest a significant correlation between early attachment styles and adult romantic relationships.

Individuals with insecure attachment styles may struggle with:

Communication: Difficulty expressing needs and emotions, leading to misunderstandings and conflict.

Trust: Fear of abandonment or difficulty trusting intimacy, creating emotional distance.

Self-Esteem: Negative self-perception leading to jealousy, possessiveness, or difficulty with emotional dependence.

Conflict Resolution: Inability to navigate conflict constructively, potentially escalating disagreements.

These challenges can negatively impact marital satisfaction, stability, and long-term success. Understanding the link between early attachment experiences and marital relationships can help develop interventions to promote healthier attachments in children and improve communication and conflict resolution skills in couples.

1.3. Research Questions

1. How do different early attachment styles (secure and insecure) influence communication patterns in marital relationships?
2. To what extent do early attachment experiences influence a couple's ability to navigate conflict constructively within their marriage?
3. Are there specific attachment styles that significantly increase the risk of marital divorce?

1.5. The objective of the study

1.5.1 General Objective

The general objective of this paper or study is to investigate the influence of early attachment on marital relationships in the case of AAWSA;

1.5.2 Specific Objective

- To identify the influence of different early attachment styles (secure, anxious, avoidant) in marital relationships?
- To understand the impact of early attachment experiences on couple's ability to navigate conflict constructively within their marriage?
- To identify the specific attachment style that increase the risk of marital distress or divorce?

1.6. The Hypothesis of the Study

This hypothesis builds on the theory that early attachment experiences act as a blueprint for future relationships. Secure attachment, characterized by trust, reliance, and open communication with caregivers, is expected to translate into similar positive behaviors in marriage. Conversely, insecure attachment styles, formed through inconsistent or insensitive caregiving, might lead to difficulties with trust, communication, and intimacy in marital relationships.

This study will test the following research hypothesis at a 95% level of significance:

H₀1: There is no significant relation between individuals with attachment styles in childhood with stable marital relationships.

H₀2: There is significant relation between individuals with attachment styles in childhood with stable marital relationships.

1.7. Significance of the Study:

Understanding the impact of early attachment experiences on adult relationships is crucial for various reasons, with significant implications for the field of social work. This study on the influence of early attachment on marital relationships holds particular importance for several reasons:

➤ . Social Work Practice and Policy:

The findings of this study can inform social work practices and policies at various levels.

1. On the micro level, social workers can integrate attachment theory into individual and family therapy sessions.
 2. On the mezzo level, social workers can advocate for programs that promote healthy parent-child relationships, such as parenting workshops and support groups.
 3. On the macro level, social workers can inform policies that support families, such as paid parental leave and access to affordable childcare.
- This study is provide important information for married people to promote good emotional, physical, and social interaction with their partner. Also learn how to improve their relationship.
- It will be provide information for researcher who wants to conduct research on this issue and to find more information about the influence of early attachment experience on marital relationship conducting in Addis Ababa, Ethiopia.

1.8. Scope of the Study

The study had geographical, methodological, and conceptual delimitations. Geographically, the scope of the study was delimited to AAWSA. Bole Sub City is located in Addis Ababa city administration at a specific place called "Megenagna".

The conceptual scope of the study will investigate the relationship between early attachment experiences and marital satisfaction in adults. Attachment theory posits that a person's interactions with their primary caregivers in infancy shapes their expectations and behaviors in close relationships throughout life. This study aims to explore how these early experiences influence how individuals approach intimacy, trust, and conflict resolution within marriage.

1.9. Definition of Keywords:

- ✓ **Early attachment:** refers to the quality of the interaction between the child and the primary caregiver. By child repetition, the progressively integrates these interactions into mental representations, which allow for the establishment of long-term attachment patterns. (Bretherton I. and Munholland K. A., 1999)
- ✓ **Marital relationship:-** is a legally and socially sanctioned union, usually between a man and a woman, that is regulated by laws, rules, customs, beliefs, and attitudes that prescribe the rights and duties of the partners and accords status to their offspring.
- ✓ **Attachment styles:-** is an emotional bond that is characterized by the tendency to seek out and maintain proximity to a specific attachment figure, particularly during times of distress. (John Bowlby, 2000)
 - 1. **Secure attachment** when a parent responds effectively and quickly to their child's needs, the child forms a strong bond to them. Children who have caring, attentive parents during infancy and early childhood have a higher likelihood of developing secure attachments. (Aronoff J 2012).
 - 2. **Insecure attachment:-** Insecure attachment encompasses a spectrum of anxieties and avoidance behaviors. Individuals with anxious attachment styles crave closeness but fear rejection, leading to clinginess or possessiveness. Avoidant attachment styles are characterized by emotional distance and difficulty relying on others.
- **Anxious:-** According to Elsevier (2012) Individuals who are anxiously attached desire a full social relationship, although this does not always happen. People who are anxiously attached to others may develop coping mechanisms that allow them to replace relationships with objects

with relationships with people. This could be done to deal with the loneliness that comes from not engaging in meaningful social interaction.

- **Avoidant:-** Inability to trust people, a focus on independence and self-sufficiency, a low threshold for interpersonal intimacy and dependency, and a propensity to suppress one's own feelings are characteristics of attachment avoidance. (Mikulincer 2007a, Gallith, et al. 2009).

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

This chapter deals with the theoretical, conceptual, and empirical framework of the study.

2.1. Theoretical Literature

The foundation of human relationships is laid in early childhood through interactions with primary caregivers. Attachment theory, pioneered by (Bowlby 1982), posits that these early experiences shape an internal working model that individuals carry into adulthood, influencing their expectations and behaviors in close relationships, including marriage. This review explores the theoretical underpinnings of attachment theory and its application to understanding how early attachment experiences influence marital relationships.

Marital relationships are a cornerstone of adult life, impacting well-being, social connection, and overall happiness. Understanding the factors that influence marital quality is crucial for social workers supporting couples and families. This review explores the significant role of early attachment experiences in shaping adult romantic relationships.

2.1.1. Attachment Theory: A Foundational Framework

John Bowlby's Attachment Theory posits that early interactions with primary caregivers form an internal working model of relationships (Bowlby , 2000). These models, secure or insecure, become blueprints for how individuals approach intimacy, trust, and emotional expression in later life.

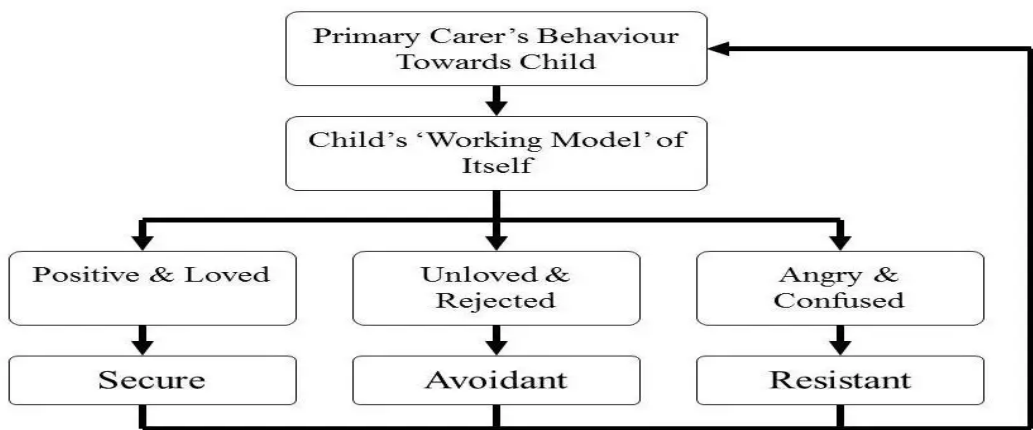


FIGURE 1 : JOHN BOWLBY MATERNAL DEPRIVATION

2.1.1.1 Core Concepts of Attachment Theory

(Bowlby 1982) Proposed that infants develop an attachment style based on the quality of their interactions with caregivers. Secure attachment is formed when caregivers are consistently responsive and available, fostering a sense of trust and security in the child. Conversely, insecure attachment styles develop when caregivers are unresponsive, inconsistent, or rejecting. These insecure styles can be further categorized as:

Anxious attachment: Characterized by a fear of abandonment and a need for constant reassurance from partners (Bartholomew 1990).

Avoidant attachment: Those with dismissive avoidant attachment styles frequently experience countertransference of being rejected in their daily lives (Diamond et al., 2003).

Disorganized attachment: This style is marked by a mixture of anxious and avoidant behaviors, leading to inconsistent and chaotic relationship patterns (Bartholomew 1990).

2.1.1.3 Attachment and Adult Romantic Relationships

(Hazan & Shaver 1987) Built upon Bowlby's work, suggesting that early attachment styles serve as a blueprint for future romantic relationships. Individuals with secure attachment styles are more likely to develop healthy, trusting, and satisfying marriages (Crowell J. A. Fraley R. C. & Sha). They are comfortable with intimacy, communicate effectively, and can rely on their spouse for support.

In contrast, insecure attachment styles can significantly impact marital dynamics. Anxious attachment Individuals with this style may be clingy, jealous, and prone to misinterpreting partner behavior. This can lead to constant arguments and a lack of trust. Also avoidant attachment Partners with this style may struggle with commitment, have difficulty expressing emotions, and withdraw from conflict. Additionally disorganized attachment these individuals may have chaotic and unpredictable relationship patterns, characterized by a mixture of clinging and withdrawing behaviors, leading to high levels of conflict and instability in marriage.

2.1.1.3 The Impact of Attachment on Marital Functioning

Research suggests that attachment styles influence various aspects of marital functioning, including:

Communication: Securely attached individuals are more likely to communicate openly and effectively, fostering a sense of understanding and connection. Insecure attachment styles can lead to difficulties expressing emotions, passive-aggressive communication, and a reluctance to address problems.

Conflict Resolution: Secure couples are better equipped to navigate conflict constructively, focusing on problem-solving rather than blaming. Insecure couples may struggle with conflict resolution, resorting to criticism, withdrawal, or destructive behaviors.

Intimacy: Secure partners feel comfortable with emotional and physical intimacy. Insecure attachment styles can lead to difficulties with trust, fear of intimacy, and emotional distance.

2.1.1.4 Attachment and Marital Satisfaction

Studies consistently show a positive correlation between secure attachment and marital satisfaction. Conversely, insecure attachment styles are associated with lower levels of satisfaction, increased conflict, and a higher risk of divorce.

The malleability of Attachment Styles: While early experiences play a significant role, attachment styles are not entirely fixed. Adults can develop more secure attachment patterns through therapy, self-reflection, and supportive relationships.

In conclusion, attachment theory offers a valuable framework for understanding the influence of early childhood experiences on adult romantic relationships. Individuals with secure attachment styles are more likely to navigate the complexities of marriage with greater success. Conversely, insecure attachment styles can pose challenges to marital functioning. Recognizing the impact of attachment and promoting secure attachment patterns can benefit couples seeking to build stronger, more satisfying marriages.

2.1.2. Internal Working Models and Marital Relationships: A Lens on Early Attachment Influences

Internal Working Models: A Core Construct

IWMs are internalized mental models encompassing two key components:

Model of Self: Beliefs about one's worthiness of love and care.

Model of Others: Expectations of responsiveness and availability from attachment figures (Bowlby J., 1982). Early attachment experiences with caregivers, particularly parents, play a crucial role in shaping these models. Securely attached individuals develop positive self-perceptions and trust that others will be available when needed. Conversely, insecure attachment styles, characterized by anxious or avoidant behaviors, can lead to negative self-beliefs and doubts about others' reliability.

Attachment Styles and Marital Functioning

Research suggests a significant link between attachment styles and marital outcomes (Griffin, 1994). Here's a breakdown of the main attachment styles and their potential impact on marriages:

Secure Attachment: Individuals with secure attachment tend to be more comfortable with intimacy and emotional expression. They are better at resolving conflicts constructively and report higher levels of marital satisfaction (Hazan C & Shaver P., 1987).

Anxious Attachment: People with anxious attachment often crave closeness but fear abandonment. This can lead to jealousy, possessiveness, and clingy behaviors, potentially straining the marital bond (Bartholomew, (1998))

Avoidant Attachment: Individuals with avoidant attachment prioritize independence and may struggle with intimacy. They might withdraw emotionally during conflicts or resist commitment, creating distance and dissatisfaction in the marriage (Cobb, (2001))

Disorganized Attachment: This attachment style, characterized by a mix of anxious and avoidant behaviors, can lead to unpredictable and chaotic relationship dynamics in marriages (Marian J Bakermans-Kranenburg Marinus H van IJzendoorn, 2003)

The Influence of Early Attachment on Marital Interactions

IWMs not only influence relationship satisfaction but also shape how couples interact within their marriages. Here are some potential influences:

Communication: Secure attachment styles are linked to open and honest communication, while insecure attachment can lead to misinterpretations, defensive communication, and difficulty expressing needs effectively (Goldsmith & Bartholomew, 1997).

Conflict Resolution: Securely attached individuals are more likely to use constructive conflict resolution strategies like empathy and compromise. Insecure attachment styles can lead to destructive conflict patterns like avoidance, blame, or aggression (Feeney, (1996).)

Emotional Regulation: Secure attachment fosters healthy emotional regulation, allowing couples to navigate difficult emotions within the relationship. Insecure attachment can make individuals more prone to emotional dysregulation, potentially leading to destructive emotional outbursts during conflicts (Mikulincer, (2003))

Addressing Early Attachment Issues in Marital Therapy

Understanding the role of IWMs can be beneficial for marital therapists. By exploring clients' attachment styles and their potential roots in early experiences, therapy can help couples:

- Identify attachment patterns and their impact on the relationship.
- Develop more secure and trusting relationship models.
- Improve communication and conflict resolution skills.
- Foster emotional regulation skills for healthier interactions.

2.1.3. Social Learning Theory (Bandura, 1977):

Social learning theory, introduced by psychologist Albert Bandura, proposed that learning occurs through observation, imitation, and modeling and is influenced by factors such as attention, motivation, attitudes, and emotions. The theory accounts for the interaction of environmental and cognitive elements that affect how people learn.

The theory suggests that learning occurs because people observe the consequences of other people's behaviors. Bandura's theory moves beyond behavioral theories, which suggest that all behaviors are learned through conditioning, and cognitive theories, which consider psychological influences such as attention and memory.

According to Bandura, people observe behavior either directly through social interactions with others or indirectly by observing behaviors through media. Actions that are rewarded are more likely to be imitated, while those that are punished are avoided.

Social learning theory suggests that individuals learn through observing and imitating the behavior of others, particularly their caregivers. Early experiences with attachment figures can influence how individuals view and approach relationships in adulthood. For instance, witnessing healthy and supportive relationships between parents may lead individuals to seek similar dynamics in their marriages. (A Bandura, 1977)

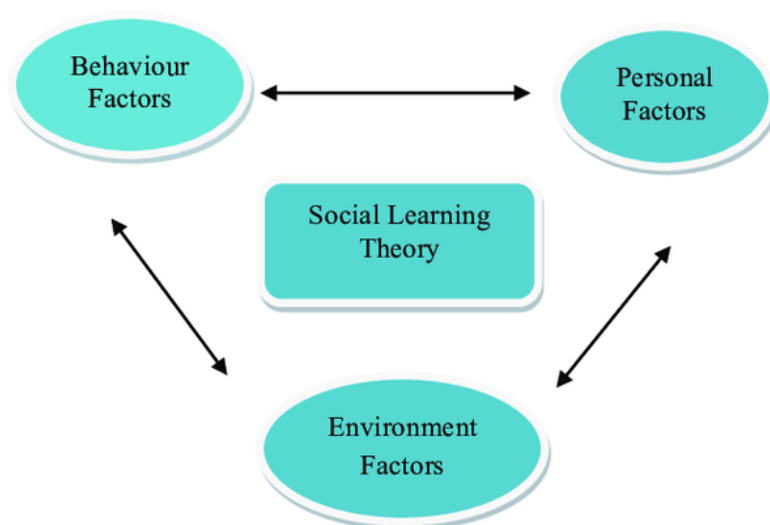


FIGURE 2: ALBERT BANDURA'S SOCIAL LEARNING THEORY IN PSYCHOLOGY

2.1.4. Interpersonal Psychoanalysis (Sullivan, 1953):

This theory emphasizes the importance of early social interactions in shaping personality development. It suggests that early attachment experiences lay the foundation for an individual's capacity for intimacy and trust. Individuals with positive early relationships are more likely to develop secure attachment styles and build successful marital relationships. (Sullivan H. S., 1938)

2.2. Empirical Literature

There are some related researches by the title The Relationship between Early Maladaptive Schemas, Attachment and Marital Satisfaction with Applicants for Separation Alborz University Medical Journal

This study is aimed at inspecting the relationship between early maladaptive schemas and attachment and marital satisfaction with applicants for separation. This research depicts correlation and statistical of all referring applicants to mahalati family court of Tehran city. 415 applicants were selected among all

applicants through available sampling method. The instrument used was the short form of the Young Schema Questionnaire, the Adult Attachment Scale Collins and Reid and marital satisfaction scale that were completed by participants. For data analysis, stepwise regression was used. The results show that there is a negative relationship between the components of attachment anxiety and intimacy and marital satisfaction, these two variables together explained 12% of variance in marital satisfaction. Also no significant relationship between attachment and marital satisfaction was found. In addition, there are negative relationships between the validity of maladaptive schemas and components, subjugation, failure, defectiveness, undeveloped self, insufficient self, social isolation, self-sacrifice, abandonment, and entitlement and these variables could total 43% of the variance marital satisfaction explained. Also mistrust variables, emotional inhibition and unrelenting standards don't have significant role of marital satisfaction. So early maladaptive schemas have greater impact on explaining the variance of marital satisfaction in comparison with attachment components.

The other related researches is by the title attachment styles and marital satisfaction among young married female university students. Marriage is considered as an important decision which takes place in an individual's life. Attachments styles determines the marital satisfaction of an individual. This study investigated relationship between attachment styles and marital satisfaction among young married female university students. Data was collected using Experiences in Close Relationship (ECR) and Index of Marital Satisfaction (IMS) . Research sample consisted of N=100 female married university students who were within the age range of 21-25 years. All the research participants were either under graduate and graduates from 5 different institutions of Lahore. Statistical Package for Social Sciences (SPSS) 20 was used to compute the data. Pearson Product Moment Correlation Coefficient was used to find out the relationship between attachment styles and marital satisfaction among young married female university students, whereas Multiple linear Regression was used to find attachment styles (anxiety and avoidance) as predictors of marital satisfaction among young married female university students. Results indicated that attachment styles (anxiety and avoidance) were negatively correlated with marital satisfaction. This shows that individuals who score higher on both attachment subscales (anxiety and avoidance) are less anxious and less avoidant and have more marital satisfaction. Multiple Linear Regression revealed that both attachment subscales (anxiety and avoidance) were likely to predict marital satisfaction among young married female university students. Future implications of the present study were discussed.

The other related research is titled Relationship of Attachment Styles and Emotional Intelligence with Marital Satisfaction. Iranian Journal of Psychiatry and Behavioral Sciences

Background The early relationships between infants and caretakers are significant and the emotional interactions of these relationships play an important role in forming personality and adulthood relationships. **Objectives** The current study aimed to investigate the relationship of attachment styles (AS) and emotional intelligence (EI) with marital satisfaction (MS). **Materials and Methods** In this cross-sectional research, 450 married people (226 male, 224 female) were selected using a multistage sampling method in Mashhad, Iran, in 2011. Subjects completed the attachment styles questionnaire (ASQ), Bar-On emotional quotient inventory (EQ-i), and Enrich marital satisfaction questionnaire. **Results** The results indicated that secure attachment style has a positive significant relationship with marital satisfaction ($r = 0.609$, $P < 0.001$), also avoidant attachment style and ambivalent attachment style have a negative significant relationship with marital satisfaction ($r = -0.446$, $r = -0.564$) ($P < 0.001$). Also, attachment styles can significantly predict marital satisfaction ($P < 0.001$). Therefore, emotional intelligence and its components have a positive significant relationship with marital satisfaction; thus, emotional intelligence and intrapersonal, adaptability, and general mood components can significantly predict marital satisfaction ($P < 0.001$). However, interpersonal and stress management components cannot significantly predict marital satisfaction ($P > 0.05$). **Conclusions** According to the obtained results, attachment styles and emotional intelligence are the key factors in marital satisfaction that decrease marital disagreement and increase the positive interactions between couples.

The other related research is titled The Relationship between Attachment Styles and Lifestyle with Marital Satisfaction, Iranian Red Crescent Medical Journal

Background Marital satisfaction is one of the deepest and the most basic human pleasures and should be established within the family environment; if not, couples might suffer emotionally. Several factors are involved, including attachment and lifestyle. **Objectives** the purpose of this study was to investigate the relationship between styles of attachment and lifestyle with marital satisfaction. **Materials and Methods** The population in this study included all of the Bandar Abbas oil refining (BAOR) company employees, for a total of 292 people (146 couples). They were selected by multistage random sampling. The enrich marital satisfaction scale was used to measure marital satisfaction, Collins and Read's revised adult attachment scale (RAAS) for adult attachment to determine attachment style and the lifestyle questionnaire (LSQ) for lifestyle. This research was a descriptive-correlative one, and for the data

analysis, we used Pearson’s correlation factor and multivariable regression. Results The results indicate that attachment style and lifestyle factors can predict marital satisfaction. There was also a meaningful negative relationship between insecure attachment avoidant and insecure attachment anxious-ambivalent styles and marital satisfaction. However, there was no meaningful relationship between secure attachment style and marital satisfaction. Conclusions The results showed that the early relationship within the family environment supports a certain attachment style and the effects of the avoidant insecure and ambivalent insecure styles affect the interpersonal relations of the couples in adulthood. The effect of attachment styles on interpersonal relations is far greater than that of lifestyle.

2.3 Conceptual Framework:

This framework explores the relationship between early attachment practices and marital satisfaction. It emphasizes the crucial role of effective early child attachment in fostering a positive and productive marital environment for both husband and wife. It highlights the significance of strategic early attachment practice in promoting a couple's successful marital satisfaction.

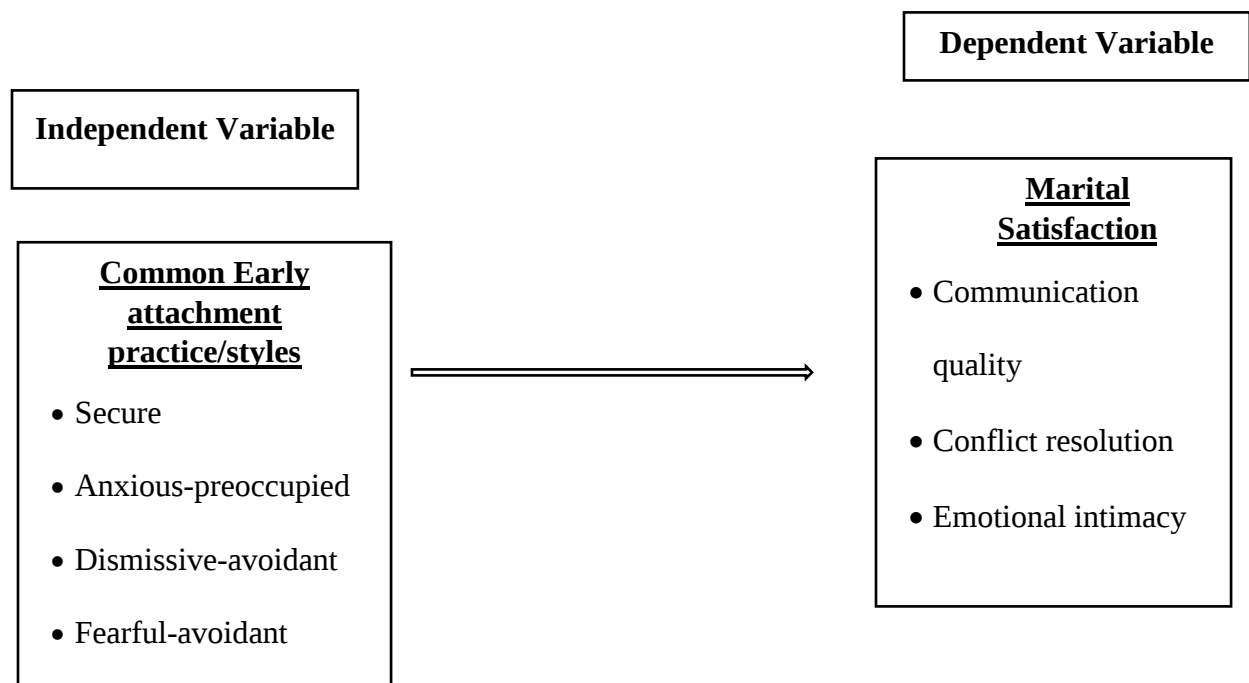


FIGURE 3 : CONCEPTUAL FRAMEWORK: EARLY ATTACHMENT EXPERIENCES AND MARITAL SATISFACTION

The framework proposes that early attachment experiences influence marital satisfaction.

Individuals with secure attachment styles are generally expected to have higher marital satisfaction due to their ability for trust, intimacy, and healthy communication.

Insecure attachment styles (anxious, dismissive, and fearful) can lead to difficulties in communication, emotional expression, and conflict resolution, potentially impacting marital satisfaction.

Key Variables:

Independent Variable: Early Attachment Experiences

This variable captures a person's attachment style developed in early childhood based on interactions with primary caregivers.

Common attachment styles include:

- **Secure:** Feeling safe, loved, and supported; trusting and open in relationships.
- **Anxious-preoccupied:** Needing constant reassurance of love; fearing abandonment.
- **Dismissive-avoidant:** Emotionally detached; uncomfortable with intimacy.
- **Fearful-avoidant:** Wanting closeness but pushing partner's away due to fear of rejection.

Dependent Variable: Marital Satisfaction

This variable measures the individual's level of happiness and fulfillment within the marriage.

It can be assessed through factors like:

- Communication quality
- Conflict resolution
- Emotional intimacy

CHAPTER THREE

3. Research Design

This chapter involves the description of the study area, the research design, sources of data, sampling techniques and sample size, data gathering instrument, method of data analysis, and ethical considerations.

3.1. Description of the Study Area

Addis Ababa Water and Sewerage Authority (AAWSA) is the water service provider of Ethiopia's capital city Addis Ababa. AAWSA was established in 1971 with a twofold mission: provision of potable water to the city and sewerage system for the sanitary disposal of sewage. The sewerage authority proclamation of March 16, 1972, and the previous instruments outlined the full scope of AAWSA's operations and powers, giving the authority the power to borrow, among other things. The authority is organized as an autonomous public authority having its separate judicial personality. It is fully owned by the regional government of Addis Ababa. There are 8 branches offices in AAWSA the study will take adult and married employees as a sample from Guard Shola District and Lemi-kura District of AAWSA which is located at Bole Sub-City Megenagna and Lemi-Kura Sub-City Fiyel Bet respectively.

3.2. Research Design

The main purpose of the research was to explain early attachment experiences and marital satisfaction. Therefore, the researcher will adopt a descriptive research design method to collect detailed and actual information. Additionally, explanatory research will be adopted to identify any causal links between variables that pertain to the research problem. Based on the research objective and basic research questions both descriptive and explanatory research designs will be used to assess and determine whether early attachment experiences and marital satisfaction in AAWSA

3.3. Research Approaches

To answer the study questions, a mixed research approach was employed. A researcher reception a mixed research approach to gain a more comprehensive understanding of a complex phenomenon by combining the strengths of quantitative and qualitative methodologies, thereby providing a richer and

more nuanced perspective on the research question. (John Creswell, 2012). As such this research employs such a method.

3.4. Sources of Data and Data Gathering Instruments

In this research, the researcher will use both primary and secondary sources of data collection to generate valuable and relevant data. Primary data will be collected through the use of a well-structured questionnaire. The questionnaire will be developed based on specific objectives and basic research questions. The researcher used the English version of the questionnaire. The secondary data will be collected from the data that had been prepared, collected, and analyzed by others which included other relevant research, from journals and other source documents related to the study.

3.5. Procedures of Data Collection

To collect the necessary data, the following procedure will be applied; first, the developed items will be validated by an expert who examined the Questionnaire if it is compatible with the respondents. Additionally, reliability will be examined through a pilot test and for this purpose, 10 employees will be taken from the sample to check for three aspects namely; to check any grammar error or spelling errors, to ensure that all questions are well understood and based on feedback modification and improvement on the instrument ranking order. Then Cronbach's alpha will be calculated to estimate the reliability of the survey. Following the pilot test, the questionnaire will be administered and distributed to respondents for the study by the researcher. In the questionnaire, the respondents choose one of the alternatives as a possible answer. The Likert scale had five scales ranging from 1 which represents “strongly disagree”, 2 refers to “disagree”, 3 “neutral”, 4 represents “agree” and 5 represents “strongly agree”. During the distribution, orientation will be given to all sample respondents on how to fill out the questionnaire on the situation of the respondents. Thus the filled questionnaires will be collected from each respondent according to the timeline provided for data collection and ready for analysis.

3.6. Sampling Technique and Sample Size

3.6.1 Sampling Technique

Addis Ababa Water and Sewage Authority (AAWSA) will be taken as a sample from the Yeka Sub-City Administration. So the purposive method refers to a group of non-probability sampling techniques in which units are selected because they have characteristics for what we need in our samples. Because of

that employed for the selection of the organization. Mostly, to give equal chances for all the participants will be used simple random sampling employees.

TABLE 1: DATA OF THE PARTICIPANT

Category	Total Employee of AAWSA		Total Population
	Male	Female	
Lemi-Kura District	53	50	103
Guard Shola District	53	90	143
Grand Total	106	130	246

3.6.2 Sample Size

(Kothari, 2004) defines sampling in research as the selection of some part of an aggregate or totality based on a judgment or inference about the whole population by examining only part of it. Therefore, not all the members of the study population are surveyed. Simple random sampling is employed to select the sample from the study populations. The reason for using simple random sampling is that it is considered to use part of the population. This would enable the research to be conducted within a limited time frame. Determining sample size is very important because samples that are too large may waste time, resources, and money, while samples that are too small may lead to inaccurate results. Thus Kothari affirmed that if the total number of the target population is assumed to be less than 10000, the following formula is to have a representative sample size. Thus, the following (Yamane T., 1973) formula with a 95% confidence level is used while the population size is already known.

$$n = \frac{N}{1+N(e^2)}$$

Where:- N = Size of the total population / total numbers of employees, n = size of a sample, e = acceptable error (the precision) / level of significance.

$$n = \frac{246}{1 + 246(0.05)^2} = 152$$

From the result above, the sample size for employees is 152 from the total population of 246 which is the lower number of responses from the respondents to maintain a 95% confidence interval.

TABLE 2: SHOWS

SOURCES OF DATA, NUMBER OF PARTICIPANTS, TYPES OF INSTRUMENTS EMPLOYED, AND SAMPLING TECHNIQUES.

No.	Data Source	Number of Population	Type of Instrument	Sampling Technique
1	Lemi-Kura	103	Questioner	Random Sampling
2	Guard Shola	143	Questioner	Random Sampling
<u>Grand Total</u>		<u>246</u>		

The total population of the study is 246 which are segmented with Strata as shown in Table 2 and the population size allocated by strata sample is determined by the following formula (Source: Dr. Rajiv Saksena).

$$nh = (Nh/N) \times n$$

Where:- nh =Sample size of stratum, Nh = The Population Size for stratum, N = the total population size, n = the total sample size

TABLE 3. SAMPLE DISTRIBUTION (PROPORTION) OF EMPLOYEES FOR SELECTED BRANCHES/SAMPLE STRATA/

No	Name of the school	Categories	Total	Sample Strata	Percentage
1	Lemi-Kura District	Male	53	152/246*103 = 64	42.10%
		Female	60		
		Total	103	64	
2	Guard Shola District	Male	53	152/246*143 = 88	57.90%
		Female	90		
		Total	143	88	100%
TOTAL = 152 Employees					

3.7 Data gathering tools

The main data-gathering instrument will be a questionnaire.

3.7.1 Questionnaire

Closed-ended and open-ended questionnaires will be used to collect data from the sample respondents..

3.7.2 The Procedure of Data Collection

After having adequate reading on available literature on the assessment of early attachment practice and marital satisfaction, and related issues, the tools for data collection would be developed. The researcher establishes the basic questions of the study with the design adaptation and developments of the questionnaire. The questionnaires will be prepared in English and Participants' consent will be given priority and they will be informed about the purpose of the study and the consequences of their honest responses for the reliability of findings, then the researchers will distribute and collect by making themselves available to clarify unclear questions and the return will be 100% as the researcher himself wanted around to collect them.

3.8 Method of Data Analysis

The collected data will be coded and entered into computer software called Statistical Package for the Social Sciences (SPSS) version 23.0 for the analysis. Both descriptive statistics and inferential statistics will be used in the analysis. Hence, the descriptive analysis tools including frequency, mean and standard deviation will be used to measure the extent of early attachment experiences and marital relationship. The Pearson's correlation coefficient will be used to analyze the relationship between early attachment practice with marital satisfaction and the stepwise regression will be employed to identify the most predictors of independent variables that influence marital relationship.

3.9 Ethical Considerations

Regarding ethical considerations, the researcher will be governed by the research code of ethics in maintaining privacy confidentiality, and other related values. The researcher will promise to the participants of the study that the information that will be collected from the respondents shall not be transferred to a third party in candid or it will not be exploited for undertaking other than the purpose of the research study. Besides this, the process of data collection will be done anonymously without writing their name, identification number, and telephone number, so that the threat of being disclosed will be very much minimized.

CHAPTER FOUR

4. FINDINDINGS

Introduction

In the first section of this chapter, the biographical data of the sampled employee would be provided. The next section presents the results from the quantitative and qualitative data.

4.1. General Information about the Respondents

Based on the purpose of the study which is the influence of early attachment practice on marital satisfaction in Addis Ababa City Administration, Addis Ababa Water, and Sewerage Authority. The frequency and distribution of the respondents are illustrated in the table below.

TABLE 4: FREQUENCY AND PERCENTAGE DISTRIBUTION OF RESPONDENTS

No.	Target group	Distribute questionnaire	Returned questionnaire	Valid percentage
1	Employee	152	150	98.68%
Total		152	150	

As it can be seen from above table 4, the 150 questionnaires were distributed to the employees and 150 (98.68%) were properly filled and returned to the researcher.

4.2. Demographic Characteristics of the Respondents

The various demographic factors of the respondents of this study include; gender, age, level of education, work experience and the length of years in marriage.

TABLE 5:

THE GENDER OF THE RESPONDENTS

Gender of the respondent employee			
		Frequency	%
Valid	Male	125	83.3
	Female	25	7.9
	Total	150	100.00

As it is indicated in Table the study involved a total of 150 married respondents, 125 of whom were male and 25 female. This gender disparity might indicate potential differences in the way early attachment experiences impact marital satisfaction between men and women. The relatively large number of male participants could offer valuable insights into the unique factors influencing male-female dynamics within marriages and how these are shaped by early attachment styles.

Age of the respondent Employee			
		Freq	%
Valid	25-35	21	6.6
	36-45	113	35.8
	Over 45	16	5.1
	Total	150	100

The study examined the relationship between early attachment styles and marital satisfaction among a sample of 150 married employees. The age distribution of respondents revealed a significant concentration in the 36-45 age group, with 113 individuals falling within this category. This suggests that a majority of participants were likely to have established their families and careers during this period, making their marital experiences particularly relevant to the study's focus. While a smaller group of respondents aged 25-35 (n=21) were represented, their inclusion provided valuable insights into the potential impact of early attachment on marital dynamics in the earlier stages of adulthood. Additionally, a small cohort of respondents over 45 (n=16) contributed to the study, offering perspectives on the enduring effects of attachment styles on long-term relationships.

Qualification of the respondent Employee			
		Freq	%
Valid	First degree	137	43.4
	Masters& above	13	4.1
	Total	150	100

The study, revealed that a significant portion of the respondents held advanced educational qualifications. Among the 150 participants, 137 had a First degree, demonstrating a strong foundation of academic achievement. Moreover, 13 respondents possessed a Masters degree or higher, indicating a notable level of educational attainment within the study population. These findings highlight the prevalence of well-educated individuals within the study group, suggesting a potential correlation between educational background and marital satisfaction.

Work experience of the respondent Employee			
		Freq	%
Valid	Lessthan 2years	18	5.7
	2-5 years	60	19.0
	5-10 years	63	19.9
	Above 10 years	9	2.8
	Total	150	100

A total of 150 married employees participated in the study, representing a diverse range of work experience levels. Of these, the study revealed that most married employee respondents (150 in total) had significant work experience. Over half of the participants (123) had been employed for more than five years, 63 individuals had between five and ten years of experience, and 60 had been in their current roles for two to five years. While a smaller group (18) had less than two years of work experience, a very limited number (9) had been employed for over a decade. These findings suggest that the study primarily focused on individuals with established careers, providing valuable insights into the relationship between early attachment styles and marital satisfaction among experienced professionals.

The length of the year have been married			
		Freq	%
Valid	Lessthan 1 year	2	6
	1-3 years	25	7.9
	3-7 years	44	13.9
	Above 7 years	78	24.7
	5 years	1	3
	Total	150	100

The study on the effect of early attachment practices on marital satisfaction involved 150 married employees. A notable pattern emerged when examining the respondents' marital duration. A small percentage had been married for less than a year. A larger group, comprising 25 individuals, had been married for 1 to 3 years. Another significant portion, 44 respondents, had been married for 3 to 7 years. However, the largest group, with 78 participants, had been married for more than 7 years. This distribution suggests that a significant portion of the study's participants had established long-term marriages, providing a valuable perspective on the relationship between early attachment styles and marital satisfaction over extended periods.

4.3. The effect of early attachment practices on marital satisfaction

4.3.1. How do different early attachment styles (secure, anxious, avoidant) influence communication patterns in marital relationships

Early attachment styles, formed during infancy and childhood, can significantly influence communication patterns in marital relationships. These styles, categorized as secure, anxious, or avoidant, shape our expectations, beliefs, and behaviors in close relationships.

Descriptive Statistics

Secure Attachment	N	Mean	Std. Deviation
I feel comfortable openly expressing my needs and emotions to my spouse.	150	2.67	1.251
I trust that my spouse will be there for me when I need them.	150	3.07	1.273
I am confident that my spouse is committed to the relationship.	150	2.97	1.258
I feel secure in my relationship even when there are disagreements.	150	3.13	1.194
We are able to have calm and constructive conversations about problems.	150	3.65	1.088
We listen to each other attentively and try to understand each other's perspectives.	150	3.23	.883
Valid N (listwise)	150		

Source: Primary Data (2023)

Note: *N*= number of respondents; *M*=Mean, *SD*=Standard Deviation. The value of the mean is interpreted as follows: 1.0–1.79 strongly disagrees, 1.80–2.59 disagrees, 2.60–3.39 is undecided /not sure, 3.40–4.19 is agreed; and, finally, 4.20–5.00 is strongly agreed. In general, less than 2.60 is considered as low agreement, *M* 2.60–3.39 is considered as undecided /not sure, and 3.40 and above is considered as high agreement.

The study revealed a mixed picture of respondents' perceptions regarding their marital relationships. While a majority of participants expressed a moderate level of trust in their spouses' availability during times of need (*M* = 3.07), a significant portion remained undecided about their ability to openly communicate their emotions and needs (*M* = 2.67). This suggests that while respondents may feel a general sense of support from their partners, there may be lingering doubts or reservations about the depth and authenticity of their emotional connection. Moreover, the mean score of 2.97 on the question of spousal commitment indicates a level of uncertainty or ambivalence among participants. While many respondents may believe their spouses are dedicated to the relationship, there may be underlying concerns or anxieties about the future stability of their marriage. Individuals with insecure attachment styles may be more prone to feeling insecure, anxious, or avoidant in their relationships, particularly when faced with disagreements or challenges. These findings highlight the complexities of marital satisfaction and suggest that early attachment experiences may play a significant role in shaping individuals' perceptions of intimacy, trust, and commitment within their relationships. The mean score of 3.13 on the statement "I feel secure in my relationship even when there are disagreements" indicates a level of uncertainty among respondents regarding their relationship security during conflict. While a

score above suggests a general tendency towards feeling secure, the mean score indicates that a significant portion of respondents experienced some level of insecurity or ambivalence in this regard. This finding aligns with previous research suggesting that early attachment experiences can impact the development of secure attachment styles in adulthood, which in turn influence relationship dynamics and conflict resolution strategies. (Kendra Cherry, December 14, 2023)

The mean score of 3.65 for the statement "We are able to have calm and constructive conversations about problems" suggests a moderate level of agreement among respondents in the study on the effect of early attachment practices on marital satisfaction. This finding indicates that a majority of participants perceive their communication with their partners as being relatively peaceful and productive when addressing challenges. However, it also implies that there is still room for improvement in this area for some couples.

The mean score of 3.23 on the statement "We listen to each other attentively and try to understand each other's perspectives" indicates an undecided response from participants in the study examining the impact of early attachment practices on marital satisfaction. This suggests that while some couples may demonstrate effective communication and attentiveness toward their partner's viewpoints, others may struggle in this area. It is important to consider that a mean score of 3.23 does not definitively confirm or deny a direct link between early attachment experiences and marital communication. Other factors, such as individual differences in personality, communication styles, and relationship dynamics, may also play significant roles in shaping couples' ability to listen and understand each other. Additionally, the study design and methodology may have limitations that could influence the generalizability of the findings. These findings collectively highlight the complex interplay between early attachment experiences and the development of secure, satisfying marital relationships. While strong communication skills are essential for fostering healthy partnerships, the underlying emotional foundation laid by early attachment styles can also significantly influence the quality of marital interactions.

Based on the open-ended questions "The respondents consistently reported that their secure attachment styles facilitated open, honest, and direct communication with their spouses, fostering trust, vulnerability, and a constructive approach to resolving conflicts."

" Some respondents believe that secure attachment style has a positive impact on their communication with thier spouse. I feel comfortable expressing their needs and feelings openly and honestly. During disagreement, they are able to discuss their perspectives calmly and respectfully. they trust thier spouse

to listen and understand their point of view, and they are confident on their ability to resolve conflicts in a constructive manner."

"Others find it relatively easy to communicate with their needs and feelings to their spouse. They believe that open and honest communication is essential for maintaining a healthy relationship. They are not afraid to express themselves directly, even when it's difficult. Their secure attachment style has helped them develop a sense of trust and safety in their relationship. This allows them to be more vulnerable and open with their partner. They are comfortable expressing their needs directly, without fear of judgment or rejection. They have always been a good communicator, and they think their secure attachment style has played a significant role in that. They are able to express their thoughts and feelings clearly and assertively, which has helped them navigate challenges and conflicts in their relationship."

Descriptive Statistics

Anxious Attachment	N	Mean	Std. Deviation
I worry that my spouse doesn't love me enough.	150	2.78	1.098
I feel anxious when my spouse is distant or unavailable.	150	3.45	1.190
I find myself constantly seeking reassurance of my spouse's love.	150	3.14	1.210
I get easily upset if I feel my spouse is neglecting me.	150	3.71	1.059
I have difficulty expressing anger or disagreement with my spouse for fear of rejection.	150	3.57	.772
I tend to be overly critical of myself and my spouse.	150	3.02	1.499
I have difficulty trusting that my spouse will keep their promises	150	3.80	1.081
Valid N (listwise)	150		

Source: Primary Data (2023)

Note: N= number of respondents; M=Mean, SD=Standard Deviation. The value of the mean is interpreted as follows: 1.0–1.79 strongly disagrees, 1.80–2.59 disagrees, 2.60–3.39 is undecided /not sure, 3.40–4.19 is agreed; and, finally, 4.20–5.00 is strongly agreed. In general, less than 2.60 is considered as low agreement, M 2.60–3.39 is considered as undecided /not sure, and 3.40 and above is considered as high agreement.

The study results reveal that, the mean score of 2.78 on the statement "I worry that my spouse doesn't love me enough" indicates a moderately undecided response from the participants. This suggests that a significant portion of the respondents experienced some level of concern or uncertainty regarding their

spouse's love and affection, but their feelings were not overwhelmingly negative or positive. This finding might be related to participants' attachment styles. Individuals with anxious attachment styles, for example, may be more prone to worrying about rejection and abandonment, leading to concerns about their partner's love. In other hand a moderately undecided response could suggest that there are underlying tensions or unresolved issues within the marital relationship. These concerns might stem from a lack of communication, unmet emotional needs, or past experiences that have influenced the participants' perceptions of love and intimacy. Cultural norms and expectations regarding love and marriage could also influence the participants' responses. In some cultures, expressing concerns about a partner's love might be seen as inappropriate or weak, leading to internalized doubts and anxieties.

The mean score of 3.45 on the statement "I feel anxious when my spouse is distant or unavailable" suggests that the majority of respondents in the study reported experiencing moderate levels of anxiety in response to their spouse's emotional distance or unavailability. This finding aligns with attachment theory, which posits that individuals' early attachment experiences can shape their adult relationships and emotional responses. A score of 3.45 indicates that while respondents may not be overly anxious in all situations, they do experience discomfort and distress when their spouse is emotionally distant, suggesting that they may have a strong need for emotional closeness and security in their relationships.

The mean result of 3.14 for the statement "I find myself constantly seeking reassurance of my spouse's love" indicates that the respondents in the study were somewhat undecided or ambivalent about their experience of seeking reassurance in their marital relationships. While the mean score suggests a general tendency towards seeking reassurance, it's essential to note that the data reflects a range of individual experiences. Some respondents may have strongly identified with the statement, indicating a frequent need for reassurance. Others may have only occasionally experienced this feeling. The mean score represents a composite of these diverse responses.

The mean score of 3.71 on the statement "I get easily upset if I feel my spouse is neglecting me" indicates a strong tendency for respondents to experience emotional distress when perceiving neglect from their partner. This suggests that a significant portion of the study participants may have attachment styles characterized by anxiety or avoidance, as these styles often manifest in heightened sensitivity to perceived rejection or abandonment. The high mean score suggests that early attachment experiences,

such as insecure attachment styles, may play a substantial role in shaping individuals' reactions to perceived neglect within their marital relationships.

The mean score of 3.57 on the statement "I have difficulty expressing anger or disagreement with my spouse for fear of rejection" indicates that respondents, on average, agreed with this statement. This suggests that a significant portion of the participants in the study experienced some level of discomfort or avoidance when confronting conflict or expressing negative emotions within their marital relationships. This finding aligns with attachment theory, which posits that early attachment experiences can shape individuals' patterns of relating to others, including their ability to manage emotions and conflicts in intimate relationships. The statement specifically references "fear of rejection" as the underlying reason for difficulty expressing anger or disagreement. This implies that many participants may have internalized beliefs or experiences that make them hesitant to confront their partners with negative emotions, fearing that such expressions could lead to negative consequences or a breakdown in the relationship. Overall, the mean score of 3.57 on this statement provides valuable insights into the challenges that many individuals face in expressing their emotions and navigating conflict within their marital relationships. Further analysis of the data may help to identify specific factors that contribute to this fear of rejection and explore potential interventions for improving emotional expression and conflict resolution skills.

A mean score of 3.02 on the statement "I tend to be overly critical of myself and my spouse" indicates that respondents were undecided about this statement. This suggests a mixed response, with some participants leaning towards agreeing with the statement while others leaning towards disagreeing. It implies that the participants' experiences with early attachment may have influenced their self-criticism and their evaluation of their partners, but the relationship between these factors is complex and not entirely consistent. The possible explanation may be participants with ambivalent attachment styles may be more likely to experience self-criticism and negative evaluations of their partners. This is because they often struggle with feelings of insecurity and fear of abandonment, leading them to seek reassurance and validation in ways that can be self-defeating. Early attachment experiences can shape individuals' internal working models, which are mental representations of themselves and their relationships. Participants with negative internal working models may be more prone to self-criticism and negative evaluations of their partners, as these models can influence their perceptions and behaviors. The other is individual differences in personality, temperament, and other factors can also influence

participants' responses to the statement. For example, individuals who are naturally more self-critical or pessimistic may be more likely to agree with the statement, regardless of their early attachment experiences.

The respondents' mean score of 3.80 on this statement indicates a strong tendency to agree with the sentiment that they have difficulty trusting their spouses to keep their promises. This suggests that a significant portion of the study's participants experience challenges in forming and maintaining trust within their marital relationships. The potential implications may be the mean score aligns with research suggesting that individuals with insecure attachment styles, particularly avoidant or anxious-preoccupied, often struggle with trust issues in their romantic relationships. These individuals may have had negative early attachment experiences that have shaped their expectations and behaviors in adulthood. Or difficulty trusting a spouse can lead to various relationship problems, such as frequent arguments, feelings of insecurity, and emotional distance. It may also contribute to a cycle of mistrust, where one partner's perceived betrayal can reinforce the other's suspicions. Trust is essential for effective communication and conflict resolution. When trust is lacking, it can be difficult to have open and honest conversations, leading to misunderstandings, resentment, and a breakdown in communication. In conclusion, the high mean score on this statement suggests that a significant number of participants in the study experienced difficulties trusting their spouses to keep their promises. This finding highlights the importance of trust in marital relationships and the potential impact of early attachment experiences on relationship dynamics.

Respondent reported experiencing difficulties in communication with their spouse due to their anxious attachment style. They often sought reassurance and validation, which could be perceived as needy or clingy. During conflicts, they tended to become overly emotional or defensive. Fear of rejection or abandonment led them to avoid confrontation.

Descriptive Statistics

Avoidant Attachment	N	Mean	Std. Deviation
I prefer to keep my emotions private and avoid getting too close to my spouse.	150	3.36	1.512
I feel uncomfortable discussing personal problems with my spouse.	150	3.79	1.133
I tend to withdraw or shut down emotionally during conflict.	150	3.75	1.024
I am uncomfortable depending on my spouse for emotional support.	150	3.73	1.014

I prioritize my independence over intimacy in the relationship.	150	3.78	.989
I find it difficult to express affection or vulnerability to my spouse.	150	3.71	1.059
I dismiss or minimize the importance of emotional connection in the relationship.	150	3.30	1.015
Valid N (listwise)	150		

Source: Primary Data (2023)

Note: N= number of respondents; M=Mean, SD=Standard Deviation. The value of the mean is interpreted as follows: 1.0–1.79 strongly disagrees, 1.80–2.59 disagrees, 2.60–3.39 is undecided /not sure, 3.40–4.19 is agreed; and, finally, 4.20–5.00 is strongly agreed. In general, less than 2.60 is considered as low agreement, M 2.60-3.39 is considered as undecided /not sure, and 3.40 and above is considered as high agreement.

The respondents' mean score of 3.36 on the statement "I prefer to keep my emotions private and avoid getting too close to my spouse" indicates a state of indecision or ambivalence regarding their emotional closeness and intimacy within their marital relationship. This score suggests that respondents are experiencing a conflict between their desire for emotional connection and a tendency toward emotional distance. It is possible that some respondents may have experienced early attachment styles that predisposed them to emotional avoidance or dismissive attachment. These early experiences may have shaped their expectations for intimacy and their ability to trust others, leading to a preference for emotional distance. Additionally, cultural factors or personal beliefs about relationships could also influence respondents' attitudes toward emotional closeness. For instance, some cultures may prioritize emotional restraint or independence, while others may emphasize emotional expression and interdependence. Overall, the mean score of this statement suggests that respondents are dealing with complex emotions and conflicting desires regarding emotional intimacy in their marriages.

The mean score of 3.79 on the statement "I feel uncomfortable discussing personal problems with my spouse" suggests that a significant majority of respondents in the study experienced discomfort or reluctance when communicating about personal issues within their marital relationships. This finding aligns with the construct of attachment theory, which posits that early attachment experiences can shape individuals' patterns of relating to others in adulthood. This suggests that many participants in the study felt a notable degree of discomfort or unease when addressing personal matters with their spouses. Such feelings might stem from various factors, including unresolved attachment-related issues, fear of rejection or abandonment, or difficulties in expressing vulnerability.

The mean score of 3.75 on the statement "I tend to withdraw or shut down emotionally during the conflict" indicates a strong tendency among the respondents to disengage emotionally during marital disagreements. This suggests that a significant portion of the participants reported frequently adopting a defensive or avoidant coping mechanism when faced with conflict within their relationships. Such a response pattern is often associated with attachment styles formed early in life. Individuals with an avoidant attachment style, for instance, may have learned to suppress their emotions and distance themselves from others as a means of self-protection. When confronted with emotional intimacy or conflict, they may retreat into a state of emotional detachment or withdrawal. This can lead to difficulties in expressing needs, resolving conflicts constructively, and maintaining healthy emotional connections within relationships.

The mean score of 3.73 on the statement "I am uncomfortable depending on my spouse for emotional support" indicates a general agreement among respondents. This suggests that a significant portion of the study's participants experienced some level of discomfort or reluctance when seeking emotional support from their partners. The possible interpretation could be indicative of an avoidant attachment style. Individuals with this style may have difficulty forming close emotional bonds and tend to be emotionally distant. They might feel uncomfortable relying on others for support, fearing dependence or vulnerability. Negative past experiences, such as childhood trauma or previous failed relationships, could contribute to respondents' discomfort with emotional dependence. These experiences might have led to a sense of distrust or fear of rejection, making it difficult to open up and seek support from a partner.

The mean score of 3.78 on the statement "I prioritize my independence over intimacy in the relationship" indicates a strong tendency among respondents to value personal autonomy over emotional closeness within their marital partnerships. This suggests that a significant portion of the study participants are more inclined to maintain a sense of individuality and self-sufficiency, even at the potential expense of deepening emotional bonds with their spouses. This finding might be interpreted in several ways. One possibility is that respondents have experienced past relationships or situations where their independence was compromised or undervalued. As a result, they may have developed a defensive mechanism of prioritizing their own needs and desires, leading to a unwillingness to fully invest in intimate connections. Another explanation could be cultural or societal factors that emphasize individual achievement and self-reliance, making it more difficult for individuals to prioritize emotional intimacy.

Additionally, the finding might reflect underlying attachment styles. Individuals with avoidant attachment styles, for example, may be more likely to prioritize independence and distance themselves from emotional closeness due to fears of abandonment or engulfment. However, it is important to note that this is just one possible interpretation, and other factors may also influence respondents' attitudes toward independence and intimacy.

The mean score of 3.71 on the statement, "I find it difficult to express affection or vulnerability to my spouse," indicates a significant level of agreement among respondents. This suggests that a substantial number of participants in the study experienced challenges in openly communicating their emotions and feelings within their marital relationships. The response implies that a majority of respondents felt a moderate to high degree of difficulty in expressing their affection and vulnerability towards their partners. This finding is indicative of a common pattern in many relationships, where individuals may struggle to communicate their emotional needs and desires due to various factors, such as fear of rejection, insecurity, or past experiences. The difficulty in expressing affection and vulnerability can have profound implications for the quality and intimacy of a marital relationship. When partners are unable to share their emotions openly, it can lead to misunderstandings, resentment, and a sense of emotional disconnection. Moreover, the inability to express vulnerability can create barriers to emotional intimacy and hinder the development of a deep and fulfilling connection between spouses.

A mean score of 3.30 on the statement "I dismiss or minimize the importance of emotional connection in the relationship." indicates that participants, on average, agreed to some extent with the notion that they dismiss or minimize the importance of emotional connection in their marital relationships. While this score is not at the extreme end of the agreement scale, it suggests a notable tendency among participants to downplay or overlook the significance of emotional intimacy and connection within their partnerships. In the context of early attachment theory, this finding may suggest that many respondents have developed attachment styles that involve emotional avoidance or detachment. Such individuals might have experienced early childhood experiences that led them to downplay the significance of emotional intimacy and connection in their relationships. This could manifest in various ways, such as difficulty expressing feelings, avoiding vulnerability, or prioritizing independence over interdependence. It is important to note that a mean score of 3.30 does not imply that all respondents completely dismiss emotional connection. Some participants may have varying degrees of emotional avoidance, while others may simply have more difficulty expressing or recognizing the importance of emotional intimacy.

Respondent reported “a tendency toward **reserved and independent relationship styles**, characterized by difficulty expressing needs and feelings, a preference for solitary problem-solving, and potential withdrawal or dismissiveness during conflicts. Additionally, respondents described challenges with trust, intimacy, and a fear of closeness within their marriages.”

4.3.2. To what extent do early attachment experiences influence a couple's ability to navigate conflict constructively within their marriage?

This study investigates the relationship between early attachment styles and couples' conflict resolution strategies within marriage. It aims to understand how individuals' experiences in early relationships influence their ability to navigate disagreements constructively in adulthood. The research will explore whether attachment styles predict specific conflict behaviors.

Descriptive Statistics

Conflict Resolution in Marriage	N	Mean	Std. Deviation
We are able to listen to each other's viewpoints during disagreements.	150	1.57	.885
We express our feelings openly and honestly during the conflict.	150	2.37	1.308
We focus on finding solutions to problems rather than blaming each other.	150	1.76	.932
We are able to compromise to reach a mutually agreeable solution.	150	2.15	.965
We avoid name-calling, insults, or personal attacks during arguments.	150	3.71	1.059
We can take breaks from conflict discussions if things get too heated.	150	3.31	1.147
We make an effort to repair hurt feelings after a disagreement.	150	3.71	1.059
We feel safe expressing our needs and concerns to each other.	150	2.08	.987
We are confident in our ability to resolve conflict effectively as a couple.	150	2.32	.978
Disagreements bring us closer together by helping us understand each other better.	150	2.67	1.257
Valid N (listwise)	150		

Source: Primary Data (2023)

Note: N= number of respondents; M=Mean, SD=Standard Deviation. The value of the mean is interpreted as follows: 1.0–1.79 strongly disagrees, 1.80–2.59 disagrees, 2.60–3.39 is undecided /not sure, 3.40–4.19 is agreed; and, finally, 4.20–5.00 is strongly agreed. In general, less than 2.60 is considered as low agreement, M 2.60-3.39 is considered as undecided /not sure, and 3.40 and above is considered as high agreement.

The mean score of 1.57 on the statement "We can listen to each other's viewpoints during disagreements" indicates a strong level of disagreement among respondents. This suggests that a significant majority of participants in the study either partially disagree or strongly disagree with the statement. In the context of early attachment theory, this finding may suggest that many respondents have developed attachment styles that involve avoidance or dismissive behaviors. Such individuals might have experienced early childhood experiences that led them to struggle with conflict resolution, communication, or emotional regulation. This could manifest in various ways, such as becoming defensive, shutting down during disagreements, or engaging in blame-shifting behaviors. It is important to note that a mean score of 1.57 does not imply that all respondents completely avoid listening to their partner's viewpoints. Some participants may have varying degrees of difficulty with communication and conflict resolution, while others may simply have more intense disagreements.

The mean score of 2.37 on the statement "We express our feelings openly and honestly during the conflict" indicates a moderate level of disagreement among respondents. This suggests that a significant portion of the participants in the study either partially disagree with or strongly disagree with the statement. In the context of early attachment theory, this finding may suggest that many respondents have developed attachment styles that involve emotional avoidance or suppression. Such individuals might have experienced early childhood experiences that led them to avoid conflict or express their feelings in a direct and honest manner. This could manifest in various ways, such as bottling up emotions, engaging in passive-aggressive behavior, or avoiding difficult conversations altogether.

A mean score of 1.76 on the statement "We focus on finding solutions to problems rather than blaming each other" indicates a strong level of disagreement among respondents. This suggests that the majority of participants in the study either strongly disagree or disagree with the statement, suggesting that they perceive their marital relationships as characterized by a significant amount of blame and conflict. This finding may suggest that many respondents have developed attachment styles that involve anxiety or avoidance. Individuals with anxious attachment styles may be particularly prone to blaming their partners, fearing abandonment, and engaging in negative cycles of interaction. Those with avoidant attachment styles may be more likely to withdraw emotionally or engage in passive-aggressive behaviors when faced with conflict. The low mean score on this statement could also be indicative of underlying issues such as unresolved trauma or dysfunctional communication patterns. If respondents

have experienced significant emotional distress or have not learned effective conflict resolution skills, they may be more likely to resort to blaming and avoidance as coping mechanisms.

The mean score of 2.15 on the statement "We can compromise to reach a mutually agreeable solution" indicates a moderate level of disagreement among respondents. This finding may suggest that many respondents have developed attachment styles that involve avoidance or anxiety. Individuals with avoidant attachment styles may struggle with compromise, as they often prioritize independence and distance themselves from emotional closeness. On the other hand, individuals with anxious attachment styles may become overly dependent on their partners, leading to conflict and difficulty finding common ground. Some participants may have varying degrees of difficulty in this area, while others may simply have had negative experiences with compromise in the past. Further analysis of the data, including standard deviation and individual responses, could provide a more nuanced understanding of the participants' attitudes toward compromise and conflict resolution. Additionally, the finding of a mean score of 2.15 on this statement raises questions about the quality of communication and problem-solving skills within the respondents' marriages. Difficulties with compromise may be indicative of underlying issues such as a lack of trust, resentment, or a perceived power imbalance. Understanding the factors that contribute to these challenges could provide valuable insights for couples seeking to improve their relationship dynamics.

The mean score of 3.71 on the statement "We avoid name-calling, insults, or personal attacks during arguments" indicates a strong level of agreement among respondents. This suggests that a majority of participants in the study agree with the statement, indicating a positive aspect of their marital communication. This finding may suggest that many respondents have developed secure attachment styles. Securely attached individuals tend to have healthier communication patterns, including a greater ability to express their feelings constructively and avoid resorting to destructive behaviors. Such individuals may have had positive early childhood experiences that fostered a sense of trust, security, and emotional regulation. The high mean score on this statement could also be influenced by factors beyond early attachment experiences. For example, the cultural context of the study participants may play a role in shaping their communication styles. Certain cultures may emphasize respect, politeness, and avoidance of conflict as important values, which could contribute to the high level of agreement on this statement.

The mean score of 3.31 on the statement "We can take breaks from conflict discussions if things get too heated" indicates a relatively neutral or undecided stance among respondents. This suggests that participants are neither strongly in favor nor strongly opposed to taking breaks during heated conflicts. Individuals with secure attachment styles often have healthy conflict resolution strategies, including the ability to take breaks when necessary. This might explain why some respondents with secure attachments are undecided about taking breaks, as they may see it as a natural and effective way to manage conflict. Those with avoidant attachment styles may tend to suppress or avoid emotions, including conflict. They might be hesitant to take breaks because they fear that doing so could escalate the conflict or lead to a prolonged period of emotional distance. Individuals with anxious attachment styles may be more likely to escalate conflicts due to their fear of abandonment or rejection. They might be undecided about taking breaks because they may worry that doing so could signal a lack of commitment or interest in the relationship.

The mean score of 3.71 on the statement "We make an effort to repair hurt feelings after a disagreement" indicates a strong level of agreement among respondents. This suggests that a significant majority of the participants in the study either partially agree with the statement. Individuals with secure attachment styles are generally more comfortable with intimacy, trust, and emotional vulnerability. They are also more likely to seek out and maintain close relationships. A mean score of 3.71 on this statement implies that respondents are generally satisfied with their ability to resolve conflicts and maintain emotional connection with their partners. This may be attributed to several factors, including effective communication skills, a willingness to compromise, and a shared commitment to the relationship. Several factors may contribute to the respondents' positive attitudes towards repairing hurt feelings. These may include: secure attachment styles, positive relationship experiences, effective communication skills, shared values and goals, and a commitment to the relationship. It is important to recognize that repairing hurt feelings is a complex process that requires ongoing effort and commitment. Even in relationships characterized by strong levels of agreement on this statement, challenges may arise.

A mean score of 2.32 on the statement suggests that many respondents do not feel confident in their ability to resolve conflicts effectively as a couple. This could be attributed to various factors, such as unresolved childhood traumas, negative relationship experiences, or differing communication styles. It may also indicate that participants have difficulty navigating difficult conversations, expressing their needs and concerns, or finding common ground with their partners. The mean score of 2.67 on the

statement is more ambiguous. While it suggests that a majority of respondents are not entirely convinced that disagreements bring them closer together, it also indicates that a significant minority are undecided or may have mixed feelings on the matter. This could be due to a variety of factors, such as the specific nature of their conflicts, the quality of their communication skills, or their overall satisfaction with their relationships.

Respondents who reported feeling comfortable expressing their feelings and needs to their spouse without fear of judgment or rejection, who believed their secure attachment style allowed them to communicate honestly and directly, and who acknowledged potential issues such as being overly critical or struggling to differentiate their own needs from their spouse's, were more likely to report effective conflict resolution, strong connections, trust, intimacy, and reduced feelings of resentment and disconnection.

Descriptive Statistics

Communication Behaviors	N	Mean	Std. Deviation
I actively listen to my spouse's feelings and needs without judgment.	150	1.77	.963
I feel comfortable discussing disagreements or conflicts with my spouse.	150	1.72	.928
I feel secure in my spouse's love and commitment, even during disagreements.	150	3.71	1.059
I tend to withdraw from communication when I feel upset with my spouse.	150	2.96	1.479
I have difficulty trusting that my spouse will be there for me emotionally.	150	3.71	1.059
I become easily frustrated or angry if my spouse doesn't meet my needs immediately	150	3.37	.931
Valid N (listwise)	150		

Source: Primary Data (2023)

Note: *N*= number of respondents; *M*=Mean, *SD*=Standard Deviation. The value of the mean is interpreted as follows: 1.0–1.79 strongly disagrees, 1.80–2.59 disagrees, 2.60–3.39 is undecided /not sure, 3.40–4.19 is agreed; and, finally, 4.20–5.00 is strongly agreed. In general, less than 2.60 is considered as low agreement, *M* 2.60–3.39 is considered as undecided /not sure, and 3.40 and above is considered as high agreement.

The mean score of 1.77 for this statement indicates that respondents **disagree** with the assertion that they actively listen to their spouse's feelings and needs without judgment. This suggests that participants, on average, do not consistently exhibit empathic listening skills in their marital

relationships. The possible implications can be a lack of active listening. It can delay emotional intimacy and understanding between partners, leading to potential conflicts and misunderstandings. Respondents may prioritize their own viewpoints and experiences over those of their spouse, making it challenging to establish a sense of mutual respect and validation. If partners do not feel heard or understood, they may become defensive or resort to blaming behaviors. The mean score of 1.77 suggests that some participants may have attachment styles (e.g., anxious or avoidant) that interfere with their ability to engage in active listening and empathy.

The statement "I feel comfortable discussing disagreements or conflicts with my spouse" is a crucial aspect of marital satisfaction. It reflects the level of open communication and conflict resolution skills within a relationship. A mean score of 1.72 on this item, indicating disagreement, suggests that many respondents in the study reported discomfort or challenges in discussing conflicts with their partners. This finding suggests numerous potential underlying issues: Respondents may have experienced rejection or abandonment in their early attachments, leading to a fear of negative consequences when expressing their feelings or disagreeing with their partners. An avoidant attachment style can manifest in a reluctance to express emotions or engage in intimate relationships. This may contribute to discomfort in discussing conflicts, as respondents may prefer to avoid confrontation or emotional vulnerability. Respondents may have difficulty expressing themselves clearly or assertively, leading to misunderstandings and escalating conflicts. If respondents have experienced traumatic or negative experiences in previous relationships, they may be more hesitant to open up or trust their current partner. Cultural or societal norms may discourage open expression of emotions or conflict, leading to discomfort in discussing disagreements.

The mean score of 3.71 for the statement "I feel secure in my spouse's love and commitment, even during disagreements" indicates a strong level of perceived security and trust within the marital relationship. This positive response suggests that respondents generally feel confident in their partner's affection and dedication, even when faced with conflicts or disagreements. Respondents overwhelmingly perceive their marital relationships as secure and stable. This perception likely stems from a strong sense of trust, emotional intimacy, and mutual understanding between partners. This finding may be indicative of secure attachment styles among respondents. Individuals with secure attachment styles tend to have positive views of themselves and others, and they are comfortable with emotional intimacy and closeness.

The statement, "I tend to withdraw from communication when I feel upset with my spouse," is a key indicator of attachment styles within marital relationships. This particular response, with a mean score of 2.96, suggests that respondents are in a state of indecision or ambiguity concerning their communication patterns during emotional distress. This descriptive statement will delve into the potential implications of this undecided response, exploring its connection to early attachment experiences and its impact on marital dynamics. Respondents may have experienced inconsistent patterns of withdrawal in their relationships, sometimes withdrawing and sometimes engaging in open communication. They may be ambivalent about their withdrawal behavior, recognizing it as a coping mechanism but also feeling conflicted about its effectiveness. Respondents may be unfamiliar with their own attachment styles or may not have fully recognized the connection between their early experiences and their current communication patterns. An undecided response on this statement could suggest that respondents are grappling with elements of both secure and insecure attachment styles. They may have experienced a mix of positive and negative early attachment experiences, leading to a sense of uncertainty or ambivalence in their current relationships.

The mean response of 3.71 to the statement "I have difficulty trusting that my spouse will be there for me emotionally" indicates a significant level of agreement among participants in the study, suggesting that a substantial number of respondents experienced challenges in developing a secure emotional bond with their partners. This finding aligns with existing research on attachment theory, which posits that early attachment experiences can significantly influence adult relationships, including the ability to form trusting and secure bonds. Respondents may have experienced past emotional neglect, rejection, or abandonment, leading to a heightened sense of distrust and anxiety in their current relationships. This difficulty in trusting their spouses for emotional support could manifest in various ways, such as: Couples may have subconsciously avoided emotional closeness and vulnerability with their partners due to fear of rejection or abandonment. They may have been overly sensitive to their partners' behaviors and words, constantly scanning for signs of emotional withdrawal or neglect. They may have struggled to openly express their feelings and needs due to fear of being judged or rejected. These challenges in emotional trust can have significant negative consequences for marital relationships. They can lead to communication breakdowns, conflict, and a sense of emotional isolation. Additionally, individuals with insecure attachment styles may be more disposed to engaging in maladaptive coping mechanisms, such as substance abuse or infidelity, as a way of dealing with their emotional pain.

The response "I become easily frustrated or angry if my spouse doesn't meet my needs immediately" received a mean score of 3.37 on a scale likely measuring the frequency or intensity of this behavior. This score falls into the "undecided" category, suggesting that respondents are ambivalent about the statement. It is important to note that this is a descriptive statistic, and further analysis is required to draw definitive conclusions about the relationship between early attachment experiences and marital satisfaction. The possible interpretation can be respondents may have experienced mixed feelings about their emotional reactions to their spouse's unmet needs. Some may have felt that their frustration or anger was justified, while others may have recognized that their responses were excessive or unhelpful, or they may have been hesitant to admit to feeling overly frustrated or angry, especially if they perceived these emotions as negative or socially undesirable. This could have led to a lower mean score than would accurately reflect their true experiences, or Individual personality traits, attachment styles, and past experiences may have contributed to variations in respondents' responses. For example, individuals with insecure attachment styles may be more likely to experience intense emotional reactions to perceived threats or abandonment, while those with secure attachment styles may be better able to regulate their emotions and maintain healthy relationships.

4.3.3. Are there specific attachment styles that significantly increase the risk of marital divorce?

The study aimed to investigate the relationship between early attachment styles and the likelihood of marital distress or divorce. Findings suggest that certain attachment styles are more strongly associated with these negative outcomes than others. Individuals with a dismissive attachment style, characterized by emotional detachment and a tendency to downplay the importance of close relationships, were found to be at a significantly higher risk of marital distress and divorce. These individuals may struggle with expressing emotions, maintaining intimacy, and resolving conflicts in a healthy manner. These findings provide valuable insights into the connection between attachment styles and marital outcomes, it is important to note that other factors, such as individual personality traits, life experiences, and cultural influences, can also play a role.

Descriptive Statistics

Attachment styles that risk of marital distress or divorce	N	Mean	Std. Deviation
When I feel insecure in the relationship, I tend to become clingy or demanding.	150	3.94	.853
I find it difficult to rely on my partner for emotional support.	150	3.83	.961
My partner's need for closeness makes me feel trapped and suffocated.	150	2.85	.718
I constantly worry that if I express my needs, my partner will leave.	150	2.04	.818
We struggle to find a balance between independence and closeness .	150	3.71	1.059
Valid N (listwise)	150		

Source: Primary Data (2023)

Note: *N*= number of respondents; *M*=Mean, *SD*=Standard Deviation. The value of the mean is interpreted as follows: 1.0–1.79 strongly disagrees, 1.80–2.59 disagrees, 2.60–3.39 is undecided /not sure, 3.40–4.19 is agreed; and, finally, 4.20–5.00 is strongly agreed. In general, less than 2.60 is considered as low agreement, *M* 2.60–3.39 is considered as undecided /not sure, and 3.40 and above is considered as high agreement.

The statement "When I feel insecure in the relationship, I tend to become clingy or demanding" is a significant indicator of attachment styles, particularly within the context of marital relationships. Attachment theory posits that early childhood experiences with caregivers can shape individuals' expectations and behaviors in close relationships. A mean score of 3.94 on this item suggests a general agreement among respondents, indicating that insecurity often leads to insecure or demanding behaviors. This finding aligns with attachment theory, which proposes that individuals with insecure attachment styles, such as anxious or avoidant, are more likely to exhibit such behaviors. Individuals with anxious attachment styles often crave closeness and intimacy but may also fear rejection. When feeling insecure, they may become overly dependent, insecure, or demanding as a way to maintain the connection and avoid abandonment. While individuals with avoidant attachment styles may appear independent, they often struggle with intimacy and trust. When feeling insecure, they may withdraw emotionally, become distant, or engage in controlling behaviors to maintain a sense of autonomy.

The statement, "I find it difficult to rely on my partner for emotional support," is a pivotal component of the study. A mean score of 3.83 on this item, indicating a level of agreement, suggests that a significant portion of respondents experienced challenges in seeking and receiving emotional support from their

partners. This finding is particularly noteworthy given the critical role of emotional support in fostering strong and satisfying marital relationships. respondents generally agreed with the statement, indicating a prevalent difficulty in relying on their partners for emotional support. This finding aligns with existing research that has consistently highlighted the importance of secure attachment styles in forming healthy relationships and seeking emotional comfort from significant others. Individuals with insecure attachment styles, often stemming from early childhood experiences, may struggle to trust others and seek emotional closeness, leading to difficulties in forming secure and supportive relationships. The agreement with this statement could be attributed to several factors. First, respondents may have had negative early attachment experiences, such as inconsistent or emotionally unavailable caregivers, which can shape their expectations and behaviors in adult relationships. These experiences may have led to a sense of distrust or fear of abandonment, making it difficult to rely on others for emotional support. Second, respondents may have developed avoidant attachment styles, characterized by a tendency to suppress emotional needs and avoid intimacy. This can make it challenging to express vulnerability and seek emotional support from partners.

The respondent's response, "My partner's need for closeness makes me feel trapped and suffocated," indicates a complex interplay of attachment styles, personal boundaries, and perceived limitations within their marital relationship. A mean score of 2.85 on this statement suggests that the respondent is experiencing a state of indecision or ambivalence regarding their partner's need for intimacy. The possible interpretation can be individuals with an avoidant attachment style often struggle with emotional intimacy and closeness. This respondent's feeling of being "trapped and suffocated" might suggest that their partner's desire for a more connected relationship is perceived as a threat to their independence or autonomy. The avoidant attachment style may manifest in behaviors such as emotional withdrawal, distancing, or minimizing the importance of emotional connection. The respondent's discomfort with their partner's need for closeness could be indicative of a boundary violation. Personal boundaries are essential for maintaining a healthy sense of self and preventing feelings of being overwhelmed or controlled. If the partner's behavior consistently crosses the respondent's boundaries, it can lead to feelings of suffocation and resentment. The respondent may have a deep-seated fear of becoming overly dependent or enmeshed in their relationship. This fear might stem from past experiences or unresolved attachment issues. The perception of their partner's need for closeness as

"trapping" or "suffocating" could reflect a desire to maintain a sense of individuality and avoid feeling consumed by the relationship.

The mean response of 2.04 to the statement "I constantly worry that if I express my needs, my partner will leave" indicates that the majority of participants disagreed with this sentiment. This suggests that most respondents do not generally experience pervasive concerns about their partner's abandonment in response to expressing their needs. However, it's important to note that while the mean suggests a general trend, individual responses may vary, and some participants may still harbor these fears to varying degrees. The result suggesting that the majority of respondents felt that their worries about abandonment were relatively low or non-existent. This could be interpreted as a positive sign, indicating a relatively healthy level of trust and security within the marital relationships studied. It may suggest that participants generally feel comfortable expressing their needs without fear of negative consequences, such as abandonment. However, it's crucial to consider the context of this response. While a mean score of 2.04 suggests that most participants do not experience significant abandonment fears, it does not necessarily mean that these fears are entirely absent. Some participants may have experienced occasional or fleeting thoughts of abandonment, even if they did not consistently worry about it. Additionally, the degree to which these fears may have influenced their marital relationships would require further exploration.

The statement, "We struggle to find a balance between independence and closeness," is a significant finding in the study "The Influence of Early Attachment Experience in a Marital Relationship." With a mean score of 3.71, it indicates a notable level of agreement among respondents. This section will investigate into the implications of this response, considering the theoretical framework of attachment theory and the potential impact of early attachment experiences on marital dynamics. Attachment theory posits that individuals develop attachment styles in early childhood, which influence their relationships throughout life. These styles, including secure, anxious, and avoidant, are shaped by the quality of their early interactions with caregivers. A secure attachment style is characterized by a sense of trust, intimacy, and comfort in close relationships, while anxious and avoidant styles are associated with various challenges in forming and maintaining bonds. The concept of independence-closeness balance is central to understanding the complexities of romantic relationships. A healthy relationship requires a delicate equilibrium between individual autonomy and emotional connection. While independence is

essential for personal growth and fulfillment, closeness is vital for intimacy, support, and a sense of belonging.

In conclusion, The finding that a significant number of respondents struggled to find a balance between independence and closeness in their marriages highlights the importance of considering early attachment experiences in understanding marital dynamics. Attachment theory provides a valuable framework for understanding the potential challenges and opportunities that arise in relationships when individuals have insecure attachment styles. Further research is needed to explore the specific ways in which early attachment experiences can influence the development and maintenance of healthy marital relationships.

“Focusing on the connection between early attachment style and current feelings respondents who reported experiencing feelings of jealousy or possessiveness often described a history of insecure attachment styles, such as anxious or avoidant attachment. These individuals often expressed a strong need for reassurance and attention, and a fear of abandonment. This early attachment style seemed to contribute to their current difficulties with jealousy and possessiveness.”

“Highlighting the diversity of experiences respondents reported varying levels of jealousy and possessiveness. Some individuals described feeling secure in their relationships and experiencing minimal jealousy, while others reported frequent feelings of jealousy and possessiveness. Early attachment styles, such as anxious or avoidant attachment, seemed to be a factor in the development of jealousy and possessiveness.”

“Focusing on specific triggers and coping mechanisms respondents who experienced feelings of jealousy or possessiveness often reported specific triggers, such as their partner spending time with others or engaging in flirtatious behavior. Many individuals described coping mechanisms, such as seeking reassurance from their partner or engaging in distracting activities. Early attachment styles seemed to play a role in both the triggers and coping mechanisms associated with jealousy and possessiveness.”

4.4. Inferential Statistics Analysis

In this section, the result of inferential statistics employed in the study supported on Pearson correlation coefficient, and multiple regressions were elaborated.

4.4.1. Correlation Coefficient

As the questionnaire was designed on Likert scale (strongly disagree to strongly agree) mainly it is considered as partial interval scale, so the suitable correlation matrix for this scale is Pearson's correlations coefficient matrix. The person's correlation results between all the independent variables and dependent variable are precisely depicted in Table 6.

TABLE 6: THE RESULTS OF PEARSON'S CORRELATION COEFFICIENT

Correlations						
		Secure Attachment	Anxious Attachment	Dismissive Avoidant	Fearful Avoidant	Marital relationship
Secure Attachment	Pearson Correlation	1				
	Sig. (2-tailed)					
	N	150				
Anxious Attachment	Pearson Correlation	.882 [*]	1			
	Sig. (2-tailed)	.026				
	N	150	150			
Dismissive-avoidant	Pearson Correlation	.712 ^{**}	.832 ^{**}	1		
	Sig. (2-tailed)	.000	.000			
	N	150	150	150		
Fearful-avoidant	Pearson Correlation	.879 ^{**}	.949 ^{**}	.912 ^{**}	1	
	Sig. (2-tailed)	.001	.000	.000		
	N	150	150	150	150	
Marital relationship	Pearson Correlation	.820 ^{**}	.992 ^{**}	.878 ^{**}	.864 ^{**}	1
	Sig. (2-tailed)	.000	.000	.000	.000	
	N	150	150	150	150	150
*. Correlation is significant at the 0.05 level (2-tailed).						
**. Correlation is significant at the 0.01 level (2-tailed).						

Source, field data (2023) Spss output

As per (Marczyk G. DeMatteo D. & Festinger D, 2005) general guidelines, correlations of 0.00 to 0.30 are considered negligible correlation, correlations of 0.31 to 0.50 are considered low correlation,

correlations of 0.51 to 0.70 are considered moderate correlation, correlations of 0.71 to 0.90 are considered as high correlation, and correlations of 0.91 to 1.00 are considered as very high correlation

As depicted in Table 6, stated that early attachment experience like secure attachment, anxious attachment, dismissive-avoidant, and fearful-avoidant, would be positively significant and correlated with marital relation and all independent variables of this study were statistically significant.

As the correlation result indicates, Pearson's correlation coefficient (r) is a statistical measure that quantifies the linear relationship between two variables between secure attachment and marital relation. The result $r(150) = .820$, $p < .01$ indicates a strong positive correlation between these two variables. This is the correlation coefficient value itself. Values closer to 1 or -1 represent stronger relationships. A value of .820 suggests a very strong positive relationship, meaning that individuals with higher levels of secure attachment are more likely to have better marital relations. $p < .01$: This is the p-value, which represents the probability of obtaining a correlation coefficient as extreme or more extreme (in this case, as strong or stronger) if there were truly no relationship between the two variables. A p-value less than .01 is considered statistically significant, suggesting that the observed. In summary, this result suggests that there is a strong and statistically significant positive relationship between secure attachment and marital relation. Individuals with higher levels of secure attachment are more likely to have better marital relationships. This finding aligns with existing research in attachment theory, which posits that secure attachment styles are associated with positive outcomes in relationships.

Pearson's Correlation Coefficient (r) provides a measure of the linear relationship between two variables. In this case, the r-value of .992 between Anxious Attachment and marital relation indicates a very strong positive correlation. This means that as Anxious Attachment scores increase, marital relation scores also tend to increase significantly. The findings support the theoretical link between anxious attachment and marital satisfaction. It suggests that individuals with anxious attachment styles may engage in behaviors or thought patterns that contribute to positive marital relationships.

The given correlation coefficient, $r(150) = .878$, $p < .01$, indicates a strong positive correlation between dismissive avoidant attachment styles and marital relations. The strong positive correlation between dismissive avoidant attachment styles and marital relations suggests that individuals with a dismissive avoidant attachment style are more likely to experience difficulties in their marriages. This could be due to several factors: Emotional Distance, Fear of Intimacy, Problematic Communication Patterns, and Relationship Instability. The Pearson correlation coefficient result, provides compelling evidence for a

strong positive relationship between dismissive avoidant attachment styles and marital relations. This finding highlights the importance of understanding attachment styles in the context of marital dynamics and suggests that addressing attachment-related issues may be beneficial for improving relationship quality.

In the provided result, $r(150) = .864$, $p < .01$, we have a strong positive correlation between Fearful Avoidant attachment style and marital relations. This indicates that there is a strong, positive relationship between Fearful Avoidant attachment style and marital relations. The value of .864 suggests that individuals with a Fearful Avoidant attachment style are highly likely to experience certain relational patterns in their marriages. A positive correlation suggests that as one variable increases, the other tends to increase as well. In this context, it implies that individuals who exhibit a higher degree of Fearful Avoidant attachment style are more likely to experience positive outcomes in their marital relationships. However, it is essential to note that correlation does not necessarily imply causation. Other factors might be influencing both Fearful Avoidant attachment and marital satisfaction.

4.5. Testing Assumptions of Linear Regression Model

To estimate the parameters in multiple linear regression models and minimize the sum of squared error or the difference between an observed value and predicted value ordinary least square method (OLS) method was employed for this study. While using the OLS method to have the correct estimator value the five key underlying assumptions should be satisfied. When the assumptions are violated OLS estimators produce biased, inconsistent, and inefficient results. Therefore tests of hypothesis are no longer valid since the standard errors are wrong. Therefore, to protect against the chance of getting and interpreting wrong regression results, the researcher conducted a diagnostic test. To make sure that the model is unbiased, consistent, efficient, and valid the following tests are conducted.

4.5.1. All the variables are continuous.

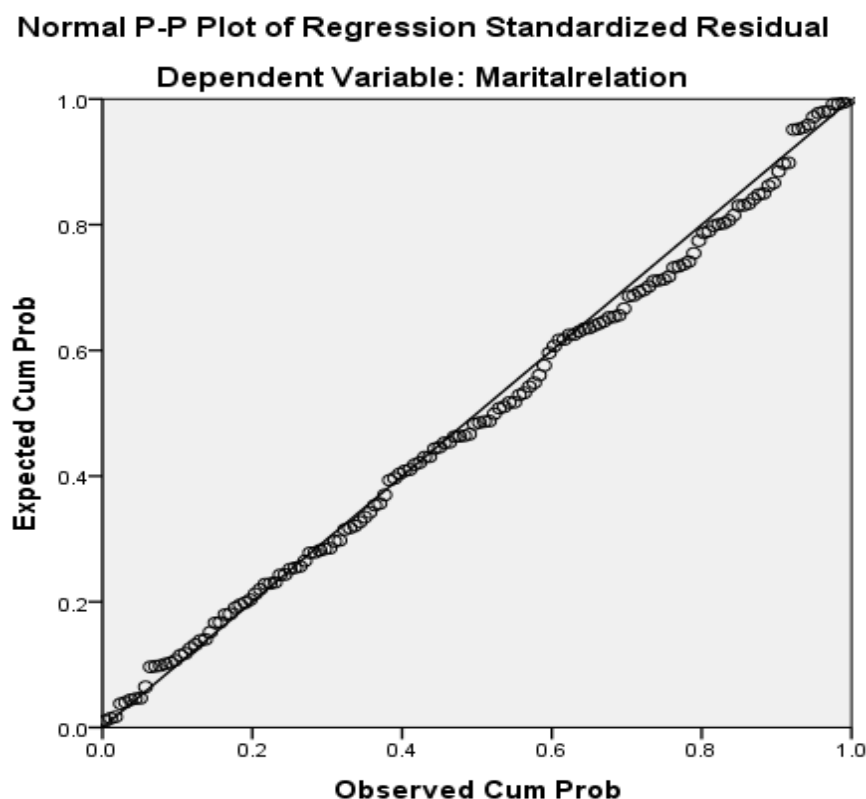
While regression analysis is a powerful tool for understanding relationships between variables, the underlying assumptions of the model can be violated by using categorical or non-normally distributed data. Transforming variables, particularly independent variables, can address these issues and lead to more reliable and interpretable results. By transforming variables strategically, we can ensure that our regression analysis produces reliable results and provides valuable insights into the relationships

between variables under study. The researcher transforms the independent and dependent variables to be continuous.

4.5.2. Normal P-P Plot of Regression

Checking the normality of residuals with a Normal P-P Plot is a crucial step in regression analysis. It safeguards the validity of inferences drawn from the model and helps identify potential issues in the data or model itself. By addressing non-normality, you ensure your regression analysis produces reliable and insightful results. Our interpretations of regression results, such as significance tests and confidence intervals, rely on the normality assumption. If residuals deviate significantly from normal distribution, these inferences become unreliable. P-values indicate the probability of observing the obtained results by chance alone. When residuals are non-normal, p-values might be inflated (less significant results appear significant) or deflated (significant results appear less significant), leading to misleading conclusions. Confidence intervals represent the range of values likely to contain the true population parameter. Non-normal residuals can distort these intervals, making them unreliable estimates of the true parameter. Deviations from normality in the P-P Plot can signal potential problems in the data or model.

FIGURE 4: NORMAL P-P PLOT OF REGRESSION STANDARDIZED RESIDUAL



By understanding and interpreting the straight-line p-p plot of standardized residuals, we can ensure the regression analysis is based on valid assumptions and leads to reliable results. Therefore, from the above figure 4, we can conclude that the skewed residuals indicate constant variance (heteroscedasticity). This is a good sign, as it supports the assumption of normality of errors in linear regression.

4.5.3. The Durbin-Watson Test

The Durbin-Watson (DW) test is a statistical tool used to assess whether the error terms in a regression analysis are independent of each other. In other words, it checks for autocorrelation in the residuals, which are the differences between the actual observed values and the values predicted by the regression model. If the value is between 1.5 – 2.5 there is no relationship between the residual variable and the independent variable.

Hypotheses:

- Null Hypothesis (H₀): There is no autocorrelation among the residuals. (Ideal scenario)
- Alternative Hypothesis (H_A): The residuals are auto-correlated. (Violation of assumption)

TABLE 7: INDEPENDENCE OF ERRORS (DURBIN-WATSON) TEST

Model Summary ^b					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.918 ^a	.843	.840	.17006	1.710

a. Predictors: (Constant), AvoidantAttachment, SecureAttachment, AnxiousAttachment

b. Dependent Variable: Marital Relation

Based on Table 7, the researcher can conclude there is no relation between the residual and the independent variable with (DW=1.710). This shows that the researcher can proceed with interpreting the regression results.

4.5.4. Test of Normality

In conclusion, testing for normality is a safeguard against misleading statistical results. By ensuring the data adheres to the underlying assumptions of many common tests, the researcher can draw more

reliable conclusions about the relationships and patterns within our data. This test is preferred for smaller samples (less than 2000). It outputs a significance (Sig.) value. If Sig. > alpha (usually 0.05), the researcher fail to reject the null hypothesis of normality.

Hypotheses:

- Null Hypothesis (H0): Normal distribution error.
- Alternative Hypothesis (HA): Non-normal distribution error.

TABLE 8: TEST OF NORMALITY

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Studentized Residual	.045	150	.200 [*]	.987	150	.187
*. This is a lower bound of the true significance.						
a. Lilliefors Significance Correction						

The Shapiro-Wilk test evaluates how well the data resembles a normal distribution. The best result depends on the statistical analysis. A high p-value (typically > 0.05) indicates the researcher cannot reject the null hypothesis of normality. The data likely follows a normal distribution, which is desirable for many statistical tests. A low p-value (typically < 0.05) this suggests the researcher reject the null hypothesis, implying the data may not be normally distributed. Alternative statistical tests suitable for non-normal data might be needed. A high p-value is the preferred outcome for normality testing with the Shapiro-Wilk test.

The result obtained in Table 8, shows that the Shapiro-Wilk test indicates that all the variables had a p-value greater than (0.05), this means that it failed to reject the null hypothesis and the variables involved in the study follow a normal distribution, therefore, it can be concluded that the residual value is normally distributed so that the regression analysis procedures have been fulfilled.

4.5.5. Test for Multi-collinearity

Multicollinearity is a condition where independent variables in a regression model are highly correlated, can lead to misleading results and hinder interpretation. Testing for multicollinearity helps the researcher

identify and address a potential problem in linear regression that arises when independent variables (predictors) are highly correlated with each other. This can inflate the variance of the regression coefficients, making it difficult to interpret their individual effects on the dependent variable (outcome). When variables are highly correlated, their individual effects on the dependent variable become difficult to isolate. This results in unreliable coefficient estimates and inflated standard errors, making it challenging to assess the true impact of each variable. Multicollinearity can inflate the R-squared value (goodness-of-fit) while making individual variable coefficients statistically insignificant. This creates a misleading picture where the model seems to fit well, but the contribution of individual variables is unclear. Models with multicollinearity may perform well on the training data but struggle with generalizability. This is because the model relies on the specific relationships between the correlated variables, which may not hold for unseen data.

Hypotheses:

- Null Hypothesis (H0): There is a multi-collinearity problem.
- Alternative Hypothesis (HA): There is no multi-collinearity problem.

TABLE 9: TEST FOR MULTI-COLLINEARITY

Model	Coefficients ^a								
	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Collinearity Statistics	
	B	Std. Error	Beta			Lower Bound	Upper Bound	Tolerance	VIF
(Constant)	.189	.116		1.636	.104	-.039	.418		
Secure Attachment	.102	.028	.126	3.695	.000	.047	.156	.921	1.086
Anxious Attachment	.310	.031	.396	10.093	.000	.249	.371	.698	1.433
Avoidant Attachment	.427	.029	.593	14.740	.000	.369	.484	.665	1.503

a. Dependent Variable: Marital Relation

Variance Inflation Factor (VIF) is a statistical tool used in regression analysis to diagnose a condition called multi-collinearity. This occurs when there's a high degree of correlation between two or more independent variables in the model. Multi-collinearity can cause problems with interpreting the

regression results. If Variance Inflation Factor (VIF) values greater than 5 (some suggest 10) indicates potential multi-collinearity. A higher VIF suggests the variable's variance is inflated by collinearity with other predictors. In addition, the result shown in tolerance was calculated using the collinearity diagnostics option in regression analysis. This option provides the Variance Inflation Factor (VIF), which is inversely related to tolerance.

$T = 1 / VIF$, and if the result shows $T > 10\%$ it can be concluded that there is no multi-collinearity influence.

As the result shown in Table 9, indicating all the VIF values are less than 10, and tolerance values are greater than 10% respectively, indicating that there is no multi-collinearity influence between the explanatory variables. As a result, the researcher rejects the null hypothesis.

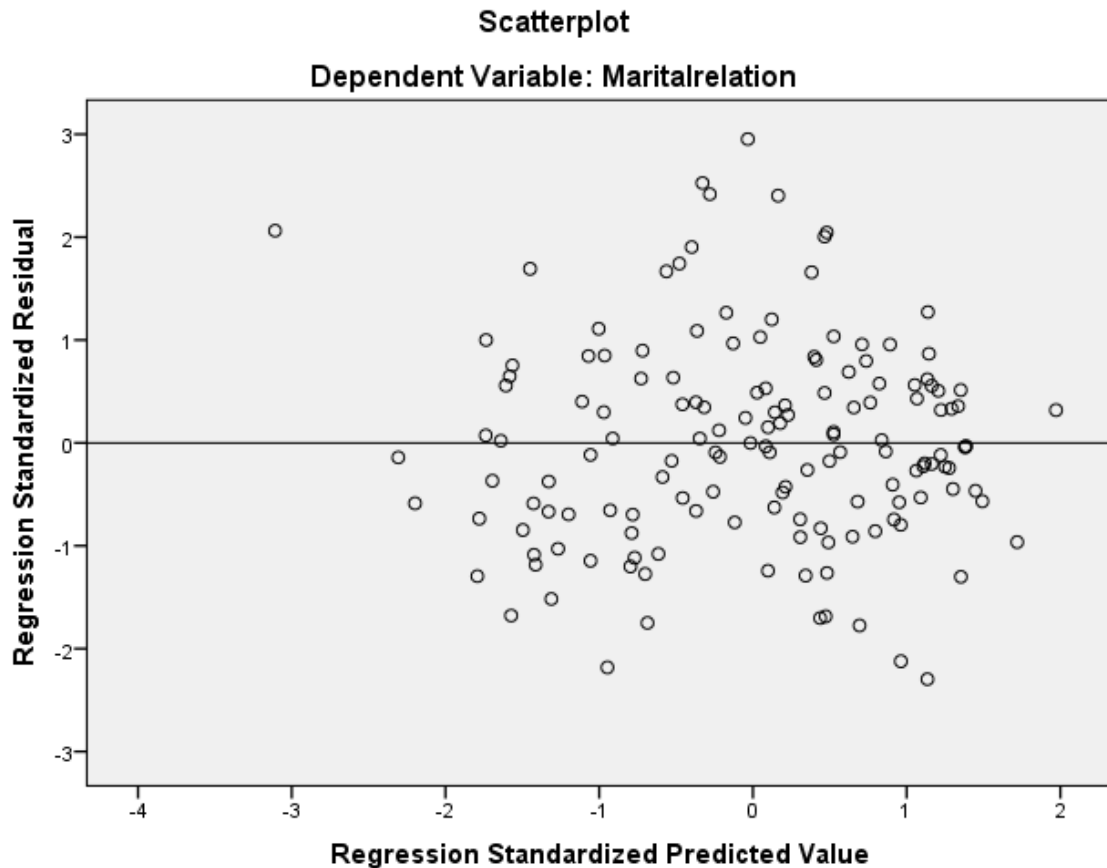
4.5.6. Test for Heteroscedasticity

Based on the analysis of a particularly linear regression, the researcher perform a "Test for Heteroscedasticity" to assess whether the variance of the error terms (residuals) is constant across all levels of the independent variable(s). Unequal variance, or heteroscedasticity, which can lead to misleading results. Heteroscedasticity inflates the standard errors of the estimated coefficients, making them less reliable. This can lead to underestimating the true significance of the independent variables in explaining the dependent variable. When variance is unequal, confidence intervals for the coefficients become unreliable, affecting our ability to accurately estimate the range of possible true values for the coefficients.

Hypotheses:

- Null Hypothesis (H₀): There is no heteroscedasticity problem (homoscedasticity).
- Alternative Hypothesis (H_A): There is heteroscedasticity

FIGURE 5: TEST FOR HETEROSCEDASTICITY



Based on the scatterplot output above, it appears that the spots are diffused and do not form a clear specific pattern, so it can be concluded that the regression model does not have a heteroscedasticity problem.

4.5.7. Analysis of Variance (ANOVA)

Analysis of variance was also done to establish the overall significance of the model. ANOVA also tells the overall effect of the four independent variables on factors affecting International Trade Operations in different organizations. Analysis of Variance (ANOVA) is a statistical test used to determine if there are significant differences between the means of multiple groups. It helps us understand if a factor (independent variables) truly affects an outcome variable (dependent variables). If rejection ($p\text{-value} <$

significance level) this indicates a statistically significant difference between at least one group and the others. This is often the desired outcome, as it allows researchers to conclude that the factor likely has a genuine effect. If fail to reject ($p\text{-value} > \text{significance level}$) this suggests the researcher lack evidence to claim significant differences. It might necessitate further investigation with a larger sample size or exploring alternative factors that could explain the observed variations.

TABLE 10: ANALYSIS OF VARIANCE (ANOVA)

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	22.632	3	7.544	260.871	.000 ^b
	Residual	4.222	146	.029		
	Total	26.854	149			
a. Dependent Variable: Maritalrelation						
b. Predictors: (Constant), AvoidantAttachment, SecureAttachment, AnxiousAttachment						

As depicted in Table 10, show that the ANOVA table at 95% confidence interval, a significant P-value of 0.00 which is below 0.05, and an F-value of 260.871 was recorded. This implies that using the model is better than simply guessing about factors affecting marital relationship. Therefore, there is a statistically significant difference in the factors affecting marital relationship due to predictors under the study. This implies the regression model is a suitable prediction for explaining factors affecting marital relationship.

4.5.8. Model Summary

Model Summary is a statistical report that provides a concise overview of a machine learning model's performance. It typically includes key metrics and coefficients that help evaluate the model's effectiveness in predicting or classifying data.

R-square- is a statistical measure that tells the proportion of the variance for a dependent variable that's explained by an independent variable or variables included in the regression model. R²- also explains to what extent the variance of one variable explains the variance of other variables. R- Squared value range from 0 to 1 and is commonly stated as a percentage from 0% to 100%. An R- square of 100% indicates that the dependent variable is completely explained by the independent variable of the model. 0% shows the model explains none of the variability of the response data around its mean.

TABLE 11: MODEL SUMMARY

Model Summary ^b					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.918 ^a	.843	.840	.17006	1.710

a. Predictors: (Constant), AvoidantAttachment, SecureAttachment, AnxiousAttachment

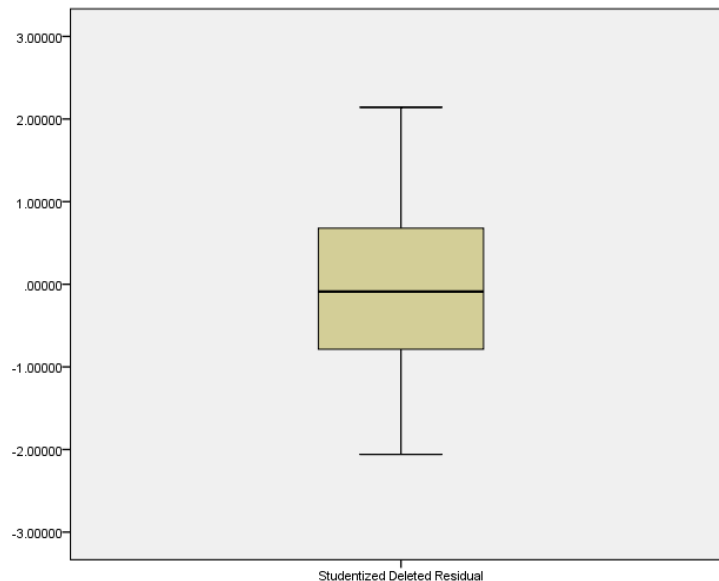
b. Dependent Variable: Marital Relation

As a result in Table 11, 84% of the change in the factors affecting marital relationship could be attributed to the combined effect of the predictor variables. However, 16% of the variance is explained by other factors not covered in the study.

4.5.9. Test of Outliers

Statistical analysis often relies on the assumption of a normal distribution of the data. Outliers, data points significantly different from the main group, can distort results and lead to misleading conclusions. Testing for outliers helps the researcher identify these extreme values and assess their impact on the overall analysis. The best outcome of an outlier test depends on the specific research question. Ideally, the test reveals a minimal number of outliers, suggesting the data adheres to a normal distribution. However, the presence of a few outliers might be acceptable if they can be explained by specific factors or don't significantly impact the overall analysis.

FIGURE 6: A TEST OF OUTLIERS



If there are no circles or asterisks on either end of the box plot, this is an indication that no outliers are present. Therefore, before conducting regression analysis, all relevant tests of regression such as sample size requirement, multi-collinearity, outliers, normality, and heteroscedasticity are satisfied, and regression analysis can be tested.

4.6. Interpretation of Regression Result

Regression analysis helps the researcher to understand how changes in one variable (independent) affect another (dependent). By testing the interpretation of these results, the researcher can confirm the validity of these relationships. This knowledge allows the researcher to predict future outcomes and make informed decisions.

The best result depends on the research question. However, in general, the ideal outcome involves coefficients for independent variables that should be statistically significant, indicating a true relationship with the dependent variable, a high R-squared value signifies the model explains a significant portion of the dependent variable's variation. By testing these aspects, the researcher will gain valuable insights into the data and make informed decisions based on reliable evidence.

TABLE 12: COEFFICIENTS OF REGRESSION ANALYSIS

Model	Coefficients ^a								
	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Collinearity Statistics	
	B	Std. Error	Beta			Lower Bound	Upper Bound	Tolerance	VIF
(Constant)	.189	.116		1.636	.104	-.039	.418		
Secure Attachment	.102	.028	.126	3.695	.000	.047	.156	.921	1.086
Anxious Attachment	.310	.031	.396	10.093	.000	.249	.371	.698	1.433
Avoidant Attachment	.427	.029	.593	14.740	.000	.369	.484	.665	1.503

a. Dependent Variable: Marital Relation

As illustrated in Table 12, the coefficient of regression analysis indicates the variable with the highest beta value contributes the most to explaining the dependent variable's variance, which is controlled by all other variables in the model, as shown in the Beta column beneath standardized coefficients. Avoidant Attachment (Dismissive-avoidant and Fearful-avoidant) (0.593) followed by Anxious Attachment (0.396), have the most significant factor in the standardized beta coefficients for Marital relation and is followed by Secure Attachment which contributes the least with beta coefficient (0.126).

Hypothesis 1

H₀1: There is no significant relation between individuals with attachment styles in childhood with stable marital relationships.

H₀2: There is a significant and positive relationship between individuals with attachment styles in childhood with stable marital relationships.

Results discussion: The table above shows that the Secure Attachment has a positive and significant effect on marital relationships with a beta value of 0.102 and p-value of .000 which is less than 0.05. Anxious Attachment has a positive and significant effect on marital relationships with a beta value of 0.310 and p-value of .000 which is less than 0.05, and Avoidant Attachment has a positive and significant effect on marital relationships with a beta value of 0.427 and p-value of .000 which is less than 0.05. This implies that other explanatory variables remain constant if the mean score value of the Secure Attachment, Anxious Attachment, and Avoidant Attachment increase by 1 unit on average the mean score value of marital relationship increases by 0.102, 0.310, and 0.427 units and the effect is positive and statistically significant at 5% significance level and 95% level of confidence.

Decision: The researcher rejects the null hypothesis and accepted the alternative hypothesis that means; There is a significant and positive relationship between individuals with attachment styles in childhood with stable marital relationships.

CHAPTER FIVE

5. SUMMARY OF FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS

This chapter gives a summary of the findings, discussions of the findings, conclusion, and recommendations, and suggestions for further study. It is entirely derived from the findings and results of this study in chapter four.

5.1. Summary of major findings

This study sought to investigate the relationship between early attachment styles and their subsequent impact on marital relationships. By examining the influence of early attachment experiences on various aspects of marital dynamics, the study aimed to contribute to a deeper understanding of the enduring effects of childhood experiences on adult relationships.

Individuals with secure attachment styles, characterized by trust, intimacy, and a positive view of self and others, reported higher levels of marital satisfaction. They were more likely to communicate effectively, resolve conflicts constructively, and maintain a strong emotional bond with their partners. However, respondents react on expressing emotions to their spouse, trust on spouse reaction when they need them, and the confidence level that spouse is committed to the relationship with mean result of 2.67, 3.07, and 2.97 respectively which shows most respondents don't feels secure on the relation they have. This results Individuals with insecure attachment styles, including anxious and avoidant attachment, exhibited lower levels of marital satisfaction. Anxious individuals often expressed excessive neediness, jealousy, and fear of abandonment, leading to difficulties in maintaining a healthy balance in their relationships. Avoidant individuals tended to be emotionally distant, minimizing the importance of emotional intimacy and connection.

Securely attached individuals demonstrated more effective communication skills, including active listening, empathy, and open expression of feelings. They were more likely to engage in constructive dialogue and resolve conflicts in a mutually beneficial manner. However, respondents react that they don't actively listen to their spouse's feelings and needs without judgment with mean result of 1.77, and feel comfortable discussing disagreements or conflicts with their spouse with mean result of 1.72. which result individuals often exhibited communication challenges. Anxious individuals might engage in

excessive questioning, seeking reassurance, or becoming overly critical. Avoidant individuals may withdraw emotionally, minimizing the importance of communication or engaging in defensive behaviors. It also results in individuals often struggling with conflict resolution. Anxious individuals might become overly reactive, escalating conflicts through excessive emotional expression or seeking constant reassurance. Avoidant individuals may avoid conflict altogether or engage in passive-aggressive behaviors.

The findings of this study highlight the significant influence of early attachment experiences on marital relationships. Secure attachment styles, rooted in positive early childhood experiences, are associated with greater marital satisfaction, effective communication, constructive conflict resolution, and relationship stability. In contrast, insecure attachment styles, often stemming from negative early experiences, can lead to various challenges in intimate relationships.

These findings have important implications for understanding and addressing relationship difficulties. By recognizing the role of early attachment in shaping adult relationships, therapists and counselors can provide targeted interventions to help individuals with insecure attachment styles develop healthier relationship patterns. Additionally, promoting secure attachment in early childhood through nurturing and responsive caregiving can contribute to the development of more fulfilling and stable adult relationships.

5.2. Conclusion

In conclusion, this study provides further evidence for the enduring influence of early attachment experiences on adult relationships. By understanding the ways in which attachment styles can impact marital satisfaction, communication, and overall relationship quality, couples can gain valuable insights into their own dynamics and take steps to improve their relationships. Future research may explore additional factors that influence the relationship between attachment styles and marital outcomes, as well as the effectiveness of various therapeutic interventions for couples with insecure attachment styles.

5.3. Recommendation

Understanding the complex interplay between early attachment experiences and marital relationships is a crucial area of research. In the Ethiopian context, this exploration can provide valuable insights into

the factors that contribute to marital satisfaction, stability, and challenges. This paper offers recommendations for conducting a comprehensive study on this topic.

- Individual therapy and counseling offer a valuable avenue for addressing marital issues by focusing on the personal growth and well-being of individual partners. This approach can be particularly beneficial when one or both spouses are struggling with personal challenges, such as anxiety, depression, or unresolved trauma, that are significantly impacting the relationship.
- Emotionally Focused Therapy (EFT) is a humanistic, experiential psychotherapy approach designed to improve marital relationships. Its primary focus is on the emotional connection between partners, emphasizing the importance of understanding and responding to each other's emotional needs.
- Use couples therapy; couples therapy is a specialized form of psychotherapy designed to help couples navigate challenges and improve their relationship. It provides a safe and supportive space for partners to communicate openly, address underlying issues, and develop healthier coping mechanisms.
- Self-reflection and awareness are indispensable tools for fostering healthy and enduring marital relationships. By taking the time to understand our own thoughts, feelings, and behaviors, we can cultivate greater empathy, compassion, and effective communication with our partners.
- Effective Communication; Open and honest communication is the foundation of any successful relationship. It involves expressing thoughts, feelings, and needs in a clear and respectful manner. Active listening, avoiding defensiveness, and seeking to understand your partner's perspective are essential components of effective communication. Encourage open dialogue, create a safe space for expressing emotions, and practice empathy to foster deeper understanding and connection.
- Seeking Professional Help to Improve Marital Relations Marital relationships are complex and dynamic entities that can face challenges over time. When these challenges become overwhelming and negatively impact the quality of life for both partners, seeking professional help can be a valuable step toward strengthening the bond. A therapist or counselor can provide a neutral space for couples to communicate openly, understand each other's perspectives, and develop healthy coping mechanisms.
- Parenting education programs, when effectively implementing policy by governments, it can significantly enhance marital relations. These programs equip couples with essential knowledge

and skills to navigate the challenges and joys of parenthood, fostering a stronger bond between partners.

- Government can invest in Early Childhood Education and Care
- The government or other social work organizations can provide subsidized family counseling services to help couples navigate challenges related to attachment styles and improve their relationship quality.
- The government or other social work organizations need to allocate funds for research.

By implementing these recommendations, couples, governments, and other stakeholders can help to address the long-term consequences of insecure attachment experiences and promote healthier, more fulfilling relationships. It is important to recognize that this is a complex issue that requires a multifaceted approach involving collaboration between government agencies, healthcare providers, educators, and community organizations.

5.4. Limitations and Future Research

While this study provides valuable insights into the relationship between early attachment and marital dynamics, it is important to acknowledge certain limitations. The study may have been subject to self-report biases, and the generalizability of the findings may be limited to the specific population studied. Future research could explore the moderating effects of other factors, such as personality traits, cultural influences, or life events, on the relationship between early attachment and marital outcomes.

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ANNEX

Appendix: A
Addis Ababa University
College Of Social Science
Department of Social Work

Questionnaire for respondents

Dear respondent, the present study is an endeavor to identify the effect of early attachment practice on marital satisfaction in Addis Ababa City Administration, Addis Ababa Water, and Sewerage Authority.

Below various statements related to early attachment practices are listed. The information provided by you will be used only for research (MA) and not for any commercial activity. Please spare a few minutes from your valuable schedule and share your true feelings. Confidentiality of the information provided will be ensured. Thank you in advance for your cooperation!

N. B. No need to write your name.

Part I: Demographic Information

Instruction: Please write ✓ mark in the box whenever applicable.

1. Gender :- Male ☐ Female ☐
2. Age? Below 25 years ☐ 25-35 years ☐
 36 - 45 years ☐ Over 45 years ☐
3. What is your qualification? Certificate ☐ Diploma ☐ Degree ☐
 Masters ☐ PhD ☐
4. Work experience? Less than 2 year ☐ 2-5 years ☐
 5-10 years ☐ above 10 years ☐
5. The length of year you have been married
 Less than 1 year ☐ 1-3 years ☐ 3-7 years ☐ above 7 years ☐

Part II:

Instructions: Please rate your level of agreement ✓ with the following statements regarding the different early attachment styles (secure, anxious, avoidant) influence communication patterns in marital relationships. Use the following scale:

1 = strongly disagree, 2 = Disagree, 3 = neutral 4 = Agree, 5 = strongly agree

1. How do different early attachment styles (secure, anxious, avoidant) influence communication patterns in marital relationships						
S/N	Secure Attachment	5	4	3	2	1
1.1.	I feel comfortable openly expressing my needs and emotions to my spouse.					
1.2.	I trust that my spouse will be there for me when I need them.					
1.3.	I am confident that my spouse is committed to the relationship.					
1.4.	I feel secure in my relationship even when there are disagreements.					
1.5.	We are able to have calm and constructive conversations about problems.					
1.6.	We listen to each other attentively and try to understand each other's perspectives.					
S/N	Anxious Attachment	5	4	3	2	1
1.7.	I worry that my spouse doesn't love me enough.					
1.8.	I feel anxious when my spouse is distant or unavailable.					
1.9.	I find myself constantly seeking reassurance of my spouse's love.					
1.10.	I get easily upset if I feel my spouse is neglecting me.					
1.11.	I have difficulty expressing anger or disagreement with my spouse for fear of rejection.					
1.12.	I tend to be overly critical of myself and my spouse.					
1.13.	I have difficulty trusting that my spouse will keep their promises					
S/N	Avoidant Attachment	5	4	3	2	1
1.14.	I prefer to keep my emotions private and avoid getting too close to my spouse.					
1.15.	I feel uncomfortable discussing personal problems with my spouse.					
1.16.	I tend to withdraw or shut down emotionally during conflict.					
1.17.	I am uncomfortable depending on my spouse for emotional support.					
1.18.	I prioritize my independence over intimacy in the relationship.					
1.19.	I find it difficult to express affection or vulnerability to my spouse.					

1.20.	I dismiss or minimize the importance of emotional connection in the relationship.					
2. To what extent do early attachment experiences impact a couple's ability to navigate conflict constructively within their marriage?						
S/N	Conflict Resolution in Marriage	5	4	3	2	1
2.1.	We are able to listen to each other's viewpoints during disagreements.					
2.2.	We express our feelings openly and honestly during the conflict.					
2.3.	We focus on finding solutions to problems rather than blaming each other.					
2.4.	We are able to compromise to reach a mutually agreeable solution.					
2.5.	We avoid name-calling, insults, or personal attacks during arguments.					
2.6.	We can take breaks from conflict discussions if things get too heated.					
2.7.	We make an effort to repair hurt feelings after a disagreement.					
2.8.	We feel safe expressing our needs and concerns to each other.					
2.9.	We are confident in our ability to resolve conflict effectively as a couple.					
2.10.	Disagreements bring us closer together by helping us understand each other better.					
S/N	Communication Behaviors	5	4	3	2	1
2.11.	I actively listen to my spouse's feelings and needs without judgment.					
2.12.	I feel comfortable discussing disagreements or conflicts with my spouse.					
2.13.	I feel secure in my spouse's love and commitment, even during disagreements.					
2.14.	I tend to withdraw from communication when I feel upset with my spouse.					
2.15.	I have difficulty trusting that my spouse will be there for me emotionally.					
2.16.	I become easily frustrated or angry if my spouse doesn't meet my needs immediately					
3. Are there specific attachment styles that significantly increase the risk of marital distress or divorce?						
S/N		5	4	3	2	1
3.1.	When I feel insecure in the relationship, I tend to become clingy or demanding.					
3.2.	I find it difficult to rely on my partner for emotional support.					
3.3.	My partner's need for closeness makes me feel trapped and suffocated.					

3.4.	I constantly worry that if I express my needs, my partner will leave.					
3.5.	We struggle to find a balance between independence and closeness .					

Part III: Open-Ended Type Questions. Questions on How Early Attachment Influences Marital Relationships:

- How do you think your early attachment style affects your communication patterns with your spouse? Do you find yourself more likely to express needs directly, become withdrawn during conflict, or something else entirely? _____

- Think about a recent disagreement you had with your spouse. How did your early attachment style influence your approach to resolving the conflict? Did you seek support or reassurance, avoid the situation, or use another strategy? _____

- In your opinion, how does your early attachment style affect your ability to be emotionally intimate and vulnerable with your spouse? Do you find it easy to rely on your partner for emotional support, or do you struggle with trust or closeness? _____

- Do you experience feelings of jealousy or possessiveness in your marriage? If so, how do you think your early attachment style might contribute to these emotions? _____

- Do you believe that your early attachment style can be changed or improved? If so, how have you or your spouse worked towards building a more secure attachment bond in your marriage? _____

- Please note if you have any other comments or opinions. _____

