

Marital Satisfaction and Quality of Life among Married Women: Moderating Role of Attachment Styles

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This research examined the relationship between marital satisfaction, attachment styles and quality of life among married women. It was hypothesized that there would be a relationship between marital satisfaction and quality of life and attachment styles are likely to moderate between them. Quantitative correlational survey research design was used to conduct the research. Non-probability purposive sampling was used to collect data from 80 married women age ranging from 25-45 years ($M=32$; $SD=1.2$). Demographic sheet, ENRICH Marital Satisfaction Scale (Olson & Fowers, 1993), Adult Attachment Scale (Collins & Read, 1990), and WHOQOL-BREF (WHO, 1997) were used to collect data. Results revealed that marital satisfaction and secure attachment style were positively correlated to quality of life along with four domains. Secure attachment style act as a moderator between marital satisfaction and physical, environmental health and social relationships. Finding of this study has implications for mothers in understanding how their interactions influence children.

Keywords: Attachment styles, marital relationship, quality of life, married women

Marriage is the most important relationship among two individuals, and it is primary source of establishing family relationships and rearing a generation (Justin & Haroon, 2019). About 40% of all marriages end in divorce (American Psychological Association, APA, 2016). Reason may be lack of commitment or communication etc. that ends in marital dissatisfaction or state of being alone that further affects individual's quality of life. Attachment style also influences how individuals experience life and relate to others. These developed in early childhood and continues as a pattern of behaviors throughout the life. Individual's attachment style has great impact on their relationship's satisfaction and overall well-being (Batool, 2017).

Marital satisfaction is the affective relationship between two people who maintain a commitment to live together and mutually enjoy their sexuality can be called a marriage or marital relationship (Villa & Prette, 2013). This is interrelated to the phenomenon called sentiment override, couple's overall perspective of each other which the mindset they have toward each other when they are discussing issues (Li & Fung, 2011).

According to dynamic goal theory, people want to achieve multiple goals in their marriage. These goals are marital goals that are of three kinds. Personal growth goals are related to individual's improvement and self-actualization in marriage (Fitzsimons & Shah, 2008). Instrumental goals are all about practicality and companionship goals are all about partner's need for relatedness and belongingness (Li & Fung, 2011). According to self-determination theory, there are three basic psychological human needs and need for relatedness is one of them (Deci & Ryan, 2008). According to triangular theory of love, commitment and intimacy are two out of three components that are related to companionship goals (Sternberg, 1986).

Across adulthood, significance of marital goals changes dynamically. Accomplishment of prioritized goals of marriage determine marital contentment in marriage. Marital satisfaction is also affected by other factors by either working as a facilitator in achieving prioritized marital

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goals or by changing the priority of goals. Factors like communication pattern and problem-solving work as a facilitator in achievement of prioritized goals and factors like cultural values and life transitions strongly influence the priority of goals (Li & Fung, 2011).

Quality of life is individual's own perception about their position in life regarding culture and value systems in which they live and related to their goals, expectations, standards, and concerns. Quality of life has four domains that includes physical, psychological, environmental health and social relationships (World Health Organization, WHO, 1998). Integrative quality of life theory incorporated three dimensions of quality of life. First is subjective quality of life, the individual's personal evaluation of how they view things. Second is existential life quality, how good one's life is. Third is objective quality, the perception of external world about individual's life. Existential aspect lies in middle because it unites subjective and objective facets of quality of life (Ventegodt et al., 2003).

Attachment is a lasting psychological connectedness between human beings (Bowlby, 1969). A bond between two individuals in which they are comfortable in the presence of each other is called attachment (McLeod, 2017). Child establishes bonds with different individuals of family that have a strong influence on their behavior (Campos, 2019). The style of attachment that formed in childhood stays with individual and plays a role in how they relate to their intimate relationships and how they raised their children (Huang, 2020). Some individuals possess secure attachment style due to which they have healthy relationships with others. While others might have anxious or avoidant attachment styles, which create problems for them in the way that they relate to their partners or spouses. Those individuals that have an insecure attachment style become insecure, untrusting, pessimistic, and unable to achieve their goals (McLeod, 2017). Selection of partner, how individuals cooperate with their partners or spouse's, how they understand their relation, how they manage disagreement, and longevity of relationship are influenced by attachment styles (Cherry, 2019).

Bowlby first introduced attachment theory. According to this theory, in order to maintain physical closeness with the main caregiver, a blend of innate attachment behaviors is expressed by babies like laughing, sucking, crying and gasping which leads to their survival in possible environmental risks (Ackerman, 2021). On the basis of the responses of the parents experienced by children in the early years of age, internal working models are formed. Internal working models are cognitive frameworks containing mental representations of relationship of inborn with caregivers and it describes the quality of attachment of baby and parents and form an inner guidance system for future behavior. Internal working models strongly influence individual's emotions, behaviors, expectations, and interaction with others in relationships (Ainsworth, 1973). Shaver and Hazan expanded the concept of attachment theory to love and romantic relationships and suggested that individuals relate to their partners in a way that matches to their attachment styles that was created between them and their caregivers in first few years of their lives (Hazan & Shaver, 1987). Secure, avoidant, and anxious attachment styles greatly influence marital satisfaction and quality of life of individuals (Asghar & Sepideh, 2016).

Previous studies showed that secure attachment is positively associated with marital satisfaction (Hoseini Hoseinabad et al., 2018; Najm, 2005). Avoidant and anxious attachment styles are negatively associated with marital satisfaction (Ozmen & Atik, 2010; Batool, 2017). Secure attachment style leads to higher marital satisfaction while avoidant and anxious attachment style leads to marital dissatisfaction among couples (Meyers & Landsberger, 2002). Marital satisfaction of women having secure and anxious attachment styles is higher than those having avoidant attachment (Asghar & Sepideh, 2016). People having secure attachment style

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are more maritally satisfied and their marital quality is high than those people having insecure (anxious or avoidant) attachment style (Sandberg et al., 2015). Marital satisfaction is positively correlated with quality of life. Women who were maritally satisfied had better quality of life (Bilal & Rasool, 2020; Mehrara et al., 2019). If wife is happy in her marital relationship, it would enhance marital quality and life satisfaction of husbands, even among maritally unsatisfied men while marital quality and life satisfaction of husbands demolished when their wives reported less marital quality (Carr et al., 2014). Secure attachment style leads to marital satisfaction which further increase quality of life while avoidant and anxious attachment style leads to marital dissatisfaction which ultimately decrease the level of quality of life (Kornaszewska-Polak, 2016; Towler & Stuhlmacher, 2013). Avoidant attachment style act as a moderator between marital satisfaction and quality of life (Asghar & Sepideh, 2016).

Marriage is the most important relationship among two individuals. Intimate relationships greatly influence quality of life. Psychological well-being, physical well-being, and healthy relationships are very important to live a good life. Friendships work as a supplement, but they are not as effective as intimate relationships in improving quality of life of individuals. A lot of research investigated the relationship between marital satisfaction and attachment styles while limited research has been examined the relationship of these variable with quality of life. All these variables have not been studied together, so this research is helpful in determining the relationship between these three variables. A lot of research on these variables is in western context while limited in Pakistan. this study will add to exciting body of literature in Pakistani culture. This study will be helpful for marital therapists in understanding the root cause of lower quality of life of married people like this study will be helpful in knowing which type of style of attachment has negative effect on people's marital life or overall well-being as attachment styles have a lasting impact on people's relationships, well-being, and marital satisfaction so that therapists will help clients to change their attachment styles. Also, findings from this study will be helpful for mothers in understanding how their interactions with their children can impact their children's relationships with future partners. In the light above discussion were investigated in the current study (i) to explore the relationship between marital satisfaction, attachment styles, and quality of life among married women. (ii) to find out the moderating effect of attachment styles on marital satisfaction and quality of life.

Method

Participants

Eighty married women were included in the study through correlational research design. The inclusion criteria of the study were only married women with age range of 25-45 ($M=32$; $SD=1.2$) years and had at least one year duration of their marriage.

Measures

Three instruments were used in the present study.

Enrich Marital Satisfaction Scale

It is a 15-item scale out of which 5 items are of idealistic distortion and 10 items are of marital satisfaction with alpha reliability of .86. Participants indicate their responses on a 5-point Likert scale with how much they relate themselves to the statement having strongly disagree at 1 and strongly agree at 5 (Olson & Fowers, 1993).

The Adult Attachment Scale

It is an 18 items scale. It consists of three subscales; Close ($\alpha=.69$), Depend ($\alpha=.75$), and Anxiety ($\alpha=.72$). Each subscale composed of six items and participants indicate their responses on 5-point Likert scale. Secure Attachment Style means high score on Close and Depend subscales, low score on Anxiety subscale. Anxious Attachment Style means high score on Anxiety subscale, moderate score on Close and Depend subscales. Avoidant Attachment Style means low scores on Close, Depend, and Anxiety subscales (Collins & Read, 1990).

The WHOQOL-BRIEF

The World Health Organization Quality of Life – Brief (WHOQOL) is 26-items scale and 5-point Likert scale. Scale is divided into 4 subscales: Physical health consists of 7 items ($\alpha=.84$), Psychological Health consists of 6 items ($\alpha=.77$), Social relationships consists of 3 items ($\alpha=.69$), and Environmental health consists of 8 items ($\alpha=.80$; WHO, 1998).

Procedure

First of all, prior permission from the author of the scales was taken. The importance of the research and the nature of the tools was explained to the respondents. Consent was taken from the participants, and it was explained to the participants that their participation is completely voluntary, and their confidentiality will be maintained. The participants had full right to withdraw at any time. After the consent form, questionnaires were filled through online google survey from using the link provided to them via different platforms i.e., WhatsApp and Facebook. A pilot study with 30 participants was done before the complete data collection. The reliability of the tools came out nearly perfect so further data collection was continued. After collecting data, the survey was marked as per the scoring guidelines of each scale provided by the authors of the respective scales.

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Results

The results were analyzed through SPSS and correlation, regression and moderation analysis were done to test the hypotheses.

Table 1

Reliability Coefficients and Descriptive Statistics of Study Variables (N=80)

Variable	<i>k</i>	<i>M</i>	<i>SD</i>	Range		<i>α</i>
				Actual	Potential	
Marital Satisfaction	10	28.16	9.56	16-50	10-50	.91
Attachment Styles	18	52.85	6.23	39-69	18-90	.73
Secure	6	19.76	4.37	6-29	6-30	.64
Avoidant	6	16.69	3.81	6-26	6-30	.65
Anxious	6	16.40	5.30	6-30	6-30	.70
Quality Of Life	26	100.4	15.43	63-124	26-130	.94
Physical Health	7	24.76	3.34	17-34	7-35	.61
Psychological Health	6	22.98	4.28	12-30	6-30	.87
Social Relationship	3	12.64	2.19	6-15	3-12	.80
Environmental Health	8	31.96	6.29	17-40	8-40	.94

Note. M= Mean; SD=Standard Deviation; α=Cronbach alpha; k= no of items.

The table 1 represents the descriptive statistics and reliabilities of all the scale variables, i.e., marital satisfaction, attachment styles (secure, avoidant, anxious), and quality of life along with their subscales. The mean, standard deviation, total number of items and actual and potential range was presented. The Cronbach's alpha of all scale variables was above .60, indicating that all the scales are reliable for this study.

Table 2*Pearson Product Moment Correlation showing Relationship among Demographic Variables, Marital Satisfaction, Attachment Styles, and Quality of Life (N=80)*

Variables	<i>n</i>	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7	8	9	10	11	12
1. Age in years	80	32.29	6.66	–	.04	.93***	-.06	.26*	.11	-.09	-.07	-.11	.08	-.09	-.12
2. Your Occupation	80	1.28	.45		–	.003	-.16	-.12	-.14	.17	-.19	-.18	-.09	-.26*	-.19
3. Duration of marriage	80	1.24	.43			–	.06	.28*	.21	-.21	-.05	-.09	.09	-.07	-.12
4. Marital Satisfaction	80	35.29	7.11				–	.61**	.52***	-.43***	.35**	.23*	.26*	.40***	.36**
5. Secure attachment	80	19.76	4.37					–	.39***	-.35**	.42***	.29**	.44***	.34**	.38***
6. Avoidant attachment	80	16.69	3.81						–	-.49***	.11	.09	.09	.12	.12
7. Anxious attachment	80	16.40	5.30							–	-.13	.12	-.16	-.18	-.18
8. Quality of Life	80	100.4	15.43								–	.81***	.91***	.85***	.96***
9. Physical Health	80	24.76	3.34									–	.63***	.64***	.70***
10. Psychological Health	80	22.98	4.28										–	.71***	.83***
11. Social Relationship	80	12.64	2.19											–	.80***
12. Environmental Health	80	31.96	6.29												–

Note. *N*= no. Of participants; *M*= mean; *SD*= Standard deviation; * = $p < .05$; ** = $p < .01$; *** = $p < .001$

The findings showed that marital satisfaction is positively correlated with secure and avoidant attachment style, and quality of life along with its four subscales (physical, psychological, environmental health & social relationships) while it is negatively correlated with anxious attachment style. Secure attachment style showed positive correlation with quality of life along with its four subscales (physical, psychological, environmental health and social relationships) while anxious and avoidant attachment styles did not show significant correlation with quality of life.

The findings also showed significant correlation between demographic variables and study variables. Age and duration of marriage showed positive correlation with secure attachment style while occupation (working or not working) showed negative relationship with social relationships. As lowest code was assigned to non-working women in the value label of SPSS, it indicated that working women has lesser social relationship quality than non-working women.

Table 3

Multiple Hierarchical Regression Analysis of Marital Satisfaction and Attachment Styles as Predictors of Quality of Life (N=80)

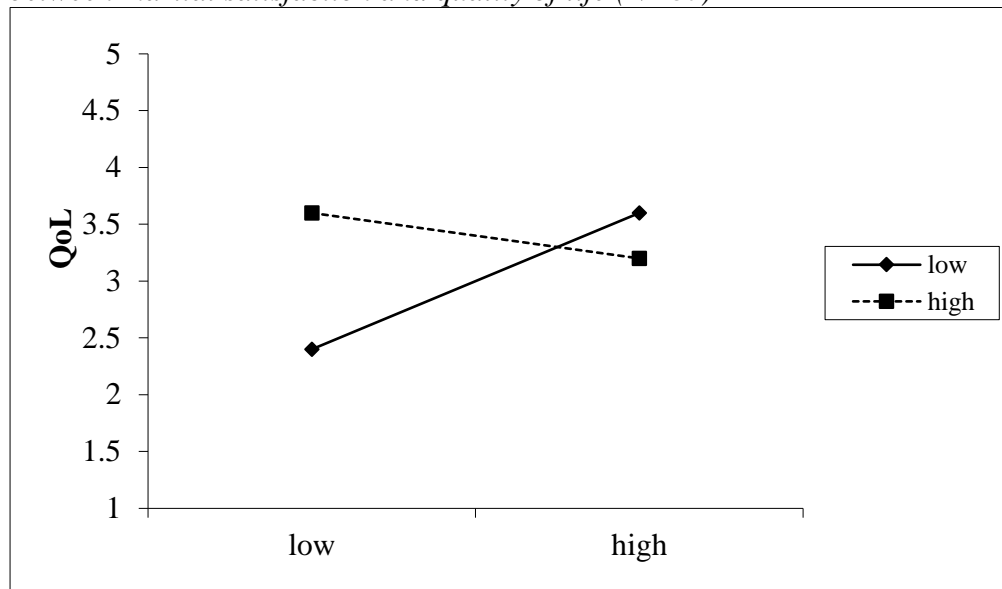
Variables	ΔR^2	β	CI	
			LL	UL
Step 1				
Marital Satisfaction	.39***	.62***	.30	1.22
Step 2				
Secure Attachment Style	.02**	.61***	.74	2.27
Avoidant Attachment Style		.09	-1.88	.16
Anxious Attachment Style		-.15	-.46	.91
Step 3				
MS X Sec	.04	-.22*	-.21.	.00
MS X Anx		.07	-4.71	.75
MS X Avo		.01	-3.15	3.45
Total R^2	.30			

Note. * $p < .05$; ** $p < .01$; *** $p \leq .001$ β = Standardized Coefficient; ΔR^2 = R Square change; R^2 = R Square, CI = confidence interval

A multiple hierarchical regression analysis was run to find if marital satisfaction and adult attachment styles i.e., secure, avoidant, anxious, predicted quality of life in married women and to check the moderating effect of attachment styles on the relationship of marital satisfaction with quality of life. Enter method was used to run the regression analysis. Assumptions were fulfilled. The total variance explained by all 3 models was 30%. Step 1 showed that marital satisfaction was positive predictor of quality of life. Step 2 showed that secure attachment style was positive predictor of quality of life. Step 3 showed that secure attachment style act as a moderator between marital satisfaction and quality of life. Simple Slope analysis indicated that people having higher marital satisfaction with secure attachment style have better quality of life.

Figure 1

Simple Slope analysis showing the moderating effect of secure attachment style in relationship between marital satisfaction and quality of life (N=80)



The figure is showing simple slope analysis showing the moderating effect of secure attachment style in relationship between marital satisfaction and quality of life.

Table 4

Multiple Hierarchical Regression Analysis of Marital Satisfaction, and Attachment Styles as Predictors of Physical Health (N=80)

Variables	ΔR^2	β	CI	
			LL	UL
Step 1				
Marital Satisfaction	.05*	.77*	.32	.46
Step 2				
Secure Attachment Style	.15**	.54**	.08	.43
Avoidant Attachment Style		-.02	-.25	.21
Anxious Attachment Style		.35**	.07	.38
Step 3				
MS X Sec	.03	-.26**	.06	.02
MS X Anx		-.16	-1.43	.31
MS X Avo		.07	-.62	1.09
Total R^2	.23			

Note. * $p < .05$; ** $p < .01$; β = Standardized Co efficient; ΔR^2 = R Square change; R^2 = R Square, CI = confidence interval

A multiple hierarchical regression analysis was run to find if marital satisfaction, and adult attachment styles i.e., secure, avoidant, anxious, predicted physical health in married women and to check the moderating effect of attachment styles on the relationship of marital satisfaction and physical health. Enter method was used to run the regression analysis. Assumptions were fulfilled. The total variance explained by all 3 models was 23%. Step 1 showed that marital satisfaction was a positive predictor of physical health. Step 2 showed that secure and anxious attachment style were positive predictors of physical health. Step 3 showed

that secure attachment style act as a moderator between marital satisfaction and physical health. Simple slop analysis indicated that people having higher marital satisfaction with secure attachment style have better physical health.

Figure 2

Simple Slop analysis showing the moderating effect of secure attachment style in relationship between marital satisfaction and physical health (N=80)

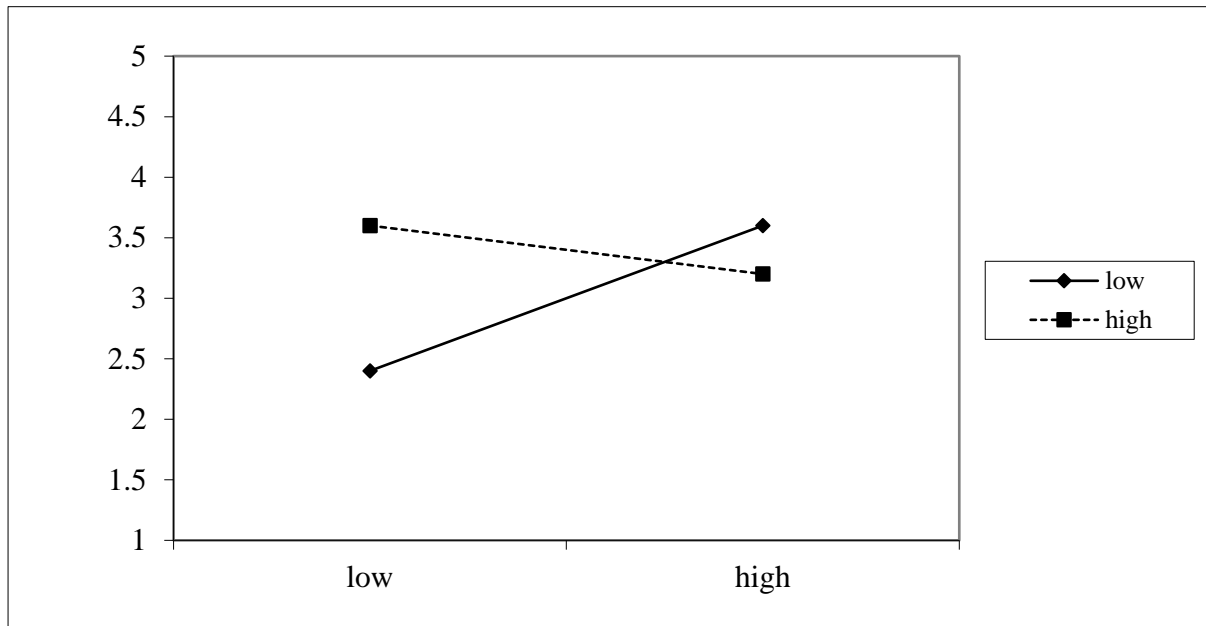


Figure is showing the simple slop analysis showing the moderating effect of secure attachment style in relationship between marital satisfaction and physical health.

Table 5

Multiple Hierarchical Regression Analysis of Marital Satisfaction and Attachment Styles as Predictors of Psychological Health (N=80)

Variables	ΔR^2	β	CI	
			LL	UL
Step 1				
Marital Satisfaction	.07*	.26*	.03	.29
Step 2				
Secure Attachment Style	.18***	.46***	.23	.67
Avoidant Attachment Style		-.22	-.58	.04
Anxious Attachment Style		.002	-.19	.20
Step 3				
MS X Sec	.03	-.14	-1.59	.48
MS X Anx		-.11	-1.57	.59
MS X Avo		-.09	-1.43	.69
Total R^2	.28			

Note. * $p < .05$; ** $p < .01$; β = Standardized Coefficient; ΔR^2 = R Square change; R^2 = R Square, CI = confidence interval

A multiple hierarchical regression analysis was run to find if marital satisfaction, and adult attachment styles i.e., secure, avoidant, anxious, predicted psychological health in

married women and to check the moderating effect of attachment styles on the relationship of marital satisfaction and psychological health. Enter method was used to run the regression analysis. Assumptions were fulfilled. The total variance explained by all 3 models was 28%. Step 1 showed that the marital satisfaction was positive predictor of psychological health in married women. Step 2 showed that secure attachment style was a positive predictor of psychological health. Step 3 showed that attachment styles do not have any moderating effect on the relationship of marital satisfaction and psychological health.

Table 6

Multiple Hierarchical Regression Analysis of Marital Satisfaction, and Attachment Styles as Predictors of Social Relationships (N=80)

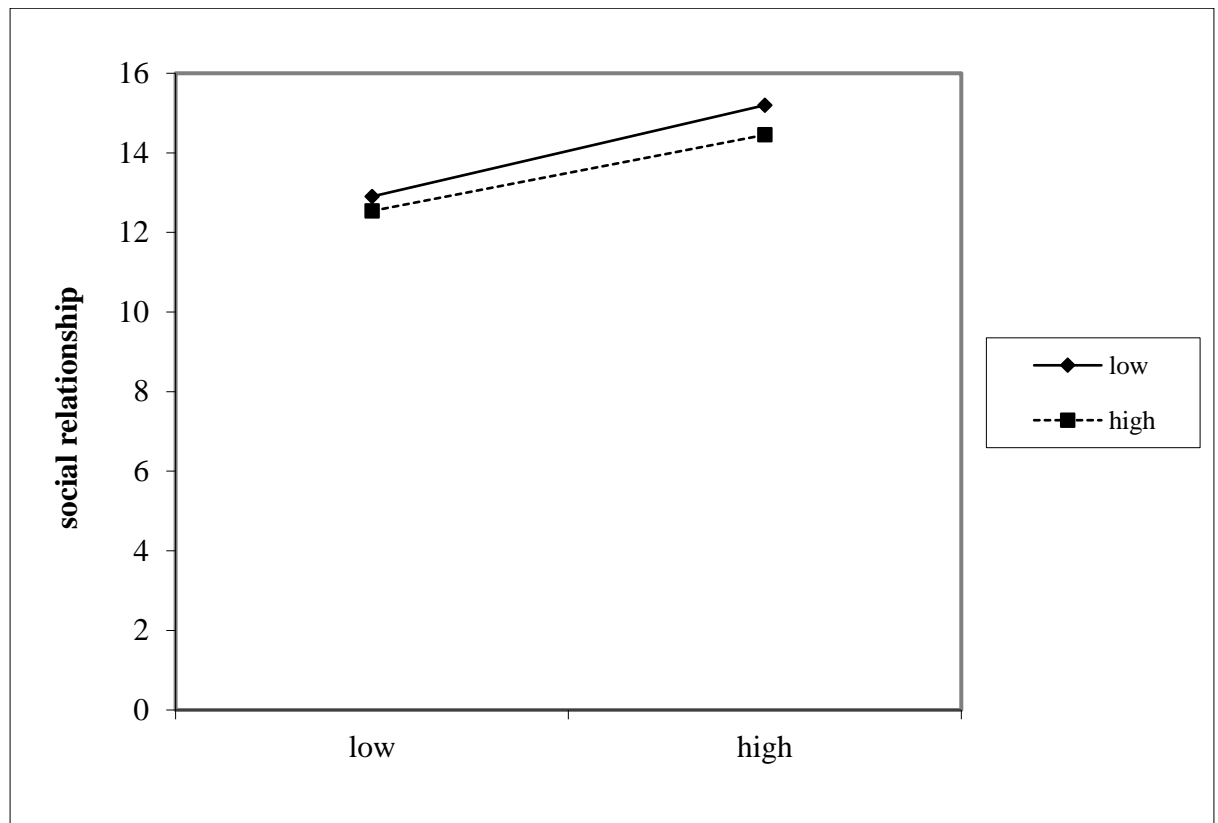
Variables	ΔR^2	β	CI	
			LL	UL
Step 1				
Marital Satisfaction	.16***	.40***	.06	.19
Step 2				
Secure Attachment Style	.09*	.31**	.04	.27
Avoidant Attachment Style		-.23	-.28	.02
Anxious Attachment Style		-.005	-.10	.10
Step 3				
MS X Sec	.04	-.28*	-.04	-.00
MS X Anx		-.12	-.84	.26
MS X Avo		.13	-.27	.81
Total R^2	.29			

Note. * $p < .05$; ** $p < .01$; *** $p < .001$; β = Standardized Co efficient; ΔR^2 = R Square change; R^2 = R Square, CI= confidence interval

A multiple hierarchical regression analysis was run to find if marital satisfaction and adult attachment styles i.e., secure, avoidant, anxious, predicted social relationships in married women and to check the moderating effect of attachment styles on the relationship of marital satisfaction and social relationships. Enter method was used to run the regression analysis. Assumptions were fulfilled. The total variance explained by all 3 models was 29%. Step 1 showed that marital satisfaction was a positive predictor of social relationships. Step 2 showed that the secure attachment style was a positive predictor of social relationships. Step 3 showed that secure attachment style act as a moderator between marital satisfaction and social relationships. Simple Slope Analysis indicated that people having higher marital satisfaction with secure attachment style have more social relationships.

Figure 3

Simple Slope analysis showing the moderating effect of secure attachment style in relationship between marital satisfaction and social relationships (N=80)

**Table 7**

Multiple Hierarchical Regression Analysis of Marital Satisfaction, and Attachment Styles as Predictors of Environmental Health (N=80)

Variables	ΔR^2	β	CI	
			LL	UL
Step 1	.13***			
Marital Satisfaction		.36***	.13	.50
Step 2	.12*			
Secure Attachment Style		.37***	.21	.85
Avoidant Attachment Style		-.22	-.78	.07
Anxious Attachment Style		-.002	-.29	.28
Step 3	.03			
MS X Sec		-.22*	-.21	-.00
MS X Anx		-.11	-2.37	.82
MS X Avo		.10	-.99	2.15
Total R^2	.28			

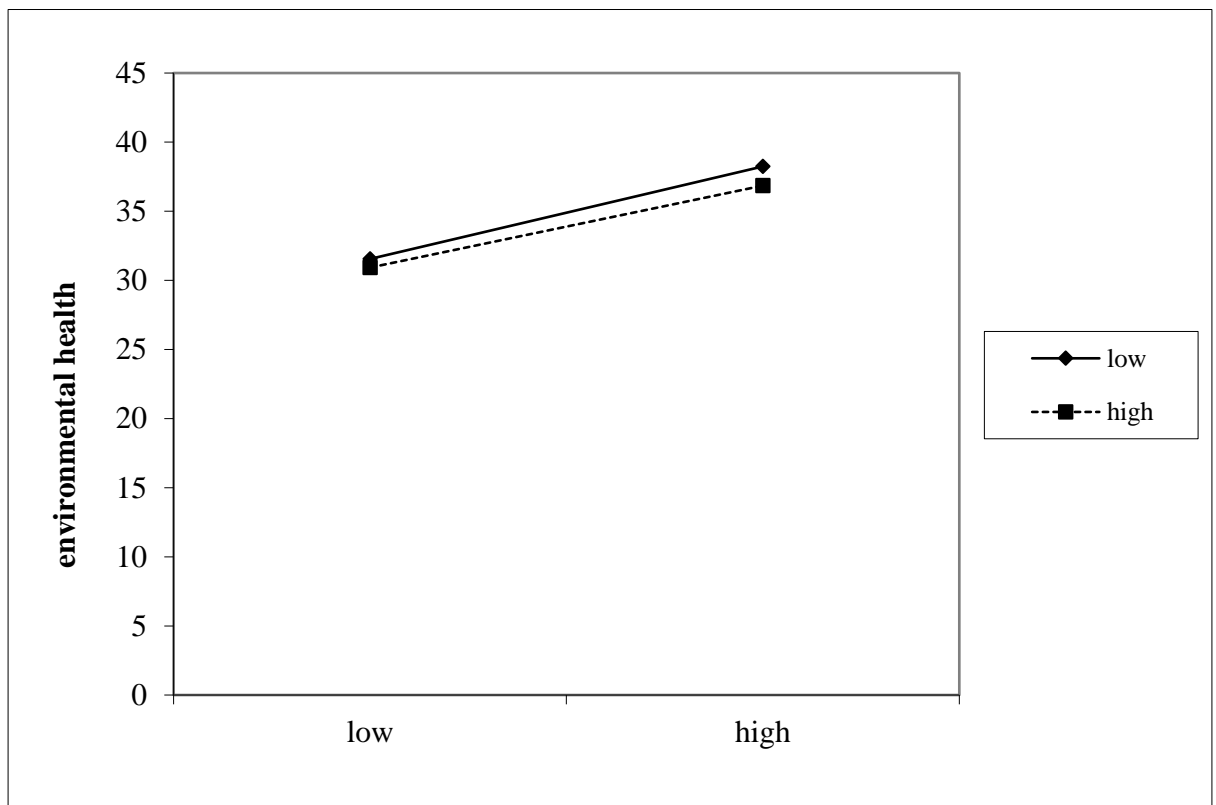
Note. * $p < .05$; ** $p < .01$; *** $p \leq .001$; β = Standardized Co efficient; ΔR^2 = R Square change; R^2 = R Square, CI = confidence interval

A multiple hierarchical regression analysis was run to find if marital satisfaction and adult attachment styles i.e., secure, avoidant, anxious, predicted environmental health in

married women and to check the moderating effect of attachment styles on the relationship of marital satisfaction and environmental health. Enter method was used to run the regression analysis. Assumptions were fulfilled. The total variance explained by all 3 models was 28%. Step 1 showed that marital satisfaction was a positive predictor of environmental health in married women. Step 2 showed that secure attachment style was positive predictor of environmental health. Step 3 showed that secure attachment style act as a moderator between marital satisfaction and environmental health. Simple slop analysis indicated that people having higher marital satisfaction with secure attachment style have good environmental health.

Figure 4

Simple Slop analysis showing the moderating effect of secure attachment style in relationship between marital satisfaction and environmental health.



Discussion

The present aimed to examine the relationship between marital satisfaction, attachment styles, and quality of life in married women. It was hypothesized that there were some associations between marital satisfaction, attachment styles, and quality of life and attachment styles act as a moderator between marital satisfaction and quality of life. Pearson product moment correlation was used. Multiple hierarchical regression analysis was used to find out the predictors of quality of life (physical, psychological, environmental health and social relationships) and to find out the moderating effect of attachment styles. The findings of the study were discussed in the light of previous literature.

Result revealed that marital satisfaction was positively correlated with secure attachment style. It means women with secure attachment are satisfied with their marriage or their partner because they resolve conflicts in more respectable way and share their emotions

with their partners and listen their perspective. They do not try to control their partner and give respect to the point of view of their partner. Good communication of securely attached people leads to marital satisfaction. This finding is consistent with previous research which also showed that positive relationship between secure attachment style and marital satisfaction (Banse, 2004). Findings indicate positive correlation between marital satisfaction and avoidant style of attachment. People with avoidant attachment style do not argue with their partner and try to avoid conflicts. They do not want to talk about conflicts, sometimes discussion about conflicts leads to more conflicts which cause marital dissatisfaction. This finding is contradictory with previous research which revealed negative correlation between them (Towler & Stuhlmacher, 2013). Marital satisfaction was negatively correlated with anxious attachment style. It means women with anxious style of attachment are dissatisfied with their intimate partner because no matter how good the relationship is, they are afraid of being rejected by partner. They try to control their partners and always blame them even if they are wrong. This finding is consistent with previous research (Ozmen & Atik, 2010). Marital satisfaction showed positive correlation and predicted quality of life including all its subscales; physical, psychological, environmental health, and social relationships. It means that women who are satisfied with their marriage have better quality of life and they are less likely to experience physical problems or mental health problems and they are more likely to get emotional support. They are more socially active and are satisfied with their environmental conditions. Previous research also revealed positive correlation between marital satisfaction and quality of life (Asghar & Sepideh, 2016).

The findings revealed that secure attachment style was positively correlated and predicted quality of life including its subscales. It means women with secure attachment style have better quality of life because they are empathetic and supportive and always try to resolve conflicts in a respectable way which improve their healthy both physically and mentally. Their good communication patterns improve their social interactions and when they provide support to others, they will also get in return. All these lead to better quality of life. Previous research is consistent with this finding of our research (Towler & Stuhlmacher, 2013). Finding revealed that anxious attachment style was positive predictor of physical health. This finding contradicts with previous research as they indicated it as negative predictor of physical health (Darban et al., 2020).

The findings also revealed a significant correlation between demographic variables and study variables. It showed that age of woman was positively correlated with secure attachment style. This is because with the increase of age, couples start to take care of each other more than before. They become more empathetic and share their feelings with each other. With the increase of their age, with a lot of ups and downs, they become emotionally weak, and they need emotional support due to which they become close to each other. This finding is consistent with previous research that indicate attachment style of women become more secure with the increase of their age (Bodner & Cohen-Fidel, 2010). Occupation was negatively correlated with social relationship, subscale of quality of life. It means those who are housewives have better social interactions and the social relationships of working women are not good. This may be because they do not get enough time to socialize with others due to their job. There is a lot of burden on them. They have to take care of their house, children, husbands and in laws. Along with their household chores they have to go outside for job. This finding is consistent with previous research. Previous research also showed that married working women experience poor quality of life (Chandel & Shekhawat, 2019). Duration of marriage was positively correlated with secure attachment style. It means with the increase of duration of marriage, attachment style of women become more secure. This is because women become closer to their

partners and after spending a lot of time with them, they change their lifestyle according to their husbands due to which their relationship improves and their attachment style become more secure. Previous research also proved that with the increase of duration of marriage, attachment style of people become more secure (Halat & Hovardaoglu, 2011).

It was also hypothesized that attachment styles (secure, avoidant, & anxious) act as a moderator between marital satisfaction and quality of life. Finding revealed that secure attachment style act as a moderator between marital satisfaction and quality of life along with its three domains: physical health, social relationships, and environmental health. Limited studies were done with these variables and only study which explored moderating role of attachment styles revealed that avoidant attachment style act as a moderator between marital satisfaction and quality of life (Asghar & Sepideh, 2016).

Conclusion

The purpose of the present study was to investigate the relationship between marital satisfaction, attachment styles, and quality of life and to examine the moderating role of attachment styles between marital satisfaction and quality of life among married women. The study confirms a significant relationship between research variables and among attachment styles; secure attachment style act as a moderator between marital satisfaction and quality of life along with its three domains. Findings were in coherent with previous research.

Limitations and Suggestions

Amidst the COVID-19 lockdown, an online study was conducted. It was challenging to acquire data from the targeted sample. Only self-report measures were used in the study to gather responses. Tools used in this research were developed according to western culture. Indigenous tools need to be constructed because attachment styles of Pakistani married women are different and their views about good life are different. Scales need to be constructed on the basis of our local parameters, demographics as well as according to the living patterns, and mind frames of married women. Sample was restricted to married women only. Couples should be included in future research for better understandings of association between research variables and influence of different styles of attachment on quality of life as attachment style of partner also influence quality of life. Qualitative research can also be done to understand the underlying factors that influence research variables.

Implications

The present study adds to the literature of quality of life in Pakistan. Further studies can be conducted on this research, strengthening its reliability. As attachment styles developed in childhood and continued throughout life, this research can be helpful for mothers in understanding how their interactions with their children influence children's relationships with future partners. This research can be helpful for counselors and marital therapist in knowing the root cause of poor quality of life and in knowing which style of attachment have a positive impact on quality of life so that they can help clients in changing their attachment styles.

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