Relation between love, positive affection, negative affection and attachment styles and marital satisfaction in female staffs of Azad University of zone 6

Maryam Esfehani Asl and Mohammadreza Bayat

Department of Psychology, Andimeshk Branch, Islamic Azad University, Andimeshk, IRAN.

corresponding author email: Maryam Esfehani Asl@yahoo.com

ABSTRACT: Aim of current research is considering relation between love, positive affection, negative affection and attachment styles with marital satisfaction of female staff of Azad University of zone 6. Sample of this research included 300 staff that was chosen randomly from all staff. For gathering data questionnaires of love, mental happiness, interest styles and matrimony satisfaction were used. Current research is a correlative research and data analysis using Pierson correlation coefficient indicated that there is significant relation between love, negative affection and safe and avoidance interest style and marital satisfaction. Also result of multiple regression analysis in P<0/0001 indicated that there is multiple relations between love, negative affection, safe and ambivalent attachment style and marital satisfaction.

Key words: love, positive affection, attachment styles, marital satisfaction, staff

INTRODUCTION

Family is an alive, changing setting and by using its members and through a permanent, interactive and planned relation organizes a whole and extends along time and location. Family can be considered a affective and network unit of interactive relations that starts from marriage. Satisfaction of a person from marital life is equal to his/her satisfaction of family and satisfaction of family means satisfaction of life and consequently it will facilitate development and physical and spiritual progress of society. Marital satisfaction can be considered a psychological state that is not made spontaneously but it requires effort of couple. Specially in first years of marriage it is unstable and relationship is faced with highest level of risk (Ahmadi, Nabipoor, Kimiaee, Afzali, 2010). Researches through studying marital satisfaction in life course finded that marital satisfaction follows a U-shaped course and during first years of marriage, marital satisfaction is increased and during 10 to 20 years later it decreases and when children leave family, couple have more time to strength their relationship. The decrease in marital satisfaction is related to increase of stress in theses years (middle of marital life) (Huber, Navarro, WOMILE, MUMME, 2010). Results indicate that love has a powerful relation with marital satisfaction and one of the most important factors in reaching marital satisfaction is love. Researches indicate that in west, romantic love is an important part of marriage. Many individuals consider love as a foundation for marriage and increasingly, romantic love and marriage is considered a resource of showing love (Divon and Divon, 1991). Romantic love means intensive emphasize, extreme valuing and high tendency for unifying with someone that the person feels he/she belongs to her/him but this feeling lacks compulsion (HENDRICK and HENDRICK, 1992). In a study conducted by Ghomrani (2005) results indicated that love has an important role in marital satisfaction and love and trust has been first motivation in adjustment and solving problem. Love makes the foundation of life satisfaction and marital satisfaction is a universe evaluation of marital condition or current romantic relation of an individual (Edalati and Redzuan, 2010).

Among factors that influence marital satisfaction is mental happiness. Mental happiness includes cognitive and emotional evaluation of life by an individual. This evaluation on one hand consists of emotional reaction to events and on the other hand encompasses cognitive judgments about satisfaction and conducting a task. So mental happiness is a broad concept that encompasses experiencing desired emotions, low level of negative emotions and high satisfaction of life (JOHNSON and KEROGER 2006).
In a research, chelianlo (2004) considered relation between mental happiness and marital satisfaction. In this research 41 couples were considered by Panas mental happiness questionnaire and Enrich marital satisfaction questionair. Results of regression analysis indicate that among mental happiness dimensions, two dimensions of life satisfaction were predicted positively and negative affection was predicted negatively by marital satisfaction.

Attachment styles is another effective factor of marital satisfaction. Attachment includes a relative stable emotional affective relation that is made between child and mother or individuals who have regular and permanent interaction with child (Papila, 2003. Then Bowilby). Papila considered attachment from developmental viewpoint and founded his theory on this basis that feelings and attachment behaviours including crying and smiling approximate the child to mother and keeps him/her away from risk. Real experiences of a person about sensitiveness, responsiveness, active attendance of caregiver as well as child’s temperament and cooperation of child-parent relation is the foundation of shaping different attachment styles during childhood (Kaplan, 2000).

Experiences that the child has with his/ her caregiver is internalized in patterns of her/his relation with others and this internalized practical pattern is determinant of understanding of child about himself and others. This understanding is repaired later in interaction with others (Pinez, 2005). Among most popular researches in this context are researches of Hazen and Shaver (quoted by Pinez, 2005) and Inzorth (quoted by Pinez, 2005) that considered mutual attachments of adults in couples relation.

Results indicated that traits of affective relation between couples is comparable with traits of affective relation of child and mother and recognized styles such as safe, avoidant and ambivalent attachment styles influence feelings and behaviours of couples. Among conducted researches in this context we can refer to researches of Besharat, 2001, Sharifi and Irvani, 2001, Golinezhad and Ahmadi, 2002, Asgharinezhad and Danesh, 2005) that all indicate this issue that testees with safe attachment style have ambivalent avoidant marital problems. Given to important role of love, positive affection, negative affection and attachment styles in marital relations and its effect on amount of marital relation, current research aims to consider these variables and answering to this question that is there any relation between love, positive affection, negative affection and attachment styles and marital satisfaction of female staff of Azad university of zone 6?

First hypothesis: there is relation between love and marital satisfaction.
Second hypothesis: there is relation between positive affection and marital satisfaction.
Third hypothesis: there is relation between negative affection and marital satisfaction.
Fourth hypothesis: there is relation between safe attachment style and marital satisfaction.
Fifth hypothesis: there is relation between avoidant attachment style and marital satisfaction.
Sixth hypothesis: there is relation between ambivalent attachment style and marital satisfaction.
Seventh hypothesis: there are multiple relations between love, positive affection, negative affection and attachment styles with marital satisfaction.

RESEARCH METHOD

Statistical universe of this research included all female staff of Azad university of zone 6. 300 individuals were chosen randomly given to Morgan table and participated in research.

Research tools
Love questionnaire
This scale was provided by Sterenberg in north eastern Boston university. It includes 45 questions and has three subscales (commitment, lust and sincerity). Bakhshande (2002) considered validity and reliability of this questionnaire. For considering validity of this questionnaire, questionnaire of criterion of relation with self and others was used.

Obtained validity coefficient was (N=100, R=0/43, P<0/001) that indicates acceptable validity. Bakhshande (2002) has obtained Krunbakh Alfa coefficient and Tansif equal to 0/42 and 0/86 respectively. In this research reliability coefficients of love scales are equal to 0/92 and 0/86 that indicate desired reliability of aforementioned questionnaire.

Mental happiness questionnaire
Brief Panas negative and positive questionnaire (Watson, Clark, Telgem, 1988) considers happiness and pleasure. Panas Scale includes 20 self-report items that considers intensity of negative and positive affection. 10 items considers positive affection and 10 items considers negative affection. Watson et al(1988) obtained validity of Panas through considering relation between subscales of positive affection (rs=0/5 to rs=0/9). Reliability for positive affection was reported to be 0/68 and for negative affection it was 0/71. Also reliability and validity of this
questionnaire was considered by Matlabzade (2007). For determining criterion validity of this questionnaire life satisfaction questionnaire was used and it was calculated to be 0/27 for positive affection and -0/27 for negative affection (all in significance level of 0/01). Reliability of this questionnaire was calculated by Crunbak Alfa method that was equal to 0/85 which indicates desired reliability of questionnaire. In current research obtained reliability coefficients by Crunbak and Tansif method are 0/84 and 0/74 respectively.

**Questionnaire of attachment styles**

This questionnaire is made by Simpesin(1990). This test includes 13 items. 5 of 13 items are for evaluating safe attachment and 8 are for evaluating ambivalent and avoidant attachment styles. Abasi Sarcheshme (2005) obtained validity of test. Questions were correlated with scores of attachment styles. Its correlation coefficient was 0/59 which was significant in R<0/01. Reliability was obtained by Crunbak and Tansif which was equal to 0/70 and 0/62. In current research reliability coefficients using crunbak and tansif were equal to 0/75 and 0/70.

**Marital satisfaction questionnaire**

This questionnaire includes 47 questions. Enrich questionnaire was developed by Olson, Forniro and Drankman (quoted by Sanaee, 2000) in America. This questionnaire is developed in a brief form by Soleimanian (1994) in Iran. Criterion validity of questionnaire is obtained using family adjustment questionnaire which is equal to 0/86 and 0/92 (all were significant in 0/05) which indicate its acceptable validity. Its reliability is calculated by Crunbak Alfa method which is equal to 0/95. In current research reliability coefficients of marital satisfaction are calculated using Crunbak method which is 0/83 and 0/80 respectively.

**Research findings**

In this table, standard deviations of variables (love, positive affection, negative affection and attachment style) are explained.

a) Descriptive findings

<table>
<thead>
<tr>
<th>number</th>
<th>Maximum of score</th>
<th>Minimum of score</th>
<th>Standard deviation</th>
<th>mean</th>
<th>Statistical indexes variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>300</td>
<td>214</td>
<td>0</td>
<td>40/645</td>
<td>174/08</td>
<td>Marital satisfaction</td>
</tr>
<tr>
<td>300</td>
<td>86</td>
<td>0</td>
<td>7/735</td>
<td>28/83</td>
<td>Positive affection</td>
</tr>
<tr>
<td>300</td>
<td>40</td>
<td>0</td>
<td>9/337</td>
<td>23/34</td>
<td>Negative affection</td>
</tr>
<tr>
<td>300</td>
<td>48</td>
<td>0</td>
<td>2/718</td>
<td>9/15</td>
<td>Safe attachment</td>
</tr>
<tr>
<td>300</td>
<td>15</td>
<td>0</td>
<td>4/505</td>
<td>15/04</td>
<td>Avoidant attachment</td>
</tr>
<tr>
<td>300</td>
<td>25</td>
<td>0</td>
<td>4/529</td>
<td>11/63</td>
<td>Ambivalent attachment</td>
</tr>
<tr>
<td>300</td>
<td>25</td>
<td>0</td>
<td>13/792</td>
<td>52/60</td>
<td>love</td>
</tr>
</tbody>
</table>

As it is shown in table 1, mean and standard deviation in marital satisfaction is equal to 174/08 and 40/645. Mean and standard deviation is equal to 28/83 amd 7/735 In positive affection and 23/34 and 9/337in negative affection, and 9/15 and 2/718 in safe attachment style, 15/04 and 4/505 in avoidant attachment style and 11/63 and 4/529 in ambivalent attachment style and 52/60 and 13/792 in love. In this table minimum and maximum of obtained scores in variables are shown.

b) Findings related to research hypothesis

Table 2. Simple correlation coefficient between love, positive affection and negative affection and safe, avoidant and ambivalent attachment style and marital satisfaction in staff

<table>
<thead>
<tr>
<th>sample</th>
<th>Level of significance P(</th>
<th>Correlation coefficient R</th>
<th>Predictive variables</th>
<th>Criterion variable</th>
</tr>
</thead>
<tbody>
<tr>
<td>300</td>
<td>0/000</td>
<td>0/480</td>
<td>love</td>
<td>Marital satisfaction</td>
</tr>
<tr>
<td>300</td>
<td>0/000</td>
<td>0/598</td>
<td>Positive affection</td>
<td></td>
</tr>
<tr>
<td>300</td>
<td>0/000</td>
<td>-0/282</td>
<td>Negative affection</td>
<td></td>
</tr>
<tr>
<td>300</td>
<td>0/000</td>
<td>0/490</td>
<td>Safe attachment</td>
<td></td>
</tr>
<tr>
<td>300</td>
<td>0/000</td>
<td>-0/480</td>
<td>Avoidant attachment</td>
<td></td>
</tr>
<tr>
<td>300</td>
<td>0/000</td>
<td>-0/384</td>
<td>Ambivalent attachment</td>
<td></td>
</tr>
</tbody>
</table>

First hypothesis: there is relation between love and marital satisfaction. As it is shown in table no 2, there is positive significant relation between live and marital satisfaction. So first hypothesis is approved (N=300, P<0/0001, R=0/480)
Second hypothesis: there is relation between positive affection and marital satisfaction. As it is shown in table 2, there is positive significant relation between positive affection and marital satisfaction. So second hypothesis is approved (N=300; P<0.0001, R=0.598).

Third hypothesis: there is relation between negative affection and marital satisfaction. As it is shown in table 2, there is negative significant relation between negative affection and marital satisfaction. So third hypothesis is approved (R=-0.282, P<0.0001, N=300).

Fourth hypothesis: there is relation between safe attachment style and marital satisfaction. As it is shown in table 2, there is positive significant relation between safe attachment style and marital satisfaction (R=0.490, P<0.0001, N=300).

Fifth hypothesis: there is relation between avoidant attachment style and marital satisfaction. As it is shown in table 2, there is negative significant relation between marital satisfaction and avoidant attachment style. So fifth hypothesis is approved (R=-0.480, P<0.0001, N=300).

Sixth hypothesis: there is relation between ambivalent attachment style and marital satisfaction. As it is shown in table 2, there is negative significant relation between ambivalent attachment style and marital satisfaction. So sixth hypothesis is approved (R=-0.384, P<0.0001, N=300).

Seventh hypothesis: there is multiple relations between love, positive affection, negative affection and attachment style and marital satisfaction.

Table no 3. multiple correlation coefficients of scores of love, positive affection, negative affection and attachment styles and marital satisfaction using repetitive entry method (ENTER)

<table>
<thead>
<tr>
<th>Regression coefficient</th>
<th>Expectancy ratio</th>
<th>Determinant index</th>
<th>Multiple correlation</th>
<th>Predictive variable</th>
<th>Criterion variable</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As it is shown in table 3, according to results using regression with repetitive entry method, multiple correlation coefficient for linear combination of variables including love, positive affection, negative affection and safe, avoidant and ambivalent attachment style and marital satisfaction in level P=0.0001 is equal to MR=0.658 and RS=0.433. So the seventh hypothesis is approved.

DISCUSSION AND CONCLUSION

According to findings of current research there is positive significant relation between love and marital satisfaction of staff. Results of these hypothesis are compatible with findings of Fisher (2006), Ahmadi, Nabipoor, Kimiaee, Afzali (2010), Hendrick and Hendrick (1992), Ghomrani (2005), Bakhshande(2002), Edalati and Reduzan (2010), Diven and Diven (1991).

In explaining this hypothesis it can be said that love is an extreme emotional feeling that someone feels toward someone else that usually has opponent gender and it is expressed privacy or apparently. It is considered an important need. From viewpoint of Julian Rater that has determined six categories of needs; one category is love and affection which includes need for acceptance by others, irrespective of social state. So love is one of human needs that should attract more attention and failure in meeting need of love is main reason of emotional conflicts (Karimi, 2001). Love is most important factor in choosing spouse because love, irrespective of its romantic...
sexual aspects, includes ability of individual for accepting commitment toward others. Sometimes this commitment requires sacrificing. This kind of love becomes apparent when someone is deeply capable of being in love, respect others, care about others and accept responsibility of others. So a person in love can sacrifice that it leads to success in marriage (Abdolmaleki, 2008). Love as an important factor can lead to marital satisfaction and stabilize marital relation. Marital satisfaction is a universal evaluation of marital relation or romantic relation of an individual (Ghomrani, 2005). On the other hand, in the current research it was shown that there is negative relation between negative affection and marital satisfaction. But there is positive relation between positive affection and marital satisfaction. Results of this hypothesis is compatible with findings of Johnson and Keroger (2006), Chalbianlo (2007), Matlabzade (2007). Mental happiness is a broad concept that encompasses experiencing desired emotions, low levels of negative emotion and high level of life satisfaction (Johnson and Keroger, 2006). Mental happiness is reflected in criteria and evaluation of people about life in cognitive aspects, psychological function and social functions and mental happiness in relatively stable in life span and is influenced by primary environment. What determines mental happiness is a desired environment in family and existence of common life of parents as well as their marital satisfaction. Mental happiness has three components that include life satisfaction, positive affection and negative affection. Each component is divided into subcomponents. For example satisfaction includes love, marriage, etc and positive affection includes pleasure, love, etc and negative affection includes guilty, embarrass, etc. As positive affection decreases and negative affection increases, couples become more unsatisfied and vice versa. So positive affection is positive feelings and will increase life satisfaction and negative affection is negative feelings and has an negative influence on marital satisfaction.

Also according to results of current research, there is positive significant relation between safe attachment and marital satisfaction but there is negative significant relation between ambivalent and avoidant attachment and marital satisfaction. This result is compatible with results of Besharat(2001), Inzoreth (1991), Hazen and Shaver (1987, quoted by Kaplan), Cob, Davila, Bradbory (2001), pinez (2005), Besharat (2001), Besharat, Sharifi and Irveni (2001), Besharat, Golinejad and Ahmadi (2002). Self confidence and trust toward others is an internal psychological trait of someone who has safe attachment and helps the individual in getting help from others. Also in marital life these people, through healthy and normal relation with their spouse, provide condition for pleasurable life (Besharat, 2001). Positive understanding and social support are other traits of a person with safe attachment style that can explain aforementioned findings. Positive understanding of spouse strength supportive interactions of them and it can lead to marital satisfaction (Pinez, 2005). Ability of problem solving in these individuals is a result of normal discovery.

It is recommended that young adults who are going to marry participate in workshops that are held for instructing skills of expressing love, etc. It is recommended that solutions for preventing and treating in frame of attachment theory be used. It is recommended that in counseling session before marriage attachment style and amount of love and evaluation of life by couple be considered because it can affect choosing spouse and preventing divorce.

REFERENCES

Fisher HE. 2006. The drive to love. in. rsternbry & k. weis(eds), the new psychology of love (pp.87-115) new haven : yale university press.

2517