INVESTIGATING THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND MARITAL COMMITMENT WITH MARITAL SATISFACTION AMONG MARRIED PEOPLE IN SHAHIN DEJ CITY

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Abstract

Due to different types of attachment styles and different levels of marital commitment and their effect on marital satisfaction, the aim of this study was to investigate the relationship between attachment styles and marital commitment with marital satisfaction. To do this, use standard questionnaires of attachment styles And marital commitment were used to collect information and data analysis showed that there is a significant relationship between attachment styles and marital commitment with marital satisfaction among married people in Shahin Dej city.

Keywords: Attachment Styles-Marital Commitment-Marital Satisfaction.

INTRODUCTION

The family is the first nucleus of society and the most fundamental foundation of societies, which plays an important role in regulating human social life with its various functions and roles. The family, which is the oldest social institution, has existed since the beginning of human existence and begins with marital relations or marital bonds, and according to the quality of this relationship, its stability or instability is determined (Lahiji, L. et al., 2018)
One of the factors that can play a significant role in a couple's helplessness is commitment. Marital commitment is the degree to which people have a long-term view of their marriage and sacrifice for their relationship; They take steps to maintain, strengthen and solidify their union and stay with their spouse even when their marriage is not rewarding. (Harmon, 2005)
The family is one of the most important social institutions. As the life of extended families grows and the crystallization of the nuclear family in society increases, the importance of the relationship between family members, especially the couple, as the main elements of the family becomes clearer. Among these, marital satisfaction is one of the most important

factors affecting family performance. All couples seek to enjoy their married life and feel satisfied .(Choi et al., 2019)
Also, in most studies, there is a positive relationship between attachment style and commitment, marital satisfaction and quality of marital life . (Knoke et al., 2010, Ilali, E. A., et. al., 2020; Khosravi, M., et. al., 2019).

The present study tries to answer the following questions:
1. Is there a relationship between secure attachment style and marital satisfaction among married people in Shahindej city?
2. Is there a relationship between avoidant attachment style and marital satisfaction among married people in Shahindej city?
3. Is there a relationship between ambivalent attachment style and marital satisfaction among married people in Shahindej city?
4. Is there a relationship between marital commitment and marital satisfaction among married people in Shahindej city?
Based on the existing studies, backgrounds and theories, it can be assumed that there is a significant relationship between secure, avoidant and ambivalent attachment style and marital

commitment with marital satisfaction among married people in Shahindej city.

Type of study, statistical population, sample, and sampling method

This research has been in the framework of a non-experimental correlational design. The sampling method of the present study is Non-random and available. The statistical population includes all married people in Shahindej city, which was determined after inquiring about the registration and status of 40,000 people. Cochran's formula was used to determine the sample size and the sample size was 381 people. The sampling method is Non-random and available. In this research, considering that we need second-hand sources in the study literature section and first-hand sources in the main part of the research, two library and field methods will be used to collect information.

Research tools

Marital Satisfaction: is a score obtained from the short answer form of 47 questions of the Enrich Marital Satisfaction Questionnaire.

Marital commitment: is a score obtained from the Adams and Jones questionnaire
.(Adams & Jones, 1997)
Attachment style: is a score obtained from Hazen and Shaver 15-point scale and measures three styles of safe, avoidant and ambivalent attachment on a 5-point Likert scale (1 = very low to 5 = very high).

Information analysis method

Descriptive and inferential statistical methods were used to analyze the information obtained from the collected questionnaires. Thus, to classify, summarize and interpret the collected data, descriptive statistics methods (tables and graphs), and to test the hypotheses formulated in the present study, inferential statistical methods such as Kolmogorov-Smirnov test and Pearson correlation test with statistical software (SPSS23) was used.

1. Principles of Attachment Theory

1.1. Attachment is an inherent motivating force:

Trying to seek and maintain contact with important people in life is a primary and innate motivating rule of human beings that accompanies them throughout life. Dependence is one of the inherent parts of human beings that cannot be separated from them through childhood. Also, this view is widely used by feminist writers today. (Johnson & Whiffen, 2003)

1.2. Secure attachment is complementary to autonomy:

According to attachment theory, there is no such thing as complete independence from or extreme dependence on others
.(Bretherton & Munholland, 2008)
The more secure our communication is, the more independent and different we can act. In this model, health means maintaining a sense of dependence and mutual reliance with self-sufficiency or separation from others
.(Johnson & Whiffen, 2003)

1.3. Attachment provides a safe haven for the individual:

The presence of manifestations of attachment, which usually involves parents, children, spouse or lover, leads to feelings of peace and security and, conversely, their unavailability leads to distress. In other words, being close to a loved one calms the nervous system and is considered a natural antidote against feelings of anxiety and vulnerability. Positive attachments create a safe haven that provides a safe haven from the effects of distress and uncertainty. Also, positive attachments provide an optimistic context for the continuous growth of personality
.(Johnson & Whiffen, 2003)

1.4. Attachment provides the basis of safety:

Furthermore; Secure attachment provides a safe haven for people to explore their world and respond more appropriately to their surroundings. Having such a safety foundation encourages people to explore and be cognitively open to new information. This safe foundation provides the necessary confidence to take risks, learn and constantly update their models, others and the world
. (Johnson & Whiffen, 2003)

1.5. Availability and accountability build relationships:

Availability and emotional responsiveness are the building blocks of secure relationships. Manifestations of attachment can be physically present but emotionally absent. Separation anxiety occurs when a person feels that manifestations of attachment are not available. Emotional participation and trust in the existence of this emotional participation is very important in times of need. (Johnson & Whiffen, 2003)

1.6. Fear and skepticism activate attachment needs:

When traumatic events, such as the negative aspects of daily life, such as illness or being attacked, threaten people's attachment relationships; Strong emotion is aroused in them and their attachment needs to calmness and communication become the main and most necessary needs and attachment behaviors such as proximity are activated in them. The desire to communicate with a loved one is the most basic emotional desire of a person. Attachment to key people in life is an initial confrontation with feelings of helplessness and emptiness .(McCullough et al., 1998)

1.7. The process of separation anxiety is predictable:

If attachment behaviors are met with manifestations of attachment or failure in gaining responsiveness and soothing contact, processes such as angry protest, attachment, depression, and frustration become apparent in the separation phase. Depression is one of the most natural responses to a lack of communication. Balbi saw anger in close relationships as an attempt to connect with manifestations of distant attachment, and distinguished between hopeful anger and anger caused by frustration that makes one feel frustrated and helpless. In secure relationships, the lack of availability of 5 is recognized and accepted as objectionable .(Johnson & Whiffen, 2003)

2. Variety of attachment styles

2.1. Safe attachment style:

Secure in attachment style means having a close relationship and emotional connection with a particular person and shows that the child trusts in the accessibility, responsiveness and receptivity of the source of her attachment. Studies have shown that secure children have sensitive parents who comfort them unconditionally, help them explore and research, and respond to their children's requests. Safety in adulthood does not depend on parental accessibility, but the trust that an adult has in his or her parental responsibility is crucial. Secure people show warmth and intimacy. They are also fully aware of their positive and negative aspects and are bold and risk-taking in their exploration. In these people, less hostility and anxiety and more flexibility can be observed, and in the whole world around

them and their inner emotions, they are in harmony and more in harmony with reality (Feeney & Noller, 1996)

2.2. Insecure-avoidant attachment style:

Avoiding children ignore the presence of the source of attachment and try to reduce the conflict with their source of attachment by ignoring them. Thus, avoidant children do not matter to attachment relationships .(Santascoy et al., 2018)

Most children in this group are not upset, are not cautious, or are less cautious with strangers. When the test mother leaves their position, they either continue playing or quietly stop playing and do not wait for the mother. In the reunion of the mother they avoid approaching, and if the mother hugs her, they try to come down with a shake and restlessness. Avoidant adults avoid having intimate relationships with others and score lower on scales that examine dramatic romantic relationships. In attachment interviews, adults with strategies such as emphasizing self-adherence and self-reliance deny the importance of the relationship with the source of attachment and try to maintain distance from the source of attachment, avoid negative emotions, a kind of self-reliance, obsessive (Parkes et al., 2006)

2.3. Insecure attachment style - two-sided:

Bilateral children have contradictory and heterogeneous behavior towards their mother. They approach their mother and ask for her closeness, but when they approach the mother, they withdraw. Their behavior is cold and double. In times of confusion and distress, it is difficult. They calm down and continue to cry for a long time. Shyness is one of the problems of these children .(Shaver et al., 2005)

These children find it more difficult to calm down in a stranger's situation and oscillate between going to the mother and an interesting object, but as soon as they approach that object, they do not manipulate and explore freely and easily like children with secure attachments. Children are more cautious in the face of strangers. Mothers of insecure attachment children who show a two-way pattern in an unfamiliar situation do not have the same procedure in child care. Sometimes they are very sensitive in responding to the child and sometimes they do not pay attention to her and sometimes their behavior is disturbing and disruptive to the child's activities. The problem is

that the way they interact does not match the needs of the child. They feel hostile towards their partner and want to take over. People who are diagnosed with bisexuality often live with the main family and maintain their emotional attachment to their parents and try to please their parents. They describe events that happened to them as children, but their descriptions are not organized. People with dualistic attachment style (mental preoccupation) have a state of confusion, anger, or passive mental preoccupation with attachment faces in particular and in relationships in general. When recalling childhood memories, they are easily absorbed in the problems and issues of love and hate, which they believe are characteristic of all intimate relationships. Abundant conflicts in family relationships and emotional conflict reveal the past and present. They do not have a coherent concept of "self" apart from others and independent of individuals. They see themselves in the mirror of others (Parkes et al., 2006)

3. Marital commitment

Marriage is a contract between a man and a woman to start a life together. This contract can also be called an obligation. Commitment is the basic foundation of marriage. Commitment and responsibility in marriage is achieved if there are such things as emotional compatibility, personal compatibility, spiritual compatibility, etc. Commitment is the ability and expectation of a person to stay in a relationship. Commitment actually comes down to two issues of discernment and determination. Commitment is a voluntary and cognitive aspect of love and leads to commitment to an unpredictable future. Commitment is a small island that calms down in the face of waves of doubt. From the beginning of cohabitation, commitment maintains the love of spouses for each other. When the intense feelings of love subside and the turbulent waves of anger attack us, it secures our commitment (Parkes et al., 2006)

4. Dimensions of marital commitment
4.1. Personal commitment (commitment to spouse):

The first dimension of marital commitment is personal commitment, which has been presented and explained by various researchers under various headings, such as: attraction commitment, emotional commitment, commitment to spouse, enthusiastic commitment, level of satisfaction and commitment commitment. Personal commitment means the interest and desire of the individual to continue the marital relationship, which is based on marital attraction and satisfaction (Johnson et al., 1999)

4.2. Moral commitment (commitment to marriage):

Many theoretical models of commitment are based on the belief that marital commitment is based on a sense of moral fidelity to marriage and marital relationships and the belief that marriage is a sacred institution. Some scholars believe that this dimension is related to the moral and religious perfection of individuals. In general, moral commitment is affected by three components:
1- Sanctity of the foundation and institution of marriage
2- Loyalty to the type of marital relationship that refers to the values and moral principles of the person and the person can end the marriage according to his beliefs or continue to it Be committed
3- Feeling of debt and debt to each other. Johnson et al found in their research that religiosity and religious beliefs are highly correlated mainly with the moral commitment of couples.
.(Johnson et al., 1999)
It seems that religious beliefs and tendencies towards spirituality strengthen and strengthen the moral commitment of couples in marriage by valuing the preservation and survival of the institution of marriage and also by providing spiritual support
(Johnson et al., 1999))

4.3 Structural commitment (mandatory commitment):

Structural commitment in marriage refers to the barriers and limitations of leaving the marital relationship and the feeling of compulsion to continue that relationship
.(Harmon, 2005)

5. Factors Affecting Commitment and Sustainability of Marital Life
5.1. Age and age gap:

The age of couples at the time of marriage is one of the important factors in the continuation of the marital relationship. Many studies have addressed this issue, including Booth et al found less stability in marriage among couples who were married early

.(Booth et al., 1985)

5.2. mutual trust:

One of the most important foundations of a happy life is the trust and confidence of husband and wife in each other: a married life in which there is no trust results in anxiety, worry, pessimism and disorder. Mutual trust between couples plays an important role in maintaining satisfaction in the marital relationship

(Parkes et al., 2006)

5.3 Respect for your spouse:

One of the effective factors in marital satisfaction is the respect that is given to each other by the couple. The results of research by Ballard-Reich and Weigel show that couples who respect each other are able to accept and understand each other's feelings and are more satisfied

.(Ballard-Reisch & Weigel, 1999)

5.4. Love:

One of the human needs is the need for love and affection and husband and wife need to be loved by each other. It is in the realm of love and affection that husband and wife fully understand each other and respect each other's wishes. In a successful marriage, in addition to love and affection for each other, spouses also love marriage

(Parkes et al., 2006)

5.5. Cognitive beliefs and schemas:

Negative beliefs and attitudes that people have when entering a relationship, predict the risk of relationship turmoil and divorce in the first years of marriage. Couples who have unrealistic beliefs, thoughts, and attitudes about the importance of effective communication methods in resolving conflict, the importance of family and friends, and gender roles are more likely to collapse in their relationships than couples who do not. Negative documents in which couples attribute the problems of their relationship to the negative traits of their spouse also cause dissatisfaction with the relationship

 (Parkes et al., 2006)

5.6. Sexual issues:

Sex is one of the most important causes of happiness or unhappiness in married life, because if these relationships are not convincing, it will lead to feelings of deprivation, failure and lack of feelings of security. Early sexual satisfaction is a strong predictor of marital satisfaction and continuity in later times.

5.7. Intimacy:

One of the most important factors in the quality of a good marriage is intimacy. Intimacy is a dynamic and interactive process based on respect and trust. The depth of intimacy that people create in their relationship largely depends on their ability to communicate accurately, effectively, and clearly with their thoughts, feelings, needs, and wants. Intimacy is a dynamic and interactive process based on respect and trust. The depth of intimacy that people create in their relationship largely depends on their ability to communicate accurately, effectively, and clearly with their thoughts, feelings, needs, and wants. There has been no controversy among researchers about accepting intimacy as an essential element in marital quality. Intimacy is divided into three types: verbal, emotional and physical. Each of these three variables can play an important role as a factor in providing bonding and interaction with others and predicting marital satisfaction

(Parkes et al., 2006)

5.8. Financial, economic and employment issues:

Job satisfaction is related to marital satisfaction, and the level of marital satisfaction in working women is not different from housewives. Of course, some researchers have the opposite view and believe that there is a significant difference between marital satisfaction of housewives and working women and working women who work part time are higher in terms of marital satisfaction than housewives and in contrast Working women who work in shifts and at night have lower marital satisfaction than other working women

(Parkes et al., 2006)

5.9. cultural factors:

Cultural factors play an important role in married life, so that many incompatibilities and family disputes are born of these factors. Cultural factors have different dimensions, the most important of which are: religion, customs, nationality and language, political and social factors and traditions apart from the general culture of society, part of which also plays a role within families, family culture. , Includes the family's private and specific attitudes in behaviors, traditions, beliefs about how to relate to others, and the family's sensitivity and importance to culture. In this regard, there may be points that cause differences and clashes of tastes and opinions between two people, the insistence of one couple on the other to observe their family culture in order to establish or maintain a good and intimate relationship between the two families face Recognizing and

paying attention to it will reduce the occurrence of many tensions between husband and wife
(Parkes et al., 2006)

6. Attitude towards marriage

Attitudes affect the probability of marriage, its timing, as well as its durability and stability. In the present century, changes in the cultural and social values of societies have reduced the change in attitudes toward marriage, and as a result, marriage as a tradition and sacred institution has given way to marriage as a relationship. There is now a shift from moral individualism to pragmatic individualism. Pragmatic individualism is at odds with the family, and if family life restricts individual growth and individual needs are not met, divorce is a way to freedom.
(Parkes et al., 2006)

7. Attitude towards divorce

Attitudes related to adapting to the new gender role and sexual responsibilities and changing expectations related to marriage also play a major role in the instability of marriage. Although there is little research on the extent to which attitudes toward divorce have changed, the available evidence suggests that acceptance of divorce grew rapidly in the United States between 1960 and 1970, with 52% of marriages leading to divorce. Has been. In 1994, more than half of people agreed with the statement that divorce is the best solution when couples can not solve problems, which shows that in the current century, attitudes toward divorce have changed
(Parkes et al., 2006)

8. Quality of married life

It is clear that the consolidation and continuation of marital life requires the development of favorable attitudes between husband and wife, if the couple is receptive to each other, loyal and committed to each other, and their relationship is ruled by love and affection. Accordingly, marital quality can be considered as the success and optimal performance of a marriage, which is the result of various factors, including marital compatibility and the couple's sense of commitment to each other, and it is one of the important predictors of continuity and stability. It is called marriage. High levels of marital commitment are associated with greater love expression, higher marital adjustment and stability, and more appropriate problem-solving skills for marital satisfaction. Couples must have a reasonable commitment to each other

(Parkes et al., 2006)

8.1. Family: (number of children):

Another factor that plays a role in the stability of life is the number of children. The absence of children and the small number of children in families reduce the belonging and attachment of marital relations. Children represent a kind of socio-emotional investment in the family, the presence of which strengthens marital relations
(Parkes et al., 2006)

8.2. Religious or spiritual orientation:

Adherence to religious values is one of the factors of happiness and satisfaction in married life. Religion is an internal factor that prevents people from committing wrongdoing. Having religious or spiritual inclinations is one of the characteristics of life in a large number of families around the world. . Involvement in the religious or spiritual dimension of life is somehow related to the general aspects of questions and family well-being. Couples who are of the same religion or have the same religious orientation. . Compared to those who disagree in this regard, they are more satisfied with their relationship with each other and the difference in the religion of couples causes a decrease in marital satisfaction
(Parkes et al., 2006)

9. Marital Satisfaction

Marital satisfaction is a situation in which a couple feels happy and satisfied with their marriage and being together, and is measured based on the degree of closeness and security between the partners and the level of availability and responsiveness to each other (Jamshidi et al., 2015.)

The Encyclopedia of Philosophy and Psychology defines satisfaction as "the joy that comes from being aware of a comfortable state," which is usually associated with the satisfaction of a particular desire. On the situation that they get in the first place from the pleasure that is obtained for them. . With these descriptions, pleasure is a state that arises from the satisfaction of the needs imposed on human beings. Satisfaction, on the other hand, arises from a rational assessment of pleasurable states and is achieved through social interactions and the manifestation of individuals' mental states towards one another. In other words, satisfaction is the result of the interaction between pleasant states of feeling and intellectual exploration in individuals
(Alea et al., 2015)

10. Dimensions of marital satisfaction

.10.1. Sexual intercourse:
includes the couple's satisfaction with the quality and quantity of sexual intercourse.

10.2. Conflict resolution:
Helping opposing couples who have conflicting views, goals, and conflicting behaviors, and resolving disputes and conflicts between couples that result from conflicting interests and conflicting goals and perceptions.

.10.3. Satisfaction with the relationship with the main family:
Satisfaction with the quality and type of relationship with one's family and the spouse's family.

10.4. Religious values:
The degree to which couples believe in religious values determines their satisfaction with religious values.

10.5. Home management:
includes the ability of couples to explain and explain their needs, wants and desires and also includes the ability to pay attention to others in order to provide appropriate answers and invite others to clarify their views
(Alea et al., 2015)

11. Factors affecting marital satisfaction

Some of the factors affecting marital satisfaction are divided as follows Some of the factors affecting marital satisfaction are divided as follows: Some of the factors affecting marital satisfaction are divided as follows:

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Cognitive and emotional factors:11.1.
In the discussion of cognition, incompatible documents and negative interpretations of the spouse's behavior are discussed. Numerous intercultural studies have shown the relationship between inconsistent explanations of marital events and dissatisfaction with marital life, attribution and other cognitive factors, and other studies that have linked attribution to marital deviations. Studies on the effect of emotional health on marital relationships have also shown that people with emotional problems such as depression are more likely to report dissatisfaction with their marriage.

The environment in which couples live:11.2.
Some experts believe that the most important determinant of marital satisfaction is the interaction between couples. But the context in which these interactions take place is also important and decisive. Research on the underlying and ecological factors of relationships and interactions has been highly developed in recent years. . Background variables are divided into two categories: sub-environments and macro-environments. A sub-environment is an environment or situation that is likely to be important and significant for couples and has a relatively direct relationship to interpersonal marital functioning. The macro environment is the general social conditions and social institutions that are less considered by couples and its indirect effects.

Personal profile:11.3.
Personal characteristics refer to the fixed family background, personal and experiential factors that each spouse brings to the relationship. The experiences of the individual in his previous family as a historical factor are correlated with communication problems. For example, children of divorce are more likely to divorce than other people, because aggression between parents leads to an increase in aggressive relationships as an adult.
(Alea et al., 2015)

Life pressures and transitions (stages):11.4.
Research in this area often refers to traumatic events, economic and occupational stressors, or the wide range of stresses and events that couples face. The relationship between traumatic events and marital performance has been extensively investigated. New research shows that dissatisfaction with married life does not predict separation or divorce between couples, because many dissatisfied couples continue their married life. The researchers found that divorce among dissatisfied couples is predicted by examining the interactive style between the couple.

Sex:11.5.
One of the purposes of marriage is to meet sexual needs. Unfortunately, some people suffer from impotence and cold temper for various reasons and are not able to satisfy their spouse's sexual needs. . Studies on sex show that sexual satisfaction is associated with a high level of marital satisfaction. Happy couples are happier and have more sex than unhappy couples. . However, some couples enjoy considerable marital satisfaction without having any sexually active life. . Some who enjoy their sex life are also dissatisfied with their married life. Reducing the number of sexual intercourses does not necessarily reduce marital satisfaction.

11.6. Financial and economic issues:
Economic pressures are also among the important factors in the occurrence of marital dissatisfaction.

A couple who are under the psychological pressure of economic poverty are involved in various issues. These stressors increase marital conflicts and marital problems. Couples may spend less time with each other due to long working hours and trying to pay for living expenses, and as a result, spend less time and energy on life issues. Economic problems may lead to animosity towards the spouse, simply because he or she has not been able to provide adequate financial resources for the family. As this hostility increases, the warmth, intimacy, and good quality of married life decreases and the amount of enjoyable relationships decreases (Alea et al., 2015)

11.7. marriage age:
Most researchers consider age as one of the most important variables in married life. The expectations and attitudes of people at different ages are different, and people of different ages will have different cultures and ideas, so large age differences will lead to wide cultural differences and worldviews, and will lead to survival. Marriage and marital happiness will be affected. Early marriages are usually the most common victims of divorce
(Alea et al., 2015)

11.8. Children:
The birth of a child is a sign of a fundamental change in the organization of the family. Following the birth of a child, physical and emotional belonging to the child requires a change in the pattern of communication between husband and wife. If the couple has clearly defined boundaries, the birth of a child will have a positive effect on their marital satisfaction. Regarding the effect of childbirth on marital satisfaction, it is believed that marital satisfaction decreases with the birth of children and women feel it more than men. The arrival of children leads to expectations that can deepen the gap between couples. Newer contexts attribute the causes of impaired couples' satisfaction to the increased complexity of relationships that results in the presence of children
.(Nazari, 2007)

11.9. Leisure and division of labor:
The need to have leisure time is a basic need for most couples. Although many couples complain that they do not spend enough time together, the main problem is not how long they are together, but how this opportunity to be together goes.

Being alone with each other without proper use, or conversation that is not effective and beneficial in the relationship is ineffective and even negative in marital satisfaction. Companionship and being together is a lot of acquaintance at first, but it seems that gradually and as time goes by, this important factor decreases in many marriages, and as a result, these factors affect the level of marital satisfaction.

11.10. Beliefs and religious status:
Religion is one of the subtle manifestations of the human mind that feeds on spiritual and divine sources. Despite the transformations of industrial societies, which have sometimes moved in the direction of weakening the religious sense of the youth and establishing a kind of pure rationalism and separating the phenomena of life from the religious dimension, many studies have examined and confirmed the effect of religion on marriage. Studies of religiously identical and heterogeneous marriages have shown that most religiously heterogeneous marriages have failed. The divorce rate in such marriages is higher than in same-sex marriages. Couples' religious affiliation can build trust and mutual respect and increase marital satisfaction. Lack of adherence to religious issues can lead to lack of commitment in behavior and reduce marital satisfaction.

11.11. Socio-cultural context:
Marriage and similar relationships occur within a cultural context that defines how marriage is conducted. While there are common assumptions between Western cultures, there are also important differences between them. For example, German couples without communication problems use more "verbal language wounds" than Australian couples with problems, and this shows In the German cultural context, compared to the Australian cultural context, levels of language wounds are acceptable and natural. Even within the country, different regions may have differences in communication behaviors. Couples who are culturally, ethnically, and racially diverse also have different expectations and beliefs about marital relationships. This difference in the assumptions and beliefs of the couple can be a source of strength in a relationship, if the couple can wisely consider their strengths and culture; But at the same time, noticeable differences in the expectations of couples can be an important source of conflict between spouses
.(Nazari, 2007)

11.12. Other relationships and roles:

While for most adults, the marital role of each spouse is important and fundamental, it is not the only role of the spouses. Other relationships and roles of each spouse are part of the context in which the couple interacts. Other roles and relationships can have positive or negative effects on the couple's relationship. For example, occupation has a significant impact on enrichment; But at the same time, job requirements can sometimes compete with the role of couples. Friends may provide support and joint activities that complete the relationship and reduce dependence on the spouse. Also, sometimes friends can separate couples from each other. The roles of parents, sports, entertainment and social activities all have the power to enrich or weaken the quality of the relationship
(Alea et al., 2015)

11.13. the power:
When spouses quarrel over power, the proper use of God-given blessings of power is set aside and used in a way that is detrimental to their marital relationship. When a fight between a man and a woman turns into a win-lose situation, helping each spouse to feel powerful will help each of them to use power powerfully.

11.14. Beliefs and expectations:
Beliefs and expectations that people have when entering a relationship increase the risk of relationship turmoil and divorce in the first years of marriage. Couples who have unrealistic beliefs and expectations about the importance of communication, effective conflict resolution methods, the importance of family and friends, and gender roles are more likely to collapse in a relationship than couples who do not. Unrealistic beliefs about marital relationship are strong predictors of marital distress Negative attribution in which couples attribute the problems of their relationship to the negative and unchangeable traits of their spouse also causes the collapse of satisfaction in the relationship
(Alea et al., 2015)

Research Findings
According to the data obtained from the study of the statistical sample of the study participants in terms of age, it showed that about 8% of people under 20 years of age; About 27% of people in the age group of 20-25 years; About 23% of people in the age group of 25-30 years; About

18% of people in the age group of 30-35 years; About 13% of people in the age group of 35-40 years; About 8% of people in the age group of 40-45 years; Finally, people over the age of 45 accounted for about 3% of the study participants. Based on the information obtained from the study of the statistical sample of the research participants in terms of education, it showed that about 20% of the people had a bachelor's and undergraduate education and about 26% of the people had a postgraduate education; About 40% of people had a bachelor's degree and finally 14% of people had a bachelor's degree.

Based on the information obtained from a statistical sample of research participants in terms of duration of marriage, it showed that about 50% of people had 1 to 5 years of marital life and about 14% of people with 5 to 10 years of marital life and Finally, about 36% of people with a history of married life of 10 years or more. Based on the information obtained from the statistical sample of the participants in the study, the occupationally of the participants showed that about 81% of the participants in the present study were housewives and about 19% of the participants in the present study were employed women. Had given.

1. Testing research hypotheses
1.1. The first hypothesis
There is a significant relationship between secure attachment style and marital satisfaction among married people in Shahindej city.

Table1-1: Results of the first hypothesis

The first hypothesis	Pearson correlation coefficient	
	The correlation coefficien	Marital Satisfaction
Safe attachment style		0.157
	The significance level	0.002
	Number	381

Pearson correlation was used to test this hypothesis
The results obtained from the analysis of the results indicate that there is a significant relationship between secure attachment style and marital satisfaction among married people in Shahindej city.

Because as we can see in the table above, P = 0.002 is less than 0.05. Pearson correlation coefficient between secure attachment style and marital satisfaction (0.157) with a significance level of 0.002, which indicates a good relationship between the two variables of secure attachment style and marital satisfaction. That is, the higher the level of secure attachment style in individuals, the higher the level of marital satisfaction. Therefore, the research hypothesis that there is a significant relationship between secure attachment style and marital satisfaction among married people in Shahindej is confirmed.

1.2. The second hypothesis

There is a significant relationship between avoidant attachment style and marital satisfaction among married people in Shahindej city.

Table2-1: Results of the second hypothesis:

The second hypothesis	Pearson correlation coefficient	
	The correlation coefficient	Marital Satisfaction
		0.238-
Avoidant attachment style	The significance level	0.000
	Number	

Pearson correlation was used to test this hypothesis:

The results obtained from the analysis of the results indicate that there is a significant relationship between avoidant attachment style and marital satisfaction among married people in Shahindej city.

Because as we see in the table above, P = 0.000 is less than 0.05. Pearson correlation coefficient between avoidant attachment style with marital satisfaction (-0.238) with a significance level of 0.000 which indicates an appropriate and inverse relationship between the two variables of avoidant attachment style and marital satisfaction. That is, the more the avoidance attachment style increases in individuals, the lower the level of marital satisfaction decreases. Therefore, the research hypothesis that there is a significant relationship between avoidant attachment style and marital satisfaction among married people in Shahindej is confirmed.

1.3. The third hypothesis

There is a significant relationship between ambivalent attachment style and marital satisfaction among married people in Shahindej city.

Table 3-1: Results of the third hypothesis:

The third hypothesis	Pearson correlation coefficient	
	The correlatio	Marital Satisfacti on

Ambiguous attachment style	n coefficient	0.198-
	The significance level	0.000
	Number	381

Pearson correlation was used to test this hypothesis:

The results obtained from the analysis of the results indicate that there is a significant relationship between ambivalent attachment style and marital satisfaction among married people in Shahindej city.

Because as we see in the table above, P = 0.000 is less than 0.05. Pearson correlation coefficient between ambivalent attachment style and marital satisfaction (-0.198) with a significance level of 0.000, which indicates an appropriate and inverse relationship between the two variables of ambivalent attachment style and marital satisfaction. That is, the higher the level of ambivalent attachment style in individuals, the lower the level of marital satisfaction. Therefore, the research hypothesis that there is a significant relationship between ambivalent attachment style and marital satisfaction among married people in Shahindej is confirmed.

1.4. The fourth hypothesis

There is a significant relationship between marital commitment and marital satisfaction among married people in Shahindej city.

Table4-1: Results of the fourth hypothesis:

The fourth hypothesis	Pearson correlation coefficient	
	The correlation coefficient	Marital Satisfaction
Marital commitment		0.269
	The significance level	0.000
	Number	381

Pearson correlation was used to test this hypothesis:

The results obtained from the analysis of the results indicate that there is a significant relationship between marital commitment and marital satisfaction among married people in Shahindej city.

Because as we see in the table above, P = 0.000 is less than 0.05. Pearson correlation coefficient between marital commitment and marital satisfaction (0.269) with a significance level of 0.000 which indicates a good relationship between the two variables of marital commitment and marital satisfaction. That is, the higher the level of marital commitment in individuals, the higher the level of marital satisfaction of individuals. Therefore, the hypothesis of the research that there is a significant relationship between marital commitment and marital satisfaction among married people in Shahindej is confirmed.

Discussion and conclusion

The aim of this study was to investigate the relationship between attachment styles and marital commitment with marital satisfaction among married people in Shahin Dej. The results of the present study showed that there was a positive and significant relationship between secure attachment styles and marital commitment with marital satisfaction. The higher the level of marital commitment and secure attachment styles in individuals, the higher the marital satisfaction in individuals. On the other hand, the results of the present study showed that there is a negative relationship between reciprocal attachment styles and avoidance of marital satisfaction among married people in Shahin Dej There is a significance that indicates that the greater the degree of these two styles of attachment, the lower the level of marital satisfaction. Studies on the characteristics of people belonging to different styles of attachment and its impact on relationships with others, including marriage and relationship with spouse, confirm that the two indicators of fear of rejection and feelings of comfort in relationships, important elements of attachment behavior in marriage Are, so that the feeling of comfort in relationships and the lack of fear of rejection indicates a secure attachment. Biased people are usually afraid of rejection in their relationships, and avoidant people do not feel comfortable in their intimate relationships. Because safe adults choose spouses who have a secure attachment history, their solutions to disagreements are more beneficial, and their relationships and marriages are more satisfying and lasting, and they feel more in love with each other.

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