

Research Paper

Exploring the Link Between Attachment Styles, Marital Satisfaction, and Subjective Well-being in Young Adults

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ABSTRACT

The present study is addressed to investigate the impact of attachment style on marital satisfaction and subjective well-being among young adults. The sample consists of 120 young adults between the age group of 20 to 30 with 5 to 10 years of married life. The scales used to collect data was Experience in Close Relationship by Brennen (1998), Relationship Assessment Scale by Hendrick (1998) and Flourishing Scale by Diener. The statistical analysis including correlation, t-test and regression is done by using SPSS 25. Major findings emerged by using correlation analysis is that there is a significant negative relationship between insecure (avoidant and anxious) attachment style with marital satisfaction and subjective well-being. The t-test showed that there is a significant difference in subjective well-being and marital satisfaction among insecure and secure attachment style. The results of regression analysis show that the attachment related anxiety and avoidance have a negative impact on marital satisfaction and subjective well-being. Overall findings indicate that if there is high attachment related anxiety or avoidance then the individual experiences less marital satisfaction and subjective well-being.

Keywords: Attachment style, anxious attachment, avoidant attachment, marital satisfaction, subjective well-being

Marriage is a social institution that can have very different meanings in different cultures. Its purpose, function, and form may be different from that of society, but it exists everywhere as an institution (Singh k, 2009). In this society there are different types of marriage, such as polygyny, polyandry, monogyny, open marriage, homo marriage and cohabitation (Patel, 2020).

Attachment theory believes that very early relationship experiences, especially infant-mother relationships, are particularly important in enabling successful relationships in later life (Bowlby, 1973). This suggests that parent-child relationships influence the intimate relationship between adolescents and adolescents through the views they create on how relationships work (Meier, 2020). Attachment is an important personality aspect that determines the quality of life of an individual on personal as well as on professional grounds. Attachment underlies a special emotional bond between two individuals and involves an exchange of comfort, care and pleasure. (Monga, 2016). Bowlby contributed in

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Received: October 23, 2024; Revision Received: October 27, 2024; Accepted: November 01, 2024

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adult attachment model and it explain about a person's abstract image is bisected into positive and negative and the other's abstract image is also bisected into positive and negative. It has four combinations, such as- secure: characterized by "sense of worthiness (lovability) plus an expectation that other people are generally accepting and responsive." (Monga, 2016), preoccupied: characterized by sense of unworthiness, unlovability combined with a positive evaluation of others. This combination of characteristics would lead the person to strive for self-acceptance by gaining the acceptance of valued others." (Monga, 2016), dismissive: characterized by "sense of unworthiness (unlovability) combined with an expectation that others will be untrustworthy and rejecting. By avoiding close involvement with others, this style enables people to protect themselves against anticipated rejection by others." (Monga, 2016) and, fearful: characterized by "sense of love-worthiness combined with a negative disposition toward other people. Such people protect themselves against disappointment by avoiding close relationships and maintaining a sense of independence and invulnerability" (Monga, 2016). The relationship between husband and wife is a very specific context and involves a complex process of adjustment. Marital satisfaction is linked to the happiness of the partners which is shared with, resolution of conflict and emotional support. It is one of the most important features which lead to the overall satisfaction in marital life of the person. It reflects the suitable advantages and outlay of benefits in marriage to a particular person. Similarly, perception of greater benefits of marriage can give greater and more satisfying marital life with the partner. Thus, one can say that satisfaction with one's marriage is an important component of wellbeing (Bhagath, 2014). The term —subjective wellbeing refers to how individuals evaluate their lives, and includes variables such as life satisfaction, joy, absence of depression etc. The term wellbeing is defined as people 's evaluations of their own lives. Such evaluations can be both cognitive judgments, such as life satisfaction, and their emotional responses to events, such as feeling positive emotions. It is a broad concept that encompasses many aspects of everyday experiences such as the way people think, feel, act, make decisions, etc. (Priyanka, 2018). According to recent findings shows that divorce rates are increasing in India. Psychologist and lawyers handling divorce cases claim that modern couples find very less time together. Leading psychiatrist Prakash Chandra who has handled such cases said that one of the major reasons behind increasing divorce rate is that absence of emotional attachment between couples. Hence the present study is conducted to find out how the attachment and marital satisfaction effect the subjective well-being of the early adult married people (Cherry, 2021). Attachment styles shape and influences individual relationships. Understanding the attachment style can help to make sense to their behaviour, how people perceive their partner and how they respond to intimacy. Understanding these patterns can then help to clarify what is needed in a relationship and the best way to overcome problems. By developing good attachment, create satisfaction between couples and produce good subjective well-being among the persons (Shaver, 2007).

In a study conducted by Towler and Stuhlmacher (2013) on Attachment style effect on relationship satisfaction and well-being among working women to find out the role of attachment style in home and work environment. The research findings shows that women with avoidant attachment style tended to have low satisfaction in intimate relationships as well as low quality relationship with their supervisors. Were women with cohesive attachment express satisfaction with job, experience low conflict and report minimal physical symptoms (Towler, 2013). Another study was done by Nae, E.Y & Cho, B.K in (2021) on "Career satisfaction, subjective wellbeing and turnover intention: an attachment style perspective". The result shows that Subjective wellbeing mediated the relationship

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between career satisfaction and turnover intention. The indirect relationship between career satisfaction and turnover intention through subjective wellbeing was significant only when employees had high secure attachment and low counter dependent and over dependent attachment styles (Nae, 2021). In 2020 Bedair et al conducted study on “Attachment style, Marital Satisfaction, and Mutual Support Attachment Style in Qatar” using a path analysis model. The findings show the secure attachment style has a positive influence on marital satisfaction but did not positively influence mutual support in a relationship. And insecure attachment style has a negative impact on both mutual support and marital satisfaction (Bedair K, 2020). In another study conducted by Polak (2016) on “subjective loneliness, well-being and marital satisfaction in couples with different attachment styles”. The result showed the existence of statistical relationship between the secure attachment styles, well-being, loneliness and the marital satisfaction. Also, this study result indicates that the marital satisfaction can be lessened by loneliness in secured attached adults, and well-being can enhance this satisfaction in insecurely attached adults (Polak, 2016). Hence it is concluded that a secure attachment style is necessary for good marital life and subjective well-being. An anxious or avoidant (insecure) attachment style leads to destructive marital life or lessen marital satisfaction and also negatively impact a person’s subjective well-being. There is only one study that conducted by clubbing all the three variables together hence the present study is aiming to find out how the attachment styles effect marital satisfaction and subjective well-being.

METHODOLOGY

The aim of the study was to find out the relationship between attachment style, marital satisfaction and subjective well-being and to find out if attachment style predicts marital satisfaction and subjective well-being. Hence it explores the contributions or impact of attachment style on marital satisfaction and changes in subjective well-being among young adults.

Research Problem

To study the impact of attachment style, marital satisfaction and subjective well-being on Early adults married people.

Objectives

- To study the relationship between anxious attachment style on marital satisfaction and subjective well-being among young adults.
- To study the relationship between avoidant attachment style on marital satisfaction and subjective well-being young adults.
- To identify the insecure and secure attachment style difference in marital satisfaction among young adults.
- To identify the insecure and secure attachment style difference in subjective well-being among young adults
- To find the impact of avoidant attachment style on marital satisfaction and subjective well-being
- To find the impact of anxious attachment style on marital satisfaction and subjective wellbeing.

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Hypothesis

- **H01:** There is no significant relationship between anxious attachment style on marital satisfaction and subjective wellbeing among young adults
- **H02:** There is no significant relationship between avoidant attachment style on marital satisfaction and subjective well-being among young adults.
- **H03:** There is no significant difference between insecure and secure attachment style on marital satisfaction among young adults
- **H04:** There is no significant difference between insecure and secure attachment style on subjective well-being among young adults
- **H05:** There is no impact of avoidant attachment style on marital satisfaction and subjective well-being among young adults
- **H06:** There is no impact of anxious attachment style on marital satisfaction and subjective well-being among young adults

Variables

- **Independent variable:** Attachment style
- **Dependent variable:** Marital satisfaction and subjective well-being

Operational Definitions

- **Attachment Style:** Attachment style is how an individual behaves in relationship with other. (Russell, 2007). Attachment style is the style of relationship or connection between two or more individuals. It can be either secure or insecure. If it is secure then it leads to a positive relationship and if it is insecure then it leads to a negative relationship.
- **Marital Satisfaction:** The experience of emotional bonds created by spouse through mutual relationship is significant for reaching the state of satisfaction (Hendrick, 1998). The degree of satisfaction of partners in their marital environment and their closeness in their relationship is marital satisfaction.
- **Subjective Well-Being:** Subjective well-being is a self-perceived success in important areas of functioning such as relationship, self-esteem, purpose and optimism (Diener, 2009). It is the self-perceived happiness that they get from their relationship with others, themselves, their future goals and other important areas.
- **Young Adulthood:** Young adulthood is a time often perceived as the prime stage of life when one is free from both the chains of adolescence and the stigmas that come with more advanced age. As individuals emerge from adolescence, they begin to establish autonomy, careers, and intimate relationships throughout the ensuing two decades of life. During young adulthood, social-emotional development intertwines with that of identity, moral, and career in dynamic ways that portend one's future attitudes and lifestyle. (Hutchison, 2016)

Population and Sample

The population was the young adulthood including both male and females in the age group between the 20 to 30 who had 5 to 10 years of marriage life from Kerala. The data is collected by using convenient sampling, and sample size include 120 participants from Malappuram.

Inclusion Criteria

Age group 20-30 with 5 to 10 year of marriage life, including both male and female.

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Exclusion Criteria

Individual who are below 20 and above 30 were excluded and who are not in the period of 5 to 10 years of marriage life is also excluded from the study. Also, the adults who are divorced and those who reside in other parts of Kerala and outside Kerala has been excluded from the study.

Research Design

The research design used for the study is descriptive correlation research design.

Tools

EXPERIENCE IN CLOSE RELATIONSHIP-SHORT FORM (Russell et.al: 2007)

It is a 12 item self-report adult attachment style questionnaire focused on close relationships. ECR-S possess a stable factor structure and acceptable internal consistency, test-retest reliability, and construct validity (Russell, 2007)

The minimum score for each scale is 6 and a maximum score of 42. People with high score on either or both of these dimensions are assumed to have an insecure adult attachment orientation. By contrast, people with low levels of attachment anxiety and avoidance can be viewed as having a secure adult attachment orientation (Brennan et al.,1998).

Anxiety = 2, 4, 6, 8 (reverse), 10, 12

Avoidance = 1 (reverse), 3, 5 (reverse), 7, 9 (reverse), 11

RELATIONSHIP ASSESSMENT SCALE (Hendrick 1988)

It is a 7-item scale designed to measure general relationship satisfaction. Respondents answer each item using a 5-point scale ranging from 1 (low satisfaction) to 5 (high satisfaction). (Hendrick, 1998) . The mean total RAS score was 29.46 ± 4.98 . The internal consistency of the RAS was high (Cronbach's $\alpha = 0.828$). All inter-item correlations and item-total correlations were in acceptable range (Hendrick, 1998). Scoring is calculated by, Items 4 and 7 are reverse-scored.

Scoring is kept continuous. The higher the score, the more satisfied the respondent is with his/her relationship. 7 to 14 is Low satisfaction, 15 to 21 is Average satisfaction, and 22 to 35 is High satisfaction (Hendrick, 1998).

FLOURISHING SCALE (Diener E.)

The Scale is a brief 8-item measure of the respondent's self-perceived success in important areas of life such as relationships, self-esteem, purpose, and optimism.

The test has a Cronbach's α of .87 and a temporal stability over one month of .71 (Diener, 2009). Results consist of a single psychological well-being score (between 8 and 56), where higher scores represent higher levels of well-being, resources and strengths. A score of 50 percentile represents typical (and healthy) levels of psychological well-being. Scores below 15 percentiles indicate low well-being and are likely indicative of clinical mental health concerns where further assessment is warranted (Diener, 2009).

Procedure and Administration

The study was conducted in 120 married people in Malappuram, includes both male and female. The data is collected by approaching them directly with their consent.

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The participants were instructed clearly about the confidentiality and instructions to enter their details (e.g.: - no need to write their full name, they can use initials also), by that they become sure about the confidentiality.

Statistical Techniques Used

This study aimed to find out whether there is the attachment style between couples effect their marital satisfaction and subjective-wellbeing.

Hence to find out the relationship and effect between variables here using the correlation and regression analysis. And to understand the population difference, that is secure and insecure on the effect on marital satisfaction and subjective well-being here using the t-test.

PEARSON CORRELATION

Correlation coefficients are used to measure how strong a relationship is between two variables. There are several types of correlation coefficient, but the most popular is Pearson's. The Pearson product-moment correlation coefficient (or Pearson correlation coefficient, for short) is a measure of the strength of a linear association between two variables and is denoted by r and the Pearson correlation coefficient, r , indicates how far away all these data points are to this line of best fit. It can take a range of values from +1 to -1. A value of 0 indicates that there is no association between the two variables. A value greater than 0 indicates a positive association; that is, as the value of one variable increases, so does the value of the other variable. A value less than 0 indicates a negative association; that is, as the value of one variable increases, the value of the other variable decreases.

LINEAR REGRESSION

Linear regression predicts a dependent variable value (y) based on a given independent variable (x) and hence it finds out a linear relationship between x (input) and y (output). Hence, the name is Linear Regression. Before attempting to fit a linear model to observed data, there should first determine whether or not there is a relationship between the variables of interest. This does not necessarily imply that one variable causes the other (for example, higher SAT scores do not cause higher college grades), but that there is some significant association between the two variables.

t-TEST

A t-test is a statistical test that is used to compare the means of two groups. It is often used to determine whether a process or treatment actually has an effect on the population of interest, or whether two groups are different from one another. A t-test can only be used when comparing the means of two groups (pairwise comparison). The t-test is a parametric test of difference.

RESULT AND DISCUSSION

The results section is a section containing a description about the main findings of a research, whereas the discussion section interprets the meaning of the results, puts them in context, and explains why they matter.

The present investigation was carried out with the main aim to study the impact of attachment styles on marital satisfaction and Subjective-wellbeing among young adults.

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The scores obtained on each of the measure were subjected to statistical analysis. The descriptive statistics was calculated which includes the mean and standard deviation for each scale. This chapter deals with the statistical interpretation and discussion of the results pertaining to test the hypotheses.

Accordingly, the interpretation and discussion of the results have been accomplished in the following sections:

- **Section I:** Descriptive analysis of sample and scale
- **Section II:** t-test, Pearson product moment correlation and regression

SECTION 1

This section is deals with descriptive statistics of sociodemographic and variables (attachment style, marital satisfaction and subjective wellbeing)

Table 4.1 showing the frequency, percentage, mean and standard deviation of sociodemographic details.

VARIABLE	CATEGORY	FREQUENCY	PERCENTAGE	MEAN \pm SD
Age	25 and below	42	35.0	1.65 \pm .479
	Above 25	78	65.0	
Gender	Female	89	74.2	1.26 \pm .440
	Male	31	25.8	
Duration of Marriage	5-7	109	85.8	5.78 \pm 1.132
	8-10	11	9.2	
Number of Offsprings	0	24	20.0	1.101 \pm 0.655
	1	72	60.0	
	2	23	19.2	
	3	1	0.8	
Type of Family	Joint	66	55.0	1.45 \pm 0.499
	Nuclear	53	44.2	

Table 1 showing frequency, percentage, mean and standard deviation of sociodemographic details. The sample consists of 35% in the case of age group ranging from 25 and below and frequency of 42, and 65% in the case of above 25 with frequency of 78 and the mean and standard deviation is 1.65 \pm .479 respectively.

In the case of gender out of 120 there are 89 females with 74.2% and 31 males with 25.8% and the mean and standard deviation is 1.26 \pm .440 respectively.

In duration of marriage there are 85.8% lie in range between 5 to 7 years of marriage and 9.2% are in 8 to 10 years of marriage and the mean and standard deviation is 5.78 \pm 1.132 respectively.

In number of off-springs 20 persons has no children's that is 20% and 60% has 1 children frequency of 72, and 23 people had 2 children's that is the percentage of 19.2 and only one had 3 children that the percentage of 0.8. The mean and standard deviation is 1.101 \pm 0.655 respectively.

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There is two type of family is included in the table, joint and nuclear. In joint family 55% that means frequency of 66 and in nuclear family 44.2% that is frequency of 53 are included. The mean and standard deviation is 1.45 ± 0.499 respectively.

Table 4.2: shows the descriptive statistics of the study variables

Variable	Mean	SD
Attachment Style	1.51	0.502
Marital Satisfaction	1.51	0.608
Subjective Well-being	1.70	0.693

Table 2 shows the mean and standard deviation of attachment style, marital satisfaction and subjective well-being. The mean of attachment style participants is 1.51 and standard deviation is 0.502. The mean of marital satisfaction participants is 1.51 and standard deviation is 0.608. The mean of subjective well-being participants is 1.70 and standard deviation is 0.693.

SECTION 2

Section 2 deals with correlation analysis to establish inter correlation amongst attachment related anxiety, attachment related avoidance, marital satisfaction and subjective well-being. Then, t-test to know the difference in insecure attachment and secure attachment on marital satisfaction and subjective well-being. Also, the regression analysis to establish the impact of attachment related anxiety, attachment related avoidance on marital satisfaction and subjective well-being.

Correlational Analysis

- H01: There is no significant relationship between anxious attachment style on marital satisfaction and subjective wellbeing among young adults
- H02: There is no significant relationship between avoidant attachment style on marital satisfaction and subjective well-being among young adults.

Table 4.3: showing the correlational analysis of variables

	Anxious attachment	Avoidant attachment	Marital satisfaction	Subjective well-being
Anxious attachment	1			
Avoidant attachment	.274**	1		
Marital satisfaction	-.573**	-.584**	1	
Subjective well-being	-.702**	-.502**	.677**	1

***. Correlation is significant at the 0.01 level (2-tailed).*

Pearson product correlation of anxious attachment style and marital satisfaction was found to be moderately negative and statistically significant ($r = -.573 < .001$) and correlation of anxious attachment style and subjective well-being was found to be high negative and statistically significant ($r = -.702 < .001$). Hence, H01 rejected. This shows that an increase in

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anxious attachment style led to decrease in marital satisfaction and an increase in anxious attachment style led to decrease in subjective well-being.

Pearson product correlation of avoidant attachment style and marital satisfaction was found to be moderately negative and statistically significant ($r = -.584 < .001$) and correlation of avoidant attachment style and subjective well-being was found to be moderately negative and statistically significant ($r = -.502 < .001$). Hence, H02 rejected. This shows that an increase in avoidant attachment style led to decrease in marital satisfaction and an increase in avoidant attachment style led to decrease in subjective well-being.

Hence, on the basis of obtained findings hypothesis stating “There is no significant relationship between anxious attachment style on marital satisfaction and subjective wellbeing among young adults” and “There is no significant relationship between avoidant attachment style on marital satisfaction and subjective well-being among young adults” has been rejected. That is, there is a significant relationship between attachment related anxiety, attachment related avoidance, marital satisfaction and subjective well-being.

The obtained inter correlations for the present study are in the line with the previous empirical findings like, Towler and Stuhlmacher in 2013 conducted the study on “attachment styles, relationship satisfaction and well-being on working women’s”. This propose and test a model connecting women's attachment styles, intimate relationship quality, workplace supervisor relationships, and well-being. The result showed that Women with an avoidance attachment style tended to have intimate relationships that were low in satisfaction and cohesion as well as low-quality relationships with their supervisors. Women in cohesive intimate relationships were likely to be satisfied with their job, experience low conflict at work, and report few physical symptoms.

According to Bowlby attachment style the person who have low anxiety and low avoidance hold a positive view of self and others because of the consistent responsive care they received. That indicates with low anxious and avoidance the marital satisfaction and subjective wellbeing can increase. With Attachment style high anxiety and high avoidance have a negative view of both themselves and others. They seek social contact, but in this case, they hesitate because of fear of rejection. This leads to a behavioral style of approach and avoidance in interpersonal relationships in adulthood. They might experience high levels of negative emotions and low self-esteem. That means when either anxiety attachment or avoidant attachment increases leads to low marital satisfaction and subjective well-being.

t-test

- H03: There is no significant difference between insecure and secure attachment style on marital satisfaction among young adults

Table 4.4: showing the results of difference between insecure and secure attachment style on marital satisfaction

		Mean	SD	T	Df	Sig (2. tailed)
DV	Secure	27.05	3.861	12.161	118	.000
	Insecure	18.85	3.521			

An independent sample t-test was conducted to compare the Marital satisfaction for secure and insecure attachment. There was significant difference ($t(118) = 12.161, p = 0.000$) in the

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scores with mean scores for secure ($M=27.05$, $SD = 3.861$) was higher than insecure ($M = 18.85$, $SD = 3.521$). The score of the difference in the mean (mean diff: 8.1, 95% ci: 6.863 to 9.533) was significant. Hence, H03 rejected.

- H04: There is no significant difference between insecure and secure attachment style on subjective well-being among young adults

Table 4.5: showing the results of difference between insecure and secure attachment style on subjective well-being

	Mean	SD	T	df	Sig (2. tailed)
Secure	45.78	6.237	14.293	118	.000
DV Insecure	28.38	7.060			

An independent sample t-test was conducted to compare the Subjective well-being for secure and insecure attachment. There was significant difference ($t(118) = 14.293$, $p = 0.000$) in the scores with mean scores for secure ($M=45.78$, $SD = 6.237$) was higher than insecure ($M = 28.38$, $SD = 7.060$). The score of the difference in the mean (mean diff: 17.403, 95% ci: 14.9920 to 19.81) was significant. Hence, H04 rejected.

It shows that individuals with secure attachment have high marital satisfaction and subjective well-being than the insecure attachment style. Safe attachment style means that one enjoys expressing emotions openly, so that one experience good satisfaction in relationships and to self.

The obtained results of the present study are in line with the previous study findings like; Ottu, I.F.A & Akpan, U.I conducted a study in 2011 in “Predicts couple satisfaction based on attachment style and gender of a culturally and religiously homogeneous population”. The survey results showed a significant difference between participants in safe and unsafe attachment styles in terms of couple satisfaction and attachment styles among couples. It suggests that it is a remarkable index of satisfaction.

Similar study conducted by Banse (2004) on “Adult Attachment and Marital Satisfaction: Evidence for Dyadic Configuration Effects” shows that secure attachment was related to higher, and insecure attachment to lower marital satisfaction.

Another study conducted by Webster (1997) on “Attachment Style and well-being in elderly adults: A preliminary investigation”. The results of empirical discoveries showed that both attachment style and health had important main effects on subjective well-being. It turns out that especially unhealthy people are unhappier than healthy people. In addition, those who scored high in a safe and negative attachment style were much happier than those who identified them as anxious.

Regression

- H05: There is no impact of avoidant attachment style on marital satisfaction and subjective well-being among young adults

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Table 4.6: showing the regression analysis of avoidant attachment style with marital satisfaction and subjective well-being

Hypothesis	Regression Weights	Beta Coefficient	R ²	F	P-Value	Hypothesis Supported
H05	MS → AV	-0.584	0.341	61.121	0.000 ^b	Rejected
	SW → AV	-0.502	0.252	39.803	0.000 ^b	

The hypothesis test if avoidant attachment has a significant impact on marital satisfaction and subjective well-being.

The dependent variable marital satisfaction (MS) was regressed on predictor variable avoidant attachment (AV) to test the hypothesis 5. Avoidant attachment style significantly predicted MS, $F(1,118) = 61.121$, $P < 0.001$, which indicates that avoidant attachment style can play a significant role in MS ($b = -0.584$, $p < 0.001$). These results clearly direct the negative affect of the attachment style. Moreover, the $R^2 = 0.341$ depicts that the model explains 34.1% of the variance in marital satisfaction.

The dependent variable subjective well-being (SW) was regressed on predictor variable avoidant attachment (AV) to test the hypothesis 5. Avoidant attachment style significantly predicted SW, $F(1,118) = 39.803$, $P < 0.001$, which indicates that avoidant attachment style can play a significant role in SW ($b = -0.502$, $p < 0.001$). These results clearly direct the negative affect of the attachment style. Moreover, the $R^2 = 0.252$ depicts that the model explains 25.2% of the variance in subjective well-being.

H06: There is no impact of anxious attachment style on marital satisfaction and subjective well-being among young adults

Table 4.7: showing the regression analysis of anxious attachment style with marital satisfaction and subjective well-being.

Hypothesis	Regression Weights	Beta Coefficient	R ²	F	P-Value	Hypothesis Supported
H06	MS → AX	-0.573	0.328	57.550	0.000 ^b	Rejected
	SW → AX	-0.702	0.493	114.61	0.000 ^b	

The hypothesis test if anxious attachment has a significant impact on marital satisfaction and subjective well-being.

The dependent variable marital satisfaction (MS) was regressed on predictor variable anxious attachment (AX) to test the hypothesis 5. Anxious attachment style significantly predicted MS, $F(1,118) = 57.550$, $P < 0.001$, which indicates that anxious attachment style can play a significant role in MS ($b = -0.573$, $p < 0.001$). These results clearly direct the negative affect of the attachment style. Moreover, the $R^2 = 0.328$ depicts that the model explains 32.8% of the variance in marital satisfaction.

The dependent variable subjective well-being (SW) was regressed on predictor variable anxious attachment (AV) to test the hypothesis 5. Anxious attachment style significantly

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predicted SW, $F(1,118) = 114.61$, $P < 0.001$, which indicates that anxious attachment style can play a significant role in SW ($b = -0.702$, $p < 0.001$). These results clearly direct the negative affect of the attachment style. Moreover, the $R^2 = 0.493$ depicts that the model explains 49.3% of the variance in subjective well-being.

Subjective well-being and marital satisfaction of an individual could be characterized with anxious and avoidant attachment style. The results show that attachment related anxiety and avoidance predicts the marital satisfaction and subjective well-being in inverse manner. That means, the individual with less anxiety and avoidance attachment style has better marital satisfaction and subjective well-being, that is, they have better quality of life and high on experiencing the positive effect.

In sum, overall results of regression analysis confirm for the present population that attachment related anxiety and avoidant has manifest as the negative and main predictor of marital satisfaction and subjective well-being.

Present findings are being supported by the previous research outcomes like; Meyers, and Landsberger (2002) conducted a study on Direct and indirect pathways between adult attachment style and marital satisfaction. Continuous ratings of secure, avoidant, and ambivalent attachment styles were related to levels of marital satisfaction. The psychological distress mediated the association between secure attachment and marital satisfaction, and social support mediated the relation between avoidant attachment and marital satisfaction. In addition, psychological distress moderated the relation between both secure and avoidant attachment styles and marital satisfaction.

Another study conducted by Mohammadi, et al (2016) on “Relationship between Attachment Style and Couple Satisfaction Lifestyle”. The results show that early relationships in family settings support certain attachment styles, and that the effects of avoidant and ambivalent unstable styles affect interpersonal relationships in adult couples. Attachment styles have a far greater impact on interpersonal relationships than lifestyles.

Hence it can say that the attachment style can impact marital satisfaction and subjective well-being, hence the hypothesis is rejected.

SUMMARY AND CONCLUSION

The present study is for understanding the impact of attachment style on marital satisfaction and subjective well-being. The study was conducted in married young adults of Malappuram, Kerala with the age ranging from 20 to 30. The estimated sample size was about 120 included both male and female who had 5 to 10 years of marriage life. In demographical Variables age, gender, duration of marriage, type of family, and number of children were included. The study is conducted using descriptive research design and statistical analysis such as Pearson correlation, t-test and regression analysis.

The present study findings suggest that, when anxious or avoidant attachment style increases the marital satisfaction and subjective wellbeing decreases. And it negatively impacts on marital satisfaction and subjective well-being. According to t test among young adults' secure attachment style shows higher level of subjective wellbeing than insecure attachment style.

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Major Findings

- There is a significant relationship between anxious attachment style on marital satisfaction and subjective well-being young adults.
- There is a significant relationship between avoidant attachment style on marital satisfaction and subjective well-being among young adults.
- There is a significant difference between insecure and secure attachment style on marital satisfaction among young adults.
- There is a significant difference between insecure and secure attachment style on subjective well-being among young adults.
- There is an impact of avoidant attachment style on marital satisfaction and subjective well-being among young adults.
- There is an impact of anxious attachment style on marital satisfaction and subjective well-being among young adults.

Implications

Attachment styles shape and influences individual relationships. Understanding the attachment style can help to make sense to their behavior, how people perceive their partner and how they respond to intimacy. Understanding these patterns can then help to clarify what is needed in a relationship and the best way to overcome problems. By developing good attachment, create satisfaction between couples and produce good subjective well-being among the persons. This study clearly shows that insecure attachment style effect negatively to the marital satisfaction and subjective well-being. This can improve by providing an awareness class and premarital counselling, thus the individual become aware about attachment style and how this affects their marital life and their personal well-being. Also, they can self-evaluate their attachment style and can change that in to a better way, by that they can improve their quality of life. Also, by understanding the importance of attachment style couples can become good parents and provide a secure attachment to their children in earlier life itself. By that it helps develop a healthy attachment style in children's and avoid future complications. It also helps to promote good mental health and social life among peoples, by that to improve well subjective well-beings and virtue in all over life.

Limitations

- The data for the study was collected only from Kerala
- Sample size was very small (N=120)
- The truthfulness of the study depends on honesty of the participants
- Couldn't include other population such as divorced

Strengths

- The research was conducted with low cost
- The research took less time
- Used easy sampling method
- Correlational analysis, t-test and regression analysis were used to confirm the result
- Took the relevant period of marriage life, which help to improve relationship.

Recommendations for Further Study

- The sample size can be increased
- The sample can be selected from population of different districts or states
- Could include other population such as divorced or long-distance relationship

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Soby, A. (2024). Exploring the Link Between Attachment Styles, Marital Satisfaction, and Subjective Well-being in Young Adults. *International Journal of Indian Psychology*, 12(4), 779-792. DIP:18.01.070.20241204, DOI:10.25215/1204.070