International Journal of Engineering & Technology, 7 (3.30) (2018) 409-414

International Journal of Engineering & Technology

Website: www.sciencepubco.com/index.php/IJET

Research paper

Attachment Insecurities and Marital Satisfaction

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Abstract

This study identifies the relationship between attachment insecurities; Attachment Avoidance and Attachment Anxiety, and Marital Satisfaction; Dyadic Cohesion, Dyadic Satisfaction, Dyadic Consensus, and Dyadic Affectional Expression among married couples. A correlational research design was adopted in this study to address the objectives of the research. Seventy respondents among married couples in West Peninsular of Malaysia were selected to participate in this research. Two sets of questionnaires were developed and reviewed by two expert panels before piloting and distributing to the participants. The structure and content of the questionnaires were specific to main two areas; Experience in Close Relationship (ECR) and Dyadic Adjustment Scale (DAS). The data was collected and analysed using SPSS descriptive statistic and Pearson correlation. The findings indicated that there was a significant relationship between attachment insecurities and marital satisfaction. Furthermore, it is recommended based on the results that community counsellors' conduct group counselling sessions to facilitate married couples' understanding of attachment insecurities which will help to enhance the satisfaction in their marital relationships. It is also recommended based on the work performed, limitations and findings in this study that further research is conducted to conduct a similar research program, with a broader and more substantial population size covering multiple communities, again with a specific focus on married couples and to improve their marital satisfaction with their relationships.

Keywords: *Attachment Avoidance; Attachment Anxiety; Attachment Insecurities; Marital Satisfaction*

1. Introduction

Attachment theory can be defined as a psychological, evolutionary, and ethological theory regarding relationships between individuals. The most important element, for example, is in the case of a young child needing to develop a relationship with at least one primary caregiver for social and emotional development to occur normally (1). Attachment insecurities are categorised into two distinct types; attachment avoidant and attachment anxiety. Attachment avoidant means that adults desire a high level of independence, often appearing to avoid attachment between theselves but instead, view themselves as self-sufficient and invulnerable to the feeling of attachment and not requiring a close relationship. Whereas, attachment anxiety means that adults seek high levels of intimacy, approval and responsiveness from their partners, often becoming overly dependent, and tending to be less trusting with fewer positive views about themselves and their partners. Moreover, this may exhibit high levels of independence, often resulting in worry and impulsiveness within their relationship (2).

Limited research is available on attachment insecurities and marital satisfaction in Malaysia, however, previous research has been undertaken on "Dyadic Consensus and Satisfaction among Married and Dating Couples in Malaysia" (3). According to Cai-Lian et al. (3), most research on relationships in recent years has focussed only on the quality of relationships of couples and that married, and dating couples tend to rate the quality of their relationship much differently. The study by Cai-Lian (3) to explore the findings of (3) in addition to examining the role of the gender and the couple's satisfaction and consensus. A survey of 160 participants, as a representative population sample, comprising of 80 married individuals, and 80 non-married individuals but who were presently dating participated in the survey. The results of the study demonstrated that from several hypotheses formulated for the study, the second hypothesis was accepted, predicting that there were significant differences found between the married couples and the dating couples regarding dyadic satisfaction. Indeed, based on the research it was determined that there were further differences found in the population sample for dating.

Research has also been carried out on "Dimensionality of the Chinese Dyadic Adjustment Scale" based on Confirmatory Factor Analyses (4). According to Daniel & Shek (4) the responses of 1,501 Chinese married adults based on the Chinese version of the Dyadic Adjustment Scale (C-DAS), the confirmatory factor analyses showed that there were four primary factors abstracted from the C-DAS (Dyadic Consensus, Dyadic Cohesion, Dyadic Satisfaction and Affectional Expression) that were subsumed under a second-order Dyadic Adjustment factor. The findings showed that the second-order factor, which is a dyadic adjustment, was able to accommodate the four primary factors and the loading of the four primary factors on the second order factor. Notably, Daniel considered this finding acceptable. In a separate research study, entitled "Eye of the Beholder: The Individual and Dyadic Contributions of Empathic Accuracy and Perceived Emphatic Effort to Relationship Satisfaction" (5), the focus was on the confirmatory of the Chinese version of the Dyadic Adjustment Scale. The research was carried out in China, given the cultural differences compared to Malaysia. The study examined the links between two distinct facets of empathy; empathic accuracy and perceived em-

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pathic effort. Using a video recall procedure, participants (n = 156 couples in a committed relationship) reported their own emotions and perceptions of their partners' emotions, and empathic intentions during upsetting moments signified by high impact (5). The result of this study found that the prediction of perceived empathic effort was positively associated with higher levels of satisfaction for both partners. Based on this research several differences were evident. Even though the research was carried out to verify relationship satisfaction, the instrument used for this purpose was a video recall procedure. Also, in addition to the independent variables used to perform the research, further variables were also used; emphatic accuracy and emphatic effort. A further observation made, is that the study only examined attachment insecurities that relate to marital satisfaction on married couples' only using the Dyadic Adjustment Scale as one of the instruments.

Therefore, this study aims to determine the relationship between attachment insecurities and marital satisfaction among married couples. Furthermore, this study is performed to benefit community institutions, students, researchers and add further knowledge and insight in this research field. For community institutions, it is hoped that by conducting this research, the management will be further aware of the influences associated with attachment insecurities on marital satisfaction in their respective communities. Indeed, it is important for management of these community centres understand the primary factors of attachment insecurities that might influence marital satisfaction. Furthermore, the results of this research will serve as a resource of reference and guideline for community institutions and counsellors to help their communities to overcome the causes related to attachment insecurities. It is hoped that by helping to prevent and overcome these problems that the communities at large, will benefit from increased marital satisfaction and quality of life.

2. Literature Review

2.1 Attachment Theory

Attachment theory centres on one particular type of social relationship, which is the attachment to a caregiver. There is a tendency to extend the use of the word 'attachment' to other relationships. Therefore, it is important in the context of this study to specify precisely the meaning and application of the term used in this study (6). Bowbly (6) reported that most, attachment-caregiver relationships are like partner roles which do not change. But sometimes, the role is not inevitable. For example, in a marriage, the changes that occur regarding the role are probably normal and positive as with the changes that occur when a son or daughter becomes older and cares for one or both elderly parents. According to Hazan and Shaver (7), attachment theory explains the development and dynamics afforded to social experiences. Social experiences can produce different relationship styles and resultant healthiness forms of love. As stated by Hazan and Shaver (7) in "Romantic Love Conceptualised as an Attachment Process", where it is suggested that romantic love is a process of becoming attached. But, experience often indicates that attachment may happen differently given individuals differ based on their experiences. To create a coherent framework for understanding love, loneliness, and grief at various points in the life cycle, attachment theory has several advantages over existing approaches to love.

Intimate attachment means that when an individual is near to or close to another individual their life often revolves around the other person's life, not only as an infant, toddler or during schooling but throughout their adolescence and during years of maturity and old age. Through these intimate attachments, a person draws their strength, happiness with life, and contribution through sharing their strength and enjoyment with others (8). As reported by Hazan and Shaver (7) there are three major styles of attachment that occur to an infant: secure (i.e. feeling secure), avoidant, and anxious/ambivalent. Indeed, the disturbed patterns of attachment behaviour can be present at any age due to the development and follow a deviant pathway. One of the disturbances that appear always to occur is the over-ready elicitation of attachment behaviour, resulting in anxious attachment (8). In this case, the anxious or ambivalent respondents remember a mixture of positive and negative experiences with their mothers (7). Hazan and Shaver (7) stated that avoidant respondents would often describe that their mothers were often cold and rejecting.

2.2 Marital Satisfaction

Marital satisfaction is often viewed as an individual's interpretation of the overall quality of the marriage or the person's happiness with the marriage (9). According to Spanier and Lewis (10), marital satisfaction is based on three interaction processes; consensus, cohesion, and affectional expression. Consensus refers to an agreement on financial matters, ways of dealing with parents and in-laws, recreation, religious issues, friendships, appropriate behaviour, the philosophy of life, the agreement on time spent together, decision making, division of household labour, leisure activities and career decisions. Cohesion, on the other hand, refers to the degree in which individuals feel connected to or separate from the marital relationship system. The affectional expression relates to demonstrations of love and sexual relations. Marital satisfaction interpreted by spouses is keeping track of costs and benefits, based on their life history. This is the reason why the sociocultural context is one of the principal factors in interpersonal relationships, acting as a force of ecological adaptability for individuals, especially in more intimate relationships (11).

2.3 Attachment Insecurities and Marital Satisfaction

Romantic partners' attachment styles are in general, substantially correlated. Therefore, it is not obvious to what extent the cross-correlations between one partner's attachment style and relationship quality are reflected directly or indirectly and mediated by the similarity of their partner's attachment style (12). Notwithstanding, love, jealousy, attachment and the observation of relationship satisfaction itself are examples of marital satisfaction which are considered essential for the maintenance of marriage (11). According to Feeney (13), insecure attachment is associated with less frequent and intense positive emotions and with more frequent and intense negative emotions, and whether the partner has similar styles of attachment and gender type. Also, emotional control was added to the estimation of marital satisfaction. Furthermore, if the spouses were in a stable situation (i.e. relationship) but with an unhappy marriage, this resulted in much lower levels of marital satisfaction, whereas divorced spouses showed relatively high levels of depressive symptoms initially, and gradually getting worse over time. Therefore, the results suggest that spouses who are at risk of stable, unhappy marriages can be identified early, thereby benefiting from interventions that may help to increase the security of the spouse's attachment to each other (15). According to the study by Korosh Muhammadi (14), the early relationship within the family environment supports a certain attachment style which is avoidant insecure and ambivalent insecure which may affect the couple's interpersonal relationships in adulthood. Also, the results demonstrate that the effect of attachment styles on interpersonal relationships was found to be higher than that of lifestyle. Further, Korosh Muhammadi (14) also referred to the importance of early relationships formed during childhood having a lasting effect on relationships, friendships, the selection of a mate, and marital satisfaction. One of the hypotheses suggested in this research is based on the influence of attachment styles on relationship variables, such that trust affects regulation, and it was predicted that spouses feeling secure would report higher levels of marital satisfaction than either the avoidant or ambivalent spouses. However, the results obtained were found to differ and instead to indicate that there were no differences in marital satisfaction

found among the attachment types for either the husbands or the wives (16).

3. Methodology

3.1 Research Design

The independent variables in this study are attachment insecurities, consisting of attachment avoidant and attachment anxiety. While the dependent variables applied in this study are marital satisfaction, comprising of four variables; dyadic cohesion, dyadic satisfaction, dyadic consensus and affectional expression. Also, correlation research design will be utilised to determine the relationships between attachment insecurities and marital satisfaction. The adopted method in this research is the quantitative research method.

3.2 Participants

The selected population and sample size consist of married couples living in Kampung Parit Bugis, which has a current population of 480 people. The table for "Determining Sample Size of a Known Population", the population sample size of 214 is recommended. A total number of 70 respondents consisting of 58 females and 12 males completed the survey. A questionnaire will be used to distribute to married couples to investigate the influence of attachment insecurities and marital satisfaction as described in the following section.

3.3 Instruments

3.3.1. Experience in Close Relationship (ECR)

The survey instrument used in this study was adapted from the instrument developed. The instrument, in the form of two questionnaires, consists of four distinct types of variables used to measures attachment avoidant, attachment anxiety, preoccupied and secure. The instrument (consisting of two questionnaires) includes of 36 questions and 10 reversed items. Eighteen items represented as odd numbers will be used to measure attachment avoidant, while the other 18 items, (even numbered) will measure attachment anxiety. The scale used in this instrument is the Likert Scale consisting of seven scales numbered from 0 to 7, representing; (0) 'disagree strongly', (4) 'resemble neutral/mixed', and (7) 'agree strongly'. That the ECR had a high level of internal consistency in a sample of undergraduate students, with coefficient alphas of 0.91 and 0.94 for the anxiety and avoidance subscales, respectively as cited by (17).

3.3.2. Dyadic Adjustment Scale (DAS)

The instrument was designed by Spanier (18). The reliability of DAS is 0.96, and the validity is 0.86. In this instrument, there are four types of variables which are dyadic consensus, dyadic satisfaction, dyadic cohesion and affectional expression. Thirty-two items will be used to measure all subscales. For DAS, the questions are numbered from one until 15, and the respondent must select only one answer between the six scales which are: 'agreed', 'almost always agree', 'occasionally disagree', 'frequently disagree', 'almost always disagree', and 'always disagree'. The questions numbered starting from 16 to 22, use seven scales which are: 'most of the time', 'often', 'occasionally', 'rarely', and 'never'. For item numbers 23 and 24, the respondent must select by using a 'tick' and can only select one answer based on the response format which is: 'every day', 'almost every day', 'occasionally', 'rarely', and 'never'. For the questions numbered 25 to 28, there are six possible answers which are: 'never', 'less than once a month', 'once or twice a month', 'once or twice a week', 'once a day' or 'more often'. The numbered items 29 and 30 must be answered as either 'yes' or 'no'. For the questions numbered 31 and 32, the answers are given in the form of statements, where the respondent must select one answer only that represents their feelings.

3.3.3. Validity and Reliability of the Instruments

Two expert panels back translated both survey instruments. The two panels also reviewed the translated versions and for their conceptual and content equivalent. The validity of the instruments was confirmed using 'concurrent validity'. The final version of each questionnaire was then piloted and distributed to 26 married couples in Kulai and Gelang Patah, Johor. Both instruments have been shown to have high levels of internal consistency and validity, with constructive validity and internal consistency being 9.0 for ECR and 9.0 for DAS, and the test-retest reliability being 0.75 for ECR Avoidance, 0.77 for ECR Anxiety and 0.49 for DAS.

The results for the reliability for the pilot study are shown in Table 1 below:

Table 1: The Result of Reliability for the Pilot Study

Scale	**Experiences in Close Relationship (ECR)**		**Dyadic Adjustment Scale (DAS)**
	Anxiety	Avoidant	Marital Satisfaction
No. of Items	18	18	32
Cronbach's alpha	.772	.749	.485

The questionnaire was tested for its reliability. From Table 2, the Cronbach's Alpha value for Avoidant scale is 0.73, and for anxiety, the scale is 0.60. The Cronbach's alpha value for the questionnaire to test the marital satisfaction is 0.70. This showed that the completed questionnaire to be used to measure the variable in the research had high reliability and could be used to measure the attachment insecurities and marital satisfaction.

The results of reliability are shown in the table below:

Table 2: The Result of Reliability for Real Study

Scale	**Experiences in Close Relationship (ECR)**		**Dyadic Adjustment Scale (DAS)**
	Anxiety	Avoidant	Marital Satisfaction
No. of Items	18	18	32
Cronbach's alpha	.734	.594	.691

3.4 Data Collection

Stratified random sampling was used in conducting the research. Indeed, stratified random sampling is used when the researcher needs to identify subgroups within the population. A stratified random sample is a population sample that requires the population to be divided into smaller groups, called 'strata'. Random samples can be taken from each stratum or group. This technique is beneficial for researchers because it ensures the presence of the subgroup within the sample. By using stratified sampling, the researcher can define subgroups in the sample population, with higher statistical precision. The questionnaire of attachment insecurities and marital satisfaction is distributed among 214 individually married people. Each of the respondents is required to choose one answer for each question based on the scale given. Most of the participants are expected to answer and return the questionnaire on the spot. However, respondents will also be approached moving from house to house to make it easier for the researcher to introduce and explain the aim of the research and questionnaires to the respondent.

3.5 Data Analysis

Pearson correlation coefficient is used to examine the relation between two or more quantitative or numerical variables. The closer the 'r' values are towards 1, the stronger the relationship between the variables.

4. Result and Findings

4.1 The descriptive statistics for all variables are shown in the table below:

Table 3: Descriptive Statistics for All Variables

Variable	N	Mean	Std. Deviation
ECR_Anxiety	70	79.0	15.7
ECR_Avoidant	70	54.5	11.6
Dyadic_Consensus	70	25.9	7.9
Dyadic_Satisfaction	70	39.4	5.6
Dyadic_Cohesion	70	20.8	4.2
Dyadic Effectional_Expression	70	7.4	1.8

4.1 Respondent Background

The background of each respondent was divided into four demographic variables of gender, age, status and monthly income. The total number of 70 respondents consisting of 58 females and 12 males participated in the survey with ages ranged between 20 years old to 60 years old (Table 4). Also, 68 respondents were currently married, and 2 respondents were divorced. For monthly income, 37 respondents received below RM 1,000, 15 respondents received a monthly income of around RM 1,001 to RM 2,000, and 8 respondents out of 70 respondents received RM 2,001 to RM 3,000. Only 3 respondents received a monthly income of around RM 3,001 to RM 4,000, and 7 respondents received more than RM 4,001 income each month.

Table 4: Descriptive Statistics for Age

	Minimum	Maximum	Mean	Std. Deviation
Age	20	60	43.2	9.53

4.2 Hypotheses Testing

The Pearson correlation coefficient is used to examine if there is a significant relationship of attachment avoidant on dyadic consensus, attachment avoidant on dyadic cohesion, attachment avoidant on dyadic satisfaction, attachment avoidant on affectional expression, attachment anxiety on dyadic consensus, attachment anxiety on dyadic cohesion, attachment anxiety on dyadic cohesion and attachment anxiety on affectional expression.

Table 5: Attachment Avoidant and Dyadic Consensus

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Avoidant	70	.22	.05

Hypothesis 1 stated that there is a significant relationship between attachment avoidant and dyadic consensus among married couples. The correlation method was used to examine this hypothesis. The result showed that there is a significant relationship between attachment avoidant and dyadic consensus (p = 0.05, r = 0.22) (Table 5). Therefore, the alternative hypothesis is accepted. Importantly, this finding is consistent with the previous research conducted by (14) reporting that a significant and negative relationship was predicted between insecure attachment styles (avoidant and ambivalent) and marital satisfaction among subjects. In explaining these findings, it could be suggested that individuals with insecure attachment styles (avoidant and ambivalent) are usually afraid of rejection and loneliness in their relationships.

Table 6: Attachment Avoidant and Dyadic Satisfaction

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Avoidant	70	.35**	.00

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

Hypothesis 2 stated that there is a significant relationship between attachment avoidant on the dyadic satisfaction among married couples. The correlation method was used to examine this hypothesis. The result showed that there is a significant relationship between attachment avoidant and dyadic satisfaction (p = 0.00, r = 0.35) (Table 6). Therefore, the alternative hypothesis is accepted. Importantly, this finding is also consistent with the previous research conducted by Robbins (22) reporting that attachment security did not directly predict relationship outcomes; however, it was indirectly related to outcomes through its association with relationship satisfaction.

Table 7: Attachment Avoidant and Dyadic Cohesion

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Avoidant	70	.28**	.02

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

Hypothesis 3 stated that there is a significant relationship between attachment avoidant on the dyadic cohesion among married couples. The correlation method was used to examine this hypothesis. The result showed that there is a significant relationship between attachment avoidant and dyadic cohesion (p = 0.02, r = 0.28) (Table 7). Therefore, the alternative hypothesis is accepted. Importantly, this finding is consistent with the previous research conducted by Marta et al. (19) reporting that marital satisfaction was positively associated with family cohesion and adaptability, and negatively associated with triangulation.

Table 8: Attachment Avoidant and Affectional Expression

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Avoidant	70	.27*	.03

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

Hypothesis 4 stated that there is a significant relationship between attachment avoidant on the affectional expression among married couples. The correlation method was used to examine this hypothesis. The result showed that there is a significant relationship between attachment anxiety and affectional expression (p = 0.03, r = 0.27) (Table 8). Therefore, the alternative hypothesis is accepted. Importantly, this finding is consistent with the previous research conducted by Bethany & Loren (20) reporting that avoidant individuals reported lower levels of marital satisfaction and sexual satisfaction. Also, the within-dyadic correlations (displayed along the diagonal) between marital satisfaction and sexual satisfaction were positive and significant, indicating that if one partner was satisfied with their marriage and satisfied with their sexual relationship, then the other partner was likewise satisfied.

Table 9: Attachment Anxiety and Dyadic Consensus

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Avoidant	70	-.04	.74

Hypothesis 5 stated that there is a significant relationship between attachment anxiety on the dyadic consensus among married couples. The correlation method was used to examine this hypothesis. The result showed that there is no significant relationship between attachment anxiety and dyadic consensus (p = 0.74, r = -0.04) (Table 9). Therefore, the alternative hypothesis is rejected. Importantly, this finding is consistent with the previous research conducted by Cai-Lian et al. (3) reporting that there is no significant difference between married and dating couples regarding dyadic consensus in a relationship. Moreover, it was also conclud-

ed that there is no significant difference between males and females regarding dyadic consensus in a relationship.

Table 10: Attachment Anxiety and Dyadic Satisfaction

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Anxiety	70	.26*	.03

*Correlation is significant at the 0.05 level (2-tailed).

Hypothesis 6 stated that there is a significant relationship between attachment anxiety on the dyadic satisfaction among married couples. The correlation method was used to examine this hypothesis. The result showed that there is a significant relationship between attachment anxiety and dyadic consensus (p = 0.03, r = 0.26) (Table 10). Therefore, the alternative hypothesis is accepted. Importantly, this finding is also consistent with the previous research conducted by Korosh Muhammadi (14) reporting that an anxious attachment style negatively and significantly predicted marital satisfaction.

Table 11: Attachment Anxiety and Dyadic Cohesion

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Anxiety	70	-.09	.46

Hypothesis 7 stated that there is a significant relationship between attachment anxieties on the dyadic cohesion among married couples. The correlation method was used to examine this hypothesis. The result showed that there is no significant relationship between attachment anxiety and dyadic cohesion (p = 0.46, r = -0.09) (Table 11). Therefore, the alternative hypothesis is rejected. Importantly, this finding is consistent with the previous research conducted by Marshall (21) stating that a positive association of an actor's anxiety with an actor's relationship quality emerged as significant but moderated by gender.

Table 12: Attachment Anxiety and Affectional Expression

Variable	N	Pearson Correlation, *r*	Significant Value, *p*
ECR_Anxiety	70	-.07	.55

Hypothesis 8 stated that there is a significant relationship between attachment anxiety on the affectional expression among married couples. The correlation method was used to examine this hypothesis. The result showed that there is no significant relationship between attachment anxiety and affectional expression (p = 0.55, r = -0.07) (Table 12). Therefore, the alternative hypothesis is rejected. Importantly, this finding is consistent with the previous research conducted by Korosh Muhammadi (14) reporting that individuals might feel anxious or distressed when experiencing intimacy. Further, they may be unresponsive or slightly sensitive in satisfying the other's needs, since insecure individuals prefer romantic relationships without love, and therefore, may experience conflicted sexual relationships.

5. Discussion & Conclusion

The research conducted in this study was from among Malay married couples living in the West Peninsular of Malaysia. Furthermore, the results and the findings of this research cannot be generalised to other married couples residing in other areas. In conducting the research, several issues arose that may be construed as an inherent limitation in the study, including; allocated time for the survey, poor cooperation from married respondents, especially the elderly, and the difficultness of the respondents to understand the questionnaires. The time allotted for the researcher to collect all questionnaires was not sufficient. The researcher found it challenging to determine the appropriate time to obtain each questionnaire from the respondents. For those respondents who collected the questionnaire and took it home to complete, this also took more time than anticipated for the respondents to complete the questionnaire, which in some cases even involved meetings with the client to help complete the questionnaire. Furthermore, another limitation may be considered due to some of the respondents refusing to spend the time to thoroughly understand the intention of the questions to correctly complete the questionnaire. This was more noticeable in the elderly married couples. Also, a further limitation could be regarding the aptitude of the respondents to understand the questions and what was required. Some of the respondents could not understand nor comprehend the questions very well due to their inability to understand the meaning and intended purpose of the questionnaire. Indeed, it was difficult for the researcher to explain at their homes given the time constraints and availability of the respondents to meet and discuss. While these situations could not be controlled, the researcher also does not have the authority to entice or pressure the respondents to answer the questionnaires.

For future studies and to improve the overall process, researchers could conduct a similar study of married couples in another village thereby expanding the sample population demographics, and to compare the finding between the two or more population groups in different locations, but of course, allowing for sufficient time to complete the work. A further consideration would be to increase the population size in the overall study to obtain more meaningful, valid, and detailed data and the analysis could be extended to include a qualitative research method. The counsellor could also gain value from this research work in delivering services to the community and in counselling sessions for married couples and groups. The counsellor could enhance their present approach for couples considered with low marital satisfaction. Also, the counsellor could help married couples a practical understanding of attachment within which could assist in resolving individual conflicts. Other than that, the counsellor could also help married couples during counselling sessions by adopting different approaches based on different attachment styles of individuals. Indeed, this could include individual or personalised counselling sessions, group counselling sessions and family counselling sessions as well. Furthermore, the counsellor will benefit from understanding multicultural differences of married couples to help attain better attachment, relationships and above all, improve marital satisfaction. Importantly, this study will benefit community institutions, students, and other researchers in this field. In community institutions, the researchers responsible for this study hope that through this research, management will be aware of the present conditions and influences brought about through attachment insecurities on marital satisfaction issues. Importantly, those responsible for community institutions in the provision of healthcare and community services must understand the primary factors that could cause attachment insecurities that could influence marital satisfaction. Furthermore, the results from this study could help in formulating guidelines and awareness programs to assist in overcoming many of these issues described in this study.

This study demonstrates that there is a significant relationship between attachment insecurities and marital satisfaction. This is supported by the literature research and survey of the selected population and sample size of married couples living in West Peninsular of Malaysia. Through the research process, the researcher additionally collected vast knowledge and understanding of the issues relating to attachment insecurities and marital satisfaction of married couples. Further discussion about attachment avoidant, attachment anxiety, dyadic consensus, dyadic satisfaction, dyadic cohesion and affectional expression regarding the meaning and relationships of each was presented. In performing the study, there were several issues regarding the cooperation of respondents and time constraints which could be considered as limitations in the research. Also, future studies should increase the sample size to obtain more valid data applying the qualitative research method in gathering a broader range of comparative data and details. The work and findings from this study will assist married couples and counsellors in understanding attachment patterns and styles and their knowledge and awareness of the issues, to help increase their

marital satisfaction in the future. Lastly, the finding of this research will also aid counsellors' in their existing programs for married couples, groups and communities related to attachment insecurities and marital satisfaction.

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