ROLE OF ADULT ATTACHMENT, CONFLICT RESOLUTION, COMMUNICATION COMPETENCE AND SOCIAL SUPPORT IN MARITAL SATISFACTION AMONG COUPLES

BY

NAZIA IQBAL

Dr. Muhammad Ajmal
NATIONAL INSTITUTE OF PSYCHOLOGY
Center of Excellence
Quaid-i-Azam University, Islamabad

2013

ROLE OF ADULT ATTACHMENT, CONFLICT RESOLUTION, COMMUNICATION COMPETENCE AND SOCIAL SUPPORT IN MARITAL SATISFACTION AMONG COUPLES

BY

NAZIA IQBAL

A dissertation submitted to the

Dr. Muhammad Ajmal
NATIONAL INSTITUTE OF PSYCHOLOGY
Centre of Excellence
Quaid-i-Azam University, Islamabad

In partial fulfillment of the requirements for the degree of

DOCTOR OF PHILOSOPHY
IN
PSYCHOLOGY

2013

Foreign Evaluator

Professor Dr. Amy Eshleman

Professor of Psychology

Wagner College, Staten Island,

New York, USA

Professor Dr. Thomas Holtgraves

Department of Psychological Sciences,

Ball State University, Munice,

Indiana, USA

Professor Dr. Jim Cameron

Department of Psychology,

Saint Mary`s University, Hilifex,

Nova Scotia, Canada

ROLE OF ADULT ATTACHMENT, CONFLICT RESOLUTION, COMMUNICATION COMPETENCE AND SOCIAL SUPPORT IN MARITAL SATISFACTION AMONG COUPLES

By

NAZIA IQBAL

Approved by

_____

(Prof. Dr. Anila Kamal)
Supervisor

External Examiners

_____	_____
(Dr. Seema Pervez)	**(Dr. Tanvir Akhtar)**
External Examiner	**External Examiner**

_____

(Prof. Dr. Anila Kamal)
Director, NIP

CERTIFICATE

It is certified that Ph.D. dissertation titled "**Role of adult attachment, conflict resolution, communication competence and social support in marital satisfaction among couples**" prepared by **Ms. Nazia Iqbal** has been approved for submission to Quaid-i-Azam University, Islamabad.

Professor Dr. Anila Kamal

Supervisor

ROLE OF ADULT ATTACHMENT, CONFLICT RESOLUTION, COMMUNICATION COMPETENCE AND SOCIAL SUPPORT IN MARITAL SATISFACTION AMONG COUPLES

Dedicated to

MY SWEET
FAMILY
MY MOTHER, HUSBAND
&
CHILDREN

A great marriage is not when the 'perfect couple' comes together. It is when an imperfect couple learns to enjoy their differences.

'Dave Meurer'

"Daze of our wives"

CONTENTS

LIST OF TABLES

LIST OF FIGURES

LIST OF APPENDICES

ACKNOWLEDGEMENTS

All the praise belongs to Allah who is the most Beneficent and Merciful, Who gave me the strength and courage, to complete this piece of work.

First of all, I owe my deepest gratitude to my supervisor *Professor Dr. Anila Kamal,* under whose able guidance and sincere supervision I completed my Ph.D. research work. She remains a wonderful mentor and I have learned so much from her over the years. She always was available and patient, even when short of time or energy due to her commitments. I will always appreciate her gentle guidance and invaluable input through the course of my study.

I am thankful to *Dr. David Olson, Dr. Russell and Dr. Fraley* for providing me the instruments and permission for translations and to answer all my queries regarding instrumentation.

I would like to appreciate the *Higher Education Commission* (HEC) Pakistan for providing me six months scholarship and opportunity to Study at University of Zurich, Switzerland during my Ph.D. I gratefully acknowledge, *Professor Dr. Guy Bodenmann* for his invitation, supervision and support during my stay in Switzerland at University of Zurich. I also acknowledge: *Dr. Peter Hilpert* who patiently taught me how to think critically as a researcher and helping me in penning down my thoughts, *Dr. Fridtjof Nussbeck*, for improving my data analysis, *Dr. Ranier Banse* from University of Bonn, Germany for cross-cultural insight, and Dr. *Thomas N. Bradbury* from UCLA for his guidance on model testing.

Finally, I pay thanks to all other Zurich University lab fellows especially *Anna, Alice, Iren, Maria, Martina, Mirjam, Janine, Paromita, and Dr. Afzal* for making my stay in Zurich a memorable one.

I would like to acknowledge my senior teachers *Dr.Mah Nazir Raiz, Dr.Anis ul Haq, Dr. Nighat, Dr. Pervez, Dr. Seema, Dr. Tanveer and Dr. Iffat S. Dar* for their affection and support throughout my career. I also thank all faculty members of NIP, especially those who have contributed in my research work one way or the other. First of all, Ms. *Shista,* for providing me pick and drop and precious ideas; then, Ms. *Nelofer,* Ms.*Irum,* Ms. *Humaira, Mr. Usman, Dr.Rubina* and *Dr. Sadaf* for providing me critique and suggestions for improving the dissertation.

I am also thankful to our library and computer lab staff especially to *Mr. Qayoom,* for assisting me in getting access to the relevant material I needed during my research work. Special thanks to all my Ph.D. class fellows and friends like *Remona, Dr. Samia, Dr.Tamkeen, Aysha, Asia, Shahid, Saima, Sadia*, Sumbal, Saeeda for their constant support and a very special thanks to *Adnan* for his countless support and help. I also thank *Dr. Adila and Ms.Farah for* their motivation and support throughout my educational career.

I cannot possibly forget my fellows at IIUI, first of all, *Dr. Seema Gul* a wonderful support and mentor in every aspect of my life. From her I have learned how to recognize and access my strengths, how to chase down my dreams and I have grown a lot under her guidance. A friend and collogue *Dr. Uzma* who provided penetrating and insightful support that gave me hope to move forward in the journey and her husband Masroor bahi for his guidance. I also thank *Ms.Bushra* and *Ms.Mussrat* for spending, a lot of cheerful as well as stressful time with me. My dear colleagues' Dr. Tahir, Dr. *Maimoona, Ms. Rabia, Ms.Maryam, Ms.Ghazala, Ms.Samina, Ms.Uzma, Ms. Tanveer* and *Dr.Kehkasan* deserve to be commended for believing in me, and in turn, allowing me to believe in myself. I am also thankful to

ABSTRACT

The present research was carried out to explore the adult attachment and its association on the marital satisfaction among couples in Pakistan. The main objective of the current study was to find out the relationship of adult attachment for marital satisfaction among couples and also to find out the relationship of husbands` attachment dimensions on the wives' marital satisfaction and impact of wives' attachment dimensions on the husband marital satisfaction. Present research further explored three factors i.e. conflict resolution, social support, and communication competence and their role as mediating variables between attachment and marital satisfaction.

The research comprised three studies. Study I deals with translation and determination of psychometric properties of Experiences in Close Relationships-Revised questionnaire (Fraley, Waller, & Brennan, 2000); Enrich Couple Scales (Olson, 1996); and Social Provision Scale (Cutrona & Russell, 1987). Part I of study-I deals with ttranslation, adaptation, and cross language validation of the instrument. Part II deals with pretesting Instruments on a small sample and also determines the construct validity like Confirmatory Factor Analysis (CFA). Initially the researcher translated the scale into Urdu language and then carries out pre-testing on a small sample of 48 married individuals. The results of pretesting indicated that all the three instruments were showing satisfactory reliabilities indices. Afterwards the translated instruments were ready for Confirmatory Factor Analysis (CFA) on a sample of 300 married individuals. As results of CFA reduced final instruments were administered to a sample of 96 married couples (192 individuals) to verify the psychometric

properties and testing the preliminary hypothesis in pilot study. Correlation coefficients were computed as indices to verify the magnitude and direction among various variables. Finally main study was conducted with N=350 (175 couples) on diverse groups on the basis of age, education, income, family system, length of relationship and number of children. There are three mediating variables, such as, conflict resolution, social support, and communication competence which are hypothesized to mediate the relationship between adult attachment and marital satisfaction. Consistent with hypothesis the research shows that three separate models were drawn to check the path analysis in AMOS software and these models are based upon Actor Partner Interdependence Model (APIM) and it is found that conflict resolution is contributing as a mediating variable between attachment and marital satisfaction. For example anxious female is affecting her own conflict resolution as compared to avoidant female who aeffects the partners` marital satisfaction. Communication competence of both partners is fully mediating the relationship between avoidance and marital satisfaction. Similarly, social support is fully mediating the relationship between both partners` avoidance and their marital satisfaction. Finally, it was concluded that couples with anxious and avoidant attachment reported less marital satisfaction and there is a significant role of conflict resolution, communication competence and social support in strengthening the marital satisfaction. In the end, the findings are discussed in light of Pakistani cultural context and its implications in the Pakistani society.

INTRODUCTION

Chapter I

INTRODUCTION

Attachment is an important phenomenon in interpersonal interaction. The first attachment bond is a unique emotional relationship between a child and his or her primary caregiver, mostly mothers. With the passage of time when child grows up, this bond may transfer from mother or primary caregiver to other significant people present around child (Bowlby, 1980). The attachment between two adults is called adult attachment, which is a reciprocal process and manifested between two adults. It influences different relationships amongst adults especially the marital relations: for example, if a person is having a secure attachment bond with the partner, he or she, most of the time will spend happy and satisfied married life.

Marital satisfaction is an overall satisfaction of a person's marital life. Some underlying aspects influence the martial relationship and influence marital satisfaction. Mostly researched personality variables for marital satisfaction (Barelds, 2005) are religiosity (Ahmadi & Abadi, 2009) and spouse's information of happiness inside the marriage. Secondly, interpersonal qualities (Sokolski & Hendrick, 1999), like conflict patterns (Caughlin & Vangelisti, 1999), intimacy (Plechaty et al., 1996), communication (Smith, Heaven, & Ciarrochi, 2008; Plechaty et al., 1996), and environmental factors such as employment, finances, illness, and a couple's support system (Sokolski & Hendrick, 1999) have been researched. According to Russell-Chapin, Chapin, and Sattler (2001), high levels of marital suffering, couples spending very less or no time with each other and problems related to the lack of communication are predicting variables for marital dissatisfaction.

The above-mentioned personality and social factors have already been recognized however, it is imperative to find those factors, which efficiently contribute towards marital happiness. A review of literature on marital satisfaction reveals that conflict resolution and communication competence along with social support were the most cited variables that correlate with marital satisfaction; however, personality variable such as adult attachment was also linked to marital satisfaction in some studies.

In particular, researchers have inspected how couples engage in and attempt to resolve conflict (Gottman & Krokoff, 1989). According to Collins, (1996) attachment theory provides researchers with the outline to better understand the process of individual differences on perception and reaction to conflicts. Likewise, secure attachment is also linked to social support, better communication, problem solving, and dyadic coping in dating and marital relationships (Bodenmann, 1997; Carnelley, Pietromonaco, & Jaffe, 1996; Fuller & Fincham, 1995; Kirkpatrick & Davis, 1994; Kirkpatrick & Hazan, 1994; Kobak & Hazan, 1991).

When there is a connection between two spouses, there are some significant figures present around a couple, these figures are the source of social support and create a social network around them. An effective support network comprises strong family and friends that help the individual to work in the course of major or minor life stressors. An under developed negatively reinforcing social network cannot handle the pressure of individual who is looking for support.

This social support is the foundation of information guiding the individual to consider that he or she is concerned for, loved, and belonging to an association of contact and mutual responsibility. According to Coyne and Delongis (1986), social

support is a widely researched area in psychology. If a person feels that he or she is having positive and enough social support available at times, it may enhance his or her contentment and satisfaction towards life. Support from other sources balance the deficiency of support from a spouse. Therefore, support from spouse aids relationship functioning when individuals are facing difficulties in their lives.

In USA, the divorce rate remain high with more than half of marriages ending in separation and divorce in the initial 10 years (Bramlett & Mosher, 2002). Contrary to this, the institution of marriage is very different in Pakistani society with factors like family system i.e. living with close relatives, different social expectations from the male and female, family income, religious practices, number of children, and socio-economic status contributing in maintaining or destroying marital relationship. Keeping in mind the conditions of Pakistan the researcher is interested in exploring the Pakistani couples, belonging to urban areas, for factors contributing in marital satisfaction like attachment, social support, conflict resolution, communication competence and some prominent demographics affecting their relationship. Absence of literature regarding these mentioned variables in Pakistani culture highlighted the need to explore this area. Therefore, the research was aimed to study the predicative relationship of attachment towards marital satisfaction along with social support, conflict resolution, and communication as mediating variables, among married Pakistani couples. Furthermore, this research was also aimed at testing the proposed model of relationship of these variables amongst Pakistani couples. Subsequently in this chapter, each variable of the study is discussed in detail along with relevant literature findings.

Theoretical Perceptive of Attachment

Attachment ascribes as the disposition to sustain proximity or closeness to a particular emotionally significant from whom we receive shelter and a sense of security (Bowlby, 1982). According to Bowlby`s attachment theory, it refers to a bond or knot connecting an individual and an attachment stature. Such bonds work on the principal of give-and-take and reciprocated between two adults; conversely, bonds as perceived by children in the direction of a parental or care giving figure, such connections are likely to be unsymmetrical as it is one sided throughout early years of child growth. As suggested by Bowlby (1980) that, in childhood there is a need to be safeguarded and there is an instinctive need to be attached with the significant other especially with mother for attaining protection, survival and genetic duplication.

Bowlby, (1982) further concluded that, Attachment Theory is not proposed as account of human relationships, nor it is identical to love and care. In a relationship, the Childs' bond with the significant other is called "attachment" and the caregiver's mutual connection is designated as the "care-giving bond".

Moreover, attachment theory postulates that child early connections with an early caregiver turn into internalized mental models, which is called internal working models, which offer assistance to their social behavior and their social expectations over a lifetime (Bowlby, 1982). There are two major models proposed by the attachment theory, a secure working model is exemplified by a fundamental sense of belief that others will be trustworthy and accessible to us, mainly during times of tension. And on the other hand, insecure working models may be depicted as anxious' or avoidant (Brennan, Clark, & Shaver, 1998; Fraley & Waller, 1998). Anxiousness is

followed by a strong need for closeness joined with a apprehension of rejection, while avoidance trails uneasiness with proximity due to the anticipation that others will be negligent or interfering (Brennan, Clark, & Shaver,1998).

Bowlby (1977) concluded, "Attachment behavior is held to characterize human beings from cradle to grave and that attachment behaviors continue to be manifested throughout life, especially when distressed" (p.201).

Attachment and its early roots. According to Weiss (1982), the affectionate bond between the child and the adult shows some distinctiveness. First, when the shielding range of the attachment figure does not surround the child, the child will struggle to lessen distress by moving toward the attachment figure. Next, when there is no attachment behaviors even in the presence of the attachment figure a substitute, the child becomes busy in investigative behaviors. Finally, if the child again perceives unavailability of the attachment figure and if the separation lengthens, the child develops despair and detachment.

Ainsworth`s contribution to attachment theory. Based upon Bowlby's theory, Ainsworth, Blehar, Waters, and Wall (1978) established that there is a universal similarity among children living in different atmospheres, which is causing different personality differentiation. They established a laboratory based pioneering and groundbreaking experiment with children called "The Strange Situation Experiment". In their experiments, they divided the children and their mothers in to different mother-child dyads and put them in different situations. In one condition, children come across new toys, an unknown adult experimenter, and a short-term separation from mothers. Because of these experiments, there was diversity between

three major kinds of mother-child dyads i.e., secure, anxious-ambivalent, and avoidant. First, child form secure dyads sustained their exploration activities yet the mother was provisionally out of sight and then search for closeness when mother came back. On the other hand another type of child category, called anxious-ambivalent dyads which demonstrated a lesser amount of probing and searching activities, and were not easily calmed on their mother`s arrival. Lastly, children from avoidant dyads sustained investigation in the absence of mothers and when their mother came back, they avoided her (Ainsworth, Blehar, Waters, & Wall, 1978).

Moving forward, there is an important question, whether the emotional bond in adults is similar to that one explained above in childhood. Attachment theorists try to assume that there are no significant differences between these two (Ainsworth, 1985, 1989; Weiss, 1982). In the next portion, the researcher has discussed about some issues regarding the extension of adult attachment theory to adults.

Extension of attachment theory towards adults. Attachment theory has been expanded to apply to adolescent and adult loving relationships (Feeney, 1999; Shaver & Clark, 1994). Viewed from an attachment perspective, romantic love is a complex process involving at least three of the behavioral systems discussed by Bowlby: attachment, care giving, and sex (Shaver, Hazan, & Bradshaw, 1988; Shaver, Morgan, & Wu, 1996). Romantic partners often serve as each other's caregivers and primary attachment figures, exchanging these complementary roles when conditions require it. They also serve as each other's sexual partners, and in fact are likely to have become attached while acting on sexual attraction.

It is considered that the attachment styles are generally stable across life span and a change in these takes place by a number of reasons. One study stated that

attachment style remains stable over a two years time in approximately 70% of the individuals (Davila, Burge, & Hammen, 1997). Bowlby (1980) explained that the internal working model is inclined to be constant because it was developed in the very beginning of life and working in a particular family environment. Additionally, the internal working model with the passage of time becomes persistent within someone's personality. Internal working models are the specialty of a person and are going to define someone`s mutual relationships.

As explained earlier, Ainsworth et al. (1978) divided the individuals into three categories, which describe three attachment styles: first, secure person analyzes the attachment figure as a secure base. Subsequently, second kind of attachment is when avoidant human being avoids attachment figures because; he or she distinguishes the attachment figure as unreliable, when they are in a stressful situation. A third kind of attachment is when anxious/ambivalent personality has a vague and inconsistence relationship with the attachment figure, need contact but also fears that the needed person may not be available.

There was a four-category model presented by Bartholomew and Horowitz (1991) whom implicit four different categories of adult attachment patterns based on an individual's level of avoidance and anxiety. Attachment, as defined by them is a two-dimensional model, which gives, clarification about the view of a person about self and others. The *self-model* is the depiction of one self and is associated with the level of anxiety and dependence, which comes across in close relationships. This model is allied with an individual's capability to define internal base and external base. Afterwards, the *others-model* is the representation of others as others are supposed to be persistent and trustworthy then insensitive and unavailable.

Based upon the two kinds of working models, the self-model, and others model, adults divide into four kinds of categories called styles of attachments.

1. *Secure attachment style* refers to a sense of worth and a perception for others to be generally receptive and tolerant. Secure persons explained low anxiety and low avoidance, which is an indication of ease with intimacy and independence and on the whole, relationship satisfaction than insecure people (as cited in Steuber, 2005). Thus, secure attachment is the type of interpersonal relationship in which the subject has a positive view of self as well as positive view of others. Securely attached person demonstrates close emotional intimacy, trust and reciprocal dependence within a relationship.

2. *Fearful attachment* style is a type of interpersonal relationship that is characterized by negative view of self as well as negative view of others. It is accounted for high anxiety and high avoidance. Fearful personalities have a feeling that by keeping away from significant others they are confined from refusal of the intimate figures.

3. *Preoccupied attachment* style is a kind of interpersonal relationship that is characterized by a positive view of others along with a negative view of self. These persons state low avoidance and high anxiety in their relationships and view themselves as being contemptible of love. These individuals` whole perception of self worth is based upon other people acceptance or rejection.

4. *Dismissing attachment* style is a type of association that is illustrated by a positive view of self and a negative view of others. These individuals have high avoidance and low anxiety in mature relationships.

    These persons are indulged in self-love and with negative opinion of others' honesty and receptiveness. They try to avoid close relationships and shield

themselves against displeasure by maintaining distance from others; they show a sense of independence with invulnerability.

The last three styles stated above are collectively called insecure styles of attachment.

Following this further, Brennan, Clark, and Shaver (1998) collected different statements (e.g., "I believe that others will be there for me when I need them") and studied the way these statements "hang together" statistically.
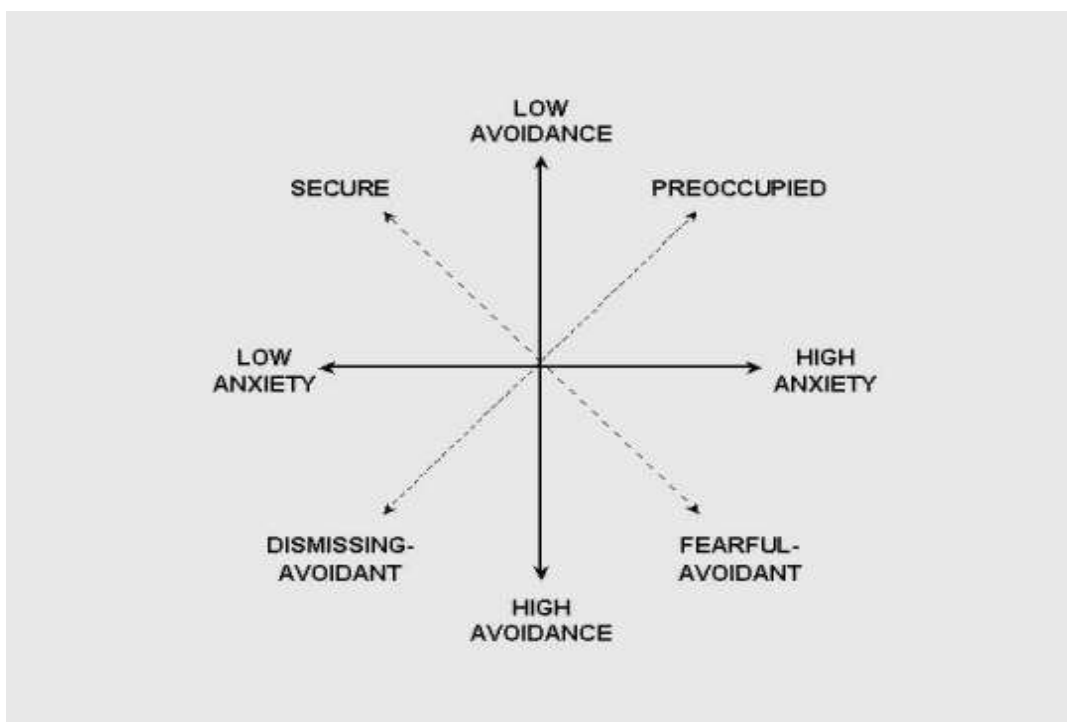
Figure 1. The two-dimensional model of individual differences in adult attachment (Brennan, Clark, & Shaver, 1998)

Brennan, Clark, and Shavers` (1998) findings suggest that there are two essential dimensions with respect to adult attachment. 482 attachment items from previous studies, reduced to the number of 323 by leaving out needless items, and factor-analyzed the 60 subscales resulting from the pool of 323 attachment items.

Finally, the factor analysis technique created two autonomous factors they called the first factor as, avoidance and second as, anxiety, equivalent to the representation of Ainsworth, Blehar, Water, and Walls (1978).

The above mentioned model presents the concept that the attachment dimensions of avoidance and anxiety put forward a more precise description of the way individuals vary in thoughts, feelings, and behaviors in close relationships than categorical models. First variable is called attachment-related anxiety. Individuals whose score is high on that dimension be inclined to concern whether their partner is present, approachable, and considerate. Conversely, individuals whose score is lower on this dimension are more secure in the perceived receptiveness of their partners. The second variable is named attachment-related avoidance. Individuals whose scores are high on this dimension desire not to depend on others. People on the low end of this variable are more relaxed being close with others and are more secure in relying on others and accept others dependence upon them. It is also established that those who reveal a secure attachment style have more chances to describe trust in partners, higher levels of interdependence and commitment (Simpson, 1990).

Attachment theorists (Bowlby, 1980; Ainsworth, 1978) commonly focus on the quality and worth of attachment interaction rather than the strength and power of these bonds. They argue that attachment is an all-or-nothing process; infants are not "more" or "less" attached to someone. Rather, some infants are more secure, and some are more avoidant or anxious in their attachments than others. Therefore, individual differences in attachment have been analyzed in terms of styles or dimensions, then strength of attachment. When the dimensions underlying the styles are assessed (Ainsworth et al., 1978), the styles are viewed as regions in a two-dimensional space,

and it becomes clear that a person can move from one "type" to another by changing positions, sometimes only slightly, on one of the dimensions.

There are certain acts that maintain the attachment styles based upon beliefs about self and others (Cassidy & Shaver, 1999). Brennan and Shaver (1995) found that attachment variables predicted commitment to romantic relationships better than the NEO-PI by Costa and McCrae (1992), although NEO-PI questionnaire assesses several traits, including Neuroticism, Extraversion, and Openness to Experience etc. Whereas, attachment dimensions (avoidance and anxiety) appeared to be the best predictor of commitment to romantic relationships, with greater avoidance predicting less commitment.

It was established that those who were classified as secure, continued with productive problem-solving communication, on the other hand those who came under the category of not as much of secure or as insecurely attached were poor in dealing with difficult situations (Kobak & Hazan, 1991). In addition, an insecure attachment may persuade the growth of aggressive behavioral personality (Simons, Paternite, & Shore, 2001). Similarly, anxious attachments have implications for the development of the child's self-esteem and interpersonal relationships (Collins & Read, 1990).

Cognitive, emotional, and behavioral responses expressed in close relationships are influenced by an individual's internal working model of self and others (Mikulincer, Shaver, & Pereg, 2003). It is possible that the changes in attachment styles occur due to the development of a new relationship, loss of an attachment figure in childhood or changes within the individual due to stress or depression.

Gender differences in adult attachment. There are many researches focusing on gender diversity in adult attachment. It was generally noted that there was no reliable gender differences on adult attachment that was calculated by self-reported questionnaires (Feeney, 2002; Hazan & Shaver, 1987).

Hazan and Shaver (1987) conducted an empirical study in which they found no gender differences in attachment styles by using three category models. Afterwards, following the Bartholomew and Horowitz (1991) model of adult attachment, boys were more likely to show dismissing style than girls.

More specifically, in a study by Bartholomew and Horowitz (1991), the results pointed out that female participants came up with preoccupied attachment; on the other hand, male persons were high on avoidant attachment. According to Ainsworth et al., (1978) there was no possible cultural differences on attachment styles, so, it was concluded that there is a trend towards cultural universality with attachment. Few researches like the one by Van IJzendoorn and Sagi, (1999) evaluated the percentage of children classified into three attachment groups in different cultures and recognized that secure children were larger in number than insecure ones.

Gender difference may account for male`s tendency to show more of the dismissing and less of the anxious attachment style than women (Feeney & Noller, 1990; Scharfe & Bartholomew, 1994). Male individuals when coping with stressful situations are inclined to seek less emotional support than female (Tamres, Janicki, & Helgeson, 2002). Similarly, studies revealed that mostly women complain that in men there is a lack of wish for closeness (Buss, 1989), and women tend to like those men who are scoring low on dismissive attachment style (Collins & Read, 1990; Kirkpatrick & Davis, 1994; Simpson, 1990).

Prior to interpreting the significance of other variables linking the adult attachment, a description of marital satisfaction literature is presented now onwards.

Marital Satisfaction

There are very few marriages, where both the partners are satisfied. If some one look around and inquires married couples, it will be known that each individual has one or the other complaint about the marital life. Those individuals who are experiencing satisfied marital relationships are having fewer problems in their relationship and have low chances for breakup in relationships (Karney & Bradbury, 1995). In many cases of breakup relationships, marriages end up in divorce while in others whose partners manage to resolve their disagreements are living a healthy life.

In many researches there are different terms for the satisfying relationship between two persons living as couple, Like marital quality and marital satisfaction but these are not synonymous to each other (Heyman, Sayers, & Bellack, 1994). In the present study, marital satisfaction refers to a global level of favorability that individual spouses report with their marital relationship (Roach, Frazier, & Bowden, 1981).

Defining marital satisfaction is a difficult task as many factors contribute in defining this aspect. Marital satisfaction is the spouses` satisfaction with their marriages. (Vijayanthimala & Kumari, 1997)

Marital satisfaction is a term influenced and effected by many factors like personality, communication, conflict resolution, leisure activities, sexual relationships, financial management, family and friends, children and parenting, religious beliefs and many other issues around us. Marital satisfaction is defined as "a

general sense of favorability toward the marital relationship" (Bradbury, Fincham, & Beach, 2000).

There are many different scales and instruments used by different researchers to find out the marital satisfaction amongst individuals. The oldest well-known scale is the Marital Adjustment Test (MAT; Locke & Wallace, 1959) which is a 15-item scale that measures marital satisfaction. It was initially used to differentiate well-adjusted couples from distressed and unsatisfied couples. The 15 items are answered on diverse response options.

Another frequently used scale is "The Dyadic Adjustment Scale" (Spanier, 1976) which is a 32-item scale that provides reliable and valid measures of universal and detailed directory of marital satisfaction. Spanier (1976) reported .96 as Cronbach's alpha for the total dyadic adjustment scale. This scale measures overall satisfaction, consensus, cohesion, affection, and expression. He found the dyadic adjustment scale's validity by judging against the responses of happily married and divorced couples; the two samples were significantly different on every scale.

The MSI- R is another tool for measuring marital satisfaction and it is a revised and re-standardized version of the Marital Satisfaction Inventory (MSI; Snyder, 1981). For many years, the MSI has been used as a tool for couples therapy and measuring marital satisfaction, to assess the quality of marital satisfaction within a marital relationship (Snyder, 1981). It was created to address the psychometric and clinical apprehensions of clinicians in evaluating couples marital relations. This is a multidimensional, self-report instrument for marital satisfaction.

In 1988, Hendrick developed a scale called "The Relationship Assessment Scale". RAS is a 7-item scale proposed to calculate in general the relationship

satisfaction. Each item was scored from a 1 (strongly negative) to 5 (strongly positive) scales. Continuous scores range from 7 to 35. The internal consistency is reported to be .86. Further, The RAS has established sufficient reliability and validity (Fischer & Corcoran, 1994). Positive correlation with the Dyadic Adjustment Scale (DAS) was an evidence of convergent validity (Fischer & Corcoran, 1994).

One more instrument is used by Fowers and Olson (1989) in their study in which they demonstrated an inventory, developed by them, which is able to differentiate between happily (satisfied) and unhappily married (unsatisfied) couples. The name of that inventory is ENRICH (Evaluating & Nurturing Relationship Issues, Communication, Happiness) by Fowers and Olson (1989). Moreover, in another study by Fowers and Olson (1992) couples completed an inventory 3 to 4 months before marriage, and again 2 or 3 years after their marriage. The rationale of the PREPARE inventory (Fowers & Olson 1989) was to estimate and identify strong points and weaknesses associated to relationship issues, such as expectations, communication, personality and conflict resolution tactics before getting married. Different premarital experiences that influence later marital satisfaction are important.

Furthermore, Pasch, Bradbury, and Sullivan (1997) found that satisfied partner smooth the progress of mutual understanding are less prone to disregard or shift responsibility to their partners. Other studies have pointed out that satisfied spouses state significantly lower level of anger and contempt as compared to their unsatisfied partners.

There are many studies for marital satisfaction from the viewpoint of dating as well as marital relationships. According to Feeney (2002), satisfaction might be expected by an individual's relieve with proximity in dating relationships. On the

other hand, a partner anxiety in relationships was indicated to be steadier and a stronger predictor for marital satisfaction. The current study is comprises of married persons who gave us advanced knowledge about the attachment and relationship satisfaction during the study of marital relationships.

Factors affecting marital satisfaction. A study by Plechaty, Couturier, Cote, Roy, Massicotte, and Freeston (1996) assumed that couple members` personality and living atmosphere as a couple, for example their understanding and communication, would be the most standard source of happiness or unhappiness that effects up to a great extent. The literature attempts to distinguish between different related concepts with marital satisfaction. Most recently, it is proposed that partners` satisfaction is only one of many factors of the multiple notions of marriage (Amato & Previti, 2003).

The results of Smith, Heaven, and Ciarrochi (2008) research reveal that the happiest couples were those who discuss relationship problems. Several other researchers inspected marital satisfaction with reference to communication and interpersonal development (Bradbury, Fincham, & Beach, 2000).

As approximately 90 percent of Pakistani population consists of Muslim community, therefore they practice a unique Islamic code of life, which has a strong impact on their couple's variables like marital adjustment. Islam views marriage as a connection that carries two persons together. There are difficulties and problems, which happen in almost every marriage. In case of any problem and difficulty in marital relationship, the partners guarantee the safety of the marriage and the family, especially with reference to children.

Overall, Islamic family system and collectivistic cultural background in Pakistani society somehow affects the marital relationship in a way that makes the society different from the western world. Male domination and joint family system in which extended family is living together as one unit influence the marital relationship in Pakistan. In Pakistani society after marriage, the wife moves to the husband`s house. The women is expected to make adjustments not only with her husband but also with the entire family, couple is dependent upon their families for making any decision about their lives. If the family is happy with the couple, the marital relationship is enhanced and positive.

Similarly, there are some other interesting and important demographic correlates discussed in the subsequent chapter.

Gender and marital satisfaction. Researches on marital satisfaction also report significant dissimilarity between genders. In one study using a large sample from 1980 to 2000, concluded that wives reported lower level of marital happiness than husbands (Amato, Johnson, & Rogers, 2003). In contrast to this, Karney and Bradbury (1995) in their longitudinal study claim that husband and wife's levels of marital satisfaction effected differently by certain variables. Overall, in many studies exploring marital satisfaction, gender differences have been reported, but the findings are mixed. Some studies have indicated that husbands have a propensity to be more satisfied or content with their marriages than wives while others claim the opposite of it.

According to a study conducted in Pakistan by Abbasi (2010), significant gender differences are found among husbands and wives on intimacy and self-disclosure.

Larsen and Olson (1990) conclude while there is different point of views and methods to calculate couple- scores, each spouse perceive a separate dimension of the relationship. There were differences in the scores of husbands and wife since, marital satisfaction was typically viewed as an individual quality, and since exchange theory highlights the significance of individual insight in relationships, each husband and wife's intensity of marital satisfaction assessed individually in the current study.

In Pakistani society a couples` role comprises cultural expectations connected with husband and wife. A husband is anticipated to provide all the finances and is considered as head of family whereas wife is projected to make home and play a role of a friend while supporting her husband. Therefore, the marital satisfaction depends upon the fulfillment of husband and wives' roles (i.e., gender appropriate) and then the perception of both spouses towards smooth working of marital life.

Age, length of relationship and marital satisfaction. According to Shah (2004), in a study conducted with Pakistani couples, young couples have a reduced amount of marital satisfaction as compared to old couples. According to her, the couples become more forgiving, tolerant and understanding about each other with the passage of time.

Hazan and Shaver (1987) found that secure adults had relationships of longer duration (10.0 years) than anxious (4.9 years) or avoidant adults (6.0 years), and were less likely to report having been divorced (6% of secure vs. 10% of anxious and 12%

of avoidant subjects). Other cross-sectional studies also suggest that secure people are less likely to experience divorce than insecure people (Birnbaum, Reis, Mikulincer, Gillath, & Orpaz, 1994; Feeney & Noller, 1990; Hill, Young, & Nord, 1994). Overall, the length of marriage is a good predictor of marital satisfaction.

Family system and marital satisfaction. Family is the basic unit in which a person is living, emotionally related and dependent upon. According to a Gilani Research Foundation survey accepted out by Gallup Pakistan, more than two third of all Pakistanis (67%) declare and wish to live in a joint family after marriage. On the other hand, 31% Pakistani prefer to live in nuclear family system where husband and wife along with their kids live separately while 2% gave no response. The findings of the survey discovered that relatively more urban population (city living people) thirty-nine percent favored nuclear families in comparison to their rural counterparts (twenty six percent). Unexpectedly, there were no gender differences on this particular matter.

Kubra (2006) explored the marital adjustment among working women and housewives and finds out that housewives show better marital adjustment on Dyadic Adjustment Scale (DAS) established by Spanier (1976) than working women. Moreover, she explored that women belonging to joint family show more marital adjustment then women belonging to nuclear family.

Marital satisfaction in love and arrange marriages. According to Zadeh (2003) in Pakistan educated and upper socioeconomic status persons who are married through love marriage have very low marital satisfaction as compared to persons married through arranged and partially arranged marriage. In family systems like in

Pakistan and Sub Continent, mostly arrange marriages are appreciated by large population. As arranged marriages are mostly organized among people who know each other and there are reduced differences among them, spouses have similar religion, caste, nutritional preference, linguistic grouping, socioeconomic conditions, etc. that will make the spouses comfortable and at ease. Both spouses have low expectations from each other, so; they are often very satisfied in their marital lives.

A wide circulation daily, "The News" in (2007) published an article in which it was claimed that the overall ratio of love marriages in Pakistan is 2.25 percent. Whereas, the prevalent customary practice across the country is of 63 percent arranged marriages. 14.87 percent walver involving payment of bride price and 10.9 percent exchange marriages which are called 'watta satta' in which if son of a family is going to marry the daughter of another family then the other family demands that the daughter of the first family is forced to marry the son of the second family in exchange.

In Indian culture, there are differences in different areas of the country regarding the marriage practices. Marriage is between two persons whose families know each other well. Husband and wife should not too much emotionally attach with each other. Patriarchal system is prevailing overall, in which men have the ultimate authority and, women are there to be obedient. Women should be more concerned with the family in law where she is going to live after marriage; especially mother in law (Caldwell, 1992).

According to Traidis (1994), divorce rate is high in countries where love marriages are more common as compared to those countries where arrange marriages prevail. Ashraf (2001) documented that marital adjustment is more in arranged

marriage than in love marriage. This is due to several advantages of arranged marriages in Pakistani society that including, parental and family support to that arranged married couple.

In modern society of South Asia including Pakistan, India and Bangladesh some young individuals now have a preference for partial choice in between, i.e. family members and elders select the potential wife for the husband, in this way they can search for their own companion but achieve family support to avoid the hazards of opposing their parents completely. Furthermore, these individuals may also desire more free choice in seeing and communicating with prospective mates before the actual marriage. Different dimensions such as, employment, length of marriage, health, economic status, and mutual closeness (Parker, 2002) predicted the overall, satisfaction in life.

Zadeh (2003) also explored the success of marriage in Pakistan; she used three categories for partner selection these are, totally arranged marriage, partially arranged marriage and partially love marriages and totally love marriage. She concluded that partially love and partially arrange marriage was most successful form of partner selection then the totally love marriage.

Sexual relationship and marital satisfaction. Sexual satisfaction is defined as the emotional response starting from one's assessment of his or her sexual relationship, including the insight that one's sexual needs are being met, satisfying one's own, and one's partner's expectations, and an encouraging assessment of the overall sexual bond (Offman & Mattheson, 2005).

The previous literature has offered verifications that sexual satisfaction is positively associated with overall relationship satisfaction as well as communication and marital satisfaction (Litzinger & Gordon, 2005)

There is some gender dissimilarity in sexual relationships in marital association. In most civilizations, men are trained to be more hostile and aggressive, both bodily and sexually. Sexual freethinking is often resistant in men, and many societies utilize and humiliate a man for any emotional weaknesses or eruption. Women, on the other hand, feel proud and are rewarded for being sexually restrict which allows them to become more emotionally invested in the relationship (Pines & Friedman, 1998).

Education and marital satisfaction. Large differences in the partner`s educational level have negative effects on experienced life satisfaction (Frey & Slutzer, 2006). On the other hand, it was presupposed that persons prefer to marry a spouse who attended higher educational class as; they generally have superior wages and income to get a higher social status. It is noted that less educated couples, or those with a high degree of disparity between education levels, are more likely to divorce than well-educated couples.

Dawood and Farooqi (2000), to see the impact of females' education on their marital adjustment, conducted a research. They took a sample of 90 married females comprising three groups of highly educated and less educated. The age range of married females was 20-40 years. They took the sample from different areas of Lahore city in Pakistan. A comprehensive Marital Adjustment Questionnaire (MAQ) devised and administered by the researchers, which assessed the respondents'

relationship with in-laws, financial adjustment, leisure-time being spend with the spouse, mutual understanding between spouses, marital satisfaction, and satisfaction with their educational level. The results indicate that the highly educated females were better adjusting in their marital lives as compared to less educated females.

A study by Zadeh and Ahmad (2007), indicate that partially arranged and partially love marriages are successful between educated people as compared to totally love and totally arrange marriages. A crucial role is played by the education in defining marital success, as educated people are more satisfied compared to non-educated people.

According to a research by Ayub and Iqbal (2011), gender difference originated between male and female in predicting marital satisfaction. Male participants suggest education of spouse as prevailing factors for marital satisfaction for them. Female respondents did not consider education as a major factor contributing to their overall marital satisfaction.

Children and marital satisfaction. It has been concluded that amongst families with children, working nights along with children increased the risk of divorce and lowered marital satisfaction. Couples who turn out to be parents would be expected to report enlarged conflict and disagreement in their marriage and were less likely to analyze themselves as lovers in their relationships (Cowan & Cowan, 1995).

According to Fatima and Ajmal (2012), in Pakistani culture, women usually feel powerful in their marital relationships after they become mothers. It is very difficult for a husband to leave a wife who is mother of his children. After children birth, wife thinks that her relationship with husband has become stronger as they feel

sheltered by the fact that now the man is restricted by two relationships one that of a husband and the other of a father. Thus, children also play an important role in strengthening their parents' marital relationship. On contrary to that, according to Sandhya (2009), in the United States, happiness goes down following the birth of children. Young children increase marital tensions for American couples (O'Brien & Peyton, 2002).

In Turkey, having a child is a key factor in gaining social status. Infertility is often highly stigmatized, causing social loneliness experienced by the couples who are unable to reproduce. The graph of marital satisfaction goes down by the identification of infertility (Onat & Beji, 2012).

Family income and marital satisfaction. Surprisingly, couples from different socioeconomic income groups claimed to different reasons for divorce and unhappiness (Amato & Previti, 2003) but on the other hand, individuals of higher status, socioeconomic status and with good financial condition try to hold responsible emotional or relationship matters, while those of lower status claimed that the foundation was the financial problems. In any society, socioeconomic status is related to combination of money and its influence on the class or rank of a person.

It is said that couples financial resources affect marital adjustment and family functioning but on the other side, financial stability cannot ensure overall satisfaction. Husbands have a tendency to view themselves as poor contributor (in respect to money) in the relationship and become intimidating and ill tempered. Their aggression can destabilize the affectionate, supportive relations that help to sustain relationships. In some marital relationships, the satisfaction level further goes down if

the effected wives condemn their husbands. That kind of couple is hesitant to talk about financial situation due to lack of communication skills (Weiten & Lloyd, 2003).

Tallat (2008) studied the impact of social comparison on marital satisfaction of Pakistani couples, in which she explored that married individuals evaluate their relationship positively when engaged in downward social comparison. Therefore, couples who are having positive downward social comparisons are more satisfied than others.

Moving forward besides demographic variables, there are some important personality and social correlates that maintains a very strong relationship with marital satisfaction and conflict resolution, communication competence and social support.

Social support and marital satisfaction. According to Sarason, Levine, Basham, and Sarason (1983), social support is "the existence or availability of people on whom we can rely, people who let us know that they care about, value, and love us" (p. 127). The term social support refers to the process by which various forms of help and support will be provided to others. Family, friends, and other people around (Zimet, Dahlem, Zimet, & Farley, 1988) may give that kind of support.

Sarason et al. (1983) established that people who have a large circle of friends and family to support them in an adequate manner have high self-esteem and have a more optimistic vision for life as compared to the other people who perceive less people surround them. Moreover, social support is a set of connections of family and friends who offer encouraging opinion to them. Social support is the physical and emotional comfort given to someone by his/her family, friends, co-workers and others.

There are two concepts through which social support could be explained in the previous literature, one is called Social Integration and other is called Social Networks. Social integration is the existence of basic social connection, most frequently marriage and membership in groups such as churches, clubs, and other altruistic organizations (Cutrona, 1996) and Social Networks consists of individuals with whom someone collaborate and facilitate often in his or her daily life (Cunningham & Barbee, 2000).

Theoretically, the view of social support as a multidimensional construct suggests that researchers should differentiate in structural facets of support. For example, size of network and mass from provisional dimensions (e.g., emotional, instrumental, monetary support); that both perceived support and actual received support are unique dimensions; and that interpersonal dynamics involved in accessing support and individual differences may have implications for its effectiveness (Sarason, Sarason, Hacker & Basham, 1985; Veil & Baumann, 1992).

Repeatedly, when couples seek out social support from their spouses' and companion, these people claim low marital satisfaction (Julien & Markman, 1991). In addition, social support causing dissatisfaction, the lack of a shared social set of connections can possibly lead to partners' ambivalence headed for marriage, thus causing more troubles and conflict within marital relationship (Burger & Milardo, 1995).

There was a study, which considered the relationships between couple's problems within, and without the marriage; they get support from each other and from their mutual friends and families, or individual friends. They established that when social support from outside the couple- relationships was sought it will lead to stress

in relationship and conflicts arises. They state that this was always right for both wife and husband. (Julien & Markman, 1991)

Attachment dimensions of anxiety and avoidance of adolescents for their relationship with their mother, father, and romantic partner is related to the social support. Subsequently, person having higher dimensions of anxiety and avoidance would report lower social support. When social support is working as a mediating variable, it mediates the association between attachment related anxieties along with depressive symptoms (Rodin et al., 2007).

A study that explored the factors that are related to marital satisfaction come up with the conclusion that relationship-specific support would be most powerfully associated with marital success for both husband and wife. They also observed that after relationship specific support the strongest association would be for effective overlap (mutual friends and family), and then, for general personal support. Interestingly the second observation was correct for men, but not for women, in other words for women general personal support was the second most important and effective overlap was secondary. However, the correlations here were relatively small. Overall, spousal support anticipate constructive change in marital success for both spouses (Bryant & Conger, 1999)

Simpson, Rholes, and Nelligan (1992) inspected the relationships between adult attachment, support giving, and support seeking acts in spontaneous interactions of couples under a stressful condition. According to them secure men, be inclined to suggest more support as their spouse` anxiety enhanced, while more avoidant male did not put forward this kind of support. In the same way secure women required more support from their spouses as their level of anxiety increased, women who are

more avoidant wanted less support both physically and emotionally as their anxiety level increased.

Sarason, Levine, Basham, and Sarason (1983) argued that social support theory relies greatly on attachment theory. However, social support satisfaction would be a distal variable because support may not be a "more stable psychological variable" (Bradbury & Fincham, 1987); the satisfaction or lack of an association of concerned individuals supply to overall psychological stability. As adults, secure individuals report having more encouraging relationship experiences and satisfaction with their support. On the other hand, individuals who are more anxious or avoidant state have larger emotional difficulties in their relationships, lesser social support networks, and low satisfaction with their support (Hazan & Shaver, 1987; Sadava & McCreary, 1997). A well-built and satisfying social support network is positively linked to physical health (Berkman, 1985)

Avoidant individuals report weaker support outcomes. It is suggested that more avoidant individuals are both less likely to seek out support from others and less likely to offer support to others. For example, Simpson, Rholes, and Nelligan (1992) found some gender differences that avoidant women be predisposed to seek less support from their male counterpart (compared to secure women).

Similarly, Fraley and Shaver (1998) explored that avoidant individuals have a tendency to go away from their partners as their level of distress increased prior to an airport separation. In particular Simpson et al. (1992) looking at avoidant men who have been found to propose low amount of support to their female partners as she reported to be more distressed, and avoidant men also appear less affectionate and compassionate toward their female partners throughout negotiations about most important relationship problems (Simpson, Rholes, & Phillips, 1996). Women's

perception of social support emerged to be related to their marital satisfaction. There is a positive relationship between level of spousal support and marital satisfaction. Similarly, wives' perceptions of social support from their spouses envisaged smaller amount of marital disparity. Extramarital support from extended family and friends may become especially salient when spousal support is perceived as underprovided. (McGonagle, Kessler, & Schilling, 1992).

Pina and Bengston (1993) originate that wives who were contented with their husbands` support accepted comparatively higher level of affirmative interaction, closeness, and assertion in their marriages and claim lower level of pessimistic feeling and disagreement than wives who were unhappy with the support of their husband. For example, According to Julien and Markman (1991) marital satisfaction was strongly related to the extent to which individuals relied on friends and family members for companionship and support.

According to Davis, Morris, and Kraus (1998), an individual with insecure attachment feel less strength of all kind of support around them like global support, family support, friend support, and romantic spouse support judged against those with a secure attachment. There is a connection between attachment style and characteristics of support networks. These researchers further establish that securely attached adults tend to seek and receive more social support than those who are categorized as insecurely attached. The probability that an individual will seek support from a romantic partner is related to adult attachment style. Similarly adult attachment style has been associated with social support derived from sources other than romantic partners. Securely attached men and women use social support as a general coping mechanism more as compared to insecurely attached adults (Davis, Morris, & Kraus, 1998).

Simpson, Rholes, and Nelligan (1992) stated that securely attached women seek large social support when they are anxious. On the other side women with avoidant attachment have a predisposition to look for less support under these conditions. The present study addresses the global social support which is a more general form of social support from friends and family and significant others. The relationship specific support is not included and measured in the current study because the rationale of the present study only focusing on all type of supports available to a person in his or her present environment. In addition, the influences of the significant other family members in collectivistic culture made different types of families to perceive relationship specific support differently.

Conflict resolution and marital satisfaction. A healthy intimate relationship associated with love is essential for a smooth marriage. Whenever someone is considering an emotional and intimate relationship, the role of effective conflict resolution cannot be denied. Satisfied couples reported more cooperative, supportive, and flexible ways of resolving problems. They reported to implement more suitable conflict resolution strategies for their couple interrelated problems.

Each spouse's marital satisfaction is completely related to the frequency with which each spouse uses productive strategies to resolve conflict, such as conformity, cooperate. Marital satisfaction is negatively related both to the frequency with which each spouse uses destructive strategies to resolve conflict (such as conflict engagement, withdrawal, and defensiveness) and to the combined frequency that the wife uses conflict engagement and the husband uses withdrawal (Kurdek 1995).

Hazan and Shaver (1987) studied romantic love and the attachment. According to them there are three categories of adult attachment, secure, avoidant and

anxious ambivalent, all have significantly different love experiences. Secure persons differentiate their most important love experience as happy, friendly, and credulous, with reception and support and effective conflict resolution. In contrast, avoidant romantic cohorts describe love skill by fear of intimacy and jealousy. The anxious/ambivalent lovers explained love in terms of obsession, extreme sexual desire, a strong desire for emotional reciprocity and unity, and a great deal of jealousy.

An essential opinion of attachment theory is a lifespan approach whereby the beginning of insecure attachment style curtails from unpleasant childhood incidents. In many cases, there are incompatible and insensitive parenting practices, and more severe occurrences of ignorance and maltreatment together with parental separation. Attachment theory serves as a structure for understanding the relationship between social support and depression. There is an empirical verification that absence of social networks was related to amplified susceptibility toward both depression and anxiety disorders. Simpson (1990) found that individuals who attained elevated rating on the secure attachment indicator designate that they were concerned in relationships characterized by larger amount of interdependence, dedication, trust, and satisfaction.

Conflict is inevitable in any relationship where people are living together and the marital relationship is one of that close relationship. According to Corcoran and Mallinckrodt (2000), in relationships conflict occurs when one person perceives his or her development towards desires or wishes is discontinued or sterile by others. Creasey (2002) put up a question that how each partner counter and responds to the conflict so, individuals with avoidant or anxious (not secure) attachment were much more expected to accounted for more negative, harsh conflict process.

In marital relationship, it is evident that conflict is always there but the differences arise on the way to handle the conflict. Effective conflict management makes a marriage successful. Conflict may be an experience in all marriages at sometime or other, but how the conflicts are handled may vary broadly from marriage to marriage and even may vary in the same marriage over time. Conflict is an emotional experience that is affected by both the immediate situation and by the personality temper of the people involved.

According to the study conducted by Tanwir (2003), there are no differences among husbands and wives in the styles of conflict management as in today's society people believe in women empowerment and gender equality. Therefore, both can choose any style from dominance, avoidance, or compromising conflict management according to the need. Malik (2002) also found no gender differences in conflict management styles.

Conflict management difficulties are present in every relationship but in marital relationship researchers have recognized that married couples who engage in cynical management behaviors touched with negative effects are more anticipated to separation than couples who use more positive conflict management behavior (Gottman, 1993, 1994)

Sanford, (2003) suggests that repeatedly discussing the same problems without resolving them is detrimental to a relationship. Broadly, research findings support that highly anxious or avoidant individuals who exhibit deficiency in conflict management skills also tend to engage in destructive patterns, such as attacking one's partner or withdrawing from contact (Pietromonaco, Greenwood, & Feldman, 2004). According to Batool and Khalid (2012), emotional intelligence predicts marital quality and conflict resolution in Pakistani married couples.

Communication competence and marital satisfaction. The ability to achieve communication goals in a manner that maintains the relationship on terms acceptable to those involved" (Ronald, 2006). Couples` communication is very important and fundamental factor in understanding couple`s satisfied relationship. (Heyman, 2001)

Most of the time, couples are likely to put together and continue chain of communication, or interactive pattern, within their intimate relationships. Different studies reveal that in marital relationship hostile, critical, or demanding communication behavior leads towards relationship dissatisfaction. (Gottman, 1998; Gottman & Notarius, 2000; Weiss & Heyman, 1997).

Communication is not just listening to each other but to understand communicator's requirements and how to fulfill these needs is more important. It is also essential to identify the responsibility and expectations in an attempt to have a healthier understanding of the individual. Spouses in marital relationship should be more concerned, and display greater respect; so, they increase their respect and esteem for one another. (Mackey, Diemer, & O'Brien, 2000) Some studies have pointed out that satisfied spouses express considerably lesser amount of anger and hatred as compared to their unsatisfied counterparts. Furthermore, it was established that happy spouses are more likely to present in ways that smooth the progress of mutual understanding and with a reduction of disregard or blame for each other. (Pasch, Bradbury, & Sullivan, 1997).

Kobak and Hazan (1991) originated that communication tasks showed predictable associations with attachment dimension of security. Husband and wife attachment predict each other's communication tasks. For example, husbands'

attachment security relates with wives' refusal during a problem solving state of affairs, and wives' attachment security correlates with the quality of husbands' listening concerning a principally important event. They further explored that those who were classified as secure sustained a productive problem-solving communication, while those who were classified with a reduction of security or showing insecure attachment be inclined towards more pessimistic problem-solving communication.

There are three styles of communication mostly researched upon, the first one is constructive communication in which one spouse discusses the issues disturbing them express their feelings in a positive way and work towards a resolution of the conflict. This type of communication pattern is positively associated with relationship satisfaction. Besides constructive style, in the demand–withdraw approach, one-partner attempts a discussion by condemning, complaining, or suggesting change, while the other partner tries to end the conversation or avoid the issue by remaining quiet or simply walking away. Lastly, demanding style attempts to carry out withdrawal that, in turn, brings forth more demands (Caughlin & Huston, 2002). Demanding style of interaction pattern is associated with lower levels of relationship satisfaction.

In adding up, it is suggested that a strong correlation exist between marital satisfaction and self-report of communication in marriage in which they discovered that happily married believe to have good communication with their husbands (Fitzpatrick & Badzinski, 1985).

Attachment and Marital Satisfaction

Research in general supports that according to attachment theory securely attached individuals have healthier marital relationships (e.g., Bartholomew & Horowitz, 1991; Kirkpatrick & Davis, 1994; Simpson, 1990). A study by Kobak and Hazen (1991), with marital quality found that there was a high level of marital satisfaction in securely attached couples. Research also proposed somewhat diverse findings about gender differences, that is, men and women attachment styles have equal impact on each other's perception of marital quality (Gallo & Smith, 2001; Kirkpatrick & Davis, 1994).

According to Feeney (2002), in dating relationships satisfaction may be strongly predicted by an individual's comfort with closeness; while, an individual's anxiety over relationships was found to be more consistent and a stronger predictor for marital satisfaction. Similarly, it is observed that secure attachment was related to higher and insecure attachment to lower marital satisfaction (Banse, 2004) and secure attachment predicts successful conflict resolution (Kobak & Hazen, 1991), relationship independence, commitment, trust, and positive emotions in marriage (Collins, 1996).

As explained by Cobb, Davila, and Bradbury (2001), a secure attachment is associated with an individual's thoughts for relationship satisfaction, ability to communicate, capacity to resolve problems in the relationship and sense of social support from one's partner. Treboux, Crowell, and Waters, (2004) further explain that securely attached individuals have ability to uphold positive perception of the relationship regardless of conflict.

According to Gallo and Smith (2001), securely attached individuals have enhanced marital relationships alternatively; men and women who have different attachment styles have equal impact on couple's perception of marital quality.

Brennan and Shaver (1995) speculated that securely attached couples had higher marital satisfaction and lower divorce rate. They reported that securely attached couple shave relaxed with emotional intimacy with satisfaction in close relationships. On the other side avoidant couples, demonstrated fear of intimacy and it were found that for avoidant individuals getting close to the partner is very difficult, since they think that love partners wanted them to be closer than they felt uncomfortable. Ambivalent couples showed wish for reciprocation with emotional up and down with excessive sexual attraction and jealousy (Hazen & Shaver, 1994). Ambivalent couples described lack of enthusiasm to get close to each other because of fright of relationship dissolution.

The working models of self and others form the link between the early attachment experiences and cognitions, feelings and behavior in later relationships. Given a consistent pattern of interaction with attachment figures during childhood, the most representative of these patterns is integrated into a person's inherent knowledge. This knowledge goes on to become part of a person's core functioning and is applied to relationships, affecting the functioning and course of short and long term intimate relationships (Bradbury & Karney, 1995; Shaver & Mikulincer, 2005).

In United States of America, one third of divorces occur within the first 5 years of marriage (Gottman & Levenson, 2002). Studies have indicated that there exists a correlation between specific positive behaviors that are contributing towards higher marital satisfaction (Carstensen, Gottman, & Levenson, 1995; Feeney, 2002). Positive behaviors include being tolerant, compromising, communicating effectively

and successfully resolving conflict. Couples displaying these behaviors are having secure attachment styles to present with particular relationship strengths.

Collins and Read (1990) found that secure couples typically engage verbally on a higher level than less satisfied couple's do, while research by Feeney, Noller, and Callan (1994) has indicated that discussions between them are also more collaborative.

In short, persons with insecure attachment styles were found to experience less satisfaction in their intimate relationships (Tucker & Anders, 1999).

Cultural Differences in Attachment and Marital Satisfaction

According to Isaac and Shah (2004), Indian culture is an example of collectivistic culture. Marital research in India has focused on the following areas: Stresses and strains associated with single and dual income households; conflicts over finances; multiple roles played by women; and conflicts over division of labor (Hemalatha & Suryanarayana, 1983; Kapur, 1970; Ramu, 1987; Patel, Rodrigues, & DeSouza, 2002). Furthermore, Indian culture is very much relevant to Pakistani culture.

Regardless of the fact that secure attachment is reported to be more prevalent in majority of the societies than other insecure dimensions of attachment, in most cultures, definite cross-cultural differences have been reported in adult attachment dimensions (Rothbaum, Weisz, Pott, Miyake, & Morelli, 2000; Van IJzendoorn & Bakermans-Kranenburg, 1996).

To illustrate it further, Germans scored higher on avoidance whereas Japanese and Israelis found to be higher on the anxious dimension (Hanwood, Miller, & Irizarry, 1995). German society is predominantly individualistic in nature. Although,

Koreans reported preoccupied attachment more frequently, showed lesser amount of intimacy, and cling to lesser expectations within a romantic relationship when comparing with Caucasian (white) Americans (You & Malley-Morrison, 2000). Sprecher, Sullivan, and Hatfield (1994) found that Japanese and Russians are lower on secure attachment and higher on avoidance attachment when making a comparison with Americans, both countries cultures are different Japanese were more collectivistic and Americans are mostly individualistic in nature.

Wong and Goodwin (2009) examined marital satisfaction in different countries like, in the United Kingdom, Hong Kong, and China. They explored that the incidence of autonomy between the spouses was diverse across all three cultural groups, with one similarity between members of United Kingdom and Hong Kong about their significance to autonomy. However, Chinese being collectivistic representative were more concerned with relationships in contrast, in United Kingdom the trends are more towards individualistic culture.

The gender differences and race differences on attachment-related avoidance, attachment related anxiety, and on marital satisfaction in Asian cultures including India were studied extensively. Results showed the females have higher anxiety and lower marital satisfaction than the males. The Malaysian adults reported higher level of anxiety than both the Chinese and Indians adults. Anxiety and avoidance were significant predictors of marital satisfaction in the Chinese females, Indian males and females, and Malay males and females. Gender and race differences were also observed in the association between attachment and marital satisfaction. (Kok, Cheook, Zain, & Cheong 2013).

In Pakistan, Shah (2004) studied the marital satisfaction in young and old women; the age limit of young and old women was 20 to 50 years. She used Hudson

(1982), Index of Marital Satisfaction (IMS, Hudson, 1997) that consist of 25 items and have 5-point rating scale. She found out that young couples have less marital satisfaction as compared to old couples. According to her, the couples become more tolerant understanding each other with the passage of time. Similarly, a study by Khan (2006) on marital satisfaction among young and old couples comes up with non-significant differences between two age groups (i.e., older couples and younger couples).

Ansari and Aftab (2007) explored that the personality traits of extraversion can predict affectional expression in married women. Therefore, personality variables are predicting marital adjustment in Pakistani women.

According to Zahid (2012), young couples show a positive relationship between secure attachment styles and marital adjustment. On the other hand anxious /avoidant, styles of attachment were negatively correlated with marital adjustment. She used Collins and Reed's (1990) Adult Attachment Scale to find out the attachment style and Dyadic Adjustment Scale by Spanier (1976) for measuring marital adjustment. There were non-significant gender differences present for both attachment styles and martial adjustment. Furthermore, she explored that marital adjustment is higher among couples belonging to higher socio economic background as compared to couples with low socioeconomic status.

According to a study conducted in Punjab province of Pakistan by Dildar et al. (2012), they observed that gender plays no role in defining marital adjustment or in other words, there were no gender differences found on marital adjustment. Interestingly, family income had a direct relation to marital adjustment.

In accordance with the literature presented in the previous section it is evident that marital satisfaction is a multidimensional concept and there are a lot of factors

associated with marital satisfaction; a well balanced marital life is a source of overall couple satisfaction. In conclusion, it is observe that researchers have no Pakistani evidences for attachment styles and marital relationship among couples that is why this research is contributing in the empirical work for Pakistani culture. Moreover, attachment dimensions would be used to explore the particular direction for three major factors i.e. conflict resolution, communication, competence and social support in determining marital satisfaction.

Participants were required to evaluate their relationships on different instruments as if one is for measuring attachment dimensions of anxiety and avoidance along with marital satisfaction scale, conflict resolution scale, perceived social support and communication competence scale. They were supposed to have a secure attachment connecting with high martial satisfaction, good conflict resolution, effective communication, and more perceived social support. On the other hand highly anxious and avoidant couples were supposed to have an insecure attachment connection with low martial satisfaction, poor conflict resolution, ineffectual communication and low perceived social support.

It was also expected that couples` attachment styles predict their own as well as their spouse's marital satisfaction and researcher used the statistical technique in "Analysis of Moment Structure" (AMOS). Based on the structural models the researcher has been able to calculate the difference and the predictive relationships among different paths. In addition to this, there is another important effort to check the Actor Partner Interdependence Model (APIM) on current data (see page143 for the details of APIM). The rich data collected from both couples permit the researcher to perform cross comparisons among husbands` influence on wife marital satisfaction and wife's influence on husband marital satisfaction.

Rationale of the Present Study

According to adult attachment model, our childhood interactions with caregivers become internalized as mental models, which are called internal working models, which define our social behavior across life span. Theoretical and research literature indicates that adult attachment models are developed in response to early interactions with attachment figures, and they commonly persist over an individual's lifetime, although they can be modified by later life experiences. In adulthood, this attachment more accurately expresses itself in marital relationships; hence, marital satisfaction is apparent indicator of secure attachment.

The relationship between adult attachment and marital satisfaction is well developed in the literature. It has been proposed that secure and insecure attachment styles are significantly linked with degree of marital satisfaction. More specifically, secure attachment styles will be significantly linked to positive aspects of marital satisfaction. Likewise insecure attachment styles may lead to marital difficulties and this is perceived as more commonly occurring reason for seeking professional help. The principal aim of the current research is to examine the dimensions of attachment and its impact on overall marital satisfaction in Pakistani couples.

In addition to attachment, several other factors could be determining the degree of marital satisfaction among married couples like couple's support system, religiosity, communication competence, conflict resolution, and social support as has been established by already existing literature. A couple may encounter some situations in its marital life that might lead to a disagreement to create a conflict situation. Resolving that conflict and simultaneously maintaining a smooth

relationship is a crucial skill in their marital adjustment. One of the methods to achieve that goal is effective communication; therefore, this aspect of adjustment can possibly be designated as something significantly influential in marital relationship. Moreover, as mentioned above, a strong social support system also implied in the similar fashion i.e., strengthening the marital satisfaction.

Pursuing this further, the current research attempts to verify the presumably interlinked association of conflict resolution, effective communication, and social support in predicting healthy marital satisfaction in addition to attachment. The researcher was curious to identify the impact of the above-mentioned factors on Pakistani population, since the family system here is uniquely developed and factors like arranged-marriages, socio-economic factors, number of children and family types (i.e., nuclear family or joint family) are the connecting issues in defining a successful marital life. Pakistani collectivistic cultural influences are very powerful like the support of the immediate family, friends, and the spouse him/herself as perceived by both of the spouses. Very few studies have focused on investigating the details of how cultural frameworks are influenced by the perceptions and experiences of marital satisfaction.

Every nation is influenced by its cultural and religious values. Different studies conducted in different populations reveal their own philosophies, as if European and American culture is individualistic in nature and tend to have nuclear family system while South Asian countries are more inclined towards joint family systems. There are a number of European and American studies addressing the issue of marital satisfaction and identifying those factors, which contributes in defining marital satisfaction but their focus, is on couples of Caucasian population. Pakistan is

a South Asian country and has a great impact of cultural values and religious beliefs on their marital institutions. There are a few number of studies representing Asian population conducted in China and Taiwan by Shen (2001) and Lewinsohn and Werner (1997).

As Pakistan is located in South Asia so its cultural values and religious beliefs, have much influence on couples in defining marital satisfaction. Therefore, the present study contributes in understanding cultural implications as well. Therefore, one goal of this study is to extend the literature by determining its findings from developed western countries to non-western developing country. The research may contribute to a better understanding of the maintenance and enhancement of relationship quality in Pakistani couples, specifically for those who experience dissatisfaction with the spousal relationship and consequently suffer a decline in the quality of relationship.

In addition, the current study would be helpful in further theoretical refinement and contribution in the existing literature. The investigator is intended to use the technique of "model testing" in which the hypothesized models are explored to check the differences among husbands' and wives' responses in their adult attachment dimensions, and their influences on marital satisfaction. Kenny already explored the concept and Cook (1999) called "Actor Partner Interdependence Model (APIM)" in which they assessed the dyadic data and the respective meditational effects. APIM model explores the relationship of husband's attachment on wives' marital satisfaction and wives` attachment on husband's marital satisfaction. The researcher anticipated distinct patterns of findings that would be explained in terms of Pakistani society. There are some similar models tested by Brassard, Lussier, and

Shaver (2009) and Cobb, Davila, and Bradbury (2001). It may set a new arena for the research ventures where marital relationships may be studied in relation to different attachment styles. The present study is endeavor to explore the marital relationship in a new dimension where adult attachment styles predict marital relationship and social support acts as a mediating factor along with good communication competence and conflict resolution.

RESEARCH DESIGN

Chapter II

RESEARCH DESIGN

The current study aims to determine the association between adult attachment and marital satisfaction among married couples. The communication competence, conflict resolution and social support have been assumed as mediating factors between adult attachment and marital satisfaction.

The research consisted of three studies. The details are as follows.

Study I: Translation adaptation and Psychometric Properties of Instrument

The present study has conducted to explore the influence of attachment dimensions on marital satisfaction of married Pakistani couples. In the preliminary part all the questionnaires were translated and adapted in to national language of Pakistan (Urdu) to make them more understandable and comprehendible for the target population.

In achieving this particular objective, the research progresses in two parts. A brief summary of each part is mentioned in the following section while details about these two parts are given in the next chapter.

Part I: Translation, adaptation, and cross language validation of the instruments: Experiences in Close Relationships-Revised (ECR-R), Enrich Couple Scales, and Social Provision Scale (SPS). Begining in line with the existing literature review the current research aims to study the relationship between adult

attachment and marital satisfaction along with three mediating variables i.e., Social Support, Conflict Resolution, and Communication Competence in married couples. The main objectives of this part of research were;

1.   Translation of Experiences In Close Relationships-Revised (ECR-R), Enrich Couple Scales, and Social Provision Scale (SPS) into Urdu language to be used in next studies of the present research.

2.   To determine the reliability and validity of instruments

This part of research consists of the following steps.

Step I: Forward Translation

Step II: Expert Panel or Committee Approach

Step III: Back Translation

Step IV: Cross Language Validation

Part II: Internal consistency and construct validity of instruments. This study was employed to determine the pretesting of translated instrument named; Experiences in Close Relationships-Revised (ECR-R) Questionnaire of Fraley, Waller, and Brennan (2000), The Social Provisions Scale (Cutrona & Russell, 1987), ENRICH Couple Scale (Fowers & Olson, 1989).

The objectives of this part of the research were;

1.   To find out the test-retest reliabilities of all the instruments and compare it with the Urdu translations.

2.   To assess the reliability and validity of instruments.

Validity determines the extent to which instruments represent concept it suppose to represent (Dane, 1990). To find out the construct validity item total correlations were determined. Although the original scales suggested different factors and dimensions for a given variables but to establish a more powerful construct validity Confirmatory Factor Analysis (CFA) was applied on all the scales of the study.

The Confirmatory Factor Analysis deals with the assessment of the instruments for the current study. The objective of confirmatory factor analysis is to test whether any data fits a hypothesized measurement model. The detail of this part is given in its respective part II in next chapter.

Study II (Pilot Study)

In Study II, a pilot study was conducted and the objectives were to pre test all the instruments of the study and to get preliminary information about the relationship between predictor and outcome variables and also to recheck the psychometric properties of all the questionnaires.

The specific objectives of the pilot study were:

1. To further establish the psychometric properties of the study instruments on a larger sample.

2. To identify the associated relationship among adult attachment, conflict resolution, communication competence, social support, and marital satisfaction.

Study III (Main Study)

Study III was aimed to examine the associations between couples adult attachment and marital satisfaction by taking communication competence, conflict resolution, and social support as mediating variables. Self-report data was collected from both spouses of 175 dyadic married couples.

The specific objective of the main study aims to measure the relationship between adult attachment and marital satisfaction and to identify the socio-demographic characteristics of couples associated with adult attachment, conflict resolution, communication competence, social support, and marital satisfaction.

The research maintains to identify those mediating variables which contribute in defining marital satisfaction among Pakistani couples. Furthermore, the reliability and validity of newly translated instruments was also determined on a large representative sample. Furthermore, the main study aims to explore the relationship of demographic variables with adult attachment, social support, conflict resolution, communication competence, and marital satisfaction of couples.

TRANSLATION, ADAPTATION AND PSYCHOMETRIC PROPERTIES OF INSTRUMENTS

STUDY I: TRANSLATION, ADAPTATION AND PSYCHOMETRIC PROPERTIES OF INSTRUMENTS

From an attachment perspective, we find different type of researches on couple relationships and its association with marital satisfaction. The present research was conducted to explore the influence of attachment on relationship of married Pakistani couples. Therefore, it is worth mentioning here that this part is the elementary part. The instruments used in this research were originally established in English language but researcher translated and adapted them into Urdu language to make them more understandable and comprehensive for the target population.

Part I: Translation, Adaptation, and Cross Language Validation of Experiences in Close Relationships-Revised (ECR-R) Enrich Couple Scales and Social Provision Scale (SPS)

The aim of this study is to obtain Urdu versions of English instrument that is conceptually equivalent to the targeted language culture. Brislin (1976) method for back translation and forward translation was used. The major intention of this process is to make the instruments equally natural and acceptable that should practically perform equally in both languages source language (English) and target language (Urdu). The focus is on the cross-cultural and conceptual equivalence rather than on linguistic/literal equivalence. (Voracek, Fisher, Loibl, Tan, & Sonneck, 2008).

After translation of all, the instruments were adapted or modified in to Urdu language if there is need for modification. The process of cross-language adaptation tries to produce equivalency between source and target language based on content.

Objectives. The following objectives were formulated before conducting the study:

1. To translate the Experiences in Close Relationships-Revised Questionnaire (ECR-R), Enrich Couple Scales, and Social Provision Scale (SPS).
2. To determine the test -retest reliability and validity of the instruments.
3. To study the relationship between attachment dimensions (avoidance and anxiety), communication competence, conflict resolution, social support and martial satisfaction among couples.

Instruments. The following instruments were used in this part of the present research.

The Experiences in Close Relationships-Revised (ECR-R) Questionnaire. This scale was developed by Fraley, Waller, and Brennan (2000), and the researcher contacted the original author for the permission to use the scale along with the scoring information. The authors themselves sent the scale to the researcher and allowed the researcher to translate it into Urdu language (See Appendix F for author`s permission). Experiences in Close Relationships-Revised (ECR-R) questionnaires are a revised version of Brennan, Clark, and Shaver's (1998), Experiences in Close Relationships (ECR) questionnaire. It is a 36-item Likert type self-report measure of

adult attachment. More particularly, it calculates adult attachment within the context of romantic relationships. The questionnaire has two subscales each consisting of 18 items. These subscales are Anxiety Scale: with maximum score of 126 and minimum score of 18 and Avoidance Scale with maximum score of 126 and minimum score of 18.

The Anxiety scale measures one's self-reported degree of anxiety in romantic adult relationships (high scores represent high anxiety and vice versa); whereas avoidance assesses the extent of avoidance of intimacy in such relationships (high scores represent high avoidance). The commonly used estimate of internal consistency (reliability) tends to be .90 or higher for the two ECR-R subscales (i.e., Avoidance and Anxiety). Each item is rated on a 7-point scale where 1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = neutral, 5 = slightly agree, 6 = agree and 7 = strongly agree. These items 4, 5, 9, 11, 12, 17, 18, 19, 24, 26, 27, 29, 33, and 36 are "reverse items" (i.e., 7 = strongly disagree to 1 = strongly agree). The maximum score on this scale is 252 and the minimum score is 36.

ENRICH Couple Scales. The ENRICH Couple Scale (Fowers & Olson 1989), comprised four major scales from ENRICH inventory (i.e., Marital Satisfaction, Marital Communication, Conflict Resolution, and Idealistic Distortion). On the whole ENRICH Inventory contains 20 scales that was designed to measure diverse aspects of couples and use for both clinical and research purpose.

Taking into consideration the objectives of the current research and after corresponding with Dr. David Olson (author of the inventory) it was suggested that ENRICH couple scale is best suitable instrument to meet the objectives of the present

research. Dr. Olson sent the permission along with the scoring manual and the permission to translate that scale in to Urdu provided that the researcher send them the translated copy of the scale and that it is owned by the publishing company.(see appendix F).

The ENRICH Couple Scales has four scales having 35 items integrated sequentially starting with an item from the *Marital Satisfaction Scale*, then a *Communication* item, then a *Conflict Resolution* item and then an *Idealistic Distortion* item. Each item is preceded by a "+" or "-"sign. For the items preceded by a "+", the responses are not changed, i.e., a 1 remains a 1. For the items preceded by a "-", the responses should be reversed. A 1 becomes a 5, a 2 becomes a 4, a 4 becomes a 2, and a 5 becomes a 1. A response of 3 is left unchanged. The item responses are then conducted for each subscale. Mean and scoring levels are based on a US national sample of 25,501 married couples who took ENRICH.

Social Provision Scale (SPS). The Social Provisions Scale (SPS; Cutrona & Russell, 1987, 1990) is a 24-item measure of perceived social support. Clients respond using a 4-point likert-type scale (1 - *strongly disagree*, 4 - *strongly agree*).

The Social Provisions Scale (SPS) was sent by the authors Cutrona and Russell (1987). They allowed the researcher to translate this scale according to research objectives, by acknowledging the original authors. Afterward the agreement was marked and translation process was started (See appendix O).

Six subscales, composed of four items each, are used to assess a different aspect of social support: (a) *Attachment*, or feelings of safety and security in a close

emotional bond; (b) *Social Integration*, or having one's interests and concerns shared by others; (c) *Reassurance of Worth*, or having one's skills and abilities acknowledged; (d) *Reliable Alliance*, or assurance that one can count on assistance being available if needed; (e) *Guidance*, or the availability of confidants or authoritative others to provide advice; and (f) *Opportunity for Nurturance*, or the sense of contributing to the well-being of another person. The authors reported adequate test retest reliability coefficient ranging from .37 to .66, and a stable factor structure for the six subscales, as well as significant differences in the particular type of social support most helpful to persons experiencing qualitatively different life stresses (Cutrona & Russell, 1987). Internal consistency in accordance to authors ranged from .65 (Opportunity for Nurturance) to .83 (Guidance).

Process of Translation and Adaptation

To meet the objectives of part I, the present research advanced with the following steps. Permission was sought from the authors. Translation was done according to the procedure given by Brislin (1976).

The translation phase was completed in four steps.

Step I: Forward translation

Step II: Expert panel or committee approach

Step III: Back translation

Step IV: Cross language validation

Step I: Forward translation.

Bilingual experts. Six bilinguals were contacted. The bilinguals were the students of psychology studying at M.Phil or Ph.D level at different Universities. Some of them were the Lectures in English with minimum qualification of M.A English/Urdu and maximum of M.Phil, and Ph.D. One bilingual expert has Masters degree in Urdu with a good expertise in English as well. All were having proficiency in both languages, item writing expertise and proficiency in the subject matter tested.

Procedure. All the bilingual translators were given the scales. They were instructed to follow the same guideline for translation. Each of the bilingual experts translated the items independently. These translators fit in the criteria as described by Brislin (1980) who believed that translators should:

1.   Have a clear understanding of the original language.

2.   Have a high probability of finding a readily available target language equivalent so that he/she does not has to use unfamiliar term, and

3.   Able to produce target language items readily understandable by the eventual set of respondents responding in the main study.

For Urdu translation, the translators were directed to follow three translation guidelines: (1) maximizing the content similarity between the original inventory/sales and the target language version, (2) maintaining the relatively simple language level of the original inventory/scale, and (3) translating and adapting the scale items according to the Pakistani culture, without eliminating the items. These experts were also instructed to identify those items that they think are not relevant to the Pakistani culture and to suggest best alternatives in lieu. Translators were instructed to avoid the

use of jargons; technical terms that cannot be understood clearly; colloquialism, idioms or dialect terms that cannot be understood by common people in everyday life. Translators were also, asked to consider the issues of gender and age applicability and avoid any terms that might be considered offensive to the target population.

The experts were instructed to translate and adapt each item according to the Pakistani culture, without eliminating the items. They were also requested to identify those items, which they think are not relevant to Pakistani culture, and to suggest best alternative for such items. After the translations, the translators did not suggest any adaptation or alteration in instruments. All the items were kept in their original numbers as in English versions.

Step II: Expert panel or committee approach. In the second step of this study the researcher selected the best five translations and written together for each item of the scales. A committee approach was applied by setting an expert panel of bilinguistic by the researcher. The panel consisted of one lecturer of psychology, a PhD Scholar in Psychology, the supervisor of the study and the researcher herself. The goal of this step was to identify and resolve the inadequate translation of sentences. The Urdu translation was to be examined and evaluated by the committee. This committee comprised two students of psychology, the supervisor of the study, and the researcher herself. The committee members analyzed the translation of each item critically and then selected the translation, which conveyed the best meaning. Committee members also evaluated the translated items with reference to their context, grammar, and wording. Each translated item was analyzed and the best-translated item was selected by the mutual consensus of committee members. When it

is difficult to select a best-translated item that is tactful (i.e., any idiom or phrase) then a literal translation with explanation was considered.

Step III: Back translation. The Urdu translated scales was back translated into English as a check on initial translation and to identify the points of equivalence or difference between the two versions. The instrument translated through double procedure show higher reliabilities than those that are translated from source to target language only.

The same approach used in Step I was applied again and the instrument was translated back to English by independent bilingual experts. Like the initial translation emphasis in the back translation was on conceptual and cultural equivalence and not linguistic equivalence. Discrepancies were discussed again in the same committee approach and items were reconsidered if needed.

Bilingual experts. The six independent bilingual translators, who were not exposed to the original English items of instruments provided with Urdu translation of instruments that were obtained in Step I. They translated the items into English. These bilinguals consisted of two lecturers in English, two Assistant Professors of English with the qualification of post graduation in English and two students of Psychology at M.Phil and Ph.D level.

The same committee examined the back translation of the Urdu version and original instruments. The committee observed that the back translations matched largely to the original scales. The back translations were sent back to the original

authors accordingly all of them were agreed with the translations and appreciated the researcher efforts.

Finally, the Urdu translated items arranged in the item order given in the original instruments.

Step IV: Cross language validity. In this step validation process were involved a comparison of Urdu translated version with original English version of scales. Therefore, the following procedure was carried out to assess the quality of Urdu translation and determine the empirical equivalence of target script against the original versions.

Sample. The English and Urdu versions of instruments were administered on the sample of 48 married people. Their educational level was varying from intermediate to post graduation. All the participants had studied Urdu and English languages as a part of their courses in different grades. As population with the same demographic characteristics was required in the main study, therefore an added benefit is to have an idea about the responses of the target population in the pretesting phase. Individuals were recruited from Islamabad and Rawalpindi cities of Pakistan. Their age ranged from 20 – 60 years (those couples were contacted who were having at least one child). They were sampled from families with no case of divorce or separation. In addition, those individuals were selected who had the ability to read and understand Urdu language. The sample was taken from different socioeconomic classes. The demographic information of the sample includes age (28-45 Years), education (12-16 years of education), occupation (public and private jobs), marital

duration (3-15 years), children(1-4), residence (own resident or rented), family system (nuclear or joint), either love marriage or arrange marriage, and family income etc. After completing a consent form, each participant completed the following measures.

Instruments. The following measures were used in the present study. The detail of these measures is given in previous section under the heading of instruments (page no.50).

1. Experiences in Close Relationships-Revised (ECR-R) Questionnaire (Fraley, Waller, & Brennan, 2000).

2. ENRICH Couple Scale (Fowers & Olson 1989).

3. The Social Provisions Scale (Cutrona & Russell, 1987).

Procedure. The scales were administered twice to two groups of bilingual Pakistani adults in Urdu-Urdu, and Urdu-English sequences. The administration of the test was carried out in groups including twelve subjects in each group.

Participants were randomly assigned to the two conditions in first administration i.e., Urdu test and retest; Urdu test and English retest and these groups were made to control the experiences of learning that may taken place due to the administration of Urdu and English tests with two weeks apart retesting. Then the whole sample was further divided into four groups. In the first phase the two groups, comprising of 24 in each group, were given the original English versions of the scales and their responses were recorded. Similarly, the other two groups of 24 individuals were given translated versions of the scales and their responses were recorded.

In the second trial administered after 15 days, the same 48 married persons were contacted to make their responses again, but in the second trial the first group of 12 married people were given again Urdu version of all three scales with the same instructions however the second group of 12 married individuals were given the original inventory/sales in English. Regarding the remaning two groups, the third group consisted of 12 individuals who were given original English version and the fourth group of the last 12 individuals were given the translated Urdu version. This procedure geared to identify the point of equivalence or discrepancy between Urdu and English versions of scales. Cross language, validation is an effective technique for the purpose and this has been used by previous researchers (i.e., Naqvi & Kamal, 2010).
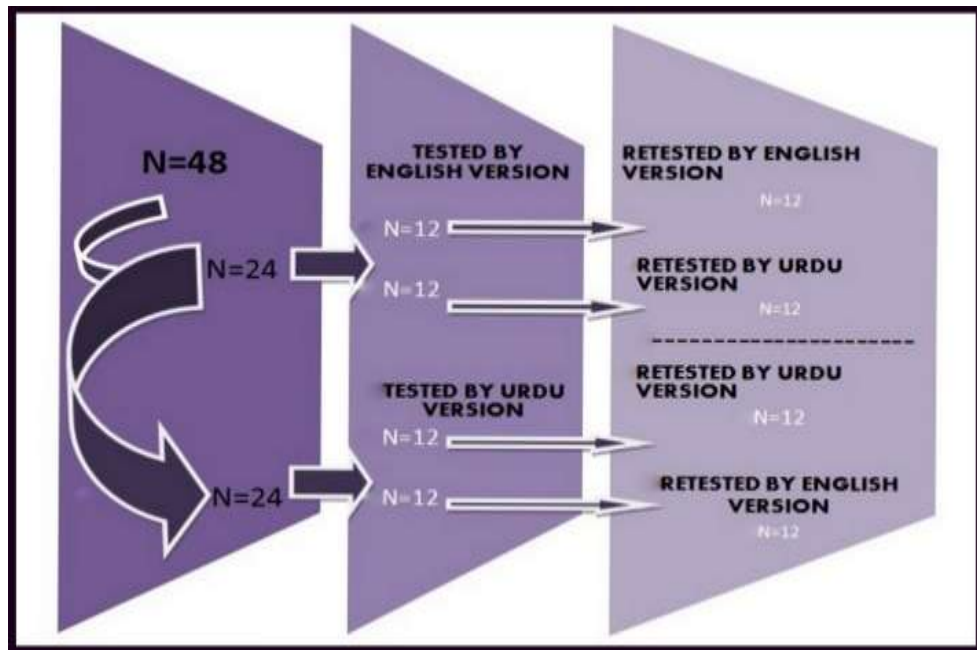
Figure 2. Diagrammatic representation for the distribution of total sample into two groups for test and after 2 weeks into 4 groups for retest.

Figure 2 represents the distribution of sample into four groups. As participants were randomly, assigned to four groups i.e., Urdu-English retest, Urdu – Urdu retest, English –Urdu retest and English- English retest, they are requested to give their true responses. These groups were made to control the experiences of the learning effect by administering the questionnaire after 15 days gap.

Results. In order to determine cross-language validity and test-retest reliability of the inventory/scales, correlation coefficient between the scores of two administrations were carried out. Moreover, the following results also represent the comparisons of test-retest reliability with fifteen days gap.

Table 1

Retest Reliabilities of Urdu and English version of the total and Sub-scales for ECR-R (N= 48)

ECR-R	UE (*n* = 12)	EU (*n* = 12)	UU (*n* = 12)	EE (*n* = 12)
Anxiety	.49*	.53*	.96**	.51*
Avoidance	.72*	.71*	.90**	.74*
Total	.77**	.64**	.93**	.78**

Note. UE = Urdu English, EU = English Urdu, UU = Urdu Urdu, EE = English English.

**p < .01, *p < .05

Table 1 shows four groups; Urdu-Urdu, Urdu-English, English-Urdu, English-English correlations for the total, and two sub scales of ECR-R which are positive and significant. The correlation coefficient of total scores of ECR-R ranged from, .64 to .93. For anxiety subscale, four groups ranged from .49 to .96 and for avoidance, it is from .71 to .90. Over all, these results indicate the strong evidence of cross language validity or empirical equivalence of the original and translated versions of ECR-R scale and its sub scales.

Table 2

Retest Reliabilities of Urdu and English version of the total and others scales for ENRICH (N= 48)

ENRICH	UE ($n = 12$)	EU ($n = 12$)	UU ($n = 12$)	EE ($n = 12$)
Marital satisfaction	.44*	.38*	.97**	.38*
Communication	.52*	.69*	.91**	.54*
Conflict Resolution	.79**	.84*	.90**	.45*
Idealistic Distortion	.78**	.46*	.89**	.56*
Total ENRICH	.64**	.77**	.87**	.74**

Note. UE = Urdu English, EU = English Urdu, UU = Urdu Urdu, EE = English English.

**$p < .01$, *$p < .05$

Table 2 shows four groups; Urdu-Urdu, Urdu-English, English-Urdu, English-English correlations for the four sub scales of ENRICH couple scale which are positive and significant. The correlation coefficient of marital satisfaction for four groups ranged from .38 to .97, for Communication it is from .52 to .91, for Conflict Resolution .45 to .90 and for Idealistic Distortion it is from .46 to .89.and for total it is from .64 to .87. Over all these results indicate the strong evidence of cross language validity or empirical equivalence of the original and translated versions of ENRICH couple scale and its sub scales.

Table 3

Retest Reliabilities of Urdu and English version of the sub scales for Social Provision Scale SPS (N= 48)

SPS	UE	EU	UU	EE
	($n = 12$)	($n = 12$)	($n = 12$)	($n = 12$)
Attachment	.69*	.58*	.54**	.31**
Social Integration	.80**	.32**	.86**	.88**
Reassurance of Worth	.18**	.88**	.79**	.78**
Reliable Alliance	.72**	.88**	.55**	.63**
Guidance	.46*	.88*	.89**	.77**
Opportunity for Nurturance	.80**	.55**	.86**	.83**
Total social support	.81**	.88**	.89**	.80**

Note. UE = Urdu English, EU = English Urdu, UU = Urdu Urdu, EE = English English.

**$p <$ .01, *$p <$ .05

Table 3 shows four groups; Urdu-Urdu, Urdu-English, English-Urdu, English-English correlations for the six sub scales of social provision scale which are positive and significant. The correlation coefficient of attachment for four groups ranged from .31 to .69, for Social Integration it is from .32 to .86, for Reassurance of Worth it is from .18 to .88, Reliable Alliance is from .55 to .88, Guidance .46 to .89, and for Opportunity for Nurturance, it is from .55 to .86. Over all these results indicate the strong evidence of cross language validity or realistic equivalence of the original and translated versions of Social Provision scale and its sub scales. There is an empirical

equivalence of the original and translated versions of SPS. It is indicated from the results that both scales are hypothetically similar.

Discussion. This part of the study was conducted with the objective to translate the English versions of instruments into Urdu language i.e., Experiences in Close Relationships-Revised (ECR-R) Questionnaire by Fraley, Waller, and Brennan (2000), ENRICH Couple Scale by (Fowers & Olson 1989), The Social Provisions Scale (SPS) by Cutrona and Russell (1987) and their subscales.

There is need to translate these instruments in to Urdu due to two reasons. First of all these scale are going to be administered the population that is having mix characteristics on the basis of age, education, socio-economic factors etc. Furthermore, all these instruments are valid and reliable measures for the constructs of the study on English population in West so; there is a dire need to develop Urdu versions of these scales for Pakistani population. The current study proceeds after following all the steps of translations starting from forward translation by bilingual experts and the committee approach by an expert panel. Afterwards the back translation was done by the committee and it followed the same procedure as in the forward translations. Parallel translation involves several translators who make independent translation of the same questionnaires. In the final step the consensus meeting was held by all the members and they selected the best reconciled version to serve the objective of the present study. Every possible effort was put to ensure that the translated version is good enough to convey the embedded and comprehensive meaning of the English versions.

The next important step is the cross language validity of the instruments in which a comparison of Urdu translated version with original English version of scales was made by administering them to a small sample of 24 married couples. The scales were administered twice to two groups of bilingual Pakistani adults in Urdu-Urdu, and Urdu-English sequences. The administration of the test was carried out in groups including twelve subjects in each group. The test retest of the four groups; Urdu-Urdu, Urdu-English, English-Urdu, English-English and correlations of these four versions of scales are positive and significant but in Urdu-Urdu case it is positive and highly significant. Among the four groups Urdu-Urdu retest group is better as compared to other three groups. Respondents who responded in Urdu language first had slightly higher mean scores on some of the scales as compared to those who responded in English language first. These slight differences in these groups resulted in the Urdu versions compared to English versions may result from the fact that although all participants were bilingual, the majority were more confident in Urdu as it is their national language. One reason for this higher correlation value may be the practice effect in the twice administration of same language inventory. Overall, there are no significant discrepancies across administration.

It is concluded that both the versions do not differ significantly in terms of concept and meaning and assess the same construct in both languages. Overall, the results of this study would appear to support the Urdu instruments as valid for research purpose.

Part II: Internal Consistency and Construct Validity of Instruments

After translation, adaptation and cross language validation of the instruments, further study was conducted with the following objectives.

Objectives.

1. To determine the internal consistency reliability of the measures

2. To validate the instruments with confirmatory factor analysis.

Sample. The Urdu version of scales was administered on the sample of 150 couples. Their educational levels vary from intermediate to post graduation. All the participants had studied Urdu and English languages as a part of their education. As population with the same demographic characteristics was required in the main study therefore an added benefit was to have an idea about the trends and relationships of target population in the pretesting phase. Couples were selected from Islamabad and Rawalpindi cities of Pakistan. Their age ranged from 20 – 48 years. They were sampled from families with no case of divorce or separation.Coupels were approached at their homes from different localities of Islamabad and Rawalpindi city through referral sampling techniques. Only those families were selected who had the ability to read and understand Urdu language. The sample was taken from different socioeconomic classes. The demographic information of the sample included educational level range from 10th grade to post graduation (10-20 years of education), marital duration from 1 to 38 years, number of children from 1 to 5, family system range from 134 living in nuclear family and 166 living in joint families, 76 people

claimed love marriage and 224 married through arrange marriage. After completing a consent form, each participant completed the following measures.

Instruments.

The following measures were used in the present study. The detail of these measures is given on page 50 onwards.

1. Experiences in Close Relationships-Revised (ECR-R) Questionnaire (Fraley, Waller, & Brennan, 2000)

2. ENRICH Couple Scale (Fowers & Olson 1989)

3. The Social Provisions Scale (Cutrona & Russell, 1987).

Procedure. A written consent was obtained from couples before administering the questionnaires. After getting written consent they were briefed about the nature and purpose of the study. All the scales were in Urdu language and were administered in the home settings of the participants. The couples were instructed not to talk and take assistance from each other. Clear verbal instructions were given before administration of the instrument. The same procedure was repeated with each couple and uniformity of procedure was maintained. The respondents filled the questionnaire in presence of researcher and returned them on the same day. The participants were assured of the confidentiality of the information they provided and at the end were thanked for their cooperation and support.

Results. The data of the study was subjected to statistical analysis in order to determine the reliability and validity of Urdu versions of instruments.

1. Cronbach`s Alpha Coefficient
2. Split half reliability
3. Item total correlation
4. Confirmatory factor analysis

Cronbach`s alpha coefficients. The purpose of establishing reliability indices of the translated scale was to ensure their suitability for indigenous population and to get the initial insight into patterns of relationship among variables of current research.

Table 4

Mean, standard deviation and alpha coefficients of ECR-R questionnaire, ENRICH Couple Scale and Perceive Social Support Scale-Urdu Versions and its subscales (N = 300)

Scale	Items	*M*	*SD*	α
ECR-R questionnaire-Urdu	36	95.9	36.4	.92
Avoidance	18	48.1	23.8	.86
Anxiety	18	47.8	18.3	.92
ENRICH couple Scale –Urdu	35	127.6	19.2	.91
Marital satisfaction	10	39.49	6.9	.82
Communication	10	35.48	6.9	.76
Conflict Resolution	10	32.4	5.6	.69
Idealistic Distortion	05	20.1	3.9	.76
Perceive Social Support scale-Urdu	24	74.5	11.6	.88

Table 4 shows the alpha coefficients of all three scales and their subscales. These alpha coefficients range from .69 to .92, which shows that alpha coefficients are quite satisfactory. The results indicate that all scales are reliable rating scales to

measure couple's attachment, marital satisfaction, conflict resolution, communication competence, and social support.

Split half reliability. Split-half reliability for the Urdu versions of all the instruments and their subscales was determined.

Table 5

Split half reliability Coefficients for Urdu version of ECR-R, ENRICH, SPS (N=300)

Scales	No. of items	Part-I	Part-II	Spearman-Brown coefficient
ECR-R	36	.89	.83	.90
ENRICH	35	.86	.78	.86
SPS	24	.71	.85	.85

Note. ECR-R= experience in close relationship revised, ENRICH= ENRICH couple scale, SPS = social provision scale.

Table 5 indicated that the results yielded a split-half reliability of .87 for ECR-R, .85 for ENRICH scale and .88 for Social provision scale. These reliabilities remained unchanged by the Spearman-Brown formula. The internal consistency was further determined by calculating inter-correlation among total and subscales of Urdu scales.

Item total correlation. Item total correlations of all the scales were computed to analyze each item in order to check whether all items significantly measured their respective construct. This suggested that each scale items were individually correlated with the total score of their corresponding scale for internal consistency.

Table 6

Item total correlation of Perceive Social Support Scale –Urdu (N=300)

Item no.	r	Item no.	r
1	.39**	13	.35**
2	.46**	14	.68**
3	.43**	15	.58**
4	.39**	16	.39**
5	.12	17	.45**
6	.51**	18	.64**
7	.33**	19	.73**
8	.25	20	.33**
9	.47**	21	.62**
10	.61**	22	.59**
11	.31**	23	.39**
12	.45**	24	.58**

$**p < .01, *p < .05$

Table 6 shows that Social Provision Scale is an internally consistent measure of social support. There are only two items; items number 5 and 8 giving low item total correlation. On the other hand highly significant positive correlation suggested that all the items did contribute to the measurement of social support. The results support good internal consistency and construct validity.

Table 7

Item total correlation of Marital Satisfaction Scale –Urdu (N=300)

Item no.	r	Item no.	r
1	.66**	21	.67**
5	.75**	24	.32*
9	.63**	27	.56**
13	.73**	30	.56**
17	.57**	35	.35*

$**p < .01, *p < .05$

Table 7 shows that marital satisfaction scale is an internally consistent measure of marital satisfaction. The highly significant positive magnitude suggested that most of the items did contribute to the measurement of marital satisfaction. There are only two items giving low item total correlation and these are item no 24 and 35. On the other hand highly significant positive correlation suggested that all the items did contribute to the measurement of marital satisfaction. The results support good internal consistency and construct validity.

Table 8

Item total correlation of communication scale–Urdu (N=300)

Item no.	r	Item no.	r
2	.43 **	22	. 48**
6	. 53**	25	. 34**
10	.52 **	28	. 51**
14	. 18	31	.47**
18	..49 **	34	.27*

**p < .01, *p < .05

Table 8 shows that communication scale is an internally consistent measure of communication competence. The highly significant positive magnitude suggested that all the items did contribute to the measurement of communication. Therefore, it was concluded to support good internal consistency and construct validity as all items were measuring only one construct, which is communication. The only problem is with communication item no 14 and 34 because both these item show very low item total correlation.

Table 9

Item total correlation of conflict resolution scale–Urdu (N=300)

Item no.	r	Item no.	r
3	.09	23	.05
7	.49**	26	.51**
11	.44**	29	.34**
15	.41**	32	.22
19	.24*	33	.33**

**p < .01, *p < .05

Table 9 presents that conflict resolution scale is an internally consistent measure of conflict resolution. The highly significant positive magnitude suggested that all the items did contribute to the measurement of conflict resolution. Therefore it was concluded to support good internal consistency and construct validity as all items were measuring only one construct which is conflict resolution. The only problem is there with conflict resolution item no 3, 23, and 32 because these items show very low item total correlation. Overall the Scale is internally consistent and all the items have their due share in the measurement of conflict resolution.

Table 10

Item total correlation of idealistic distortion scale –Urdu (N=300)

Item no.	r
4	.56**
8	.57**
12	.41**
16	.52**
20	.58**

*p < .05, **p < .01

Table 10 shows that all items are highly positively correlated with the total scores of the scale (the construct called idealistic distortion). The values of the correlations range from .41 to .58 ($p < .01$) showing high internal consistency of the Urdu- versions of the scale.

Table 11

Item total correlation of ECR-R Scale–Urdu (N=300)

Item no.	r	Item no.	r
1	.43**	19	.53**
2	.55**	20	.39**
3	.51**	21	.49**
4	.54**	22	.56**
5	.57**	23	.58**
6	.59**	24	.61**
7	.57**	25	.53**
8	.40**	26	.13
9	.59**	27	.23
10	.53**	28	.32
11	.60**	29	.60**
12	.63**	30	.35**
13	.51**	31	.52**
14	.59**	32	.39**
15	.40**	33	.58**
16	.50**	34	.61**
17	.59**	35	.54**
18	.60**	36	.63**

$**p < .01, *p < .05$

Table 11 shows that all items are highly positively correlated with the total scores. The values of the correlations range from .62 to .75 ($p < .01$) showing high

internal consistency of the Urdu versions of the scale. Therefore it was concluded that the scale has high internal consistency and construct validity. The only problem is with ECR-R items no 26, 27, and 28 because these items show very low item total correlation of .28, .16 and .08.

Table 12

Item total correlation of anxiety subscale of ECR-R Scale–Urdu (N=300)

Item no.	r	Item no.	r
1	.54**	16	.51**
2	.61**	25	.55**
3	.61**	26	.16
6	.63**	27	.08
7	.66**	30	.43**
8	.47**	31	.48**
13	.63**	32	.47**
14	.66**	34	.65**
15	.47**	35	.56**

$**p < .01, *p < .05$

Item total correlation of anxiety subscale ECR-R scale in table 12 indicated that overall items were significantly and positively correlated with the total score except item no. 26 and 27. These items were positively related to the total score on the scale but the correlation was not significant. This indicates that these two items may increase the measurement errors, as they are not contributing towards the

measurement of adult attachment. Overall scale turned out to be internally consistent measure.

Table 13

Item total correlation of avoidance subscale of ECR-R Scale–Urdu (N=300)

Item no.	*r*	Item no.	*r*
4	.67**	20	.28*
5	.71**	21	.40**
9	.75**	22	.48**
10	.43**	23	.43**
11	.71**	24	.76**
12	.74**	28	.32*
17	.74**	29	76**
18	.75**	33	.71**
19	.67**	36	.71**

**p < .01, *p < .05

Table 13 shows the Item total correlation of avoidance scale of adult attachment indicates that over all the items were positively and significantly correlated with the total scores except item no 26 and 27. These items were positively correlated with the total score of the scale but the correlation was not significant. This indicates that these two items may increase the measurement errors, as they are not contributing towards the measurement of adult attachment. Over all, the above scale came out to be internally consistent measure.

Determination of the construct validity through confirmatory factor analysis (CFA). The validity of the three instruments i.e., Experience In Close Relationship Revise ECR-R (Urdu) Questionnaire, ENRICH Couple Scale (Urdu) and the Perceived Social Support scale (Urdu) is analyzed in their translated versions on the current sample of 150 couples.

The purpose of the analysis was to establish the construct validity of the study instruments using CFA. Confirmatory factor analysis (CFA) based on the variance-covariance matrix using the Analysis of Moment Structure (AMOS 18) statistical package for testing the factor model of the three scales used to meet the main objectives of the present research. Missing values were imputed using regression method on total sample of 150 couples. All the main variables of the study were derived as latent variables and their respective items were considered to be observed variables in every model.

Constraints were anticipated for the CFA model based on the maximum likelihood method called path analysis linking to fit the variances and covariances between observed scores. AMOS therefore created a covariance matrix, including the variances and covariances among observed scores. Further, unobserved variables were employed as error terms of observed variables. Using the imputed data set for each model, estimates were calculated. Standardized regression weights were identified considering greater than .35 as acceptable factor loading (Field, 2009). Using suggestive modification indices, only errors covariance were added to get a model fit.

All three models path diagrams were developed with AMOS graphics and the analysis was run to estimate the chi-square values. This study selected different

criterion indices: the chi-square test ($\chi 2$), Jöreskog and Sörbom's (1989) goodness-of-fit index (GFI), Bentler's (1990) Comparative Fit Index (CFI), Bentler and Bonett's, normed fit index (NFI), and root mean square error of approximation (RMSEA) with lower and higher limits of the 90% confidence interval. The criteria used for assessing model fit are with multiple indicators. Hu and Bentler (1999) recommended that Comparative Fit Index (CFI) and Tucker-Lewis Index (TLI) values above .95 and RMSEA values less than .06 represent an acceptable fit. Browne and Cudeck (1993) argue that because theoretical models approximate reality, the null hypothesis for any measurement-structural equation model (that is, conventional chi-square test that the data fit the model perfectly) was rare to be true. Rather than testing the null hypothesis of exact fit between the covariance matrix of sample and that of model for population, RMSEA establishes a hypothesis of close fit between the model and population. RMSEA values of .05 or less indicate a very close fit between the sample and the theoretical model, accounting for degrees of freedom. Values less than .08 reflect reasonably good fitting models (Browne & Cudeck, 1993).

Results of the Confirmatory Factor Analysis. Confirmatory Factor Analysis (CFA) is a statistical technique used to authenticate the factor structure of a set of observed variables. CFA allows the researcher to test the hypothesis that a relationship between observed variables and their underlying latent constructs. The researcher has used knowledge of the theory, pragmatic research, or both, proposes the relationship pattern and then tests the hypothesis statistically.

Parameters were estimated for the CFA model based on the maximum likelihood procedure (sometimes-called path analysis) involving fitting the variances

and covariances among observed scores. *Analysis of Movement Structures* (AMOS) was use for structural equation modeling, produced by SPSS therefore created a covariance matrix, including the variances and covariances among observed scores. It was essential to identify the factor model in order to estimate the model parameters. Factor loadings and the variances and covariances among the factors plus the variances and covariances among the errors were used to identify the number of factor model.

For CFA in present study four model diagrams were drawn for ENRICH couple scales. Each for Marital Satisfaction Scale (10 items), Communication Competence Scale (10 items), Conflict Resolution Scale (10 items), and Idealistic Distortion Scale (5 items). One model was drawn for the second scale called ECR-R scale with two dimensions of anxiety and avoidance. The third scale; social provision scale was confirmed by a one global factor measure called global social support. We examined the assessment of universal fit pertaining to the quality of the model in AMOS in order to support or reject its appropriateness for the above-mentioned sample. The next step was to illustrate the observed (items) and unobserved (factors) in the hypothesized model. The observed variables are represented as rectangles; ellipses represent the unobserved variables and the circles represent measurement error. The arrow between the unobserved variable and the observed variable represents a regression path and its number represents standardized regression weight. The arrow between a small circle and the observed variable represents a measurement error term. The double-headed arrows represent the correlation between two unobserved variables (factor covariances) of the model. Overall, the data satisfied the assumptions for running the CFA.

Table 14 contains four models, initial and final with 10 and 8 items respectively for marital satisfaction (MS) 10 items and then with 8 items. Initial, 10 items for communication and then with selected 8 items as final model fit. Initial with 10 items and with 7 items and final for conflict resolution are respectively as shown in figures 3, 4 and 5. It is said that "a rough "rule of thumb" directly related to the χ^2 value is that a good fitting model may be indicated when the ratio of the χ^2 to degrees of freedom is less than 2" (Tabachnick & Fidell, 2007).

Table 14

Factor loadings of confirmatory factor analysis for ENRICH couple scale (n=300)

Scales	Item no.	Factor Loadings
Marital Satisfaction Scale	1	.65
	5	.66
	9	.61
	13	.54
	17	.63
	21	.56
	24	**.28**
	27	.51
	30	.53
	35	**.29**

Continued…

Scales	Item no.	Factor Loadings
Communication Scale	2	.49
	6	.65
	10	.55
	14	**.19**
	18	40
	22	.59
	25	.40
	28	.60
	31	.51
	34	**.27**
Conflict Resolution Scale	3	**.11**
	7	.58
	11	.60
	15	.50
	19	.31
	23	**.02**
	26	.69
	29	.47
	32	**.21**
	33	.36

Note. λ = standardized regression weight.

Table 14 shows factor loadings of confirmatory factor analysis for Enrich Couple Scale ($N = 300$) and its four subscales. Based on the initial criteria i.e., if item loading were > .40 the model was reexamined and there are some items (i.e., item no. 24 and 35 from marital satisfaction scale; item no. 14 and 34 from communication scale; similarly from conflict resolution scale item no 3, 23 and 32) which shows low

factor loadings that is why these items are removed in final models and then these
models are showing good fit indices (see table 15) that is more clear from the next
table which shows chi- square, degree of freedom and stepwise model fit indices of
CFA for ENRICH couple scales

Table 15

*Chi- square, degree of freedom and Stepwise model fit indices of CFA for ENRICH
couple Scales (N=300)*

Scales	Chi Square $\chi 2$	df	Fit Indices						$\Delta\chi 2$	Δdf	Fit/not fit
			GFI	TLI	CFI	NFI	RMSEA	RMR			
Marital satisfaction											
Initial Model (10 items)	222.9	35	.83	.89	.76	.73	.13	.12	-	-	Not fit
Final Model (8 items)	24.9	14	.98	.97	.98	.96	.05	.04	198	21	Fit
Communication											
Initial Model (10 items)	174	35	.88	.71	.77	.74	.12	.11	-	-	Not fit
Final Model (8 items)	30.4	17	.97	.96	.97	.94	.05	.05	138	18	Fit
Conflict resolution											
Initial Model (10 items)	193.2	35	.89	.54	.64	.61	.12	.14	-	-	Not fit
Final Model (7 items)	14.6	9	.98	.95	.98	.95	.04	.05	178	26	Fit
Idealistic distortion											
Final Model (5 items)	9.6	5	.98	.97	.98	.97	.05	.03	-	-	fit

Note. GFI- goodness-of-fit index, CFI-Comparative Fit Index, RMSEA-Root Mean Square Error of
approximation, TLI -Tucker-Lewis Index

As seen from the Table 15, the chi-square values for all four scales from ENRICH Couple scale were significant after deleting some items and allow modification indices to correlate among items. The recommendations from instrument review committee were also implemented while making any decision about items. We delete items no 24 and 35, item loadings (having item loading less than .40). The chi-square values for final marital satisfaction χ^2 (14, N = 300) = 24.9, $p < .01$, CFI = .76, RMSEA = .05; Communication χ^2(17, N =300) =30.4 $p < .01$, CFI = .97, RMSEA = .05; Conflict resolution χ^2 (9, N =300) =14.6, $p < .01$, CFI = .98, RMSEA = .051, and the idealistic distortion χ^2 (5, N =300) =9.6, $p < .01$, CFI = .98, RMSEA = .051, were close fit models. A non-significant χ^2 makes a good fit model and could result in rejection of the null hypothesis. In this case, as stated by Bentler (1995), mostly with large sample size the χ^2 is significant and with a small sample the assumptions of the χ^2 test reveals an inaccurate probability.

In the case of these four scales i.e., Marital satisfaction (χ^2/df = 1.712), Communication (χ^2/df = 1.47), Conflict resolution (χ^2/df = 1.47), and Idealistic Distortion (χ^2/df = 1.767) the ratio is less than 2 and strongly supports that the four scales are close fit models. (Figure 3 showed the graphical representation of the good fit models).

The results also indicates that the evaluation scale model is a very good fit Figures 3 to 6 shows the items loading for CFA model for four sub-scales of ENRICH couple scale.

Item no 14 and 34 were deleted from communication scale, similarly researcher deleted item no 3, 23, and 32 from conflict resolution scale, as the item loading of these statements are very low in the sample.
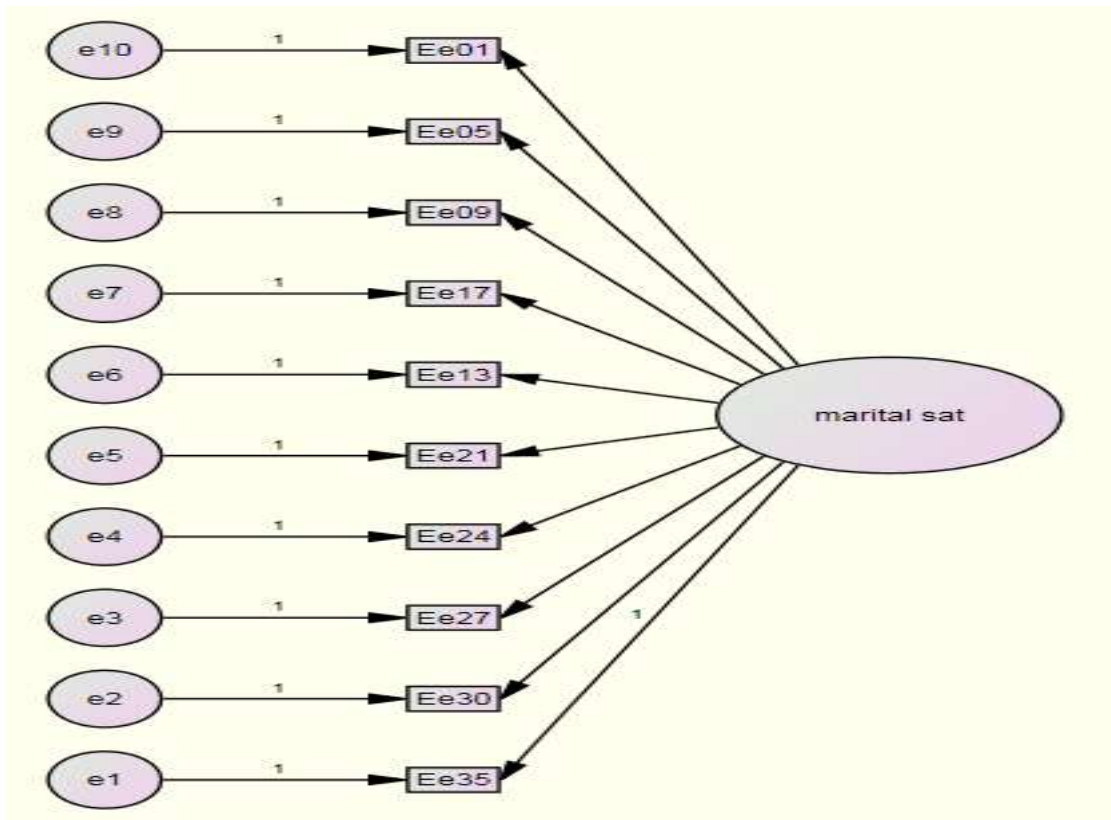
Figure 3. Measurement Model of Marital Satisfaction Scale (10 items)
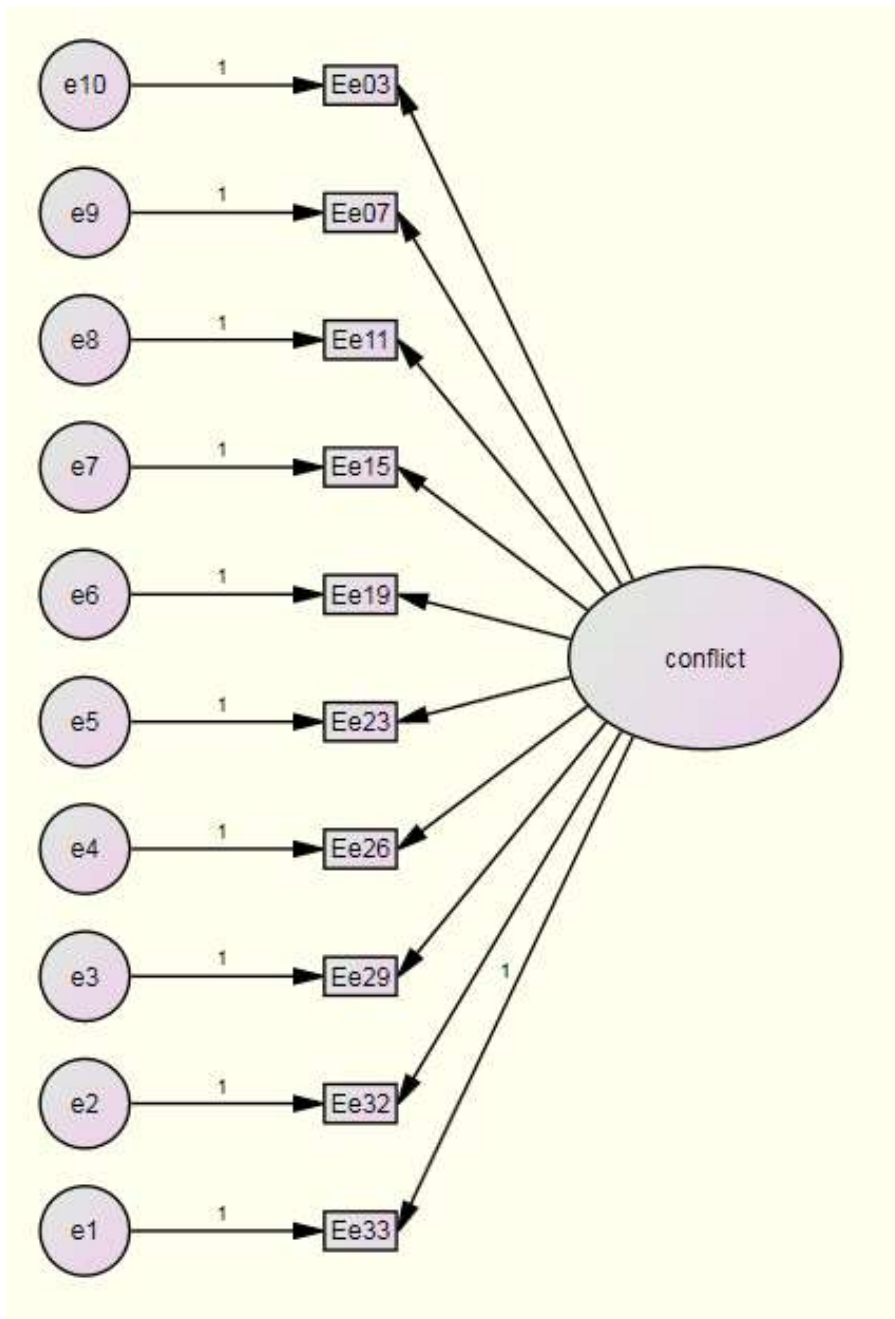
Figure 4. Measurement Model of Conflict Resolution Scale (10 items)
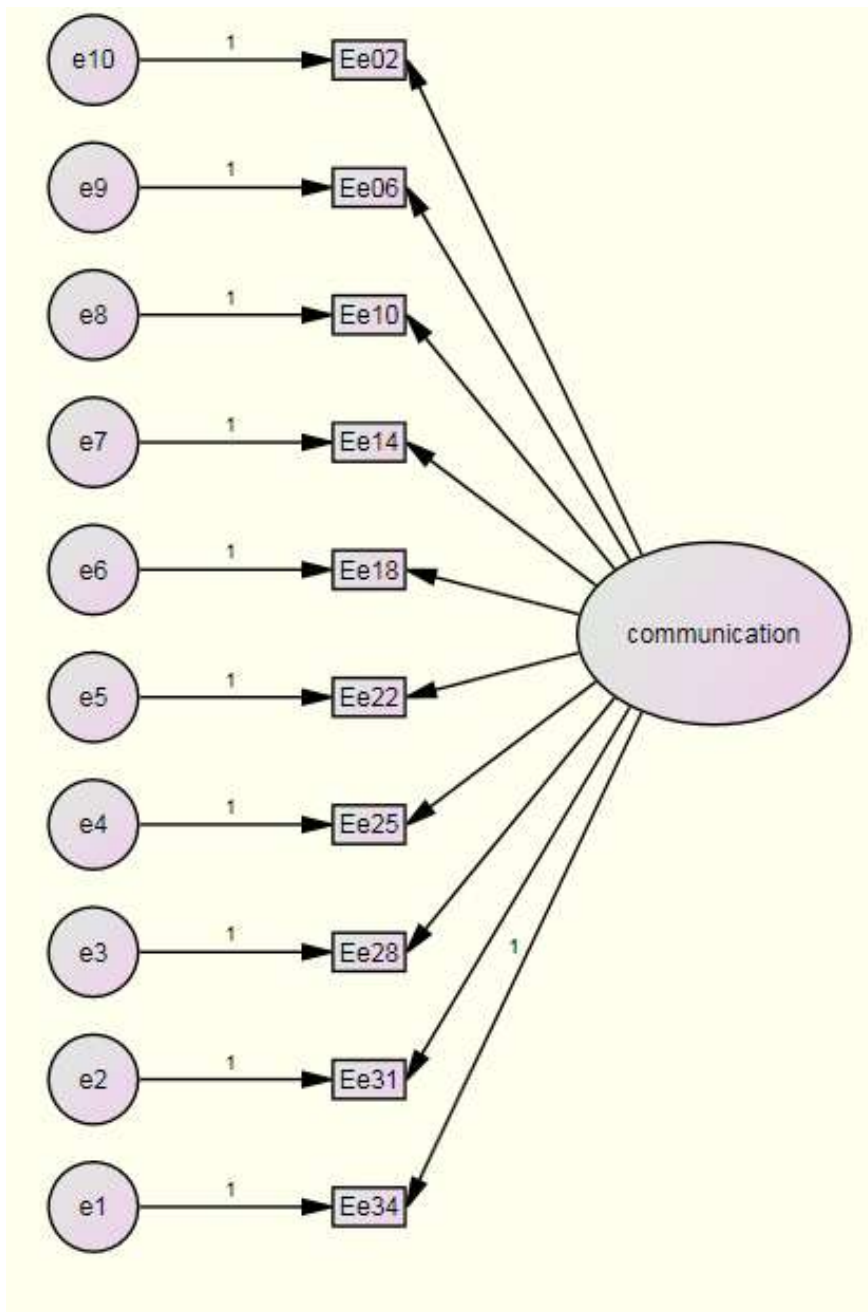
Figure 5. Measurement Model of Communication Scale (10 items)
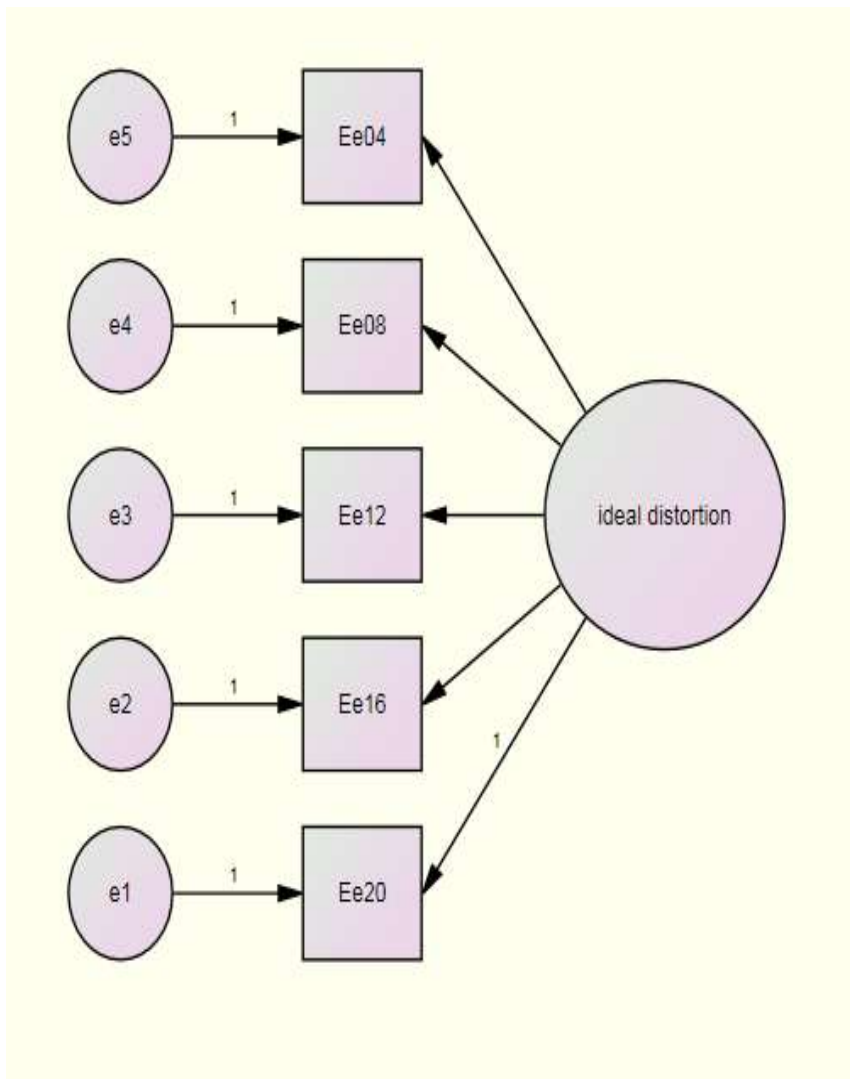
Figure 6. Measurement Model of Idealistic Distortion Scale (5 items)

Experience in Close Relationship Revise Questionnaire–revised –Urdu. In the present study, researcher used this scale for the measurement of adult attachment in couples. Experiences In Close Relationships-Revised (ECR-R) questionnaire by Fraley, Waller, and Brennan (2000) was selected based on its relevancy to the research and for its good psychometric properties in the previous literature.

Table 16

Factor loadings of confirmatory factor analysis for Experience in Close Relationship Revise (ECR-R) Questionnaire (N=300)

Scales	Item no	Factor loadings
Anxiety dimension	1.	.58
	2.	.68
	3.	.61
	6.	.73
	7.	.71
	8.	.48
	13.	.72
	14.	.75
	15.	.51
	16.	.49
	25.	.58
	26	**.15**
	27.	**.14**
	30.	.45
	31.	.54
	32.	.45
	34.	.73
	35.	.65

Scales	Item no	Factor loadings
Avoidance dimension	4.	.74
	5.	.74
	9.	.80
	10.	.40
	11.	.77
	12.	.79
	17.	.81
	18.	.81
	19.	.74
	20.	**.24**
	21.	.35
	22.	.43
	23.	.38
	24.	.81
	28.	**.29**
	29.	.78
	33.	.74
	36.	.73

Table 17

Chi- square, degree of freedom and Stepwise model fit indices for CFA of ECR-R scale (N=300)

| Models | Chi Square χ2 | *df* | Fit Indices | | | | | | Δχ2 | Δ*df* | Fit/not fit |
			GFI	TLI	CFI	NFI	RMSEA	RMR			
M1 (36 items)	2647	593	.62	.65	.67	.62	.11	.42	--	--	Not fit
M2 (32 items)	737	379	.87	.91	.93	.88	.05	.19	1910	214	Fit

Note. GFI = goodness-of-fit index, CFI= Comparative Fit Index, RMSEA= Root Mean Square Error of approximation, TLI = Tucker-Lewis Index

In Tables 16, 17, Fit indices all met the pre-established criterion values and indicated an excellent model fit for the data, $\chi2$ (14) =24.9; $p < .001$, CFI=.98, TLI=.89, RMSEA=.05. As seen from the Table 17, the chi-square values for ECR-R scale was significant after deleting some items and allowing modification indices to correlate among items. The recommendations from instrument review committee were also implemented while making any decision about items. After deleting some items having low item loadings (less than .30). The chi-square values for ECR-R is χ^2 (379, $N = 300$) = 737, $p < .01$, CFI = .93, RMSEA = .05 for close fit models. A non-significant χ^2 makes a good fit model and could result in rejection of the null hypothesis. In this case, as stated by Bentler (1995), mostly with large sample size, the χ^2 is significant and with a small sample, the assumptions of the χ^2 test reveal an inaccurate probability.

In this case of ECR-R (χ^2/df = 1.94) the ratio is less than 2 and strongly supports that the scales are close fit model. (Figure 7 shows the graphical representation of the good fit models).The item no 26 (I rarely worry about my partner leaving me) and 27 (I do not often worry about being abandoned) from anxiety dimension of ECR-R scale are having very low item loading in our sample, similarly item number 20 (I prefer not to show a partner how I feel deep down) and 28 (I am nervous when partner get too close to me) from avoidance dimension are having low item loadings. Overall, the factors loadings are from .14 to .81.
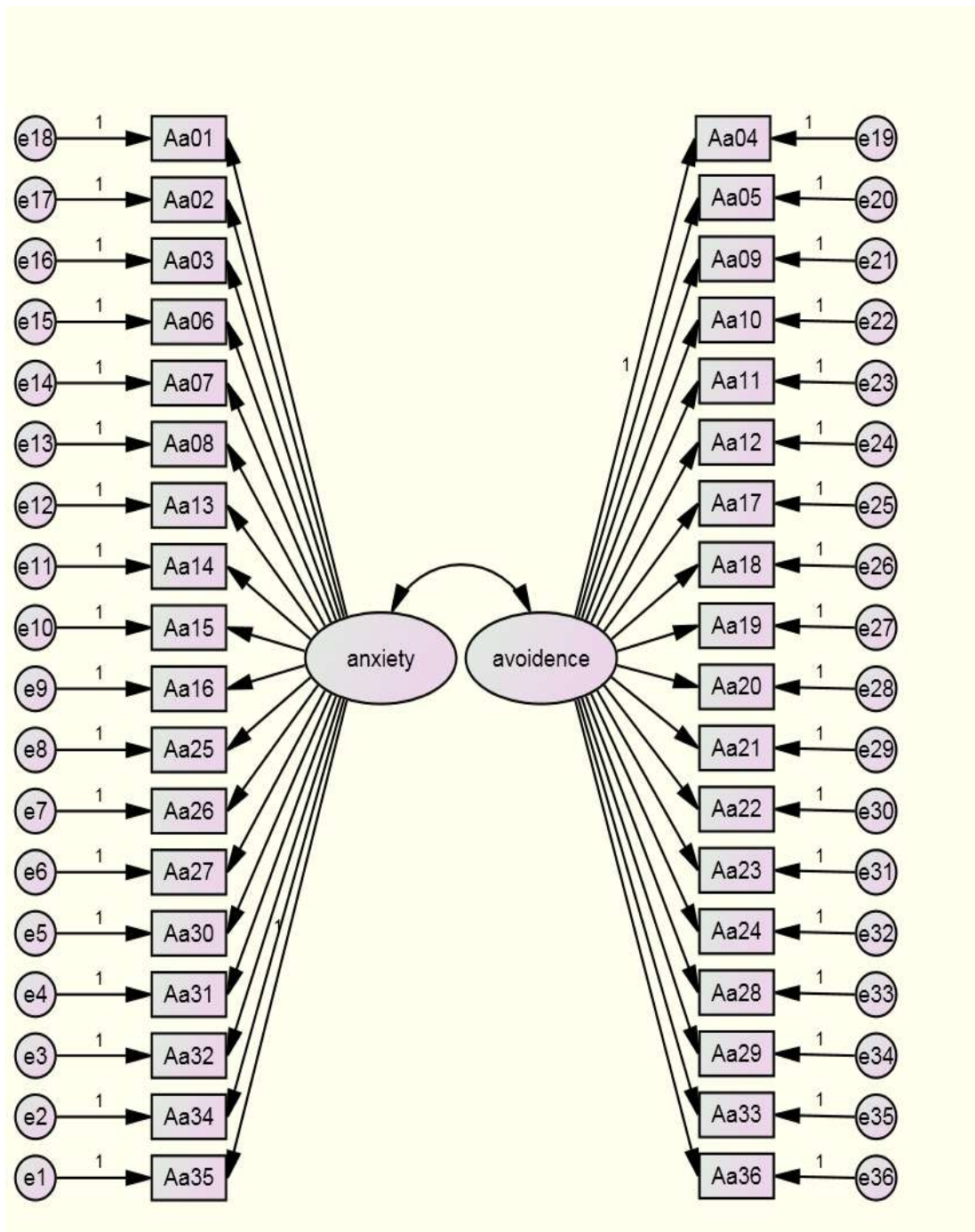
Figure 7. Measurement model of Experience in Close Relationship Revise Questionnaire ECR-R (36 items)

Table 17 and figure 7 demonstrate the CFA for Experience in Close Relationship Revise Questionnaire ECR-R. Fit indices all met these pre-established criterion values and indicated an excellent model fit for the data, $\chi2$ (81) =135.42, $p <$ .001, CFI=.95, TLI=.93, RMSEA=.05.

Social Provision Scale-Urdu. Social support is the perception that one is cared for, has assistance available from other people, and that one is part of a supportive social network (Weiss, 1969). The Social Provisions Scale (SPS) was used to study social support in adults, this scale was directly requested from authors Cutrona and Russell (1987). They sent and allowed the researcher to translate this scale according to their objectives by acknowledging the original authors. Afterwards authors had been involved in the Confirmatory Factor Analysis and researcher shared the results with them. The following tables indicate the factor loadings of Social Support Scale as a whole.

Table 18

Factor loadings of Confirmatory Factor Analysis for Social Provision Scale (N=300)

Item No.	Factor loadings
1	.48
2	.46
3	.49
4	.36
5	**.18**

Continued…

Item No.	Factor loadings
6	.54
7	.34
8	**.14**
9	.48
10	.67
11	.43
12	.51
13	.47
14	.68
15	.62
16	.50
17	.57
18	.69
19	.68
20	.39
21	.68
22	.61
23	.61
24	.47

Table 19

Chi- square, degree of freedom and Stepwise model fit indices for a proposed

model of social support(N=300)

| Models | Chi Square $\chi 2$ | df | Fit Indices | | | | | | $\Delta\chi 2$ | Δdf |
			GFI	TLI	CFI	NFI	RMSEA	RMR		
M1 (24 items)	1056	252	.73	.64	.67	.61	.11	.07	--	--
M2 (22 items)	196	185	.94	.96	.97	.72.	.01	.09	860	67

Note. GFI= goodness-of-fit index, CFI=Comparative Fit Index, RMSEA=Root Mean Square Error of approximation, TLI =Tucker-Lewis Index

Table 18 shows the factor loadings of the Social Provision Scale (SPS) and table 19 shows the Fit indices all met the pre-established criterion values and indicated an excellent model fit for the data, $\chi 2$ (14) =24.9; $p < .001$, CFI=.98, TLI=.89, RMSEA=.05.A significant Chi square value indicates divergence in model and sample covariance that is why goodness of fit indicates were used to evaluate the significance of the test. As seen from the Table 19, the chi-square values for SPS scale was significant after deleting some items and allowed modification indices to correlate among items. The recommendations from instrument review committee were also implemented while making any decision about items. After deleting two items; 5 and 8 having low item loadings (less than .40). The chi-square values for Social provision scale χ^2 (379, $N = 300$) = 737, $p < .01$, CFI = .93, RMSEA = .05 for close fit models. A non-significant χ^2 makes a good fit model and could result in rejection of the null hypothesis. In this case, as stated by Bentler (1995), mostly with large sample size, the χ^2 is significant and with a small sample, the assumptions of the χ^2 test reveal an inaccurate probability.

It is said that "a rough "rule of thumb" directly related to χ^2 value is that a good fitting model may be indicated when the ratio of the χ^2 to degrees of freedom is less than 2" (Tabachnic & Fidell, 2007).
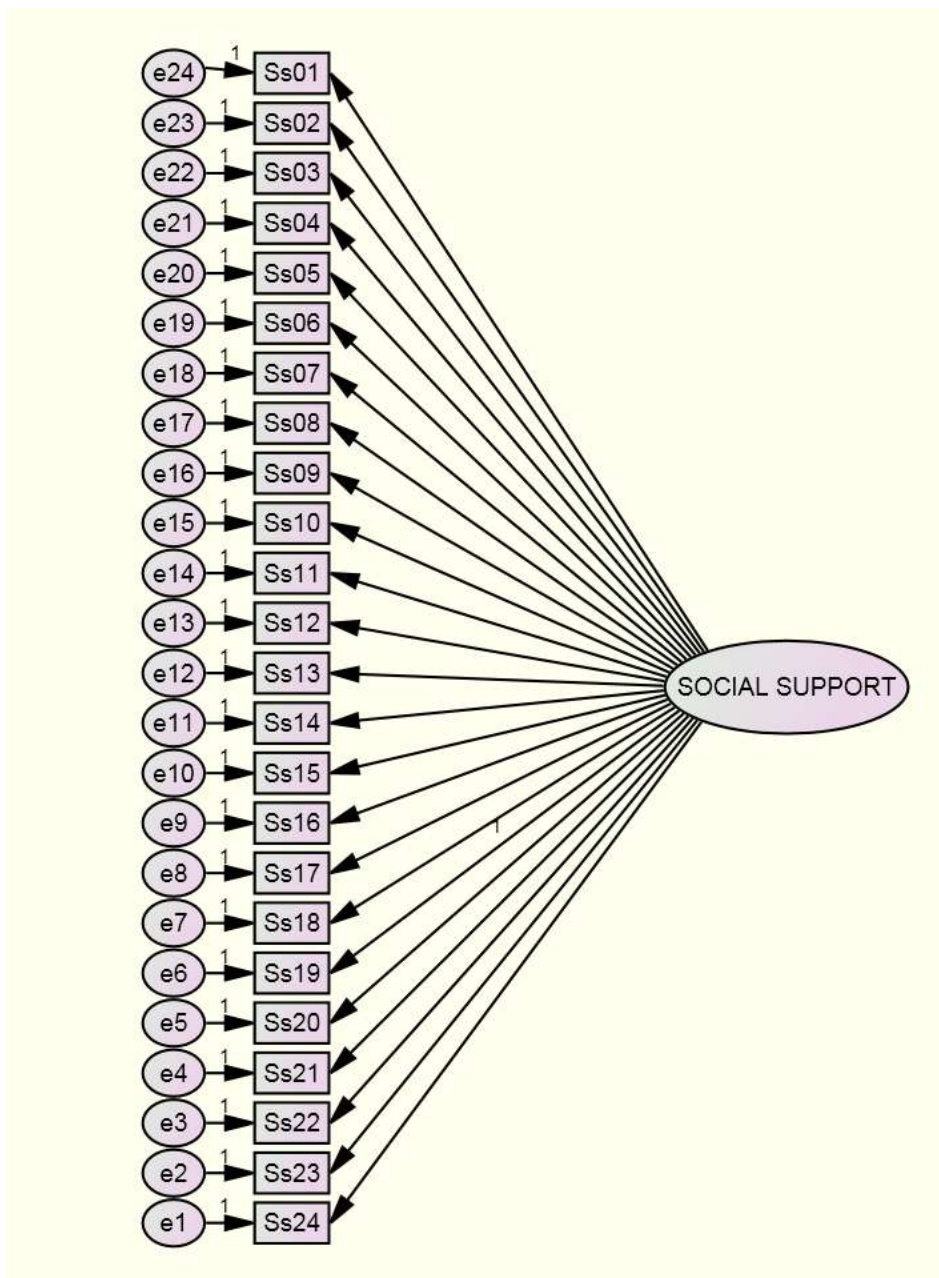
Figure 8. Measurement model of Social Provision Scale (24 items)

Discussion

From attachment perspective, researchers have derived the idea that individual differences in adult attachment plays significant role in defining marital satisfaction. There are many empirical studies, focusing on Bartholomew and Horowitz (1991) two-dimensional model of anxiety and avoidance and its connection with the relationship satisfaction.

The results support the assumption that these specified models prevail in the population and can be replicated in similar samples. Further, these results maintain the construct definitions purported by American Psychological Association. The sample of the current study is married couples from all the age groups and belonging to different socioeconomic classes having children. All the instruments have good reliability estimates that were computed using the Cronbach`s alpha coefficients and item total correlation. The alpha coefficient presented the high magnitude of reliability coefficients for all measures ranged from .69 to .92 (See Table 4). Similarly split half reliability estimates showed a Spearman-Brown coefficient ranged from .85 to .90. Therefore, these results give strength to the reliability estimated that two halves of the instruments give a significant correlation between them. Additionally, the findings of item total correlation showed that the scales were internally consistent and all items have their due share in the measurement of respective construct (Anatasi, 1997). There are a few problematic items showing low item total correlation. These were further analyzed in the next phase called Confirmatory Factor Analysis (CFA).

In addition to the findings of item total correlations, almost same items came up with very low factor loadings (i.e., regression weights) and are said to be

problematic items. Afterwards, researcher consulted the instrument review committee and they collectively decided to remove two items from marital satisfaction scale, two items from communication scale and three items from conflict resolution scale. Removing these items lead to models fit for CFA also showing good fit indices.

The plausible explanation for deleting two items; items number 24 and 35 from marital satisfaction scale is that item no 24. (*I am pleased with how we express affection and relate sexually*) and 35 (*I feel very good about how we each practice our religious beliefs and values*). As in item 24, we ask about sexual relationships among couples, which according to our culture are not appreciated as a question asked openly from any stranger by the researcher. That could be a reason in the current study that come up with low loading on that question, the review committee decided to remove that question for further analysis. The other question no. 35 is asking about the religious practices and beliefs, which according to our committee are not directly related to marital satisfaction as such, that is why removing problematic items responsible for poor fit to the data improve the model fitting. We obtain content validity and face validity at the end. On the other hand communication competence scale and conflict resolution scale also showed two items and three items respectively, having low item total correlation as well as having low factor loadings in CFA. These items are item no. 10 (*My partner sometimes makes comments that put me down*) and 34 (*It is difficult for me to share negative feelings with my partner*).Similarly, item no 3(*To end an argument, I tend to give in too quickly*), item no 23 (*I go out of my way to avoid conflict with my partner*), and item no 32 (*To avoid hurting my partner's feelings during an argument, I tend to say nothing*) were not loaded significantly and also have weak item total correlations. These items were excluded from the final

scale. The final reduced versions of the ENRICH couple scale gives a good model fit with little modifications.

Similarly, we removed two items from Avoidance subscale of ECR-R and two from Anxiety subscale of ECR-R then the trimmed model is a perfect fit to all the SEM indices, which make that model fit in CFA. As removing these items is not reducing the measurement power for the scale and catering all aspects of anxiety and avoidance effectively. Problematic items were item no 26 (I rarely worry about my partner leaving me) and 27 (I do not often worry about being abandoned) from Anxiety scale. Likewise, item no. 20 (I prefer not to show a partner how I feel deep down) and item no.28 (I am nervous when partners get too close to me) was from avoidance scale.

The Social Provision Scale consisted of 24 items and four items representing one of the six subscales. The CFA findings of the social provision scale did not follow the multidimensional integrated model of social support comprised Attachment, Social Integration, Reassurance of Worth, Reliable Alliance, Guidance, and Opportunity for Nurturance given by (Cutrona & Russell, 1987). The data was analyzed by CFA but there was no clear picture of the factor structure. However, the previous literature also gives a multitude of approaches to explain the concept, for instance, Kahn (1979) gives a three components explanation, whereas Weiss (1974) stated a six-component model. On the other hand, Schaefer, Coyne, and Lazarus (1981) explained three factors explaining the social support components.

Although present study aims to measures only the overall social support an individual is experiencing, that is why researcher was only interested in the global social support, which is also suggested by the author of the scale (Russell & Cutrona,

1991). They supported that one factor global social support can be used to measure overall social support in adults. Therefore, after running CFA the researcher decided to use the 22 item uni-dimensional model for social support. The two items with low factor loadings removed from the social provision scale were item no 5. (*There are people who enjoy the same social activities I do*) and item no 8. (*I feel part of a group of people who share my attitudes and beliefs).* It was assumed by the instrument review committee that there might be problems with the understanding of these two items for the sample population. In addition to this, the Pakistani culture and joint family system in which most married couples are living could be a possible explanation for low item loadings on these two items.

Conclusion

To conclude translated and reduced Urdu versions of three instruments i.e., Experience in close relationship revise ECR-R (Urdu) questionnaire, ENRICH couple scale (Urdu) and the Perceived Social Support scale (Urdu) were developed as a result of study I of the present research.

Then there was a need to test these models further, with the alternate model that derived from the EFA structure (in English versions) with a new Pakistani sample. Thus, the poor fit model result of CFA may be the consequence of the unmet assumption related to probability sampling and sampling adequacy for performing CFA.

PILOT STUDY

Chapter IV

STUDY II: PILOT STUDY

As discussed in the research design, the whole research was executed in three studies. The first study dealt with the translation and determination of psychometric properties of instruments whereas, the second study comprised the pilot study. The current chapter presents the objectives, methodology, and the findings of the pilot study.

Objectives

The broader objectives of the pilot study were to get precursory information about all the measures of the study and determination of the relationship between predictor and outcome variables.

The specific objectives of the pilot study were:

1. To get prior information about the relationship and direction between attachment dimensions, social support, communication competence, conflict resolution and marital satisfaction for building up and testing proposed models.

2. To reconfirm the reliability estimates of measures for Pakistani culture (although the instruments were validated through Confirmatory Factor Analysis and reliability estimates were also obtained in study I of the present research).

Hypotheses

To achieve the objectives of this study a number of hypotheses were formulated, as listed below:

1.   Securely attached couples will have high marital satisfaction as compared to insecure couples.

2.   Anxiousness in couple members will lead to less marital satisfaction.

3.   Avoidance in couple members will lead to less marital satisfaction.

4.   High positive communication will be related to more marital satisfaction.

5.   Higher level of effective conflict resolution will be positively related to higher level of marital satisfaction.

6.   Higher level of social support will positively relate to higher level of marital satisfaction.

Definition of the Study Variables

Attachment. Adult attachment is a strong emotional bond that develops between two adults. It is a person's internal working model of the self and others in relationships. In the present research, attachment was identified with reference to two dimensions measured by Experience in Close Relationship-Revised (ECR-R) Questionnaire (Fraley, Waller, & Brennan 2000). Higher scores on anxiety and avoidance would indicate that the person has an insecure attachment dimension. On the other hand, low score on these subscales is an indication of a secure attachment.

Social Support. Social support is the perception and reality that one is cared for, has assistance available from other people, and that one is part of a supportive social network (Weiss, 1969). Social support is measured as the amount of support available through The Social Provisions Scale. High scores on this scale means high perceived social support and vice versa. (Cutrona & Russell, 1990)

Marital Satisfaction. An individual overall personal evaluation and degree of satisfaction from his/her marriage is called marital satisfaction (Fowers & Olson 1989). In the present research a person scoring high on ENRICH Marital Satisfaction Scale by Fowers and Olson (1989) can be labeled as having labeled to be having high marital satisfaction as compared to others scoring low.

Communication. Communication is giving or exchanging information, signals or messages by talk, gestures, writing, etc. The Communication scale is concerned with an individual's feelings, beliefs, and attitudes about the communication in his/her relationship. Items focus on the level of comfort felt by both partners being able to share important emotions and beliefs with each other, the perception of a partner's way of giving and receiving information, and the respondent's perception of how adequately she/he communicates with partner (Fowers & Olson 1989). How you feel about the quality and quantity of your couple communication. For example "I can express my true feelings to my partner".

Conflict Resolution. Conflict is a perceived difference among interests, views, or goals and Conflict Resolution is a process which involves in facilitating the

peaceful ending of a conflict. The Conflict Resolution Scale by (Fowers & Olson 1989) assesses an individual's attitudes, feelings and beliefs toward the existence and resolution of conflict in his/her relationship. Items focus on the openness of partners to recognize and resolve issues, the strategies and procedures used to end arguments, and their satisfaction with the way problems are resolved (Fowers & Olson 1989). For example "When we discuss problems, my partner understands my opinions and ideas". All these items specifically provide an evaluation of couple relationship.

Sample

In this study, researcher examine data from 96 married Pakistani couples living in three different cities of Pakistan (i.e. Islamabad $n = 52$, Rawalpindi $n = 31$, and Faisalabad $n = 13$). Approximately 130 couples were contacted out of which 96 couples finally completed the study requirements. Their age ranged from $20 - 60$ with average age at the time of data collection was 36.97 years ($SD = 10.94$).

Each person was approached individually and there was no time limit to complete the questionnaire. The referrals and snowball sampling was done based on expediency. The couples having at least one child were contacted; the reason may be the childless couples might not face the same issues as couples with children). The sample was taken from different socioeconomic classes (SES). The demographic information of the sample includes age, education, occupation, marital life, children, residence, family system, either love marriage or arrange marriage, decision about marriage. In Pakistani society the decision about marriage are of different types e.g., in some cases parents/elders are the matchmakers for both man and woman (arrange

marriage) and in others they choose their own partner (love marriage), and family income etc. (see table 20 for demographic details about data). After completing a consent form, each participant completed the following measures. The average time taken by an individual is 20 to 30 minutes.

Instruments

The following instruments were used in the pilot study,cconsisting of revised versions of the scales.

Experiences in Close Relationships-Revised (ECR-R) Questionnaire–Urdu. It is a 32-item Likert type self-report measure of adult attachment. More specifically, it measures adult attachment within the context of romantic relationships. The English version questionnaire has two subscales each represented by 18 items. Each item is rated on a 7-point scale where 1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = neutral, 5 = slightly agree, 6 = agree and 7 = strongly agree.

In the pilot study modified scale called Experiences in Close Relationships-Revised (ECR-R) Questionnaire –Urdu was used. It consists of 16 items Anxiety scale and 16 items Avoidance scale each retained through CFA in phase I. The order of the questions was randomized when presenting them to research participants.

ENRICH Couple Scale– Urdu. ENRICH Couple Scale (Fowers & Olson 1989) consists of 35 items originally but after performing confirmatory factor analysis the marital satisfaction scale retained 8 items and similarly, communication scale

came up with 8 items scale. The third scale of ENRICH couple scale is the conflict resolution scale which contained with seven items after CFA. All the three scales comprised 5 points likert type rating scales with response categories ranging from 1-5.

Each item is preceded by a "+" or "-"sign. For the items preceded by a "+", the responses are not changed while scoring them finally, i.e., a 1 remains a 1. For the items preceded by a "-", the responses should be reversed. A 1 becomes a 5, a 2 becomes a 4, a 4 becomes a 2, and a 5 becomes a 1. A response of 3 is left unchanged. The item responses are then totaled for each subscale.

The Social Provisions Scale– Urdu. The Social Provisions Scale (SPS; Cutrona & Russell, 1987) is an original 24-item measure of perceived social support. Couples respond using a 4-point Likert-type scale (1 -*strongly disagree*, 4-*strongly agree*). A uni-dimensional 22 items scale of Social Provision Scale-Urdu retained through CFA in Part II of the Study 1. The Social Provisions Scale-Urdu measures the global social support.

Procedure

Sample of the current study consisted of 96 couples, in which both spouses agreed to participate in the research and provided complete information about their marital relationship. After taking both spouses consent, the instructions were given to the couples. The couples were instructed not to talk to or assist each other while filling in the questionnaire.

The primary criterion for inclusion in the study was that the participants should have been in marital relationship for at least one year. At the time of data collection, the couples have at least one child. In addition, those families were

approached for data collection in which both spouses had attended at least high school so they have the ability to read and understand Urdu language questionnaires. Participants first read and signed an informed consent form. The Questionnaire packets were ordered such that participants first completed a demographic information sheet, followed by a measure of Social Provision Scale-Urdu, followed by a measure of Experiences in Close Relationships-Revised (ECR-R) Questionnaire – Urdu and then ENRICH Couple Scale – Urdu.

On the other hand, the order of half of the questionnaires was randomly determined to counterbalance for order effects. A telephone contact was also provided to facilitate the researcher to deal with any queries concerning the materials. Upon completion of the study, couple members were invited to submit their names and addresses if they wished to receive a summary of the results of the study or be contacted in the future for potential follow-up studies. The participants were assured of the confidentiality of the information they provided and at the end were thanked for their cooperation and support.

Results

Pilot study was done to assess the workability of measures and to find out the correlation between attachment dimensions, conflict resolution, communication competence, social ssupport and marital satisfaction. The results of the pilot study are as follows.

Table 20

Demographic details of the pilot study data (N=192)

Variables	f (%)
Age (in years)	
20-31	79(41.1)
32-41	56(29.2)
42-68	57(29.7)
Education	
High school-Intermediate	43 (22.4)
Graduate (14th grade)	66(32.4)
Post Graduate and above	83(43.4)
Length of Marriage (in years)	
1-5	80(41.7)
6-15	48(25)
16-42	64(33.3)
Number of children	
1-2	120(62.5)
3-9	72((37.5)
Family's Monthly income (PKR)	
10,000-25,000	52 (27.1%)
26,000-60,000	87 (45.3%)
60,000-300,000	53 (27.6%)
Type of marriage	
Love marriage	50 (26%)
Arrange marriage	142 (74%)
Family type	
Joint family	88 (45.8%)
Nuclear family	104 (54.2%)

Alpha Reliabilities of the scales. The main purpose of the reliability indices of the scales being used in the pilot study is to ensure their suitability for indigenous population and to get the initial insight into patterns of the relationships among variables of the current investigation.

Table 21

Means, Standard deviation and alpha coefficient of ECR-R questionnaire, ENRICH couple scale and Perceive Social Support Scale-Urdu Versions and its subscales (N = 192)

Scale	Items	*M*	*SD*	α
ECR-R Questionnaire-Urdu	32	94.4	28.4	.91
Avoidance	16	43.7	15.7	.81
Anxiety	16	50.7	15.4	.87
ENRICH Couple Scale –Urdu	28	123.8	17.5	.88
Marital satisfaction	08	38.5	6.8	.83
Communication	08	30.3	4.9	.72
Conflict Resolution	07	35.9	5.8	.69
Idealistic Distortion	05	18.9	3.4	.70
Perceive Social Support Scale-Urdu	24	75.6	9.4	.87

Table 21 shows the alpha coefficients of all three scales and their subscales. These alpha coefficients range from .69 to .91which shows that alpha coefficients are quite satisfactory. The results indicate that the above-mentioned scales are reliable rating scales to measure couple's attachment, marital satisfaction, communication competence, conflict resolution, and social support.

Inter-scale correlations. Inter-scale correlations for ENRICH Couple Scale-Urdu; Experiences in Close Relationships-Revised (ECR-R) Questionnaire–Urdu and Perceive Social Support scale have been computed in the present study, which shows that a significant correlation exists between different scales. (See table 22)

Table 22

Correlations between ECR-R, Perceive Social Support, and ENRICH Couple Scale (N = 192)

	Scale	ECR-R	ENRICH	PSS
1	ECR-R	-	-.68**	-.41**
2	ENRICH	-	-	.34**
3	PSS	-	-	-

*p < .05, **p < .001

Table 22 indicates significant positive correlation between ENRICH couple scale and Perceive Social Support. On the other hand ECR-R scale and ENRICH couple scale as well as Perceive Social Support scale shows negative relationship with each other. The overall pattern of results support the presence of significant links among all variables measured by ECR-R questionnaire; ENRICH couple scale and Perceive Social Support Scale-Urdu Versions.

Table 23

Inter-scale correlations of ENRICH Couple Scale and its Subscales (N = 192)

	Scales	1	2	3	4
1	ENRICH total	.89**	.91**	.73**	.83**
2	Marital Satisfaction	--	.72**	.43**	.76**
3	Communication Competence			.66**	.65**
4	Conflict Resolution				.44**
5	Idealistic Distortion				--

*p < .05, **p < .01

Table 23 indicates significant positive correlation between scales of Perceive Social Support scales. The overall pattern of results support the presence of links among all variables measured by ECR-R questionnaire; ENRICH couple scale and Perceive Social Support Scale-Urdu Versions.

Table 24

Inter-scale correlations of ECR-R Scale and its Subscales (N = 192)

	Scales	1	2	3
1	ECR-R total		.91**	.92**
2	Anxiety Scale			.66**
3	Avoidance Scale			

*p < .05, **p < .01

Table 24 indicates significant positive correlation between scales of ECR-R Scale and its ssubscales. The overall pattern of results support the presence of links between all variables measured by ECR-R questionnaire Urdu Versions.

Table 25

Means, Standard Deviations and Correlations for the study variables for married couples (N= 192)

S.no.		1	2	3	4	5	6	*M*	*SD*
1	Anx	-	.48**	-.53**	-.52**	-.34**	-.32**	38.4	17.8
2	Avo		-	-.65**	-.65**	-.66**	-.65**	42.4	22.4
3	M.S			-	.82**	.52**	.57**	31.1	6.1
4	Com				-	.61**	.59**	30.1	6.2
5	Conf					-	.35**	24.4	5.2
6	SS						-	68.7	11.2

Note. Anx = anxiety, Avo = avoidance, M.S = marital satisfaction, Com = communication, Cof = conflict resolution, SS=social support

**p* < .01, *p* < .05

Table 25 shows that there is a significantly positive correlation between anxiety, avoidance, marital satisfaction, communication, conflict resolution and social support, which shows the internal consistency of all these scales.

Table 26

Pearson Product moment correlation coefficient of ECR-R, Avoidance, Anxiety, communication competence, conflict resolution and social support with marital satisfaction (N = 192)

Scale	Marital Satisfaction (MS)
(ECR-R) questionnaire(for attachment)	-.68**
Avoidance Subscale	-.68**
Anxiety Subscale	-.66**
Communication competence	.71**
Conflict resolution	.41**
Social Support	.37**

* $p < .05$, ** $p < .01$

Table 26 shows that individual who is scoring high on ECR-R scale is having low marital satisfaction. Those results are in line with our first hypothesis which assumes that insecure individuals have low marital satisfaction. On the other hand according to second and third hypothesis Avoidance and Anxiety attachment is negatively related to marital satisfaction. Other three hypotheses 4th, 5th and 6th and also supported by positive and significant correlations for couples` communication competence, conflict resolution and Social Support is positively related to their marital satisfaction.

Discussion

The significant relationship of adult attachment and marital satisfaction cannot be denied but the expression of how these variables are related and contributed towards each other is important. The phase II of the study was carried out for workability of the instruments to be used in the main study. The three scales translated into Urdu are Experiences in Close Relationships-Revised (ECR-R) Questionnaire, ENRICH Couple scale, The Social Provisions Scale (SPS).

This part of the study has been conducted with the first objective to determine the means standard deviations and reliability estimates. All the instruments had significant reliability estimates that were computed using the Cronbach`s Alpha coefficient and item total correlation. The alpha coefficient presented the high magnitude of reliability coefficients for all measures ranged from .62 to .91 which were very similar to the reliability estimates of the pre-testing phase. All the measures were found to be reliable in Pakistani culture (See Table 21).

The correlation among study variables was calculated which gives us a clear picture about the relationship between our study variables as expected in the hypothesis of the pilot study. It is discussed in the next paragraph.

According to first hypothesis, securely attached people have high marital satisfaction as compared to unsecured people. So, Table 26 shows that highly avoidant and anxious persons come up with low marital satisfaction. This table also shows that anxious and avoidant attachment is positively related to marital dissatisfaction. It is clear from these results that a person who scores high on both avoidance and anxiousness, was labeled as insecure; these people were having low marital satisfaction. These findings are also supported by many previous researches

(i.e., Collins, 1996; Collins & Feeney, 2000; Collins & Read, 1990; Kirkpatrick & Davis, 1994).

In the same way both effective communication competence and conflict resolution is positively related to marital satisfaction. Creasey, Kershaw, and Boston (1999) proposed that avoidant attachment in adults leads to emotional deactivation, whenever a relationship is passing through a period of stress, communication competence decreased and the rate of mutual discussion also decreased. On the other hand, Fower (1998) find out that conflict resolution behavior has been the center of efforts to reduced marital distress. According to Gottman (1994), confrontation of disagreement is important to marital satisfaction over time, whereas avoidance of conflict is generally disfunctional and in the long run it will increase marital dissatisfaction.

Last hypothesis is about the relationship between social support and marital satisfaction so if a person has perceived social support is high it is also positively related to marital satisfaction. The current study also helped the researcher to refine data collection procedure for the main study. Additionally correlation analysis suggests and confirms some paths from independent variables to dependent variables which then lead and direct the researcher towards development of Structural equation Modeling (SEM) using AMOS.

In sum, our findings from reliability analysis and correlation, demonstrate three instruments named Experiences in Close Relationships-Revised (ECR-R) Questionnaire by Fraley, Waller, and Brennan (2000). The Social provisions scale (Cutrona & Russell, 1987) and ENRICH couple scale (Fowers & Olson 1989) in their Urdu versions are reliable and valid measures of the study variables. The preliminary analysis leads us towards the right direction as were accepted. Pursuing this further, the same format of data collection was retained for the main study with larger sample.

MAIN STUDY

Chapter V

STUDY-III: MAIN STUDY

Role of Adult Attachment, Conflict Resolution, Communication Competence,

and Social Support in Marital Satisfaction among Couples

A correlation design was used for the current study, examining the associations amongst married couple members' dimensions of adult attachment and marital satisfaction. Specifically, communication, conflict resolution, and social support were hypothesized to mediate the relationship between attachment dimensions and marital satisfaction. In the light of literature review and current Pakistani family system, the researcher identified certain important factors contributing towards satisfied marital relationship. These variables have yet received less attention in Pakistani society.

Objectives

This Study aims to measure the relationship between adult attachment and marital satisfaction. Furthermore, research purports to identify those mediating variables that are contributing toward the marital satisfaction among Pakistani intact couples. In addition to these, it further finds out the reliability and validity of newly translated instruments on larger sample than in pilot study.

The specific objectives of the study are as follows:

1. To find out the relationship between study variables i.e. adult attachment, social support, conflict resolution, communication and marital satisfaction of couples.

2. To find out the role of demographic (e.g. age, gender, education, income, marriage type, family type nuclear or joint family) variables with the study variables like adult attachment, social support, conflict resolution, communication and marital satisfaction of couples.

3. To test the conceptual models for the relationship between attachment anxiety, avoidance, and marital satisfaction considering conflict resolution, communication, and social support as mediating variables.

4. To test the hypotheses formulated for the main study.

Hypotheses

To accomplish the objectives of the present research a number of hypotheses were devised, which are listed below:

1. Attachment dimensions of anxiety and avoidance are inversely correlated to marital satisfaction of spouses.

2. Conflict resolution would be positively related to spouse`s own and partners marital satisfaction.

3. Communication competence would be positively related to spouse`s own and partners marital satisfaction.

4. Social support would be positively related to their spouse`s own and partners marital satisfaction.

5. Husband's own avoidance attachment would negatively predict husband marital satisfaction (actor effect).

6. Wife own avoidance attachment would negatively predict wife's marital satisfaction (actor effect).

7. Husband own anxious attachment would negatively predict husband marital satisfaction (actor effect).

8. Wife own anxious attachment would negatively predict wife marital satisfaction (actor effect).

9. Wife`s anxiety would negatively predict husband`s marital satisfaction and husband's anxiety would negatively predict wife's marital satisfaction (partner effect).

10. Wife's avoidance would negatively predict husband`s marital satisfaction and husband`s avoidance would negatively predict wife`s marital satisfaction (partner effect).

11. Conflict resolution would mediate the relationship between attachment insecurities (anxiety and avoidance) and marital satisfaction in both husbands and wives.

12. Communication competence would mediate the relationship between attachment insecurities (anxiety and avoidance) and marital satisfaction in both husbands and wives.

13. Social support would mediate the relationship between attachment insecurities (anxiety and avoidance) and marital satisfaction in both husbands and wives.

Sample

Purposive sampling technique was used. 175 couples (350 individuals) completed self-report data; both spouses filled the instruments separately for the main study. Data was collected from three large cities of Pakistan; Rawalpindi (*n* = 108 couples), Islamabad (*n* = 132), and Faisalabad (*n* = 110).The questionnaires were distributed to the couples in different localities of these cities by snowball sampling. There were no financial incentives for participants.

Care was taken to choose the sample from couples having children. Couples were having number of children ranging from 1 to 9. Their age ranged from 20–60 years. (For demographic details see Table 27). In addition those families were selected who had the ability to read and understand Urdu language with minimum educational qualification of high school study (i.e., 10[th]grade). The sample was taken from different socioeconomic classes (SES). The demographic information of the sample includes age, education, occupation, marital life, children, residence, family system (Nuclear family living separate or join/extended family living together), decision about marriage and family income etc. After completing a consent form, each participant completed the following measures. The average time taken by an individual was 20 to 30 minutes.

Instruments

Instruments used for the testing of hypotheses of the main study were same measures as used in pilot study (see page 104)

1.   Experiences in Close Relationships-Revised (ECR-R) Questionnaire– Urdu

2.   ENRICH Couple Scale– Urdu

3.   The Social Provisions Scale– Urdu

4.   Demographic information sheet- Urdu

Procedure

In this study, we examined data from 175 married Pakistani couples living in three different cities of Pakistan (i.e., Islamabad, Rawalpindi, and Faisalabad). About 230 couples were contacted out of which 175 couples (both spouse) agreed to participate in the research and give us complete information about their marital relationship. After taking both spouse's consent the instructions were given to the couples. The couples were instructed not to talk to or assist each other while filling in the questionnaire.

The primary criterion for study inclusion was that the participants should be in marital relationship for at least one year at the time of data collection and had at least one child (childless couples were not included in the study to rule out the issue of having no child as in Pakistani society absence of children is a stigma on a couple relationship). In addition, those families were approached for data collection in which both spouses had attended at least high school so they have the ability to read and

understand Urdu language questionnaires. Participants first read and signed an informed consent form. The Questionnaire were ordered in a way that participants first completed a demographic information sheet, followed by a measure of Experiences in Close Relationships-Revised (ECR-R) Questionnaire – Urdu, followed by a measure of ENRICH Couple Scale – Urdu and then Social Provision Scale-Urdu. After these measures, the order of the remaining questionnaires was randomly determined to counterbalance the order effects. A telephonic contact was given to the respondent to deal with any question related to instruments. When the couples were done with their instruments, they were invited to give their names, phone numbers, or e-mail and home addresses if they wanted to receive a summary of the results of the research.

Results

The rationale of the present study was to discover the relationship of adult attachment and marital satisfaction along with three mediating variables i.e. social support, conflict resolution, and communication competence in married Pakistani couples. To meet the objectives and test the hypothesized relationship of the variables of the current study (i.e. main study), following results were obtained.

Demographic information. The demographic information along with frequencies and percentages is given as under.

Table 27

Demographic details of the main study data (N=350)

Variables	f (%)
Age (in years)	
20-31	139 (39.7%)
32-41	106 (30.3%)
42-68	105 (30.1%)
Education	
High school-Intermediate	80 (22.9%)
Graduate (14th grade)	116 (33.1%)
Post Graduate and above	154 (44%)
Length of Marriage (in years)	
1-5	150 (42.9%)
6-15	80 (22.9%)
16-42	120 (34.3%)
Number of children	
1-2	202 (57.7%)
3-9	148 (42.3%)
Family's Monthly income (PKR)	
10,000-25,000	79(22.6%)
26,000-60,000	178 (50.9%)
60,000-300,000	93 (26.6 %)
Type of marriage	
Love marriage	83 (23.7%)
Arrange marriage	267 (76.3%)
Family type	
Joint family	156 (44.6 %)
Nuclear family	194 (55.4%)

Reliabilities analyses. To determine the reliability of the instruments ECR-R questionnaire-Urdu, ENRICH couple scale-Urdu and Perceive Social Support Scale-Urdu Versions were analyzed and the alpha coefficient were calculated for the main study sample comprising 350 individuals.

Table 28

Reliabilities estimates and descriptive statistics of Experiences in Close Relationships-Revised (ECR-R) questionnaire, marital satisfaction, conflict resolution, communication competence and social support questionnaire (N= 350)

Scales	No of items	*M*	*SD*	Alpha	Range	Kurtosis	Skew
ECR-R	32	95.90	19.5	.94	1-7	-.17	.56
Avoidance	16	48.00	23.8	.90	1-7	-.86	.61
Anxiety	16	47.89	18.3	.93	1-7	.21	.86
ENRICH Couple Scale	28	126.78	19.5	.91	1-5	.51	-.57
Marital Satisfaction	08	39.49	6.91	.81	1-5	.66	-.77
Communication	08	35.38	6.96	.82	1-5	-.32	-.38
Conflict Resolution	07	32.22	5.72	.79	1-5	1.41	-.66
Idealistic distortion	05	20.10	3.93	.86	1-5	-.05	-.66
Social Support	22	74.59	11.6	.89	1-4	-1.0	-.22

Table 28 shows the alpha reliabilities of the whole scale and the subscales of Experiences In Close Relationships-Revised (ECR-R) questionnaire, which are from

.79 to .94, indicating a high value of alpha coefficient. Mean and standard deviation patterns show satisfactory directions.

Inter-scale correlations coefficient. Inter scale correlations coefficient for all the scales was determined to examine how much and in which direction these subscales related to each other.

Table 29

Inter-scale Correlation of study variable over all (N=350)

	Scales	1	2	3	4	5	6	7
1.	Avoidance	-	.48**	-.57**	-.12**	-.47**	-.67**	-.55**
2.	Anxiety		-	-.47**	-.23**	-.48**	-.51**	-.29**
3.	Communication			-	.57**	.59**	.76**	.53**
4.	Conflict				-	.32**	.41**	.21**
5.	Idealistic distortion					-	.72**	.36**
6.	Marital satisfaction						-	.54**
7.	Social Support							-

*p<.05, **p < .01

Table 29 indicates significant correlation between all study variables. The overall pattern of results supports the presence of significant links between all variables measured by ECR-R questionnaire-Urdu; ENRICH couple scale-Urdu and Perceive Social Support Scale-Urdu Versions.

Intercorrelations among the study variables, for wives and husbands.
Correlations among the main study variables were shown in table 30, for husbands
and wives. As anticipated the anxiety dimension of attachment in husbands is highly
correlated with anxiety dimension of wives $r = .68$, $p < .001$. Similarly, avoidance
dimension of attachment in husbands was highly correlated with avoidance dimension
of wives $r = .66$, $p < .001$.

On the other hand avoidance dimensions of attachment in both husbands and
wives were moderately correlated with anxiety dimensions of attachment in both
husbands and wives ($r = .42$ to $.45$ $p < .001$) indicating the convergent validity of the
anxiety and avoidance scale.

Moreover, all the scales reflected similarity in both husband and wives, taking
it further the indication of discriminant validity were shown through the negative
relationship between attachment dimensions and the communication competence,
conflict resolution, marital satisfaction, and social support scales as these are
negatively correlated ($r = -.30$ to $-.62$ $p < .001$) The results confirm that the high
scores of attachment insecurities were negatively correlated to marital satisfaction
which was also expected from previous literature indicating evidence of discriminant
validity.

Overall, all the correlations were in expected directions and highly significant
and can be used as a means for model construction process (Joreskog & Sobbom,
1996).

Table 30

Means, Standard Deviations and Correlations for the study variables for both husbands and wives (N= 175 couples)

Sn.		1	2	3	4	5	6	7	8	9	10	11	*M*	*SD*
1	Anx (H)	-											35.93	16.48
2	Anx (W)	**.68****	-										40.89	18.91
3	Avo (H)	.60**	.45**	-									42.13	21.24
4	Avo (W)	.38**	.42**	**.67****	-								40.96	22.40
5	Com (H)	-.55**	-.46**	-.70**	-.63**	-							30.70	6.06
6	Com (W)	-.49**	-.56**	-.60**	-.61**	**.79****	-						29.62	6.33
7	Cof (H)	-.38**	-.39**	-.43**	-.48**	.64**	.64**	-					24.74	4.70
8	Cof (W)	-.30**	-.38**	-.33**	-.33**	.52**	.63**	**.76****	-				23.93	5.70
9	M.S (H)	-.62**	-.50**	-.67**	-.60**	.84**	.69**	.60**	.46**	-			31.33	5.86
10	M.S (W)	-.45**	-.51**	-.59**	-.61**	.77**	.80**	.55**	.51**	**.74****	-		30.98	6.33
11	SS(H)	-.32**	-.20**	-.58**	-.47**	.58**	.38**	.31**	.20**	.56**	.42*	-	76.05	11.90
12	SS(W)	-.29**	-.34**	-.48**	-.69**	.57**	.60**	.49**	.36**	.54**	.53**	**.44****	74.04	11.07

Note. Anx (H) =anxiety husband, Anx (W) =anxiety wife, Avo (H) = avoidance husband, Avo (W) = avoidance wife, M.S (H) = marital satisfaction husband, M.S (W) = marital satisfaction wife, Com (H) = communication husband, Com (W) communication wife, Cof (H) = conflict resolution Husband, Cof (W) = conflict resolution wife. The bold values are Intercorrelations among same husband and wife variables.

$^{**}p< .01, ^{*}p< .05$

Demographic differences among study variables.

Gender wise differences. Table 31 shows gender wise differences on adult attachment, communication competence, conflict resolution, social support and marital satisfaction. The sample is divided in to two equal groups consisting of 175 husbands and 175 wives.

Table 31

Means, Standard Deviations and t- values of gender wise differences on adult attachment, communication competence, conflict resolution, marital satisfaction and social support for husbands and wives (N=350)

Variables	Husbands (*n*=175)		Wives (*n* = 175)			95% CI		Cohen's
	M	*SD*	*M*	*SD*	*t*	LL	UL	*d*
Social support	76.05	11.90	74.04	11.07	1.29	-0.40	4.43	0.08
Marital satisfaction	39.64	6.59	39.35	7.22	0.51	-1.16	1.75	0.04
Communication competence	36.28	6.63	35.25	7.35	1.47	-0.44	2.50	0.14
Conflict resolution	34.17	6.01	33.79	5.99	1.42	-0.88	1.64	0.06
Idealistic distortion	19.81	3.87	20.37	3.99	1.01	-1.39	0.27	-0.14
Anxiety	45.37	16.65	50.26	19.54	2.35**	-8.71	-1.07	0.26
Avoidance	47.32	22.65	46.87	23.99	0.34	-4.46	5.35	0.01

*df =348, *p <.05, **p <.01*

The results shown in Table 31 depicted that there are significant differences in husbands and wives only on one scale that is attachment dimension of anxiety. In the sample wives score high on attachment dimension of anxiety i.e., {t (348) = 2.35, $p<$ .01} On the other hand, husbands scores were high on avoidance scale of attachment but these results are non-significant. However, these results were in line with the prevailing literature and discussed in the relevant section under discussion. The marital satisfaction, communication competence, social support, conflict resolution, and idealistic distortion present significant differences.

Age wise differences. Table 32 shows age wise differences on adult attachment, communication competence, conflict resolution and social support and marital satisfaction. The sample was divided into three groups consisting of young 21 to 31 years, middle, 32 to 41 and old 42 to 68 years. These groups are formed on the basis of the persons age up till 31, a person is struggling with his or her carrier, job and even in the new marital life so this group is significantly different from the other two groups which comprised mature and mostly well settled people in their lives.

128

Table 32

Group wise differences on different study variables under three age groups (N = 350)

Variables	Young 20-31 (n = 139) M	SD	Middle 31-41 (n = 106) M	SD	Old 42-68 (n =105) M	SD	F	i-j	Mean D.(i-j)	SE	95% CI LL	UL
Social support	74.54	11.69	74.55	11.67	76.22	11.137	.78	Ns	Ns	Ns		
Marital satisfaction	38.40	6.68	39.53	7.16	40.90	6.719	3.9**	old>yog**	2.50	.88	-4.58	-.42
Conflict resolution	33.22	6.51	34.58	5.28	34.38	5.897	1.87	Ns	Ns	Ns		
Communication competence	35.01	7.25	35.54	6.66	36.99	6.908	2.48	Ns	Ns	Ns		
Anxiety	51.47	20.16	46.75	16.93	44.07	16.150	5.28**	yog>old**	7.40	2.33	1.90	12.90
Avoidance	50.55	25.15	46.49	21.34	43.14	22.159	3.10**	yog>old**	7.40	2.99	.35	14.45

Note: Between group *df =2,* within group *df =347, group* total *df =349*; Yog = young couples, old = old couples, mid = middle age couples
*p ≤ 0.05, **p ≤ 0.01

Table 32 depicted independent sample t-test for exploring age differences. There are significant differences in three groups on the basis of age (Group 1 = below to 31 years old, Group 2 = 32 to 41 and Group 3 = 42 to above years) on marital satisfaction and avoidance, and attachment dimension of anxiety. It is shown that older couples are more satisfied in their marital relationship, are secured on their attachment dimensions (as their scores are significantly low on anxiety and avoidance).

Differences in love or arrange marriage. Table 33 highlights the marital type (i.e. arrange and love marriage) differences on adult attachment, communication competence, conflict resolution and social support and marital satisfaction. The sample is divided in to two equal groups consisting of couple married through arrange marriage and couples married through love marriage.

Table 33

Means, Standard Deviations and t- values of differences on adult attachment, communication competence, conflict resolution, marital satisfaction and social support between love marriage and arrange marriage (N=350)

Variables	Love marriage (n=83)		Arrange marriage (n=267)			95% CI		Cohen's d
	Mean	*S.D*	*Mean*	*S.D*	*t*	LL	UL	d
Social support	74.27	11.33	75.29	11.59	0.50	-3.87	1.83	0.08
Marital satisfaction	40.02	6.62	38.33	7.09	2.21*	-1.01	2.40	0.10
Communication competence	35.95	6.25	33.71	7.24	2.22**	-1.49	1.98	0.03
Conflict resolution	32.57	5.08	34.11	6.25	2.66**	-2.02	0.94	0.09
Idealistic distortion	20.25	3.83	20.03	3.97	0.16	-0.75	1.19	0.05
Anxiety	49.87	19.68	47.18	17.83	1.57	-1.83	7.21	0.14
Avoidance	49.04	25.07	46.49	22.74	0.89	-3.22	8.30	0.10

df =348, *p <.05, **p <.01

Table 33 shows that there are significant differences in couples on the basis of marital type that is love marriage and arrange marriage on their marital satisfaction, communication competence and conflict resolution which shows that couples married through love marriage are more satisfied in their relationship then couples married through arrange marriage. Couples married through love marriage also show good communication competence and conflict resolution in their relationship. Furthermore, social support, idealistic distortion, attachment dimension of avoidance and attachment dimension of anxiety presents non-significant differences among these two groups.

Education wise differences. Following table of results highlight the education type (i.e. below to intermediate, intermediate to graduation and master and above master) differences on adult attachment, communication competence, conflict resolution and social support and marital satisfaction. The sample is divided in to three groups consisting of couple with high education (post graduation and above) , couples with middle education (graduation) and low education (10th grade to intermediate).

Table 34

Group wise differences on different study variables under three educational groups (N = 350)

Variables	Low (Matric to intermediate) (*n* =80)		Middle (Graduation to master) (*n* = 116)		High (Above master) (*n* = 154)		*F*	i-j	Mean D.(i-j)	SE	95% CI LL	UL
	M	*SD*	*M*	*SD*	*M*	*SD*						
Social support	76.34	9.41	74.24	11.76	74.98	12.32	.79	Ns	Ns	Ns	Ns	Ns
Marital satisfaction	41.25	6.42	39.20	7.40	38.81	6.64	3.51**	2.45	L>H**	2.44*	.94	.17
Conflict resolution	34.58	6.12	34.24	5.85	33.47	6.03	1.05	Ns	Ns	Ns	Ns	Ns
Communication	36.65	6.97	35.72	7.19	35.34	6.89	.93	Ns	Ns	Ns	Ns	Ns
Anxiety	45.31	15.08	48.91	18.56	48.29	19.57	1.01	Ns	Ns	Ns	Ns	Ns
Avoidance	41.04	20.94	47.12	23.38	50.23	23.92	4.17**	9.19	H>L**	9.19*	3.18	1.53

Note. Between group *df =2,* within group *df =347, group* total *df =349*; L = low education, M = middle education, H = high education;

*p ≤ 0.05, **p ≤ 0.01

Table 34 depicted that there are over all non-significant differences on all study variable except marital satisfaction (where less educated group was more satisfied then the highly educated group) and avoidance dimension of attachment. These three groups based on education, have non-significant differences on variables like communication, social support, conflict resolution, idealistic distortion, and attachment dimension of anxiety.

Income differences. Following Table 35, highlight the income wise differences on adult attachment, communication competence, conflict resolution and social support and marital satisfaction. The sample is divided in to three groups (i.e. low income group consist of 10,000 to 30,000 rupees, middle income group consist of 31,000 to 90,000 rupees, and high income group consist of 91,000 to above rupees).

Table 35

Group wise differences on different study variables under three groups of family income (N = 350)

Variables	Low (10,000 to 30,000) (n = 79)		Medium (31,000 to 90,000) (n = 178)		High (91,000 to above) (n = 93)		F	i-j	Mean D.(i-j)	SE	95% CI LL	UL
	M	*SD*	*M*	*SD*	*M*	*SD*	*F*	i-j	D.(i-j)	SE	LL	UL
Social support	75.62	11.96	74.87	10.88	74.89	12.41	.13	Ns	Ns	Ns	Ns	Ns
Marital satisfaction	40.67	6.50	38.83	6.75	39.76	7.43	2.05	Ns	Ns	Ns	Ns	Ns
Conflict resolution	33.99	5.98	33.44	6.42	35.01	5.00	2.12	Ns	Ns	Ns	Ns	Ns
Communication	35.81	6.93	35.35	7.42	36.52	6.22	.84	Ns	Ns	Ns	Ns	Ns
Anxiety	44.49	16.40	45.48	16.96	50.51	19.42	4.06**	H>L**	6.02	2.45	.12	11.92
Avoidance	42.01	20.95	48.97	23.47	47.83	24.48	2.52	Ns	Ns	Ns	Ns	Ns

Note. Between group *df =2,* within group *df =347, group* total *df =349*; *H =high income group, M = medium income group, L = low income group;*
*$*p \leq 0.05$, $**p \leq 0.01$

The results shown in Table 35 depicted that there are over all non-significant differences in three groups on the basis of monthly income (Group 1 = 10,000 to 30,000, Group 2 = 31,000 to 90,000, and Group 3= 90 and above) on marital satisfaction, communication, social support, conflict resolution, idealistic distortion, and attachment dimension of avoidance. There was only one significant result on attachment dimension of anxiety, which shows higher income group to be more anxious then low-income group.

Differences on the basis of joint and nuclear family. Table 36 highlights the result of family structure wise differences on adult attachment, communication competence, conflict resolution, social support and marital satisfaction etc. The sample is divided in to two equal groups consisting of nuclear family in which husband and wife lives along with their children are living and joint family in which besides the husband, wives and their children extended family members share the same household, mostly surrounded by uncles, aunties their children's and the grandparents of one or both spouses living together.

Table 36

Means, Standard Deviations and t- values of differences on adult attachment, communication competence, conflict resolution, marital satisfaction and social support between nuclear families and joint families (N=350)

Variables	Nuclear family (*n*=156)		Joint family (*n*=194)			95% CI		Cohen's
	M	*SD*	*M*	*SD*	*t*	LL	UL	*d*
Social support	76.54	11.30	73.58	11.58	1.91**	0.27	5.12	0.23
Marital satisfaction	40.72	7.15	38.50	6.55	2.61**	0.79	3.67	0.32
Communication competence	36.80	7.12	34.93	6.82	2.32**	0.40	3.34	0.26
Conflict resolution	35.07	5.78	33.10	6.02	2.20**	0.72	3.22	0.33
Idealistic distortion	20.37	3.88	19.86	3.97	1.04	-0.32	1.35	0.12
Anxiety	46.26	17.72	49.07	18.69	1.31	-6.68	1.05	0.15
Avoidance	45.54	23.25	48.35	23.33	1.09	-7.73	2.13	0.12

*df =348, *p <.05, **p <.01*

Table 36 indicates significant differences on most of the study variables on the basis of family type i.e. joint family and nuclear family. So, communication competence, conflict resolution, marital satisfaction and social support are all contains significant differences between nuclear and joint family.

Length of marital relationship. Following table of results highlight the marital duration wise differences on adult attachment, communication competence, conflict resolution and social support and marital satisfaction. The sample was divided in to three groups consisting of early married couples (1-5 years), middle (6-15 years), and later (16 and above) couples. The main reason behind this division of groups is

the time period as in first fifteen years of marriage both spouses are struggling for their carriers, very young children, family income, and most importantly in the phase of understanding each other. In the middle years the children are straighten out in their education and couple knows each other personally and tries to manage things better than the first group. Finally, the last group consists of mature couples. In many cases, they are entering in to the empty nest stage where children are grown up and busy in their own life schedules and couple is living alone again in some cases.

Table 37

Group wise differences on different study variables under three groups of marital length (N = 350)

Variables	Early (n = 150) M	SD	Middle (n = 80) M	SD	Later (n = 120) M	SD	F	i-j	Mean D.(i-j)	SE	95% CI LL	UL
Social support	73.95	11.43	75.34	11.69	76.23	11.48	1.343	Ns	Ns	Ns	Ns	Ns
Marital satisfaction	38.17	6.56	40.23	6.02	40.67	7.59	5.069**	L>E**	2.50	.83	.49	4.5
Conflict resolution	33.03	6.17	34.58	4.90	34.78	6.28	3.396	Ns	Ns	Ns	Ns	Ns
Communication	34.61	7.25	36.54	5.44	36.70	7.44	3.659**	L>E**	2.09	.85	.04	4.14
Anxiety	50.01	19.16	49.11	18.91	44.22	16.25	3.653**	L<E**	5.79	2.22	-11.14	-.44
Avoidance	49.55	23.32	47.75	23.86	43.60	22.66	2.227	Ns	Ns	Ns	Ns	Ns

Note. Between group *df =2,* within group *df =347, group* total *df =349*; E = Early married, M = Middle married, L = Later married
*$p \leq 0.05$, **$p \leq 0.01$

Table 37 indicates significant differences at marital satisfaction, anxiety dimension of attachment and communication competence. On these variables, older couples having more years of married life showed better martial satisfaction and communication competence. All other study variables i.e. conflict resolution, avoidance dimension of attachment and social support show non-significant differences between three groups on the basis of marital duration.

Number of children. Following Table 38 shows children wise differences on adult attachment, communication competence, conflict resolution and social support and marital satisfaction. The sample is divided in to two groups consisting of couples having 1 to 2 children and the other group consist of the couples having 3 or more than three children.

Table 38

Means, Standard Deviations and t- values of differences on adult attachment, communication competence, conflict resolution, marital satisfaction and social support between two groups for the number of children(N=350)

Variables	Two or less children (*n*=202)		Three and more children (*n*=148)		*t*	95% CI		Cohen's *d*
	M	*SD*	*M*	*SD*		LL	UL	
Social support	74.81	11.66	75.37	11.35	0.44	-3.01	1.90	0.04
Marital satisfaction	38.94	6.53	40.25	7.33	1.75	-2.77	0.16	0.18
Communication competence	35.43	6.96	36.22	7.07	1.04	-2.28	0.70	0.11
Conflict resolution	33.83	6.10	34.19	5.85	0.55	-1.64	0.91	0.06
Idealistic distortion	19.85	4.07	20.41	3.72	1.33	-1.40	0.27	0.14
Anxiety	48.49	19.45	46.21	16.52	1.39	-1.13	6.65	0.12
Avoidance	48.43	23.79	45.28	22.57	1.26	-1.80	8.11	0.13

*df =348, *p <.05, **p <.01,*

Table 38 indicates non significant differences in all the study variables on the basis of marital satisfaction, communication competence, conflict resolution, social support, avoidance and anxiety dimensions of attachment. There are non-significant differences between numbers of children.

Table 39

Correlation coefficient for both husbands and wives predictor variables with marital satisfaction (N=350)

Predictor variables	Marital Satisfaction (Husband)	Marital Satisfaction (Wife)
Wife avoidance	-.61***	-.61***
Wife anxiety	-.51***	-.51***
Wife communication competence	.81***	.81***
Wife conflict resolution	.45***	.52***
Wife social support	.54***	.53***
Husband avoidance	-.67***	-.63***
Husband anxiety	-.63***	-.49***
Husband communication competence	.84***	.77***
Husband conflict resolution	.61***	.55***
Husband social support	.56***	.42***

* p< .05, **p < .01, ***p < .001

Table 39 contains information regarding the correlation between hhusband's and wife`s attachment dimensions (anxiety and avoidance) and all the mediating variables. Interestingly husband marital satisfaction is correlated negatively with attachment dimensions of avoidance and anxiety but positively correlated with all the three mediating variables of both husband and wife. Additionally, in the same way

wife marital satisfaction is correlated negatively with attachment dimensions of avoidance and anxiety but positively correlated with all the three mediating variables (conflict resolution, communication competence, and social support) of both husband and wife. Interestingly all the correlations are highly significant at (***$p < .001$) level.

So, it is concluded that there were high correlations among study variables while studying husbands and wives separately. This may lead the researcher towards the examination of indirect and meditational effects.

Indirect effects of adult attachment dimensions on marital satisfaction through conflict resolution, communication competence and social support. The present study is unique among studies conducted on the marital satisfaction and different variables related to marital satisfaction in Pakistan. As in this study a distinctive relationship is going to establish among adult attachment, conflict resolution, communication competence and social support with marital satisfaction among couples. As no one in Pakistan explored these variables together and there is no research conducted on adult aattachment correlates and marital satisfaction worldwide. The objective of the current research is to examine the predicative relationship of adult attachment dimensions with marital satisfaction taking conflict resolution, communication competence and social support as mediating variables.

It was assumed that both husband and wife in a marital relationship developed their own attachment patterns. These attachment patterns were influenced from their early life attachment patterns they already hold with parents, siblings, friends and significant other present around them. Following was the preliminary hypothesized model, which shows the conceptual framework for the model tested in structural

equation modeling. In the following Figure 9, the arrows pointing from independent variables to the dependent variable shows for example husband attachment is directly predicting their own marital satisfaction. Similarly, wife attachment also, predicting her own marital satisfaction. Subsequently, there are some mediating variables, which contribute in developing the relationship between attachment and marital satisfaction. In the present research conflict resolution, social support and communication competence were taken as mediating variables. Figure 9 clarifies the direct and indirect paths showing husband`s own attachment predicting marital satisfaction. Figure 10 explains the direct paths between wife`s own attachment predicting her marital satisfaction.
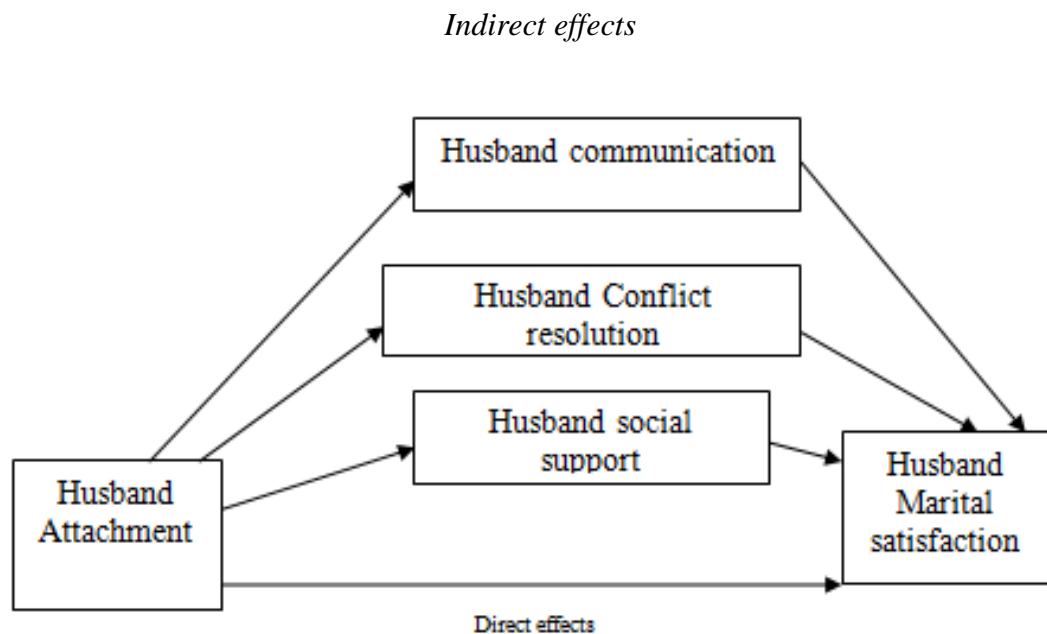
Indirect effects

Figure 9. Conceptual model of husband for the relationship among study variables

Indirect effects
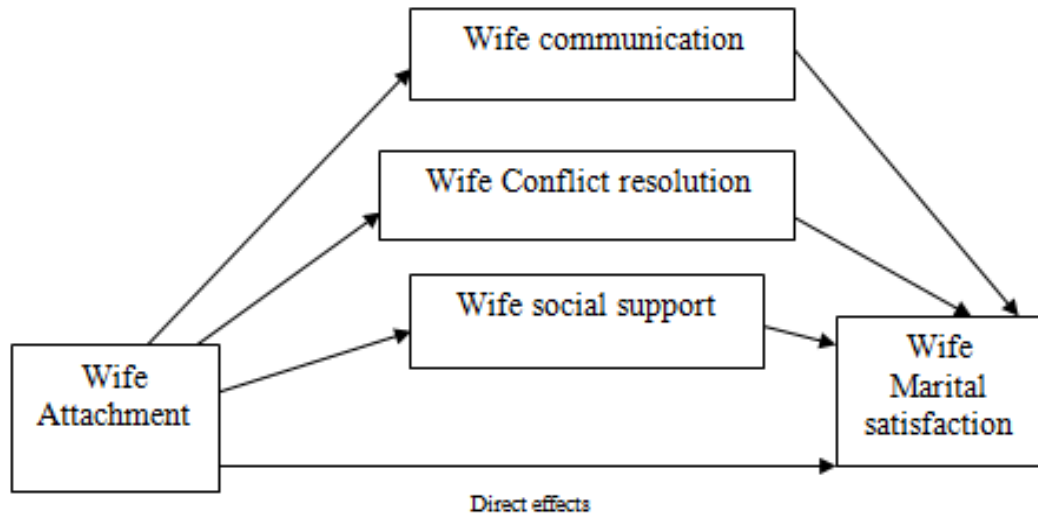
Figure 10. Conceptual model of Wife for the relationship among study variables

Description of the models used in analysis. All models have been analyzed using AMOS (statistical package in SPSS). The models presented in Model 1, 2 and 3 are called Actor-Partner-Interdependence models with mediation (APIM; Kenny, Cashy, & Cook, 2007). Within these models, couples rather than individuals are the basis of an analysis. Therefore, actor and partner effects can be distinguished and analyzed simultaneously in these models.

Actor effects are effects within individuals, that is, actor effects characterize effects between variables belonging to the same partner. Partner effects are effects between spouses, they represent the impact one spouse has on his or her romantic partner. Since the present research testing mediation hypotheses, bootstrap standard errors were used to identify significant mediation effect.
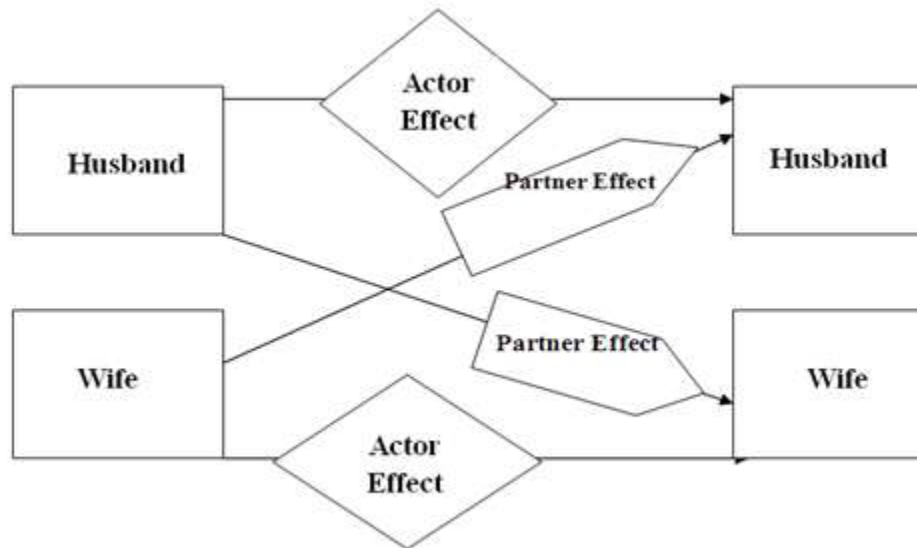
Figure 11. Actor-Partner Interdependence Model (APIM; Cook & Kenny, 2005)

The standardized coefficients for each of the paths in the model are discussed in terms of their significance, the size of the coefficient, and their indirect effects. Quite a few authors have offered guidelines for the interpretation of standardized correlation coefficients (Cohen, 1988; Garson, 2008). Cohen, for example, has suggested the following interpretations; less than .29 is considered a small coefficient, .3 - .5 is considered a medium-sized coefficient, and greater than .5 is considered a large coefficient. Mediating effects were interpreted for pathways that had significant associations from the attachment variables to the mediating variable and from the mediating variable to respective marital satisfaction for each spouse.

On the basis of previous literature and keeping in mind the Pakistani sample a conceptual model was developed based upon the concept of Cook and Kenny (2005) (See Figure11).
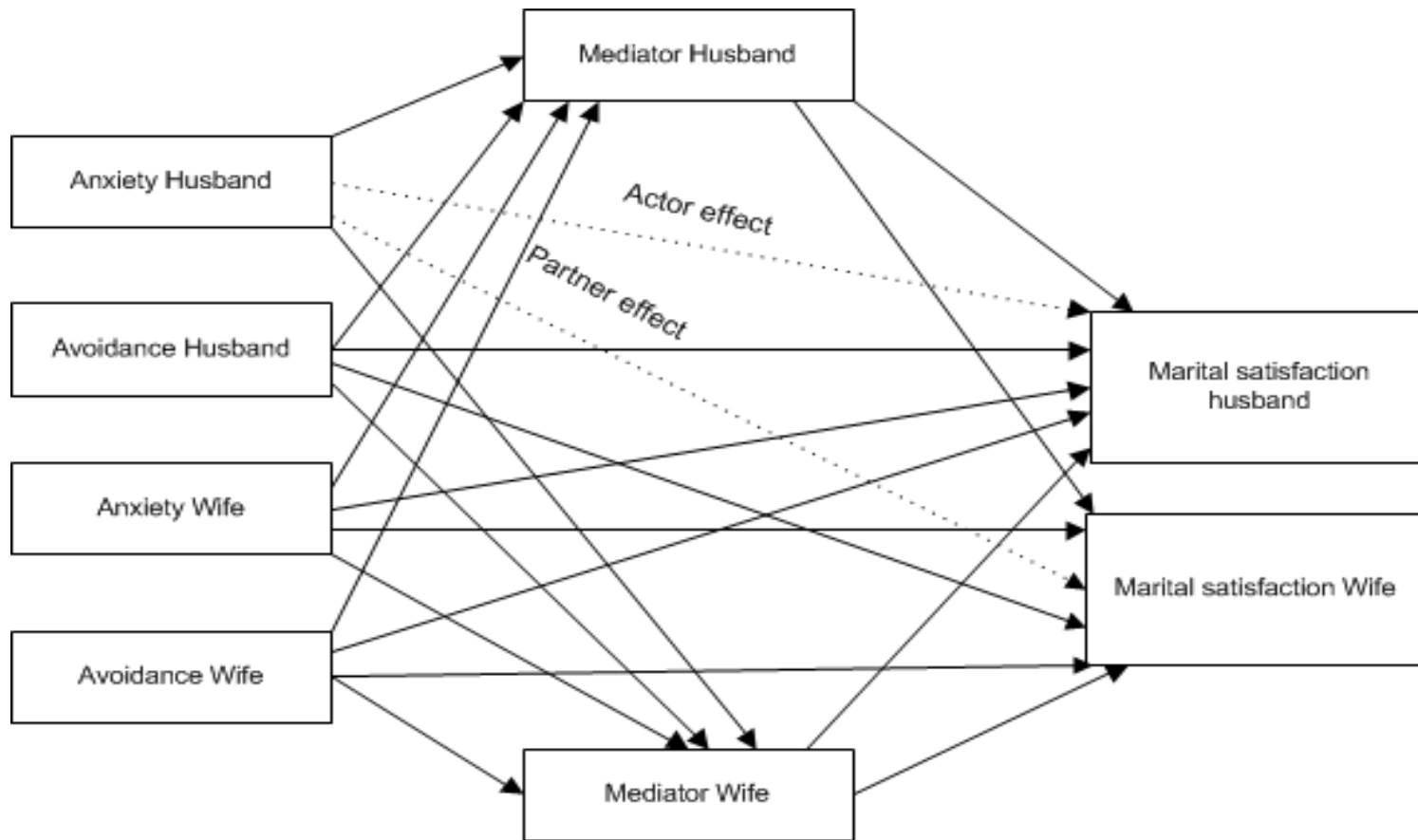
Figure 12. Conceptual model of relationship among study variables (dotted lines shows the actor`s effects from husband`s anxiety to husband`s

marital satisfaction and partner`s effect from husband`s anxiety to wife`s marital satisfaction)

This model reveals the effects of attachment dimension of anxiety and avoidance for both husbands and wives predicting their own and partner marital satisfaction (Brassard, Lussier, & Shaver, 2009; Cobb, Davila, & Bradbury, 2001).

Description for testing model fit. A series of fit statistics for the models was assessed to determine whether the model being examined provided an adequate fit to the data. All relevant path values, correlations for each variable as well as overall model fit statistics were calculated using AMOS 18. A wide variety of fit indices is available to assess the fit of models to data. For the present study the fit indices that were used follow the recommendations of Bollen and Long (1993) and Kenny (2008) includes the use of the overall chi square value ($\chi2$), degrees of freedom (df), the chi square to degrees of freedom ratio, the comparative fit index (CFI), the normed fit index (NFI), and the root mean square error of approximation (RMSEA) with its corresponding 90% confidence interval. The chi square sign was one of the first indices developed and is described in most studies as a measure of fit. It is a measure of general model fit, and is viewed as an estimation of how much the implied covariances (as foundation from theory) differ from the sample covariances (derived from the data). A non-significant chi square indicated that the hypothesized model is a good fit with the data. The chi square statistic is sensitive to both sample size and deviations from statistical normality. Larger sample sizes (200 or larger) produce larger chi-squares that are likely to be significant and indicate a type I error (Kenny, 2008). Significantly, skewed data usually yield statistically significant findings. Because of the problems associated with the chi square test of general model fit, several researchers have suggested a relative chi square to degrees of freedom model

fit (Carmines & McIver, 1981). These researchers suggested that chi square to degrees of freedom ratios in the range of 3 to 1 or lower are indicative of a satisfactory fit between the hypothetical model and the sample data (Carmines & McIver; Marsh, & Hocevar, 1985). The CFI is a relative fit index. The CFI ranges from 0 to 1, where 0 represents the goodness of fit associated with a null model (one specifying that all the variables are noncorrelevant) and 1 represents the goodness of fit associated with a saturated model (a model with 0 degrees of freedom that perfectly reproduces the original covariance matrix (Schumacker & Lomax, 1996). Values for the CFI may range from 0 to 1.0, and a value greater than or equal to .90 is considered representative of adequate fit. Hu and Bentler (1999) recommended using a more stringent cut-off value closer to .95. When interpreting the CFI, a CFI of .90 indicates that the model of interest is a 90% better fit than the null model calculated using the same sample data.

The Bentler Bonett Index or normed fit index (NFI) ranges from 0 to 1. When using the NFI, a 0 represents the goodness of fit associated with a null model or a model specifying that all the variables are noncorrelated; a 1 represents the goodness of fit associated with a saturated model or a model with 0 degrees of freedom that perfectly reproduces the original covariance matrix (Schumacher & Lomax, 1996). Similar to the CFI, values on the NFI range from 0 to 1.0, and a value greater than or equal to .90 is considered representative of adequate fit (Schumacker & Lomax, 1996). The RMSEA is also a measure of the general model fit, but takes into account model complexity and is not as dependent on sample characteristics as the chi square value. Values of less than .06 are indicative of good model fit, while values between .06 and .10 suggest moderate fit. Values exceeding .10 are indicative of poor fit

(Raykov & Marcoulides, 2000). Byrne (1989) also suggested that it is important to consider and report 90% confidence interval corresponding to the RMSEA.

Testing the direct and indirect effects (actor and partner effects) Different paths were tested from husbands and wives attachment variables to their own mediator variables (figure 9 & 10) and then from their own mediator variable to overall satisfaction for both couple members show the indirect effects (i.e., husbands and wives). The attachment variables were allowed to correlate for both husbands and wives because it is believed that the internal working models contribute to a steady relationship between the anxious and avoidant dimensions of attachment. Spouses` marital satisfaction was also allowed to correlate. There were total of four different indirect pathways towards each for man and women marital satisfaction in each model, that could have developed from the model tested.

The *first* indirect path was from the couple members' attachment variables through their own mediating variable to their own marital satisfaction. The *second* indirect path was from a couple members' attachment variables to their spouse's mediating variable, which in turn predicts their own marital satisfaction. The *third* indirect path was from the spouse's attachment variables through the target spouses' mediation variable to his or her own marital satisfaction. For instance, looking at wife marital satisfaction, the third indirect path would be husband attachment dimension associated with the women mediator predicting women marital satisfaction. Finally, the *fourth* indirect path was the spouse's attachment variables predicting their spouse's relationship with conflict resolution, which then predicted the target spouse's marital satisfaction. One example of the fourth mediator model, using wife marital

satisfaction as the outcome variable, would be men`s attachment variables associated with the men`s mediator, which then is associated with women marital satisfaction. In addition to the indirect pathways, direct pathways were included from each couple of members' own attachment variables to their own marital satisfaction and from each couple member's attachment variables to his or her partner's marital satisfaction.

Mediating analysis. There are three models developed based on APIM assumption. Overall, three models developed and there is also an evidence of the mediating role of effective conflict resolution as in model 1, effective communication as in model 2 and social support as in model 3.The relations between attachment insecurities and couple marital satisfaction at both the individual (actor) and the dyadic (partner) levels were drawn. Using bootstrapping estimates, each potential indirect effect was tested for significance and decomposed into an actor effect that run through spouses' own (effective conflict resolution, communication and social support). Bootstrapping is an accepted method of testing the indirect effect (Bollen & Stine, 1990; Shrout & Bolger, 2002). Bootstrapping is a non-parametric technique based on resembling with substitute, many times, for example, 2000, 1000 times etc. From every indirect effect computed a sampling distribution could empirically be generated. Since the mean of the bootstrapped distribution will not exactly equal the indirect effect, a correction for bias is usually made. With the distribution, (a confidence interval) i.e. a p value, or a standard error can be determined. A confidence interval is calculated and it is make sure to establish if zero is in the interval. If zero is not in the interval, then the researcher is able to be confident that the indirect effect is dissimilar to zero.

Model 1

Conflict resolution as a mediator between attachment Insecurities (avoidance and anxiety), and marital satisfaction. The estimation of the model 1 yielded a significant chi-square value, χ2 (4, *N* =350) = 9.6, p = .04; however, the chi square to degrees of freedom ratio was 0.671, which is indicative of a good fitting model. The anticipated mediator model had an NFI of .925 and a CFI of .956, both of which are above recommended .9 or higher for good fitting models. The RMSEA for the model was .074 with a 90% confidence interval of .040 - .107, which suggested that the model represented a minimally adequate fit for the data. Additionally, the squared multiple correlations indicated that 54% of wife`s marital satisfaction and 62% of husband marital satisfaction was accounted for the model.

Results of the path analysis testing the links among adult attachment dimensions of anxiety and avoidance, conflict resolution and marital satisfaction were reported in Model 1 (see figure 13). Standardized regression weights were represented in the figure 13 for every individual path. Moreover, Table 40 comprises the standardized direct and indirect effects for husband and wife marital satisfaction from each of the attachment dimensions through the conflict resolution mediator.

Table 40

Standardized Direct and Indirect Effects for the conflict resolution as mediator (N=350)

Dimensions	Conres (Husband)	Conres (Wife)	MS (Husband)		MS(Wife)	
	Direct	Direct	Direct	indirect	Direct	Indirect
Husband Anxiety	-.124	.026	-.295*	-.038	.015	-.007
Husband Avoidance	-.070	-.127	-.243*	-.021	-.215*	-.034
Wife Anxiety	-.130	-.285*	-.004	-.039	-.188	-.074***
Wife Avoidance	-.334*	-.132	-.180*	-.101	-.279*	-.061

Note. Conres (Husband) = Conflict Resolution in husband, Conres (wife) = Conflict Resolution in wife, MS (Husband) = Marital satisfaction in husband, MS (wife) = Marital satisfaction in wife.*=two tail significance for direct and indirect effect, **=partial mediation, ***=full mediation

Table 40 shows that the mediated indirect effects of husband and wife anxiety and avoidance through conflict resolution on marital satisfaction fell within the small range < .074. Significant mediated paths are discussed in the following paragraphs.

In model 1(considering conflict resolution as a mediators) husband components of attachment anxiety predicted the direct path towards husband `s marital satisfaction ($\beta$ husband =-.29). On the other hand, the direct link for both husband`s and wife`s attachment avoidance and marital satisfaction remained significant (β husband = -.24, β wife = -.28) which suggested that for husband, attachment anxiety and avoidance negatively predicted their marital satisfaction and explained that the more anxious and avoidant husband in the relationship were less martially satisfied husband will be. For wife attachment avoidance negatively predicted their marital satisfaction explain that the more avoidant a women is in the

relationship the less martially satisfied she will be in that relationship. This indicated a considerable husband and wife similarity on avoidance dimension though wife anxiety shows non- significant relationship. These results are supported by Kane, Jaremka, Guichard, Ford, Collins, and Feeney (2007).

Additionally considering conflict resolution, there is a direct link from wife`s anxiety and her own conflict resolution but surprisingly wife`s avoidance predicts husband conflict resolution. A negative direct effect was found between husband avoidance and wife marital satisfaction (partner effect) and from husband avoidance to husband marital satisfaction (actor's effects).

Overall, some appealing directions of significant links come out from the model. These directions will be described in terms of the four potential indirect pathways for wives and four potential indirect pathways for husbands. For wives, partial mediation was found for the wife attachment dimension of avoidance and wife conflict resolution predicting husband marital satisfaction. Because, husband conflict resolution was not related to wife marital satisfaction so two of the potential mediator models were eliminated. No mediation was found from husband attachment variables predicting husband conflict resolution leading to wife marital satisfaction. (See Figure 13)

Figure 13. Standardized path coefficient assessing association among attachment dimensions (anxiety and avoidance), conflict resolution and marital satisfaction (Model I)

Additionally, no mediation was found from husband attachment variables predicting wife conflict resolution leading back to husband marital satisfaction. For husband, there was no indirect effect with attachment dimensions, as neither anxiety nor avoidance was associated with wife conflict resolution. Finally, The direct partners effects in models 1(conflict resolution as a mediating variable) proved to be significant among husband avoidance to wife marital satisfaction (p=.003). There was no significant association between wife anxiety and husband relationship satisfaction, or between husband`s anxiety and wife's marital satisfaction. These results are also supported from some previous findings (e.g., Kane et al., 2007)

Model 2

Communication competence as a mediator between attachment insecurities (avoidance and anxiety), and marital satisfaction. Results of the path analysis testing the associations among adult attachment dimensions of anxiety and avoidance, communication, and marital satisfaction are reported in model 2 (See Figure 14). Standardized regression weights are included in the model for each of the individual significant paths. Additionally, Table 41 includes the standardized direct and indirect effects for husband and wife marital satisfaction from each of the attachment dimensions through the communication mediator. The indirect effects of husband and wife anxiety and avoidance through communication on marital satisfaction fell within the range, < .623.

Table 41

Standardized Direct and Indirect Effects for the communication as mediator (N=350)

Dimensions	Comm (Husband)	Comm (Wife)	MS(Husband)		MS(Wife)	
	Direct	Direct	Direct	indirect	Direct	Indirect
Husband Anxiety	-.185	-.014	-.211*	-.121	.077	-.069
Husband Avoidance	-.374*	-.240*	-.022	-.242*	-.020	-.229***
Wife Anxiety	-.046	-.298*	-.009	-.026	-.129**	-.142**
Wife Avoidance	-.288*	-.325*	-.096	-.185*	-.104	-.236***

Note. Comm (husband) = Effective communication in husband, Comm (wife) = Effective communication in wife, MS (husband) = Marital satisfaction in husband, MS (wife) = Marital satisfaction in wife. .*=two tail significance for direct and indirect effect, **=partial mediation, ***=full mediation

The evaluation of the model showed a significant chi-square value, $\chi 2$ (10, *N* =350) = 18.7, p = .045; on other hand chi square to degrees of freedom ratio was 1.865, which is pinpointing of a good fitting model. The communication competence is a mediator and its relevant model had an NFI of .928 and a CFI of .957, which is above the suggested .9 or higher for good fitting models. The RMSEA for the model was .076 with a 90% confidence interval, which suggested that the model represented a minimally adequate fit for the data. Additionally, the squared multiple correlations indicated that 70% of wife`s marital satisfaction and 72% of husband`s marital satisfaction was represented by the model.

Significant indirect paths are discussed in the following paragraphs. The pattern of significant associations is described in terms of direct effects on husband and wife marital satisfaction, as well as the four potential mediator pathways for

wives and husbands. Unless otherwise specified, attachment dimensions were negatively associated with communication and communication was positively associated with marital satisfaction. In model 2 (considering effective communication as a mediators) the husband components of attachment avoidance did not predict the direct path towards husband `s marital satisfaction ($p$ = n.s) but attachment anxiety predict the direct path between husband `s anxiety and his own marital satisfaction (β husband = -.21). Similarly, the direct link for wife `s attachment anxiety to her own marital satisfaction remained significant ($\beta$ wife = -.13). whereas, avoidance attachment did not predict the direct path between wife`s marital satisfaction (p = n.s), which suggested that wife attachment anxiety negatively predicted her own marital satisfaction while her avoidance did not predict her satisfaction.

On the other hand, husband and wives` avoidance negatively predicted their own effective communication. This indicated a considerable husband and wife similarity. Moreover, both husband `s and wife `s effective communication positively predicted their partner`s marital satisfactions (See Model 2 in Figure 14).
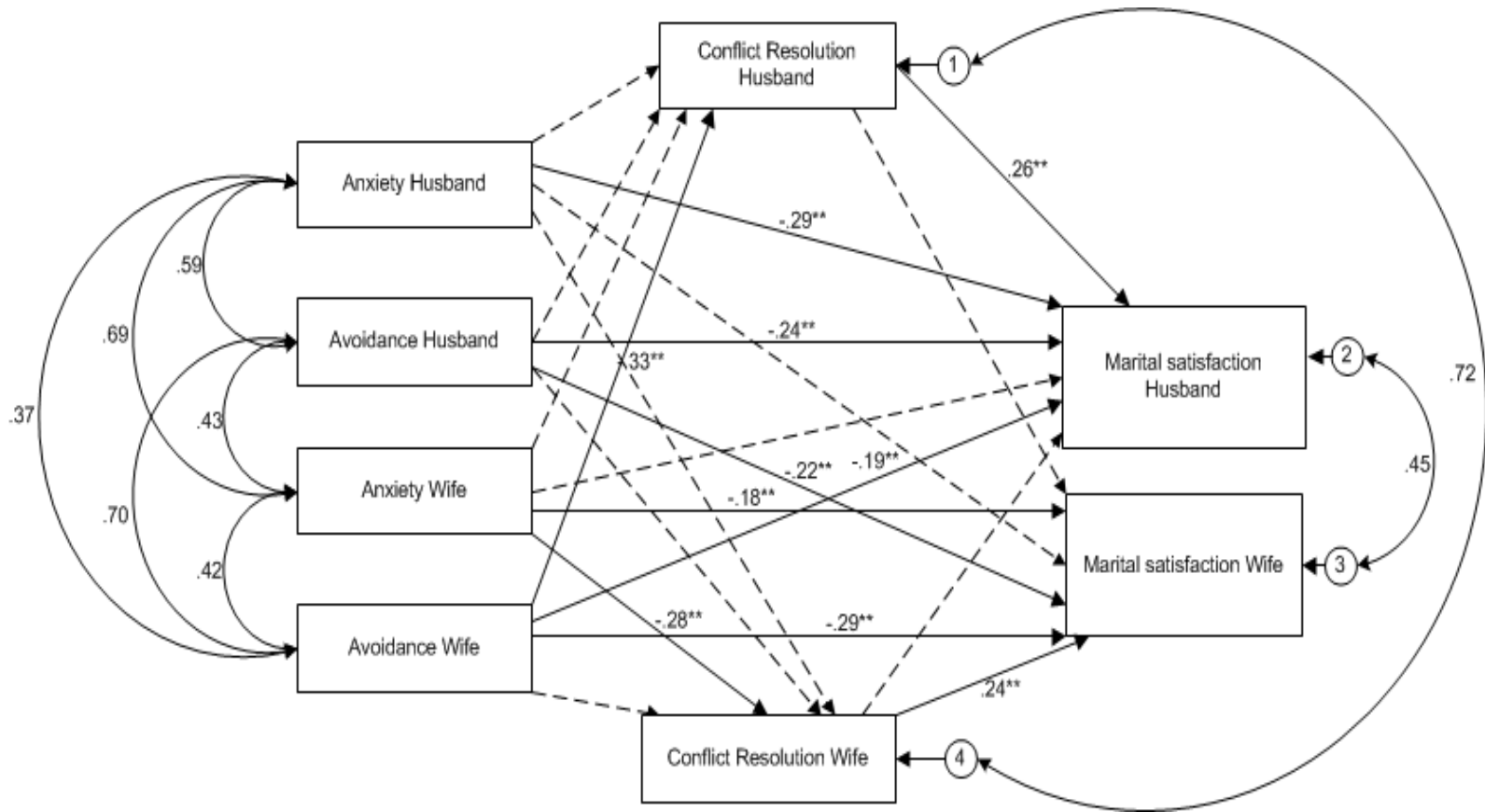
Figure 14. Standardized path coefficient assessing association among attachment dimensions (anxiety and avoidance), communication and marital satisfaction (Model 2)

In figure 14, the significant direct effects are from husband avoidance to both husbands and wife communication competence and correspondingly, from wife avoidance to both husband and wife communication. There was only one significant direct effect from wife anxiety to her communication competence. On the other hand, the direct effect from husband anxiety and marital satisfaction is significant. Similarly, wife anxiety directly predicted her marital satisfaction.

In model 2 there were four significant full mediating paths and only one partially mediating path starting from wife effective communication which partially mediated the association between wife`s anxiety to marital satisfaction. For wife, full mediation was found for the wife attachment dimension of avoidance and wife communication predicting wife marital satisfaction and on the other hand, full mediation was found for the wife attachment dimension of avoidance and wife communication predicting husband marital satisfaction. For husband, full mediation was found for the husband attachment dimension of avoidance and wife communication predicting wife marital satisfaction. Similarly, full mediation was found for the husband attachment dimension of avoidance and wife and husband communication predicting husband marital satisfaction.

Additionally, The partners effect in model 2 (communication as a mediating variable) were non-significant direct association between wife insecurities (avoidance and anxiety) and husband's marital satisfaction. Only two significant partner effect from husband avoidance to wife communication ($p=$ .003) and wife avoidance to husband communication.

Model 3

Social support as a mediator between attachment insecurities (avoidance and anxiety), and marital satisfaction. The estimation of the model yielded a significant chi-square value, $\chi2$ (9, $N =350$) = 33.1, $p = .005$; however, the chi square to degrees of freedom ratio was 3.681, which is indicative of a good fitting model. The social support mediator model had an NFI of .930 and a CFI of .961, which is above the recommended .9 or higher for good fitting models. The RMSEA for the model was .034 with a 90% confidence interval, which suggested that the model represented an adequate fit for the data. Additionally, the squared multiple correlations indicated that 50% of wife marital satisfaction and 61% of husband marital satisfaction was accounted for by the model.

Results of the path analysis testing the associations among adult attachment dimensions of anxiety and avoidance, social support, and marital satisfaction are reported in model 3. Standardized regression weights were included in the model for each of the individual paths. Additionally, Table 42 includes the standardized direct and indirect effects for husband and wife marital satisfaction from each of the attachment dimensions through social support as mediator. The indirect effects of husband and wife anxiety and avoidance through social support on marital satisfaction fell within the range, < .12. Significant indirect paths are discussed in the following section.

Table 42

Standardized Direct and Indirect Effects for social support as mediator (N=350)

	Ss (Husband)	Ss (Wife)	MS(Husband)		MS(Wife)	
Dimensions	Direct	Direct	Direct	indirect	Direct	Indirect
Husband Anxiety	-.039	-.037	-.330*	-.003	.006	-.003
Husband Avoidance	-.492*	-.035	-.143	-.120***	-.201*	-.048
Wife Anxiety	-.131	-.075	-.052	-.017	-.260*	-.001
Wife Avoidance	-.185*	-.654*	-.126	-.156***	-.217**	-.123**

Note. Ss (husband) = Social support in husband, Ss (wife) = Social support in wife, MS (husband = Marital satisfaction in husband, MS (wife) = Marital satisfaction in wife. Bold values represent two-tailed significance. .*=two tail significance for direct and indirect effect, **=partial mediation, ***=full mediation

The pattern of significant associations is described in terms of direct effects on husband and wife marital satisfaction, as well as the three potential mediator pathways for wives and husbands. In particular, attachment dimensions were negatively associated with social support and social support was positively associated with marital satisfaction.

In model 3 (considering social support as a mediators) the husband and wife components of attachment anxiety predict the direct path between husband anxiety and marital satisfaction (β husband =-.33), and anxiety wife and marital satisfaction wife (β wife =-.26). In contrast, the direct link for wife attachment avoidance to wife marital satisfaction was significant, which suggested that for wife attachment avoidance negatively predicted her marital satisfaction while husband avoidance to marital satisfaction remain non significant.

Interestingly, husband and wife avoidance negatively predicted their own social support but anxiety of husband remained non-significant. On the other hand, wife avoidance predicted husband social support but the husband avoidance have non-significant path between husband avoidance and wife social support which indicated a considerable husband and wife divergence. Moreover, both husband and wife`s social support positively predicted their own marital satisfactions (see model 3 in figure 15).
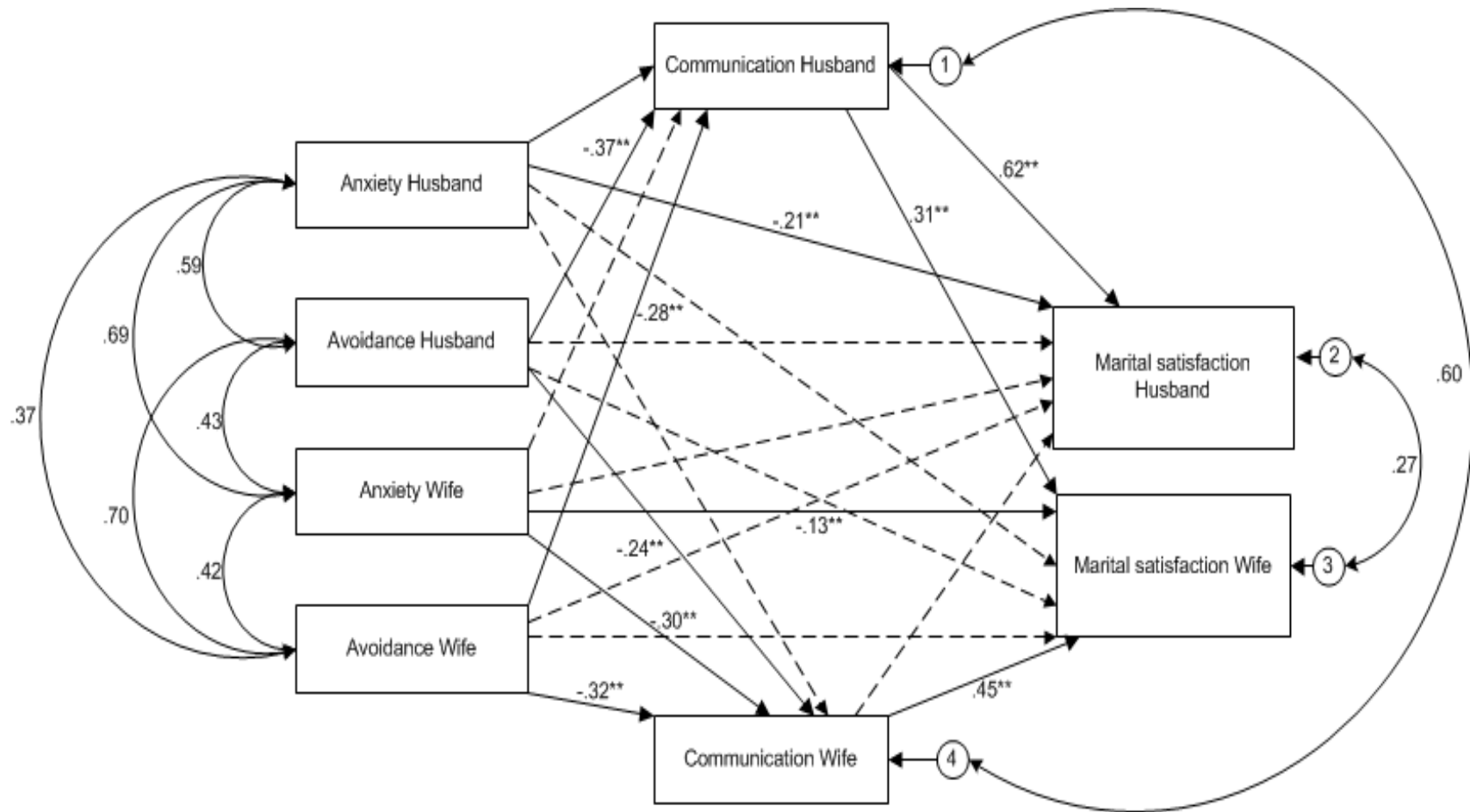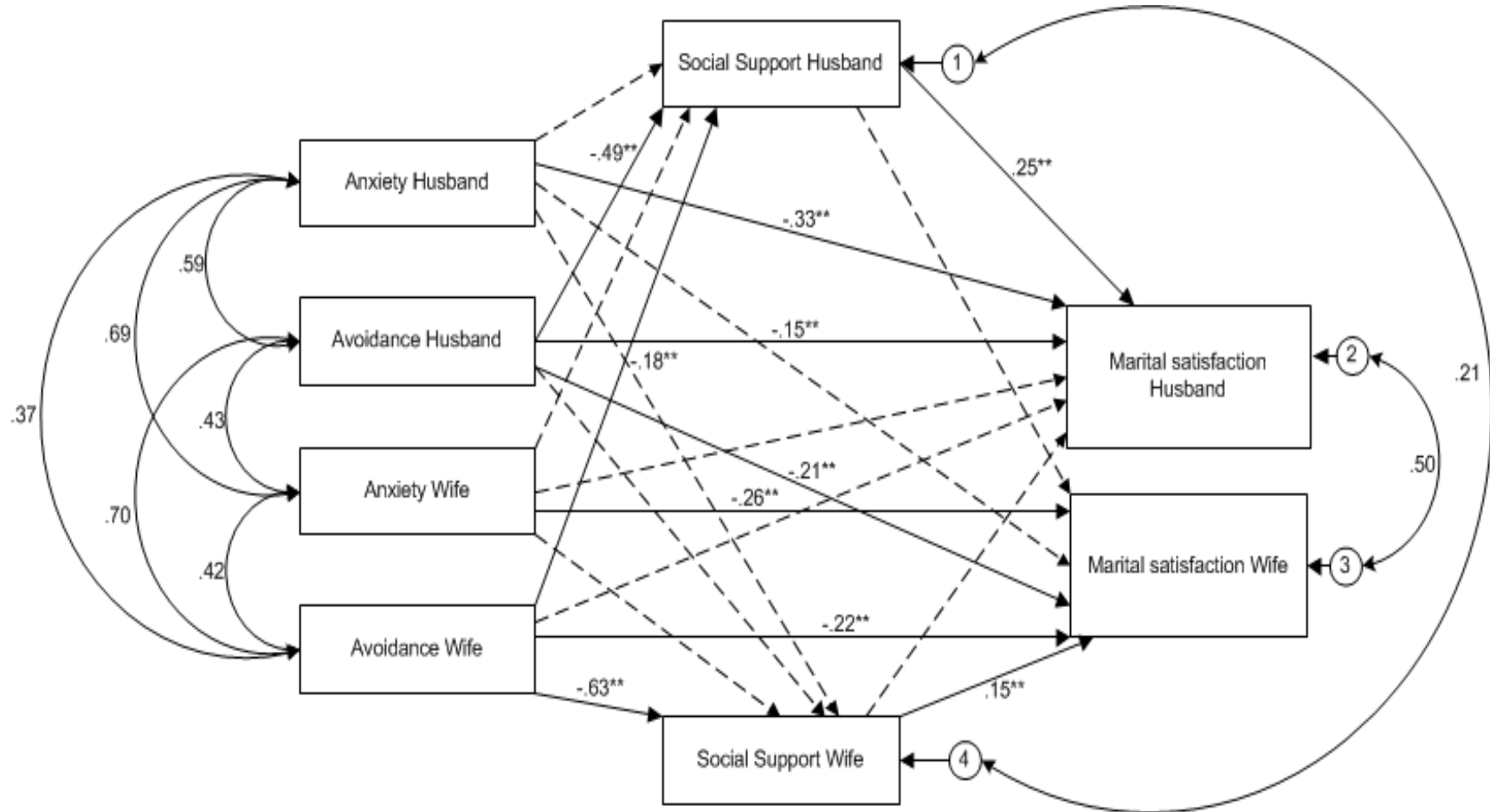
Figure 15. Standardized path coefficient assessing association among attachment dimensions (anxiety and avoidance), social support and marital

satisfaction (Model 3)

In model 3, there were two full mediations and a partial mediation. Husband social support fully mediated the relationship between husband avoidance and husband marital satisfaction. Pursuing this further, wife social support fully mediated the relationship between wife avoidance and husband marital satisfaction. Additionally, wife social support partially mediated the relationship between wife avoidance and marital satisfaction. There was a non- significant association between wife anxiety and husband`s marital satisfaction, or between husband anxiety and wife's marital satisfaction. For husband no mediation was found between the husbands` attachment dimensions of anxiety through husband social support predicting husband marital satisfaction because husband social support was not significantly associated with wife marital satisfaction.

However, there was a direct partner effect between the husband attachment dimension of avoidance and wife marital satisfaction as well as between husband attachment dimension of anxiety and husband marital satisfaction. No mediation was found between the wife attachments dimensions of anxiety through husband social support back to wife marital satisfaction because husband social support was not associated with wife marital satisfaction. Finally, two direct effects were found between the wife attachment dimension of avoidance and wife marital satisfaction and wife attachment dimension of anxiety and marital satisfaction of wife.

Discussion

The concept of adult attachment is providing a very impressive abstract perceptive (Bowlby, 1980) of the most potential theoretical frameworks for understanding the psychological and environmental factors that contribute to marital satisfaction. Present research was designed to study the relationship between some of these variables focusing on the differences among married couples.

To measure the adult attachment among couples, Experiences in Close Relationships-Revised (ECR-R) Questionnaire–Urdu was used. It was originally developed by Fraley, Waller, and Brennan (2000). At the first place, it was adapted and translated into Urdu language in Study I. Further, to determine the marital satisfaction, conflict resolution and communication competence, ENRICH Couple Scale was translated into Urdu that was originally developed by Fowers and Olson (1989). The third scale to measure the social support in couples called The Social Provisions Scale (Cutrona & Russell, 1987) was translated into Urdu language.

Initially, for the determination of the psychometric properties, the alpha coefficient of all the scales and their subscales were calculated. This exercise was primarily done in pilot study (n =192) and then again in main study with a large sample of (n = 350) to reconfirm the reliabilities. The alpha coefficient for ECR-R scale was .94, ENRICH couple scale was .91 and social support .89, all of these alpha coefficients were significant and satisfactory. Alpha coefficients present good estimates of all the three instruments, which imply that these instruments can be used for further analysis on this data. The choice of the statistical analysis follows from the research questions and objectives of the study. Most of the main study hypotheses

were initially tested through correlation analysis. The correlations between different study variables were highly significant and were in accepted directions. It can be used as a tool for model building process (Joreskog & Sobbom, 1996).

The first objective of the current study was to find out the relationship between study variables. Correlations between the study variables were explored by computing the bivariate correlation coefficient for attachment dimensions (anxiety and avoidance), marital satisfaction, conflict resolution, communication competence, and social support. The correlation matrix showed a distinctive pattern of significant positive as well as negative relationships between different husband and wife variables (see Table 39). Most of these relationships were theoretically consistent with the previous literature (e.g. Brassard, Lussier, & Shaver, 2009; Cobb, Davila, Bradbury, 2001; Ledermann, Bodenmann, Rudaz, & Bradbury, 2010).

The differences were calculated to probe the variation between different types of demographic grouping. The t-test analysis and one way ANOVA were applied. The results revealed significant differences on some of the study variables. To explore the gender differences between husband and wives it was found that the mean score between husband and wives were significantly different at only one variable that is the anxiety dimension of attachment, where husbands show less anxiety as compared to wives. All the other study variables were representing non significant differences. These findings are very much similar to the research findings of Brassard, Lussier, and Shaver (2009).

Furthermore, the demographic variables like age, education, family monthly income, family type (i.e., nuclear or joint family setup), length of marital relationship and number of children showed variety of significant differences with study variables

such as attachment dimension of anxiety and avoidance, social support, conflict resolution, communication and marital satisfaction. These differences are shown in the result section.

Considering *gender differences*, wives were more anxious then husbands, there were no other gender differences on other study variables. Literature also reflected mixed findings about gender differences in marital relationship. Previous studies on attachment (Brennan & Shaver, 1995; Collins & Reed, 1990; Simpson, 1990; Stackert & Bursik, 2003), proposed that persons with anxious attachment generally find themselves unhappy with romantic interaction. On the other hand, the current sample of the main study showed that wives are more anxious than husbands and husbands are more avoidant than wives. These finding were consistent with Bartholomew and Horowitz (1991) according to which women scored high on preoccupied attachment style (high on anxiety low on avoidance) and men received more score on dismissing style of attachment (high on avoidance and low on anxiety). In contrast to this, Hazan and Shaver (1987) established that there were no gender differences on adult attachment and many of the previous studies (e.g., Brennan & Shaver, 1995; Feeney & Noller, 1990, 1992) supported these findings.

Surprisingly, *age of the particpants and length of relationship* showed some significant differences for example, older couples were more satisfied in their marital relationship and having better communication competence. Similarly, they are low in avoidance and anxiety dimension of attachment; in other words, older couples are more secure then young couples. Equally important to this is the duration of couples living together, couples in their early years of marriage are less satisfied than couples who are in that relationship from a long time. Older couples were more secure and

having better communication competence than the young couples. As young couples were struggling with their relationship at the same time they were facing many other challenges like carrier establishment, young children, less income, low communication competence, and conflict resolution. The above-mentioned factors may contribute to the overall dissatisfaction towards their marriage.

Moreover, comparing *love marriages* (marriage decided by both partners together) with *arrange marriages* (marriages decided by parents or/and older family members); came up through the findings that couples married by love marriage are more satisfied than couples married through arrange marriage. In addition, love marriage couples were showing better communication competence and high conflict resolution in their marital relationship. In East especially in Pakistan, the parents mostly choose the mate for their adult children. It is a thought that arrange marriages are the foundation to keep the families close together.   As in, arrange marriage people try to marry in cousin and close family relatives in that way they have better chances of adjustment because the family customs and traditions are the same and both spouses keep strong relation with the whole family.

If love marriage is the only preferred choice of the couple, and this type of marriage is not appreciated by the other family members and in most cases love marriage couples have to struggle in their relationships because of the absence of the social support network the arrange marriage couple otherwise received. The underlying principle for higher marital satisfaction in love marriage couples in the current sample could be explain by two reasons one is the high amount of support towards spouses to each other and the other could be the mind match between the two

as they like each other and have mutual understanding more than the arrange marriage couples.

Furthermore, *family system* in Pakistani society is exceptionally influential in couple's marital life. In a joint family system, family members share each other's problems and difficulties. The elders in a joint family system can get in the way when necessary. For example whenever, a couple is fighting elder members try to resolve the disagreement. Nevertheless, many people see this interference as an uninvited interference and thus this may cause supplementary troubles (Fatima & Ajmal, 2012). In the present study, couples belonging to nuclear family were more satisfied in their marital relationships. These couple also perceive high social support around them as they are living in a separate family unit which compel them to seek more support from family and friends, that is why their scores were higher on perceive social support than the couples living in the joint family (surrounding by many people but they take that social support for granted). The scores of couples living in the nuclear family were high on conflict resolution and communication competence as well, that may be due to the quality time couples spending together and understand each other's personality better. These couples have to resolve their own family issues without any interference from other family members.

There are some minor differences on the *educational level*. Highly educated couples in the current sample were less satisfied from their marriage than the less educated couples; they also show more avoidance attachment as compared to the less educated couples. The above mentioned findings were contrary to some literature like Amato, Johnson, and Rogers (2003), who claimed that well educated couples were more mature and sensible, having more earnings and give quality time to their

relationship that may be the reason for higher satisfaction in their marriages. The possible reason, for contradictory results may be the differences in the level of awareness among highly educated and less educated groups. In educated group both husband and wife know their roles and responsibilities and mostly have arguments for daily life issues on the other hand less educated one blindly follow the societal expectations and reported more satisfaction than the highly educated group.

In the present research, *family income* was also compared with the study variables and the mean differences on ANOVA analysis were done. It reveals that there are non-significant differences on all the study variables except the attachment dimension of anxiety, which showed that high-income couples were more anxious than low-income couples were. The finding could be explained in reference to the expectations and in some cases less time spend together as a couple and more time pay off to their jobs or working places. Compared to this, low-income group mostly, spend extra time together and have low expectations from each other with reference to money matters that improve their attachment security.

Finally, *number of children* was analyzed by applying *t-test*. The sample inclusion criteria at the time of data collection was, couples with at least one child. Since, infertility was found to have detrimental effects on marital associations. There are many connecting issues linking with infertility such as sadness, stress, regret, sleeplessness, increase or decrease in appetite, raise in the smoking tendency, social stigmatization, facing many probing questions about having a child, and keeping away from being in places with children etc. (Onat & Beji, 2012). According to Fatima and Ajmal (2012), Children are very essential component of happy marriage especially in Pakistan. Couples without their own children generally experience a

continued state of dissatisfaction with their marital life and normally such marriages end up in divorce or husband's second marriage. Together these states of affairs add up to more grief and disappointment in life. Identification of infertility is a significant issue to evaluate distress, and marital and sexual dissatisfaction between spouse (Lee, Sun, & Chao, 2001). Consequently, to rule out the impact of being childless only couples with children were included. The results showed that number of children had no impact on marital satisfaction of couples.

To explore the predictive connection between attachment dimensions and marital satisfaction, path analysis was drawn using Structure Equation Modeling (SEM). The details of these results are further discussed in the following section.

Actor effects. The fifth and sixth hypothesis was about the avoidance dimension of attachment, for example, "Husband own avoidance attachment would negatively predict husband marital satisfaction" and hypotheses were fully supported, as the path from avoidance and marital satisfaction was showing significant prediction. The current hypothesis got enough support from the literature (e.g. Collins & Feeney, 2000; Collins & Read, 1990; Kirkpatrick & Davis, 1994) as well. The sixth hypothesis pertained to wife i.e., "wife own avoidance attachment would negatively predict wife marital satisfaction." The current hypothesis also supported from our SEM models and was evident that avoidance attachment from both husband and wife predict their own marital satisfaction (Hatch, 2008). In Pakistani sample, it is evident that avoidance in a marital relationship badly influences the satisfaction level for both husbands and wives.

On the other hand, the seventh and eight hypothesis were about the anxiety dimension of attachment. As proposed in our hypothesis "Husband own anxious attachment would negatively predict husband marital satisfaction" and "Wife own anxious attachment would negatively predict wife marital satisfaction". Both of the hypothesis supported by regression analysis and anxiousness in both husband and wife predicted unhappy problematic life, as insecure person high on anxiety could not contribute to his or her relationship effectively which in turn leads to low marital satisfaction on their part.

Partner effects. According to the ninth hypothesis "Wife`s anxiety would negatively predict husband`s marital satisfaction and husband's anxiety would negatively predict wife's marital satisfaction". Considering all the three models it was evident that the above-mentioned hypothesis was not supported and neither husbands` nor wives` anxiety dimension of attachment predicted marital satisfaction of each other. Collins and Read (1990) and Kirkpatrick and Davis (1994) suggested that women anxious attachment is an important predictor of relationship satisfaction. Similarly, according to Brassard, Lussier, and Shaver (2009), only wife`s anxiety dimension was related and predicted husband marital satisfaction not husband's anxiety. In the current research both of the husbands` and of wives' anxiety was not related to marital satisfaction of husbands or wives marital satisfaction. The data in current study comprised Pakistani couples most of them living in good income class and well educated that may be the reason for not having significant relationships between husbands and wife anxiety and marital satisfaction.

According to Ashraf (2001), in Pakistani collectivistic cultural prevalence most of the couples living with close social ties and they are interlinked and dependent on each other in daily life issues and decision-making. Such interdependence prevents couples to be influenced by each other. On the other hand, the elder parents, brothers and sisters are influencing the decision-making and marital satisfaction as well if a woman have closed, positive and loving relationship with her husband's immediate family she is automatically got their support, which in turn influence the couples marital satisfaction same is the case for a man.

Following this further the tenth hypothesis was about avoidance "Wife's avoidance would negatively predict husband`s marital satisfaction and husband`s avoidance would negatively predict wife`s marital satisfaction". These findings were in line with the previous literature and the attachment dimension of avoidance for wives and husbands was connected with each spouse own marital satisfaction in every model. For husbands, wife avoidance attachment was directly related to husbands' marital satisfaction, and for wives, husband attachment avoidance was directly associated with wife marital satisfaction.

There were indications of the mediating role of conflict resolution, communication competence, and social support in the association connecting attachment insecurities and marital satisfaction. The mediation was there among both individual level (actor effect) and the dyadic level (partner effect).

Model 1 investigated the conflict resolution as a possible mediator endowed with an interesting depiction of husband and wives marital satisfaction. The results from model 1 propose that, for husbands and wives, adult attachment has an indirect association with marital satisfaction mediated through conflict resolution, and in some

cases, a direct association. These results provide partial support to the original hypothesis i.e., "Conflict resolution would mediate the relationship between attachment insecurities (anxiety and avoidance) and marital satisfaction in both husbands and wives".

The conflict resolution model had nine significant pathways that established seven direct effects and two indirect effects, on both husband and wife marital satisfaction. Firstly, husband attachment dimensions (avoidance and anxiety), were associated with husband own marital satisfaction. Although, at the same time husbands avoidance also predicts wives marital satisfaction which confirms the direct relationship from husband to wife marital satisfaction. Similarly, wives` attachment anxiety was associated directly with her conflict resolution but on the other side wives` attachment, avoidance was associated directly with husbands' conflict resolution so anxious wives directly affect their husbands conflict resolutions.

In addition, there was evidence of the mediating role of conflict resolution in predicting marital satisfaction. Wives attachment insecurities play a key role in determining its relationship towards marital satisfaction. In the first place, wives conflict resolution fully mediated the relationship between anxiousness and marital satisfaction in wives. Further, conflict resolution in husbands partially mediated the relationship between wife avoidance attachment and husband marital satisfaction. Importantly, the first pathway from attachment anxiety wife went through wife conflict resolution predicting wives' marital satisfaction (full mediation) and the other pathway from attachment avoidance wife went through husband conflict resolution predicting husbands` marital satisfaction (partial mediation with partner effect).

According to Brennan, Clark, and Shaver (1998), that anxious adults habitually view significant others as being valuable of being loved while viewing themselves as unlovable. It is also found that anxious individuals state a preoccupation with the relationship, feelings of jealousy, fear of leaving behind, and fear of refusal. The individuals with anxious attachment orientations typically have higher level of private insecurity than those with non-anxious attachment styles (Bartholomew & Horowitz, 1991). The entire above conclusion supported the current study finding that anxiousness predicts marital satisfaction with a new mediating variable called conflict resolution as an addition to the running literature; there is no such study in the literature considering effective conflict resolution as a mediator in defining the marital satisfaction.

Another important partial mediation was from attachment avoidance wife went through husband conflict resolution predicting husbands` marital satisfaction. This result is supported by Brassard, Lussier, and Shaver (2009), as they concluded that avoidant attached individuals generally do not want to rely on their partner for emotional support and reluctant to provide emotional support to their partner.

Model 2 investigates the communication competence as a possible mediator endowed with an appealing picture of husband and wife marital satisfaction. The results of model 2 propose that, for husbands and wives, adult attachment has an indirect association with marital satisfaction mediated through communication competence, and in most cases, a direct association. These results present support to the original hypothesis, i.e., "Communication competence would mediate the relationship between attachment insecurities (anxiety and avoidance) and marital satisfaction in both husbands and wives."

The Communication competence would mediate the relationship between all attachment insecurities (anxiety and avoidance) and marital satisfaction in both husbands and wives except husband anxiety.

Model 2 had twelve significant pathways that established seven direct effects and five indirect effects, on both husband and wife marital satisfaction. First of all, looking at the link of husband attachment dimensions of anxiety, was coupled directly with husband own marital satisfaction. Even though, at the same time husbands avoidance predicts his own as well as wives communication competence which verify the direct relationship from husbands to his own and wife communication competence. Similarly, wives` attachment anxiety was associated directly with own communication competence and marital satisfaction however, on the other side wives` attachment avoidance was associated directly with own and husbands' communication competence so avoidant wives directly complete their own and husbands communication competence.

There were five indirect effects, which were the confirmation of the mediating role of communication competence in predicting marital satisfaction. Pursuing this further, the paths are discussed one by one separately. Wives attachment insecurities play a key role in determining its relationship towards marital satisfaction. In the first place, wives partially negatively mediated the relationship between anxiousness and own marital satisfaction. Afterwards, wives avoidance fully mediates the relationship towards husbands and wives marital satisfaction through communication competence.

Further, communication competence in husbands fully mediated the relationship between husbands' avoidance attachment and marital satisfaction of both husband and wives. In other words one can claim that communication competence is a very a strong mediator between avoidance attachment and marital satisfaction. On the

whole, all the four indirect pathways from both husbands and wives avoidance attachment were significant and all are fully mediating their paths. In the light of the present findings, it is concluded that couple communication is an effective tool for marital satisfaction, if some is having avoidant attachment style and try not to address the problems in the relationship it would lead to a failed marriage, which may end up in separation or divorce. To be a good communicator is a skill if someone is lacking this, there are many established psychological counseling programs for example PREPARE/ENRICH inventory (Fowers & Olson 1989; Olson & Sigg, 1999).

The third model investigated the perceived social support as a possible mediator. The results of the model 3 suggested that, husbands` and wives` adult attachment has an indirect association with marital satisfaction mediated through perceived social support, and many direct association as well. These results provide partial support to the original hypothesis i.e., "Social support would mediate the relationship between attachment insecurities (anxiety and avoidance) and marital satisfaction in both husbands and wives".

The perceived social support model had ten significant pathways that established seven direct effects and three indirect effects, on both husband and wife marital satisfaction. Firstly, taking husband attachment dimensions of avoidance that would directly affect his perceived social support and wives marital satisfaction,only one direct path from husband anxiety to his marital satisfaction was significant.

Subsequently, exploration of wives attachment insecurities came up with some additional significant paths. Wives anxiety was associated with her marital satisfaction only. Avoidance attachment in wives is a very strong and influential component, which predicts almost all paths at significant level. Three direct effects were obvious. One from wives avoidance to her perceived social support, the second

path is from wives avoidance to husband social support and the third path is from wives avoidance to wives marital satisfaction.

There were three indirect effects, which were the confirmation of the mediating role of social support in predicting marital satisfaction. Pursuing this further, the paths are discussed one by one separately. Attachment avoidance plays a key role in determining its relationship towards marital satisfaction in both husbands and wives. In the first place, husbands social support partially negatively mediated the relationship between avoidance and own marital satisfaction. Afterwards, wives social support fully mediates the relationship between wives avoidance and husbands' marital satisfaction.

Further, social support in wives partially mediated the relationship between wives' avoidance attachment and her marital satisfaction. In other words, one can claim that perceived social support is an effective mediator between avoidance attachment and marital satisfaction of spouses. Generally speaking, three out of four indirect pathways from both husbands and wives avoidance attachment were significant. In the light of the present findings, it was concluded that if the attachment style of any spouse is avoidant and he or she tries to avoid interaction, contact, and sharing of their problems with other, he or she perceives low social support around them. This finding was obvious from the negative relationship between avoidance attachment dimension and marital satisfaction.

On the other hand, this path is partially mediated by social support. Wife avoidance, fully mediated the relationship between her avoidance and husbands' marital satisfaction. According to Cobb, Davila, and Bradbury (2001), viewing partners in a positive manner serves a relationship strengthening function that is possible through couple`s supportive interactions. In addition to that, they concluded

that spouses who had positive tolerance were better support providers and receivers. The results of the current study depicted that if the male spouse is avoidant and try to avoid conflict and communication between their spouses, then he will have negative perception about his social support which may lead to low marital satisfaction so, in this case perceive social support was surely responsible for the marital dissatisfaction.

It is a fact that a person as a part of a community gets lovable, concern and value that gives a sense of security. Social support is a way of classifying the rewards and communication in particular conditions. An important aspect of support is that a message or communicative experience is not considered as support unless the recipient views it as such.

Mostly, in addition to dissatisfaction caused by seeking social support, the lack of a shared social network can possibly lead to spouses' ambiguity in direction of the marriage, thus originating more problems and conflict within the marriage (Burger & Milardo, 1995).

In conclusion, it is observed that the relationship between adult attachment and marital satisfaction along with three mediating variables i.e. Social support, conflict resolution, and communication competence in married couples showed some distinct patterns of relationships some of the hypothesis were supported and some of them were not supported by the overall findings. Most of the previous literature was based upon the western data and interpretations are supporting their couple's relationships. However, the current study is a first effort taking Pakistani sample consisting of couples. The distinctiveness in data provides an indigenous finding with reference to exclusive cultural differences.

GENERAL DISCUSSION

Chapter VI

GENERAL DISCUSSION

The purpose of the present study was to investigate the effects of attachment, communication, conflict resolution and social support on marital satisfaction in couples. The primary focus of the study was to examine the relationship between adult attachment and marital satisfaction among couples and to check the mediating role of communication, conflict resolution and social support in marital satisfaction. It was predicted that low anxiety and avoidance attachment would predict high marital satisfaction and higher level of anxiety and avoidance would be predictive of lower marital satisfaction.

There were some research evidences for example, Brassard, Lussier, and Shaver (2009) gave the advance conceptual model specification for the association among attachment dimensions, perceived conflict and relationship satisfaction in couples. They concluded that external and relationship stresses were affecting marital satisfaction and couple communication. Another research by Cobb, Davila, and Bradbury (2001), who studied the association among attachment security, social support and marital satisfaction, concluded that positive perception of partner security and interpersonal attributes were associated with adaptive functioning.

In the following section, the findings of the current study are discussed in terms of our indigenes context as well as the empirical findings of the other researchers. The first part of the following discussion outlines explanation of the results of all the three studies and the second part carries description of the three models based upon previous literature which examine the mechanism that clarify the relationship between adult attachment and marital satisfaction.

Based upon the two dimensional model of adult attachment, it is suggested that attachment dimensions of anxiety and avoidance are inversely correlated with marital satisfaction of spouses. This assumption is supported by the results of the study. Overall interesting findings emerged as some of the hypotheses were supported while the others were not.

The researcher hypothesized that wife's avoidance would negatively predict husband`s marital satisfaction and husband`s avoidance would negatively predict wife`s marital satisfaction. It is observed that this hypothesis is not fully supported by the results. Only the male avoidance to female marital satisfaction is significant. If male partners are avoidant female marital satisfaction will decrease. As avoidance involves disliking to closeness and intimacy, and avoidance has been empirically connected with fear of intimacy (Greenfield & Thelen, 1997), so the gender role theory provides us that wife want more closeness and intimacy with the husband and if the husband is avoidant in his attachment style then it will decrease her over all martial satisfaction. From Islamic, perceptive the satisfaction among married couples lies in best of the understanding, compromise and sacrifice towards each other. Since, religion of Islam places a strong emphasis on rearing and raising a child according to the basic teachings of Islam headed for shaping its personality to be emotionally and psychologically more secure. This is possible only if the environment is non-conflicting and facilitating that in fact is possible with the consideration and understanding among couples. Although, the present study did not address religious issues specifically and but it is ready reflected from general and social practices in our society. Hence, any disposition from standard religion of Islamic wisdom referred to as negligence of Islamic teachings.

According to a hypothesis, individuals' reports of their own communication would be positively related to their own and their spouse's relationship satisfaction.

This hypothesis is also partially supported, the communication of male and female is significant to their own marital satisfaction but for the partner effect the results are positive but not significant. Previous studies suggested that communication patterns mediate the association between adult attachments and marital satisfaction (e.g., Feeney & Noller, 1990). It is concluded that communication of a person affects his or her own marital satisfaction but not the partner's martial satisfaction directly. A study by Lederman, Bodenmann, Rudaz, and Bradbury (2010) shows that relationship stress influences the martial communication both for husbands and wives.

To test the indirect partners' effects; our hypothesis, anxiousness or avoidance of husband indirectly affects his own marital satisfaction through conflict resolution of both husband and wife as mediating variables. This assumption is supported by our results since more anxious males reported lower level of conflict resolution and in turn lower marital satisfaction. Similarly, wives of more anxious husband reported lower level of conflict resolution which in turn lead to lower marital satisfaction of husband. Similarly it was imagined that a husband high on avoidance is showing an overall marital dissatisfaction if they themselves and their wives are not good in their conflict resolution skills.

It was supposed that, attachment insecurities (avoidance and anxiety) of wives are negatively related to husband`s marital satisfaction through effective communication of both husband and wives as mediating variables. In this indirect partner effect, researcher observed that the wife attachment insecurities influences more to the husband marital satisfaction than to their own (wife) marital satisfaction. These findings suggested that husbands are more affected by communication competence of his wife. In the light of the above result it can be stated that husband`s marital satisfaction is indirectly affected by attachment insecurities of wife and the

communication of both. This is a new finding which needs to be reproduced with different samples.

Some of the empirical work supports our assumptions e.g. more avoidant and anxious people tend to have low marital satisfaction, communication and conflict resolution (e.g., Cobb, Davila & Bradbury, 2010; Carnelley, Pietromonaco, & Jaffe, 1996; Fuller & Fincham, 1995; Kirkpatrick & Davis, 1994; Kirkpatrick & Hazan, 1994; Kobak & Hazan, 1991). Similarly, the direct path from male avoidance to female martial satisfaction is significant in the present research and in the study of Kane et al. (2007).

So, in the present study the association between attachment and marital satisfaction of the couples are mostly similar to previous findings but research leads to some new directions of findings like in model 1 (conflict resolution as a mediator) conflict resolution of wife is not associated with husband marital satisfaction but according to the findings of Brassard, Lussier, and Shaver (2009) this path is significant when they take conflict as a mediator. Overall, the communication competence and conflict resolution reflect the overlapping qualities as according to literature a good communicator mostly found to be a good in conflict resolution and according to Lederman, Bodenmann, Rudaz, and Bradbury (2010) a healthy intimate relationship requires effective communication skills which in turn enhance couples marital quality.

APIM meditational analysis in the current study revealed that wives were less satisfied when their partners were high in avoidance, and this relation was fully mediated by female and male`s conflict resolution. These identical results were not evident for husbands with avoidant wife. This prototype of gender differentiation is reliable with numerous other researches of attachment in couples, which also discovered that husband`s anxiety is a more powerful predictor of satisfaction for

husbands than for wife`s anxiety. Whereas, some researches claimed partner avoidance is a stronger predictor of satisfaction for female than male (e.g., Collins & Read, 1990; Kane et al., 2007; Kirkpatrick & Davis, 1994; Simpson, 1990).

Most of the direct paths between avoidance and marital satisfaction are significant for both spouses (Kane et al., 2007).

Conclusion

The present study established that there is a strong predictive relationship between adult attachment dimensions and marital satisfaction in Pakistani couples with mediating role of conflict resolution, communication competence and social support.

In the current study although anxiousness and avoidance in both husbands and wives predict lower marital satisfaction, though avoidant attachment is more dominant predictor than anxious attachment, especially in case of all three mediating models. Anxious wives showed low marital satisfaction when they have less effective conflict resolution strategies. These findings highlight the importance of communication competence in wife`s martial relationship that is an addition to the current literature especially with reference to institution of marriage in Pakistan.

Moreover, avoidance in both husbands and wives produce marital dissatisfaction in wives, while highly perceived social support around spouses enhanced marital satisfaction. The present study explores the differences in cultural specific phenomenon like love and arranges marriages and nuclear and joint family systems. The findings illustrate that love marriages and nuclear family systems produce high marital satisfaction as compared to arrange marriages and joint family systems, respectively.

The research provides an overall empirical evidence and theoretical understanding about modes of attachment and marital satisfaction. It opens new dimension for marital literature. The findings of the current study contribute to enhance the understanding among spouses and counselors to guide couples striving for more satisfaction in life.

Implications

The above findings contribute in our understanding of the association between attachment, conflict resolution, communication, and marital satisfaction in general and couples in particular. Important implications for couples as well as for counselors, some of them are highlighted below:

- This study is implied to the counseling especially for clients who are facing marital problems. Counselors could utilize precautionary techniques in before marriage counseling with diverse couple's population to enhance their marital expectations.

- Counselors who assist couples with their different attachment styles could empower such couples through education to achieve marital satisfaction.

- Communication is indispensible to the marital relationship. Effective communication is multidimensional and evolve through time and experiences. Couples agreed that their communication and knowledge about themselves as well as their spouse had changed over the years.

- One strength of the current study is the use of dyadic data which provide information at the couple level and how spouses affect each other. Over all there are many studies inspecting the relation between attachment and marital satisfaction, attachment and conflict resolution and communication but there

are very few studies considering the role of both male and female attachment insecurities simultaneously.Meditational model incorporates conflict resolution and communication as mediators

Recommendation

- Future research could look at the reciprocal relationship between adult attachment and marital satisfaction at several points of time in a longitudinal research design.

- Another variable that had a limiting effect on the sample was the lack of diverse marital functioning. The large majority of the current sample reported very satisfied marital relationships. This could have had a direct impact on the results of the study.

- The current research provides important information to therapists, community organizations, and educators who work directly with couples that are trying to achieve satisfying relationship.

- There is a need for developing Intervention programs, and Educational programs for couples to enhance marital relationships in meaningful ways.

- The clear and consistent relationship between the avoidance attachment dimension and marital satisfaction provides a framework from which future studies can explore the mechanisms through which adult attachment dimensions connected with marital satisfaction.

- Prospective research could continue to explore the mechanisms, which explain the attachment representation-marital satisfaction relationship. Connecting the conceptual framework of attachment theory with some of the clinical theory

and practice about marital relationships could be a rich and practical element of research.

- As the sampling completed through a convenience method, the researchers recognize that using some other technique would have come up a diverse sample group.

Overall, the reader friendly translated Urdu versions of all the instruments will facilitate the new investigators to come up with cultural specific results.

Limitations

Despite the above mentioned recommendations, the current study provided an important contribution to the research in the area of marital relationships yet there are some limitations, which need to be well thought-out.

- The generalizability of the results is confine to the nature of the study sample. The current study collected data mostly from middle class, urban couples. Additional research on more diverse samples within Pakistan but also from regions of South Asia would be needed.

- One significant limitation of the current study is that it is a cross-sectional research design. Cross-sectional research provides only a brief picture of the adult attachment predication for marital satisfaction. A longitudinal research design would provide a better representation of the reciprocal relationship between attachment dimensions and marital satisfaction. Longitudinal research would allow a more rigorous testing of causal effects and the development of relationship satisfaction across time. The data was correlational and, therefore, cannot be used to test causal hypothesis.

- The self report measure in the current research faces the response biases and social desirability which may affect our results. In future research, observational data, partner and peer reports should be used in order to validate our findings.

- There were several demographic variables that had an impact on the generalizability of results of the study. For example members in the sample are from Muslim community. Thus, future research could replicate the current study with a more religiously diverse or representative sample.

- The current research did not investigate the impact of socioeconomic status (SES) on the adult attachment and marital satisfaction, only income was taken as a tool to have an idea about SES. In general, obtaining a sample that is more representative of a national sample would lead to more descriptive results .

- In the current study attachment dimensions were used to predict marital satisfaction but it is likely that, over the time, marital satisfaction would have an influence on dimensions of attachment.

- The present study considers social support in Global fashion, which includes supports from all sources like spouse, family, friends and others. Future and prospective researches could be benefitted from exploring the role of each type of support independently.

- Finally, scarcity of funding and time kept the present study under some limitations.

REFERENCES

REFERENCES

Abbasi, M. (2010). *Intimacy and self-disclosure among married couples* (Unpublished M.Sc research report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Ahmadi, K., & Hossein-abadi, H. F. (2009). Religiosity, marital satisfaction and child rearing. *Pastoral Psychology, 57*(5), 211-221.

Ainsworth, M., Blehar, M., Waters, E., & Wall, S. (1978). Patterns of attachment: A psychological study of the strange situation. *Infant Mental Health Journal, 1*(1), 68-70.

Amato, P. R., & Previti, D. (2003). People's reasons for divorcing. *Journal of Family Issues 24*, 602-626.

Amato, P. R., Johnson, D. R., Booth, A., & Rogers, S. J. (2003). Continuity and Change in Marital Quality between 1980 and 2000. *Journal of Marriage and Family*, *65*(1), 1–22. http://dx.doi.org/10.1111/j.1741-3737.2003.00001.

Anastasi, A. (1997). *Psychological testing* (7th ed.). New Jersey: Prentice-Hall

Ansari, K., & Aftab, S. (2007). Extravert personality trait as predictor of affectional expression in married women. *Pakistan Journal of Clinical Psychology*, *6*(1-2), 3-13.

Ashraf, H. (2001). *Marital adjustment in arrange marriage and love marriage among couples* (Unpublished M.Sc research report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Ayub, N., & Iqbal, S. (2011). The Factors Predicting Marital Satisfaction: A Gender Difference in Pakistan. *International Journal of Interdisciplinary Social Sciences*, *6*(7), 63-74.

Banse, R. (2004). Adult attachment and marital satisfaction: Evidence for dyadic configuration effects. *Journal of Social and Personal Relationships, 21*(2), 273-282.

Barelds, H. P. D. (2005, Sept). Self and partner personality in intimate relationships. *European Journal of Personality, 19*(6), 501-518. doi: 10.1002/per.549

Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults. *Journal of Personality and Social Psychology, 61*, 226–244.

Batool, S. S., & Khalid, R. (2012). Emotional intelligence: a predictor of marital quality in Pakistani couples. *Pakistan Journal of Psychological Research, 27*(1), 65-88.

Berkman, L. F. (1985). The relationship of social networks and social networks and social support to morbidity and mortality. In S. Cohen & S. L. Syme (Eds.), *Social support and health* (pp. 241-263). New York: Academic Press.

Birnbaum, G. E., Reis, H. T., Mikulincer, M., Gillath, O., & Orpaz, A. (1994). When sex is more than just sex: Attachment orientations, sexual experience, and relationship quality. *Journal of Personality and Social Psychology, 91*, 929–943.

Bodenmann, G. (1997). The influence of stress and coping on close relationships: A two year longitudinal study. *Swiss Journal of Psychology, 56*, 156−164.

Bowlby, J. (1977). The making and breaking of affectional bonds: II, some principles of psychotherapy. *British Journal of Psychiatry, 130*, 421-431.

Bowlby, J. (1980). *Attachment and loss*: *Sadness and depression* (Vol. 3). New York: Basic Books

Bowlby, J. (1982). *Attachment and loss: Attachment* (2nd ed., Vol. 1). New York: Basic Books.

Bradbury, N. T., Fincham, D. F., & Beach, H. R. (2000). Research on the nature and determinants of marital satisfaction: A decade in review. *Journal of Marriage and Family, 62*(4), 964-980.

Bradbury, T. N., & Fincham, F. D. (1987). Affect and cognition in close relationships: Towards an integrative model. *Cognition and Emotion, 1*(1), 59-87.

Bradbury, T. N., & Karney, B.R. (1995). The longitudinal course of marital quality and stability: A review of the theory method and research. *Psychological Bulletin, 118*(1), 3-34.

Bramlett, M. D., & Mosher, W. D. (2002). Cohabitation, marriage, divorce and remarriage in the United States. *Vital Health Statistics, 23* (22).

Brassard, A., Lussier, Y., & Shaver, P. R. (2009). Attachment, perceived conflict, and couple satisfaction: Test of a dyadic model. *Family Relations*, 58: 634-646.

Brennan, K. A., Clark, C. L., & Shaver, P. R. (1998). Self-report measurement of adult romantic attachment: An integrative overview. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 46-76). New York: Guilford Press.

Brennan, K.A., & Shaver, P. (1995). Dimensions of adult attachment, affect regulation, and romantic relationship functioning. *Personality and Social Psychology Bulletin, 21*, 267-284.

Brislin, R. W. (1976). Introduction. In R. W. Brislin (Ed.), *Translation: Application and research* (pp. 1-43). New York: John Wiley & Sons, Inc.

Browne, M. W., & Cudeck, R. (1993). Alternative ways of assessing model fit. In: Bollen, K. A., & Long, J. S. (Eds.) *Testing Structural Equation Models*. pp. 136–162. Beverly Hills, CA: Sage

Bryant. C., & Conger, R. (1999). Marital success and domains of social support in long-term relationships: Does the influence of network members ever end? *Journal of Marriage and the Family, 61*, 437–450.

Burger, E., & Milardo, R. M. (1995). Marital interdependence and social networks. *Journal of Social and Personal Relationships, 12*, 403-415.

Buss, D. M. (1989). Sex differences in human mate preference: Evolutionary hypothesis tested in 37 cultures. *Behavioral and Brain sciences, 12*, 1-49

Byrne, B.M. (1989). *A primer of LISREL: Basic applications and programming for Confirmatory factor analytic models*. New York: Springer-Verlag.

Caldwell B. (1992). *Marriage in Sri Lanka: A century of change* (Unpublished PhD thesis), Australian National University, Canberra.

Carmines, E. G., & McIver, J. P. (1981) *Unobserved Variables*. In G. W. Bohrnstedt and E. F. Borgatta (Eds.), *Social measurement: Current issues.* Beverly Hills, CA: Sage.

Carmines, E.G., & McIver, J.P. (1981). Analyzing models with unobserved variables. In G.W. Bohrnstedt & E.F. Borgatta (Eds.), *Social measurement: Current issues*. Beverly Hills, CA: Sage.

Carnelly, K., Pietromonaco, P., Jaffe, K. (1996). Attachment, caregiving and relationship functioning in couples: Effects of self and partner. *Personal Relationships, 3,* 257-278.

Carstensen, L. L., Gottman, J.M., & Levenson, R.W. (1995). Emotional behavior in long-term marriage. *Psychology and Aging, 10*(1), 140-149.

Cassidy, J., & Shaver, P. R. (Eds). (1999). *Handbook of attachment: Theory, research, and clinical applications*. New York: Guilford Press.

Caughlin, J. P., & Huston, T. L. (2002). A contextual analysis of the association between demand/withdraw and marital satisfaction. *Personal Relationships, 9,* 95–119.

Caughlin, J. P., & Vangelisti, A. L. (1999). Desire for change in one's partner as a predictor of the demand/withdraw pattern of marital communication. *Communication Monographs, 66*, 66-89.

Cobb, R. J., Davila, J., & Bradbury, T. N. (2001). Attachment security and marital satisfaction: The role of positive perceptions and social support. *Personality and Social Psychology Bulletin, 27*(9), 1131 -1143. doi:10.1177/0146167201279006.

Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd Ed.). Hillsdale, NJ: Erlbaum

Collins, N. L. (1996). Working models of attachment: Implications for explanation, emotion, and behavior. *Journal of Personality and Social Psychology, 71*(4), 810-832.

Collins, N. L., & Feeney, B. C. (2000). A safe haven: Support-seeking and care giving processes in intimate relationships. *Journal of Personality and Social Psychology*, *78*, 1053-1073.

Collins, N. L., & Read, S.J. (1990). Adult attachment, working models, and relationship Quality in dating couples. *Journal of Personality and Social Psychology, 58*, 644-663.

Corcoran, K. O., & Mallinckrodt, B. (2000). Adult attachment, self-efficacy, perspective taking, and conflict resolution. *Journal of Counseling & Development, 78*(4), 473-483.

Costa, P.T., & McCrae, R.R. (1992). *NEO PI-R. Professional manual.* Odessa, FL: Psychological Assessment Resources, Inc.

Cowan, C.P., & Cowan, P. A. (1995). Interventions to ease the transition to parenthood: Why they are needed and what they can do. *Family Relations: Journal of Applied Family & Child Studies, 44,* 412–423.

Coyne, J. C., & DeLongis, A. (1986). Going beyond social support: The role of social relationships in adaptation. *Journal of Consulting and Clinical Psychology, 54,* 454-460.

Creasay, G., Kershaw, K., & Boston, A. (1999). Conflict management with friends and romantic partners: the role of attachment and negative mood regulation expectancies. *The Journal of Youth and Adolescence, 28*(5), 523-543.

Creasey, G. (2002). Associations between working models of attachment and conflict management behavior in romantic couples. *Journal of Counseling Psychology, 49*(3), 365-375.

Creasey, G., Kershaw, K., & Boston, A. (1999). Conflict management with friends and romantic partners: The role of attachment and negative mood regulation expectancies. *Journal of Youth and Adolescence, 28*, 523-543.

Cutrona, C. E. (1984). Social support and stress in the transition to parenthood. *Journal of Abnormal Psychology*, *93*(4), 378-390.

Cutrona, C. E. (1996). *The interplay of negative and supportive behaviours in marriage*. In G. R. Pierce, B. R. Sarason, & I. G. Sarason (Eds.), Handbook of social support and the family (pp. 173-194). New York: Plenum.

Cutrona, C. E., & Russell, D. (1987). The provisions of social relationships and adaptation to stress. In W. H. Jones & D. Perlman (Eds.), *Advances in personal relationships* (pp. 37-67). Greenwich, CT: JAI Press.

Dane, F. C. (1990). *Research methods*. Californian: Brooks/Cole Publishing Company

Davila, J., Burge, D., & Hammen, C. (1997). Why does attachment style change? *Journal of Personality and Social Psychology, 73,* 826-838.

Davis, M. H., Morris, M., & Kraus, L. A. (1998). Relationship-specific and global perceptions of social support: Associations with well-being and attachment. *Journal of Personality and Social Psychology, 74,* 468-481.

Dildar, S. Bashir, S., Shoaib M., Sultan T., & Saeed Y., (2012). Chains do not hold a marriage together: emotional intelligence and marital adjustment (a case of Gujrat district, Pakistan). *Middle-East Journal of Scientific Research, 11*(7), 982-987

Farooqi, Y. N., & Dawood, S. (2000). Socio-Economic Status: A Factor in Marital Adjustment. *Pakistan Journal of Psychology, 31(1)* 43-51.

Fatima, M., & Ajmal, A. (2012). Happy Marriage: A Qualitative study Pakistan. *Journal of Social and Clinical Psychology*, *9*(2), 37-42.

Feeney, J. A. (1999). Adult romantic attachment and couple relationships. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 355-377). New York: Guilford Press.

Feeney, J. A. (2002). Attachment, marital interaction, and relationship satisfaction: A diary study. *Personal Relationships, 9*, 39–55.

Feeney, J. A., & Noller, P. (1990). Attachment style as a predictor of adult romantic relationships. *Journal of Personality and Social Psychology, 58*(2), 281-291.

Feeney, J.A., Noller, P., & Callan, V. J. (1994). Attachment style, communication and satisfaction in the early years of marriage. In K. Bartholomew & D. Perlman (Eds.), *Advances in personal relationships: Attachment processes in adulthood* (pp. 269–308). London: Jessica Kingsley.

Field, A. (2005). *Discovering statistics using SPSS* (2nd ed.). London. Sage Publications.

Fischer, J., & Corcoran, K. (1994). *Measures for clinical practice: A source book*, Vol. 2, Adults (2nd ed.). New York: The Free Press.

Fitzpatrick, M.A., & D.M. Badzinski. (1985). All in the family: Interpersonal communication in kin relationships. In M.L. Knapp and G.R. Miller (Eds.), *Handbook of interpersonal communication* (pp. 687-736). Beverly Hills, CA: Sage.

Fowers, B. J., & Olson, D. H. (1989). Enrich Marital Inventory: A Discriminant Validity And Cross Validation Assessment. *Journal of Marital and Family Therapy, 15*(1), 65-79.

Fraley, R. C., & Shaver, P. R. (1998). Airport separations: A naturalistic study of adult attachment dynamics in separating couples. *Journal of Personality and Social Psychology, 75,* 1198-1212.

Fraley, R. C., & Waller, N. G. (1998). Adult attachment patterns: A test of the typological model. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 77-114). New York: Guilford Press.

Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000). An item response theory analysis of self-report measures of adult attachment. *Journal of Personality and Social Psychology, 78*, 350–365.

Frey, B., & Slutzer, A. (2002). *Happiness and economics*. Princeton University Press, Princeton.

Fuller, T. L., & Fincham, F. D. (1995). Attachment style in married couples: Relation to current martial functioning, stability over time, and method of assessment. *Personal Relationships, 2*, 17–34.

Gallo, L. G., & Smith, T. W. (2001). Attachment style in marriage: Adjustment and responses to interaction. *Journal of Social and Personal Relationships, 18*, 263–289.

Garson, D. G. (2008). *Path analysis.* Retrieved from http://www2.chass.ncsu.edu/garson/pa765/path.htm

Gottman, J. M. (1993). A theory of marital dissolution and stability. *Journal of Family Psychology, 7,* 57-75.

Gottman, J. M. (1994). *What predicts divorce: The relationship between marital processes and marital outcomes*. Hillsdale, NJ: Erlbaum.

Gottman, J. M., & Krokoff, L. J. (1989). Marital interaction and satisfaction: A longitudinal view. *Journal of Consulting and Clinical Psychology, 57*, 47–52.

Gottman, J., & Levenson, R.W. (2002). A two-factor model for predicting when a couple will divorce: Exploratory analyses using 14-year longitudinal data. *Family Process, 41*(1), 83-96.

Greenfield, S., & Thelen. M. (1997). Validation of the fear of intimacy scale with a lesbian and gay male population, *Journal of Social and Personal Relationships 14*, pp. 707–716.

Hatch, D. L. (2008). *Factors that influence the association between adult attachment and marital satisfaction (Unpublished doctoral dissertation)* Utah State University: Utah. Retrieved http://digitalcommons.usu.edu/etd/161.

Hazan, C., & Shaver, P. (1987). Romantic Love conceptualized as an attachment process. *Journal of Personality and Social Psychology, 52*(3), 511-524.

Hazan, C., & Shaver, P. R. (1994). Attachment as an organizational framework for research on close relationships. *Psychological Inquiry, 5*(1), 1-22.

Hemlatha, P., & Suryanarayana, M. (1983). 'Married Working Women: A Study on their Role Interventions'. *The Indian Journal of Social Work, 44*(2), 153-156.

Hendrick, S. S. (1988). A generic measure of relationship satisfaction. *Journal of Marriage and Family, 50,* 93-98.

Heyman, R. E., Sayers, S. L., & Bellack, A. S. (1994). Global marital satisfaction versus marital adjustment: An empirical comparison of three measures. *Journal of Family Psychology, 4,* 432-446.

Hill, E., Young, J., & Nord, J. (1994). Childhood adversity, attachment security, and adult relationships. *Ethology and Sociobiology, 1,* 323-338.

Hu, L., & Bentler, P.M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling, 6,* 1-55.

Hudson, W.W. (1982). *The Clinical Measurement Package* : A field manual. Homewood, IL: The Dorsey Press.

Isaac, R., & Shah, A. (2004). Sex Roles and Marital Adjustment in Indian Couples. *International Journal of Social Psychiatry, 50*(2), 129-141. doi: 10.1177/0020764004040960

Jöreskog, K. G., & Sörbom, D. (1985). *LISREL VI user's guide.* Moorseville, IN: Scientific Software.

Julien, D., & Markman, H. J. (1991). Social support and social networks as determinants of individual and marital outcomes. *Journal of Social and Personal Relationships, 8*(4), 549–568. doi: 10.1177/026540759184006.

Kahn, R. L. (1979). Aging and social support. In M. W. Riley (Ed.), *Aging from birth to death: Interdisciplinary perspectives* (pp. 77-91). Boulder, CO: Westview Press.

Kane, H. S., Jaremka, L. M., Guichard, A. C., Ford, M. B., Collins, N. L., & Feeney, B. C. (2007). Feeling supported and feeling satisfied: How one partner's attachment style predicts the other partner's relationship experiences. *Journal of Social and Personal Relationships, 24*, 535–555.

Kapur, P. (1970). *Marriage and Working Women in India*. Vikas Publications, New Delhi.

Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, method, and research. *Psychological Bulletin, 118*, 3-34.

Kenny, D. A. (2008). *Path analysis.* Retrieved June 28, 2008, from http://davidakenney.net/cm/pathanal.htm

Khan, A. R. (2006). *Psychological wellbeing among employed and non employed married women* (Unpublished M.Sc research report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Kirkpatrick, A. L., & Hazan, C. (1994). Attachment styles and close relationships: A four-year prospective study. *Personal Relationships, 1*(2)*,* 123–142.

Kirkpatrick, L. A., & Davis, K. E. (1994). Attachment style, gender, and relationship stability: A longitudinal analysis. *Journal of Personality and Social Psychology, 66,* 506–512.

Kirkpatrick, L.A., & Hazan, C. (1994). Attachment styles and close relationships: A four year prospective study. *Personal Relationships, 1*, 123-142.

Kobak, R., & Hazan, C. (1991). Attachment in Marriage: Effects of Security and Accuracy of Working Models. *Journal of Personality and Social Psychology, 60* (6), 861-869.

Kubra, S. (2006). *Marital adjustment among working and non working women house wives* (Unpublished M.Sc research report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Kurdek, L. A. (1995). Predicting change in marital satisfaction from husbands' and wives' conflict resolution styles. *Journal of Marriage and the Family, 57*, 153-164.

Lee, T. Y., Sun, G. H., & Chao, S. C. (2001). *The effect of an infertility diagnosis on the distress, marital and sexual satisfaction between husbands and wives in Taiwan.* Retrieved from http://humrep.oxfordjournals.org/cgi/reprint /16/8/1762.pdf.

Lewinsohn, A. M., & Werner, D. P. (1997). Factors in Chinese Marital Process: Relationship to Marital Adjustment. *Family Process, 36*(1), 43-61.

Litzinger, S., & Gordon, K. C. (2005). Exploring relationships among communication, sexual satisfaction, and marital satisfaction. *Journal of Sex & Marital Therapy, 31*, 409-424.

Locke, H. J., & Wallace, K. M. (1959). Short marital adjustment and prediction tests: Their reliability and validity. *Marriage and Family Living, 21*, 251–255.

Mackey, R., Diemer, M., & O'Brien, B. (2000). Conflict management styles of spouses in lasting relationships. *Psychotherapy: Theory, Research and Practice, 37*(2), 134-148.

Marsh, H. W. (1985). The structure of masculinity/femininity: An application of confirmatory factor analysis to higher-order factor structures and factorial invariance. *Multivariate Behavioral Research*, *20*, 427–449.

McGonagle, K. A., Kessler, R. C., & Schilling, A. E. (1992). The frequency and determinants of marital disagreements in a community sample. *Journal of Social and Personal Relationships, 9*, 507–24.

Mikulincer, M., Shaver, P. R., & Pereg, D. (2003). Attachment theory and affect regulation: The dynamics, development, and cognitive consequences of attachment-related strategies. *Motivation and Emotion, 27*, 77-102.

Naqvi, I., & Kamal, A. (2010). Translation and adaptation of Eysenck Personality Questionnaire (Junior) and its validation with laborer adolescents. *Pakistan Journal of Psychology, 41*, 23-48.

O'Brien M., & Peyton, V. (2002) Parenting attitudes and marital intimacy: A longitudinal analysis. *Journal of Family Psychology, 16*, 118–127.

Offman, A., & Mattheson, K. (2005). Sexual compatibility and sexual functioning in intimate relationships. *The Canadian Journal of Human Sexuality, 14*, 31-39.

Olson, D.H., & Olson-Sigg, A.K. (1999) PREPARE/ENRICH Program: Version 2000. In R. Berger & M. Hannah (Eds.), *Handbook of preventative approach in couple therapy* (pp. 196-216). New York: Brunner/Mazel.

Onat, G., & Beji, N. K. (2012). Marital relationship and quality of life among couples with infertility. *Sex Disabil, 30*, 39–52 . doi 10.1007/s11195-011-9233-5.

Parker, H. (2002). *Low cost but acceptable: A minimum income standard for households aged 65–74 years.* Bristol: The Policy Press

Pasch, L. A., & Bradbury, T. N. (1998). Social support, conflict, and the development of marital dysfunction. *Journal of Consulting and Clinical Psychology, 66*, 219–230.

Pasch, L.A., Bradbury, T.N., & Sullivan, K.T. (1997).Personality and social support in marriage. In G. Pierce, B. Lakey, I. Sarason, and B. Sarason (Eds.), *Sourcebook of Theory and Research on Social Support and Personality* (pp. 229-256). New York: Plenum Publishing.

Patel. V., Rodrigues, M., & DeSouza, N. (2002) Gender, poverty, and postnatal depression: a study of mothers in Goa, India. *American Journal of Psychiatry 159*, 43–47.

Pietromonaco, P. R., Greenwood, D., & Feldman, B. L. (2004). Conflict in adult close relationships: An attachment perspective. In W. S. Rholes & J. A. Simpson (Eds.), *Adult Attachment: New Directions and Emerging Issues* (pp. 267-299). New York: Guilford Press

Pina, D. L., & Bengtson, V. L. (1993). The division of household labor and wives' happiness: Ideology, employment, and perceptions of support. *Journal of Marriage and the Family, 55,* 901–912.

Pines, A. M., & Friedman, A. (1998). Gender differences in romantic jealousy. *The Journal of Social Psychology 138*, 54-71.

Plechaty, M., Couturier, S., Cote, M., Roy, A. M., Massicotte, J., & Freeston, H. M. (1996). Dimensional analysis of past and present satisfaction in relation to present marital satisfaction. *Psychological Reports, 78*(2), 657-658. doi: 10.2466/pr0.1996.78.2.657

Ramu, G. N. (1987). Indian husbands: Their role perception and performance in single- and dual-earner families. *Journal of Marriage and the Family, 49*, 903-915.

Raykov, T., & Marcoulides, G.A. (2000). *A first course in structural equation modeling.* Hillsdale, NJ: Erlbaum.

Roach, A. J., Frazier. L. P., & Bowden. S. R. (1981). The Marital Satisfaction Scale: Development of a measure for intervention research. *Journal of Marriage and the Family, 43,* 537-546.

Rodin, G., Walsh, A., Zimmermann, C., Gagliese, L., Jones, J., Shepherd, F. A…Mikulincer, M. (2007). The contributions of attachment security and social

support to depressive symptoms in patients with metastic cancer. *Psycho-Oncology, 16,* 1080-1091.

Ronald B. A. (2006). *Interpersonal communication.* California: Amazon

Rothbaum, F., Weisz, J., Pott, M., Miyake, K., &Morelli, G. (2000). Attachment and culture: Security in Japan and the U.S. *American Psychologist, 55,* 1093-1104.

Russell, D., & Cutrona, C.E. (1991). Social support, stress, and depressive symptoms among the elderly: Test of a process model. *Psychology and Aging, 6,* 190-201.

Russell-Chapin, L. A., Chapin, T. J., & Sattler, L. G. (2001). The relationship of conflict resolution styles and certain marital satisfaction factors to martial distress. *Family Journal: Counseling and Therapy for couples and families, 9*(3), 259-264.

Sadava, S.W., & McCreary, D.R. (1997). *Applied Social Psychology*. Upper Saddle River, NJ: Prentice Hall.

Sanford, K. (2003). Problem–solving conversations in marriage: Does it matter what topics couples discuss? *Personal Relationships, 10*(1), 97-112.

Sarason, B. R., Sarason, I. G., Hacker, T. A., & Basham, R. B. (1985). Concomitants of social support: Social skills, physical attractiveness, and gender. *Journal of Personality and Social Psychology, 49*, 469-480.

Sarason, I. G., Levine, H. M., Basham, R. B., & Sarason, B. R. (1983). Assessing social support: The social support questionnaire. *Journal of Personality and Social Psychology, 44*(1), 127-139.

Schaefer, C., Coyne, J. C., & Lazarus, R. S. (1981). The health-related functions of social support. *Journal of Behavioral Medicine, 4,* 381-406.

Scharfe, E., & Bartholomew, K. (1994). Reliability and stability of adult attachment patterns. *Personal Relationships*, *1*, 23-43.

Schumacker, R.E., & Lomax, R.G. (1996). *A beginner's guide to structural equation modeling*. Hillsdale, NJ: Erlbaum..

Shah, S. (2004). *Differences in marital satisfaction of young and old women* (Unpublished M.Sc research report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Shaver, P. R., & Clark, C. L. (1994). The psychodynamics of adult romantic attachment. In J. M. Masling & R. F. Bornstein (Eds.), *Empirical perspectives on object relations theories* (pp. 105-156). Washington, DC: American Psychological Association.

Shaver, P. R., & Mikulincer, M. (2004). Security-based self-representations in adulthood: Contents and processes. In W. S. Rholes & J. A. Simpson (Eds.), *Adult attachment: Theory, research, and clinical implications* (pp. 159-195). New York: Guilford Press.

Shaver, P. R., Hazen, C., & Bradshaw, D. (1988). Love as attachment: The integration of three behavioral systems. In R. J. Sternberg &M. L. Barnes (Eds.), *The psychology of love* (pp. 68- 99). New Haven, CT: Yale University Press.

Shaver, P. R., Morgan, H. J., & Wu, S. (1996). Is love a "basic" emotion? *Personal Relationships, 3*, 81-96.

Shen, A. C. T. (2001). The applicability of western marital satisfaction measures for couples in Taiwan based on ENRICH. *Psychological Testing, 48*(2), 131-151.

Shrout, P. E., & Bolger, N. (2002). Mediation in experimental and nonexperimental studies: New procedures and recommendations. *Psychological Methods, 7*, 422–445.

Simons, K.J., Paternite, C.E., & Shore, C. (2001). Quality of parent/adolescent attachment and aggression in young adolescents. *Journal of Early adolescence, 21*(2), 182-203.

Simpson, J. A. (1990). Influence of attachment styles on romantic relationships. *Journal of Personality and Social Psychology, 59*(5), 971-980.

Simpson, J. A., Rholes, W. S., & Nelligan, J. S. (1992). Support-seeking and support-giving within couples in an anxiety-provoking situation: The role of attachment styles. *Journal of Personality and Social Psychology, 62*(3), 434-446.

Simpson, J. A., Rholes, W. S., & Phillips, D. (1996). Conflict in close relationships: An attachment perspective. *Journal of Personality and Social Psychology, 71*(5), 899-914

Smith, L., Ciarrochi, J., & Heaven, C. L. P. (2008). The stability and change of trait emotional intelligence, conflict communication patterns, and relationship satisfaction: A one-year longitudinal study. *Personality and Individual Differences, 45*, 738–743.

Snyder, D. K. (1981). *Manual for the marital satisfaction inventory*. Los Angeles, CA: Western Psychological Services.

Sokolski, D., & Hendrick, S. (1999). Fostering marital satisfaction. *Family Therapy, 26,* 39- 49.

Spanier, G. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family, 38*, 15-28.

Sprecher, S., Sullivan, Q., & Hatfield, E. (1994). Mate selection preferences: Gender differences examined in a national sample. *Journal of Personality and Social Psychology, 66*, 1074-1080.

Steuber, K. R. (2005). *Attachment style, conflict style, and relationship satisfaction: A comprehensive model*. Poster presentation at National Communication Association Conference, Boston, MA

Tabachnick, G. G., & Fidell, L. S. (2007). *Experimental design using ANOVA*. Belmont, CA: Duxbury.

Tallat, G. (2008). *The impact of downward and upward social comparison on the perceived quality of marital relationship satisfaction* (Unpublished PhD. Dissertation). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Tamres, L., Janicki, D., & Helgeson, V. S. (2002). Sex differences in coping behavior: A meta-analytic review. *Personality and Social Psychology Review, 6*, 2-30

Tanwir, A. (2003). *Conflict management of married partners* (Unpublished M.Sc research report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Treboux, D., Crowell, J.A., & Waters, E. (2004). When "new" meets "old": Configurations of adult attachment representations and their implications for marital functioning. *Developmental Psychology, 40*(2), 295-314.

Tucker, J.S., & Anders, S.L. (1999).Attachment style, interpersonal perception accuracy, and relationship satisfaction in dating couples. *Personality and Social Psychology Bulletin, 25,* 403-412.

van-Ijzendoorn, M.H., & Sagi, A. (1999). Cross-Cultural Patterns of Attachment: Universal and Contextual Dimensions. In J. Cassidy & P. Shaver (Eds.), H*andbook of attachment theory and research* (pp. 713-734). New York: Guilford Press.

Van-Jzendoorn, M. H., & Bakermans-Kranenburg, M. J. (1996). Attachment: Towards a contextual approach. *Polish Quarterly of Developmental Psychology, 2,* 1-16.

Veil , H. O. P., & Baumann, U. (1992). The many meanings of social support. In H. O. F. Veil & U. Baumann (Eds.), *The meaning and measurement of social support* (pp. 1-7). New York: Hemisphere.

Vijayanthimala, K.; & Kumari, B. K. (1997) Women with multiple roles: perception of psychological factors and marital satisfaction. *The Journal of Family Welfare*. 43(3), 54-60.

Voracek, M. Fisher M. L., Loibl, L. M. Tan, H., & Sonneck, G. (2008). Beliefs about the genetics of suicide in Canadian students: Cross language validation of the Beliefs in the Inheritance of Risk Factors for Suicide Scale (BIRFSS). *Psychiatry and Clinical Neurosciences, 62,* 271–278. doi:10.1111/j.1440-1819.2008.01793.

Weiss, R. S. (1982). Attachment in adult life. In C. M. Parkes & J. Stevenson-Hinde (Eds.), *The place of attachment in human behavior* (pp. 171-184). New York: Basic Books.

Weiten, W., & Lloyd, M. A. (2003). *Psychology applied to modern life* (7th ed.). Washington: Wadsworth.

Wong, S., & Goodwin, R. (2009). Exploring marital satisfaction across three cultures: A qualitative study. *Journal of Social and Personal Relationships, 26,* 1011-1028.

You, H. S., & Malley-Morrison, K. (2000). Young adult attachment and intimate relationships with close friends: A cross-cultural study. *Journal of Cross-Cultural Psychology, 31,* 528-534.

Zadeh, F. Z., & Ahmed, Z. F. (2007). Comparing marriages systems with success in marriage in upper income group and educated class of Karachi, Bahria. *Journal of Professional Psychology, 2,* 61-80

Zadeh, Z. F. (2003). *Marriage system and success of marriage in Pakistan* (Unpublished Phd dissertation). Bahria University, Karachi, Pakistan.

Zahid, M. (2012). *Attachment styles and marital adjustment among married couples* (Unpublished M.Sc research report). National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The multidimensional scale of perceived social support. *Journal of Personality Assessment, 52*, 30-41.

APPENDICES

Appendix-A

CONSENT FORM

National Institute Of Psychology

Center of Excellence

Quaid-i-Azam University, Islamabad

Dear Participant,

As a Ph.D. student at National Institute of Psychology, Quaid-i-Azam University, Islamabad, I am carrying out research work on "Role of Adult Attachment, Conflict resolution, Communication competence and Social Support in Marital Satisfaction among Couples". This being closely related with you I need your cooperation and help. If you agree to participate in my research we shall meet in personally as this research is basically aimed to find out the importance attachment styles in predicating marital satisfaction in Pakistani couples along with some contributing variables. I am sure that realizing the need and significance of such research you would spare some of your precious time for me. For more information you can write to me at naziaiqbal@gmail.com or call me 051-90644111.

If you agree to participate in this research I assure you that: All information about you will be kept confidential and all information will be used only for research work.

If you agree to the above statements please sign here.

Signature: ---------------------------

Date: ---------------------------

Thanks

Nazia Iqbal

Email: naziaiqbal@gmail.com

Appendix-B

DEMOGRAPHIC INFORMATION SHEET

1. Name: (If you want to give)--------------------

2. Sex: --

3. Age: --

4. Education: --

5. Occupation: --

6. Years of Marriage: --

7. Numbers of Children: --------------------------------------

8. Residence: Your Own-------------- On Rent -------------

9. Families' Monthly Income: ------------------------------

10. Any other source of income: ------------------------------

11. Religion: ------------------------------

12. Family system: Nuclear Family -----------------Joint Family--------------

13. Your Marriage: Arrange Marriage------------------Love Marriage---------------

14. Who decide your marriage: Parents decision-----------,Your decision,----------,
    Both you and your parents decision--------

THE EXPERIENCES IN CLOSE RELATIONSHIPS QUESTIONNAIRE- REVISED

The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale:

Sample Items:

1	2	3	4	5	6	7
Strongly Disagree	*Slightly Disagree*	*Disagree*	*Neutral/Mixed*	*Agree*	*Slightly Agree*	*Strongly Agree*

1. I'm afraid that I will lose my partner's love. 1 2 3 4 5 6 7

2. I often worry that my partner will not want to stay with me. 1 2 3 4 5 6 7

3. I often worry that my partner doesn't really love me. 1 2 3 4 5 6 7

4. I worry that romantic partners won't care about me as much as I care about them. 1 2 3 4 5 6 7

5. I often wish that my partner's feelings for me were as strong as my feelings for him or her. 1 2 3 4 5 6 7

6. I worry a lot about my relationships. 1 2 3 4 5 6 7

7. When my partner is out of sight, I worry that he or she might become interested in someone else. 1 2 3 4 5 6 7

8. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me. 1 2 3 4 5 6 7

9. I rarely worry about my partner leaving me.   1   2   3   4   5   6   7

10. My romantic partner makes me doubt myself.   1   2   3   4   5   6   7

11. I do not often worry about being abandoned.   1   2   3   4   5   6   7

12. I find that my partner(s) don't want to get as close as I would like.   1   2   3   4   5   6   7

13. Sometimes romantic partners change their feelings about me for no apparent reason.   1   2   3   4   5   6   7

14. My desire to be very close sometimes scares people away.   1   2   3   4   5   6   7

15. I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.   1   2   3   4   5   6   7

16. It makes me mad that I don't get the affection and support I need from my partner.   1   2   3   4   5   6   7

17. I worry that I won't measure up to other people.   1   2   3   4   5   6   7

18. My partner only seems to notice me when I'm angry.   1   2   3   4   5   6   7

19. I prefer not to show a partner how I feel deep down.   1   2   3   4   5   6   7

20. I feel comfortable sharing my private thoughts and feelings with my partner.   1   2   3   4   5   6   7

21. I find it difficult to allow myself to depend on romantic partners.   1   2   3   4   5   6   7

22. I am very comfortable being close to romantic partners.   1   2   3   4   5   6   7

23. I don't feel comfortable opening up to romantic   1   2   3   4   5   6   7

partners.

24.	I prefer not to be too close to romantic partners.	1	2	3	4	5	6	7
25.	I get uncomfortable when a romantic partner wants to be very close.	1	2	3	4	5	6	7
26.	I find it relatively easy to get close to my partner.	1	2	3	4	5	6	7
27.	It's not difficult for me to get close to my partner.	1	2	3	4	5	6	7
28.	I usually discuss my problems and concerns with my partner.	1	2	3	4	5	6	7
29.	It helps to turn to my romantic partner in times of need.	1	2	3	4	5	6	7
30.	I tell my partner just about everything.	1	2	3	4	5	6	7
31.	I talk things over with my partner.	1	2	3	4	5	6	7
32.	I am nervous when partners get too close to me.	1	2	3	4	5	6	7
33.	I feel comfortable depending on romantic partners.	1	2	3	4	5	6	7
34.	I find it easy to depend on romantic partners.	1	2	3	4	5	6	7
35.	It's easy for me to be affectionate with my partner.	1	2	3	4	5	6	7
36.	My partner really understands me and my needs	1	2	3	4	5	6	7

ENRICH COUPLE SCALE

Indicate how strongly you agree or disagree.

1	2	3	4	5
Strongly Disagree	**Disagree**	**Undecided**	**Agree**	**Strongly Agree**

	Statements	1	2	3	4	5
1.	I am happy with how we make decisions and resolve conflict.					
2.	I can express my true feelings to my partner.					
3.	To end an argument, I tend to give in too quickly.					
4.	My partner and I understand each other completely.					
5.	I am unhappy with our communication and feel my partner does not understand me.					
6.	When we are having a problem, my partner often refuses to talk about it.					
7.	My partner and I have very different ideas about the best way to solve our disagreements.					
8.	My partner completely understands and sympathizes with my every mood.					
9	I am happy with how we share our responsibilities in our household.					
10	My partner sometimes makes comments that put me down.					
11	When we discuss problems, my partner understands my opinions and ideas.					
12	Every new thing I have learned about my partner has pleased me.					
13	I am unhappy with some of my partner's personality characteristics or personal habits.					
14	I wish my partner were more willing to share his/her feelings with me.					
15	Even during disagreements, I can share my feelings and ideas with my partner.					
16	I have never regretted my relationship with my partner.					
17	I am happy with how we manage our leisure activities and the time we spend					

	together.					
18	At times it is hard for me to ask my partner for what I want.					
19	Sometimes we have serious disputes over unimportant issues.					
20	My partner has all the qualities I've always wanted in a mate.					
21	I am unhappy about our financial position and the way we make financial decisions					
22	Sometimes I have trouble believing everything my partner tells me.					
23	I go out of my way to avoid conflict with my partner.					
24	I am pleased with how we express affection and relate sexually.					
25	My partner is a very good listener.					
26	At times I feel some of our differences never get resolved.					
27	I am unhappy with the way we each handle our responsibilities as parents.					
28	My partner often doesn't understand how I feel.					
29	When we argue, I usually end up feeling responsible for the problem.					
30	I am happy with our relationship with my parents, in-laws, and my partner's friends.					
31	I am very satisfied with how my partner and I talk with each other.					
32	To avoid hurting my partner's feelings during an argument, I tend to say nothing.					
33	At times my partner does not take our disagreements seriously.					
34	It is difficult for me to share negative feelings with my partner.					
35	I feel very good about how we each practice our religious beliefs and values.					

SOCIAL PROVISIONS SCALE

Instructions:

In answering the following questions, think about your current relationships with friends, family members, co-workers, community members, and so on. Please indicate to what extent each statement describes your current relationships with other people. Use the following scale to indicate your opinion:

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

	Statements	1	2	3	4
1.	There are people I can depend on to help me if I really need it.				
2.	I feel that I do not have close personal relationships with other people.				
3	There is no one I can turn to for guidance in times of stress.				
4	There are people who depend on me for help.				
5	There are people who enjoy the same social activities I do.				
6	Other people do not view me as competent.				
7	I feel personally responsible for the well-being of another person.				
8	I feel part of a group of people who share my attitudes and beliefs.				
9	I do not think other people respect my skills and abilities.				

10	If something went wrong, no one would come to my assistance.				
11	I have close relationships that provide me with a sense of emotional security and well-being.				
12	There is someone I could talk to about important decisions in my life. I have relationships where my competence and skill are recognized.				
14	There is no one who shares my interests and concerns.				
15	There is no one who really relies on me for their well-being.				
16	There is a trustworthy person I could turn to for advice if I were having problems.				
17	I feel a strong emotional bond with at least one other person.				
18	There is no one I can depend on for aid if I really need it.				
19	There is no one I feel comfortable talking about problems with.				
20	There are people who admire my talents and abilities.				
21	I lack a feeling of intimacy with another person.				
22	There is no one who likes to do the things I do.				
23	There are people I can count on in an emergency.				
24	No one needs me to care for them.				
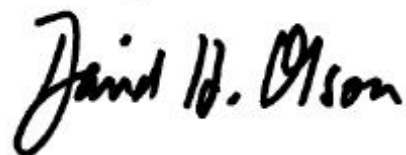
Permission to Use ENRICH Couple Scales

I am pleased to give you permission to use the **ENRICH Couple Scales** in your research project, teaching or clinical work with couples or families. You may either duplicate the materials directly or have them retyped for use in a new format. If they are retyped, acknowledgement should be given regarding the name of the instrument, the developers' names, and Life Innovations.

In exchange for providing this permission, we would appreciate a copy of any papers, theses or reports that you complete using the **ENRICH Couple Scales**. This will help us to stay abreast of the most recent developments and research regarding this scale. We thank you for your cooperation in this effort.

In closing, I hope you find the **ENRICH Couple Scales** of value in your work with couples and families. I would appreciate hearing from you as you make use of this inventory.

Sincerely,

David H. Olson, Ph.D.

ہدایات:

میں قومی ادارہ نفسیات، قائداعظم یونیورسٹی، اسلام آباد کی طالبہ ہوں۔ ہمارا ادارہ تدریس و تعلیم کے ساتھ ساتھ انسانی اور معاشرتی مسائل پر تحقیق بھی کرتا ہے۔ موجودہ تحقیق اسی سلسلے کی ایک کڑی ہے۔ جس کے لئے ہمیں آپ کا تعاون درکار ہے۔ ہم شادی شدہ افراد کی ازدواجی زندگی کے بارے میں تحقیق کر رہے ہیں۔

آپ کی خدمت میں کچھ سوالنامے پیش کیے جا رہے ہیں۔ آپ سے درخواست ہے کہ سوالناموں کے ساتھ دی گئی ہدایات کو غور سے پڑھیں اور ان کی روشنی میں جوابات دیں۔ آپ کو یقین دلایا جاتا ہے کہ آپ سے لی گئی معلومات صیغہ راز میں رکھی جائیں گی۔ اور انہیں صرف تحقیقی مقاصد کے لئے استعمال کیا جائے گا۔

براۓ مہربانی کوئی بیان خالی نہ چھوڑیں اور واضح کریں کہ ان بیانات سے آپ کس حد تک متفق یا غیر متفق ہیں۔   شکریہ

نازیہ اقبال (پی۔ایچ۔ڈی اسکالر)

کوائف:

نام	:	_____
جنس	:	مرد _____ عورت _____
عمر	:	_____
تعلیم	:	_____
پیشہ	:	_____
شادی کو کتنا عرصہ گزر چکا ہے؟	:	_____
بچوں کی تعداد	:	_____
رہائش	:	ذاتی _____ کراۓ پر _____
خاندان کی ماہانہ آمدنی	:	_____
آمدنی کا کوئی اور ذریعہ	:	_____
مذہب	:	_____
خاندانی نظام	:	اکائی نظام _____ مشترکہ نظام _____
آپ کی شادی کیسے ہوئی	:	ارینج میرج _____ لو میرج _____
شادی کس کی مرضی سے ہوئی	:	والدین کی مرضی سے _____ اپنی مرضی سے _____ اپنی اور والدین کی مرضی سے _____

Experience in Close Relationship- Revised (Male)

درج ذیل بیانات ان احساسات کے متعلق ہیں جو آپ قریبی تعلقات میں محسوس کرتے ہیں۔ ہم یہ جاننے میں دلچسپی رکھتے ہیں کہ آپ کو عام طور پر قریبی تعلقات کا کیسا تجربہ ہوتا ہے۔ ہر بیان کے سامنے صحیح کا نشان لگا کر بتائیں کہ آپ کس حد تک اس سے متفق ہیں؟

7	6	5	4	3	2	1		
بالکل متفق	متفق	کسی حد تک متفق	غیر جانب دار	کسی حد تک غیر متفق	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
							میری پریشانی یہ ہے کہ میری شریک حیات میرا اتنا خیال نہیں رکھتی، جتنا کہ میں اس کا خیال رکھتا ہوں۔	1
							مجھے خوف ہے کہ میں اپنی شریک حیات کی محبت سے محروم ہو جاؤں گا۔	2
							جب میں اپنی شریک حیات کے لئے اپنے جذبات کا اظہار کرتا ہوں، تو مجھے ڈر ہوتا ہے کہ وہ میرے بارے میں ویسا ہی محسوس نہیں کرے گی۔	3
							ضرورت کے وقت شریک حیات کے پاس جانا مددگار ثابت ہوتا ہے۔	4
							میں اپنی شریک حیات پر انحصار کرنے میں آسانی پاتا ہوں۔	5
							میں اکثر پریشان ہوتا ہوں کہ میری شریک حیات میرے ساتھ نہیں رہنا چاہے گی۔	6
							میں محسوس کرتا ہوں کہ میری شریک حیات میرے اتنا نزدیک نہیں ہونا چاہتی، جتنا کہ میں چاہتا ہوں۔	7
							میں اکثر خواہش کرتا ہوں کہ کاش میرے شریک حیات کے جذبات میرے لئے اتنے ہی شدید ہوتے، جتنے کہ میرے جذبات اس کے لئے ہیں۔	8
							میں اپنی شریک حیات کے قریب آنے میں سکون محسوس کرتا ہوں۔	9
							جب میری شریک حیات بہت زیادہ قربت چاہتی ہے، تو میں مشکل محسوس کرتا ہوں۔	10
							میری شریک حیات مجھے اور میری ضروریات کو واقعی سمجھتی ہے۔	11
							میں اپنی شریک حیات سے چیزوں کے بارے میں بات کرتا ہوں۔	12
							یہ بات مجھے پاگل کر دیتی ہے کہ مجھے اپنی شریک حیات سے وہ محبت اور سہارا نہیں ملتا، جو میں چاہتا ہوں۔	13
							میں اپنے تعلقات کے بارے میں اکثر پریشان رہتا ہوں۔	14

نمبر شمار	بیانات	1 بالکل غیر متفق	2 غیر متفق	3 کسی حد تک غیر متفق	4 غیر جواب دار	5 کسی حد تک متفق	6 متفق	7 بالکل متفق
15	میری شریک حیات صرف تب ہی مجھے توجہ دیتی ہے، جب میں غصہ میں ہوتا ہوں۔							
16	جب میری شریک حیات میری نظروں سے اوجھل ہو، تو میں پریشان ہوتا ہوں کہ کہیں وہ کسی اور میں دلچسپی نہ لینے لگے۔							
17	میں اپنے احساسات و جذبات اپنے شریک حیات کو بتا کر بہت پرسکون محسوس کرتا ہوں۔							
18	میں اپنی شریک حیات پر انحصار کرنے میں سکون محسوس کرتا ہوں۔							
19	میرے لئے اپنی شریک حیات کے قریب رہنا مشکل نہیں ہے۔							
20	میں اپنی اندرونی کیفیات کو اپنی شریک حیات پر ظاہر کرنے کو ترجیح نہیں دیتا۔							
21	مجھے اپنی شریک حیات پر انحصار کرنے میں مشکل پیش آتی ہے۔							
22	میں اپنی شریک حیات کے ساتھ بہت زیادہ قربت کو ترجیح نہیں دیتا۔							
23	مجھے اپنی شریک حیات سے کھل کر بات کرنے میں مشکل پیش آتی ہے۔							
24	میں اپنی شریک حیات کے ساتھ شفقت سے پیش آنے میں آسانی محسوس کرتا ہوں۔							
25	بعض اوقات میری شریک حیات بغیر کسی ظاہری وجہ کے، مجھ سے بدل ہو جاتی ہے۔							
26	مجھے شاز و نادر ہی یہ پریشانی ہوتی ہے کہ میرا شریک حیات مجھے چھوڑ جائے گا۔							
27	مجھے اگر چھوڑ دیا جائے تو میں اس پر زیادہ پریشان نہیں ہوتا۔							
28	میں اپنی شریک حیات کے زیادہ قریب ہونے پر گھبرا جا تا ہوں۔							
29	میں اپنی شریک حیات کے ساتھ قربت کو نسبتا آسان محسوس کرتا ہوں۔							
30	میں پریشان ہوتا ہوں کہ میں دوسروں کے معیار پر پورا نہیں اتروں گا۔							
31	مجھے خوف ہے کہ میری شریک حیات جب مجھے جان لے گی، تو وہ مجھے پسند نہیں کرے گی۔							
32	کئی دفعہ میرے بہت قریب ہونے کی خواہش لوگوں کو مجھ سے دور کر دیتی ہے۔							
33	میں عام طور پر اپنی شریک حیات سے اپنے مسائل اور ترجیحات پر بات کرتا ہوں۔							
34	میں اکثر پریشان ہوتا ہوں کہ میری شریک حیات مجھ سے درحقیقت محبت نہیں کرتی۔							
35	میری شریک حیات مجھے میرے بارے میں شک میں ڈال دیتی ہے۔							
36	میں اپنے شریک حیات کو سب باتیں بتا دیتا ہوں۔							

Appendix-I

Expereinces in Close Relationships Questionnaire-Revised (Wife)

درج ذیل بیانات ان احساسات کے متعلق ہیں جو آپ قربی تعلقات میں محسوس کرتے ہیں۔ ہم یہ جاننے میں دلچسپی رکھتے ہیں کہ آپ کو عام طور پر قربی تعلقات کا کیسا تجربہ ہوتا ہے۔ ہر بیان کے سامنے صحیح کا نشان لگا کر بتائیں کہ آپ کس حد تک اس سے متفق ہیں؟

7	6	5	4	3	2	1		
بالکل متفق	متفق	کسی حد تک متفق	غیر جانب دار	کسی حد تک غیر متفق	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
							میری پریشانی یہ ہے کہ میرا شوہر میرا اتنا خیال نہیں رکھتا، جتنا کہ میں اس کا خیال رکھتی ہوں۔	1
							مجھے خوف ہے کہ میں اپنے شوہر کی محبت سے محروم ہو جاؤں گی۔	2
							جب میں اپنے شوہر کے لئے اپنے جذبات کا اظہار کرتی ہوں، تو مجھے ڈر ہوتا ہے کہ وہ میرے بارے میں ویسا ہی محسوس نہیں کرے گا۔	3
							ضرورت کے وقت شوہر کے پاس جانا مددگار ثابت ہوتا ہے۔	4
							میں اپنے شوہر پر انحصار کرنے میں آسانی پاتی ہوں۔	5
							میں اکثر پریشان ہوتی ہوں کہ میرا شوہر میرے ساتھ نہیں رہنا چاہے گا۔	6
							میں محسوس کرتی ہوں کہ میرا شوہر میرے اتنا نزدیک نہیں ہونا چاہتا، جتنا کہ میں چاہتی ہوں۔	7
							میں اکثر خواہش کرتی ہوں کہ کاش میرے شوہر کے جذبات میرے لئے اتنے ہی شدید ہوتے، جتنے کہ میرے جذبات اس کے لئے ہیں۔	8
							میں اپنے شوہر کے قریب آنے میں سکون محسوس کرتی ہوں۔	9
							جب میرا شوہر بہت زیادہ قربت چاہتا ہے، تو میں مشکل محسوس کرتی ہوں۔	10
							میرا شوہر مجھے اور میری ضروریات کو واقعی سمجھتا ہے۔	11
							میں اپنے شوہر سے چیزوں کے بارے میں بات کرتی ہوں۔	12
							یہ بات مجھے پاگل کر دیتی ہے کہ مجھے اپنے شوہر سے وہ محبت اور سہارا نہیں ملتا، جو میں چاہتی ہوں۔	13
							میں اپنے تعلقات کے بارے میں اکثر پریشان رہتی ہوں۔	14

	7	6	5	4	3	2	1	بیانات	نمبرشمار
	بالکل متفق	متفق	کسی حد تک متفق	غیرجانب دار	کسی حد تک غیرمتفق	غیرمتفق	بالکل غیرمتفق		
								میرا شوہر صرف تب ہی مجھے توجہ دیتا ہے، جب میں غصہ میں ہوتی ہوں۔	15
								جب میرا شوہر میری نظروں سے اوجھل ہو،تو میں پریشان ہوتی ہوں کہ کہیں وہ کسی اور دلچسپی نہ لینے لگے۔	16
								میں اپنے احساسات و جذبات اپنے شوہر کو بتا کر بہت پرسکون محسوس کرتی ہوں۔	17
								میں اپنے شوہر پر انحصار کرنے میں سکون محسوس کرتی ہوں۔	18
								میرے لئے اپنے شوہر کے قریب رہنا مشکل نہیں ہے۔	19
								میں اپنی اندرونی کیفیات کو اپنے شوہر پر ظاہر کرنے کو ترجیح نہیں دیتی۔	20
								مجھے اپنے شوہر پر انحصار کرنے میں مشکل پیش آتی ہے۔	21
								میں اپنے شوہر کے ساتھ بہت زیادہ قربت کو ترجیح نہیں دیتی۔	22
								مجھے اپنے شوہر سے کھل کر بات کرنے میں مشکل پیش آتی ہے۔	23
								میں اپنے شوہر کے ساتھ شفقت سے پیش آنے میں آسانی محسوس کرتی ہوں۔	24
								بعض اوقات میرا شوہر بغیر کسی ظاہری وجہ کے، مجھ سے بدل دل ہوجاتا ہے۔	25
								مجھے شاذ و نادر ہی یہ پریشانی ہوتی ہے کہ میرا شوہر مجھے چھوڑ جائے گا۔	26
								مجھے اگر چھوڑ دیا جائے تو میں اس پر زیادہ پریشان نہیں ہوتی۔	27
								میں اپنے شوہر کے زیادہ قریب ہونے پر گھبرا جاتی ہوں۔	28
								میں اپنے شوہر کے ساتھ قربت کو نسبتاً آسان محسوس کرتی ہوں۔	29
								میں پریشان ہوتی ہوں کہ میں دوسروں کے معیار پر پورا نہیں اتروں گی۔	30
								مجھے خوف ہے کہ میرا شوہر جب مجھے جان لے گا، تو وہ مجھے پسند نہیں کرے گا۔	31
								کئی دفعہ میرے بہت قریب ہونے کی خواہش لوگوں کو مجھ سے دور کر دیتی ہے۔	32
								میں عام طور پر اپنے شوہر سے اپنے مسائل اور ترجیحات پر بات کرتی ہوں۔	33
								میں اکثر پریشان ہوتی ہوں کہ میرا شوہر مجھ سے درحقیقت محبت نہیں کرتا۔	34
								میرا شوہر مجھے میرے بارے میں شک میں ڈال دیتا ہے۔	35
								میں اپنے شوہر کو سب باتیں بتا دیتی ہوں۔	36

Appendix-J

ENRICH COUPLE SCALE (Husband)

ہدایات:

مندرجہ ذیل سوالات آپ کی شادی شدہ زندگی کے مختلف پہلوؤں کے بارے میں ہیں۔ تمام سوالات کو غور سے پڑھ کر واضح کریں کہ یہ آپ کی ازدواجی زندگی پر کس حد تک لاگو ہوتے ہیں۔ اور ان سوالات سے آپ کس حد تک متفق یا غیر متفق ہیں۔ اپنی رائے کا اظہار کرنے کے لیے درج ذیل پیمانہ استعمال کریں۔

5	4	3	2	1
بالکل متفق	متفق	غیر جانبدار	غیر متفق	بالکل غیر متفق

بالکل متفق	متفق	غیر جانبدار	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
					میں خوش ہوں جس طرح ہم فیصلے کرتے ہیں اور تنازع حل کرتے ہیں۔	1.
					میں اپنی بیوی سے اپنے سچے جذبات کا اظہار کر سکتا ہوں۔	2.
					بحث کو ختم کرنے کے لیئے میں جلد ہار مان لیتا ہوں۔	3.
					میں اور میرا ساتھی ایک دوسرے کو مکمل طور پر سمجھتے ہیں۔	4.
					میں ہمارے درمیان گفتگو/رابطے سے خوش نہیں ہوں اور یہ محسوس کرتا ہوں کہ میری بیوی مجھے نہیں سمجھتی۔	5.
					جب ہمیں کوئی مسئلہ ہوتا ہے اکثر میری بیوی اس پر بات کرنے سے انکار کر دیتی ہے۔	6.
					اپنے اختلافات کو بہترین طریقے سے دور کرنے کے لیئے میری بیوی اور میرے خیالات مختلف ہیں۔	7.
					میری بیوی مجھے مکمل طور پر سمجھتی ہے اور میرے ہر مزاج کے ساتھ ہمدردی رکھتی ہے۔	8.
					جس طرح ہم اپنی گھریلو ذمہ داریاں بانٹتے ہیں اس سے میں خوش ہوں۔	9.
					میری بیوی بعض اوقات ایسی بات کر جاتی ہے جس سے میں کمتر محسوس کرتا ہوں۔	10.
					جب ہم مسائل پر بحث کرتے ہیں تو میری بیوی میری آراء اور خیالات کو سمجھتی ہے۔	11.
					اپنی بیوی کے بارے میں ہر نئی چیز جان کر مجھے خوشی ہوتی ہے۔	12.
					میں اپنی بیوی کی کچھ شخصی خصوصیات اور ذاتی مہارتوں سے ناخوش ہوں۔	13.
					میری خواہش ہے کہ میری بیوی مجھ سے اور زیادہ احساسات بانٹنے کے لیئے تیار ہوتا۔	14.
					تنازعہ کی صورت میں بھی میں اپنی بیوی سے اپنے خیالات اور احساسات کا اظہار کر سکتا ہوں۔	15.

بالکل متفق	متفق	غیر جانبدار	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
					مجھے اپنی بیوی کے ساتھ اپنے تعلقات پر کبھی پچھتاوا نہیں ہوا۔	16.
					جس طرح ہم ایک دوسرے کے ساتھ فرصت کے لمحات اکٹھے گزارتے اور تفریحی سرگرمیوں کو ترتیب دیتے ہیں اس سے میں خوش ہوں۔	17.
					کبھی کبھار میرے لیئے اپنی بیوی سے کہنا مشکل ہو جاتا ہے جو میں چاہتا ہوں۔	18.
					بعض اوقات غیر اہم باتوں پر ہم بہت جھگڑتے ہیں۔	19.
					میری بیوی میں وہ تمام خصوصیات ہیں جو میں ہمیشہ ایک ساتھی میں دیکھنا چاہتا تھا۔	20.
					میں اپنے معاشی حالات سے اور جس طرح ہم معاشی فیصلے کرتے ہیں نا خوش ہوں۔	21.
					بعض اوقات میرے لیئے ہر اس بات پر جو میری بیوی مجھے بتاتی ہے یقین کرنا مشکل ہوتا ہے۔	22.
					میں اپنے دائرہ کار سے نکل کر اپنی بیوی کے ساتھ تنازع سے بچنے کی کوشش کرتا ہوں۔	23.
					میں خوش ہوں کہ جس طرح ہم اپنی محبت کا اظہار کرتے اور جنسی تعلق قائم کرتے ہیں۔	24.
					میری بیوی ایک بہت اچھی سامع ہے۔	25.
					کبھی کبھار مجھے محسوس ہوتا ہے کہ ہمارے کچھ اختلاف کبھی بھی حل نہیں ہو سکتے۔	26.
					جس طریقے سے ہم بطور والدین اپنی ذمہ داریاں نبھاتے ہیں اس سے میں نا خوش ہوں۔	27.
					میری بیوی اکثر میرے احساست سمجھ نہیں پاتی۔	28.
					جب ہم بحث کرتے ہیں تو اس کا اختتام عام طور پر میں یہ محسوس کرتے ہوئے کرتا ہوں کہ اس مسئلے کا ذمہ دار میں ہی ہوں۔	29.
					میں اپنے والدین، سسرال اور بیوی کے دوستوں کے ساتھ ہمارے تعلقات سے خوش ہوں۔	30.
					میں اور میری بیوی ایک دوسرے سے جس طرح بات کرتے ہیں میں اس سے بہت مطمئن ہوں۔	31.
					بحث کے دوران اپنی بیوی کے احساسات کو مجروح ہونے سے بچانے کے لیئے میں چپ ہو جاتا ہوں۔	32.
					کبھی کبھار میری بیوی ہمارے درمیان تنازع کو سنجیدگی سے نہیں لیتی۔	33.
					میرے لیئے اپنی بیوی کے ساتھ منفی احساسات کا اظہار کرنا مشکل ہے۔	34.
					میں ہمارے مذہبی اعتقاد اور روایات کی ادائیگی سے متعلق بہت اچھا محسوس کرتا ہوں۔	35.

Appendix-K

ENRICH COUPLE SCALE (Wife)

ہدایات:

مندرجہ ذیل سوالات آپ کی شادی شدہ زندگی کے مختلف پہلوؤں کے بارے میں ہیں۔ تمام سوالات کو غور سے پڑھ کر واضح کریں کہ یہ آپ کی ازدواجی زندگی پر کس حد تک لاگو ہوتے ہیں۔ اور ان سوالات سے آپ کس حد تک متفق یا غیر متفق ہیں۔ اپنی رائے کا اظہار کرنے کے لیے درج ذیل پیمانہ استعمال کریں۔

1	2	3	4	5
بالکل غیر متفق	غیر متفق	غیر جانبدار	متفق	بالکل متفق

بالکل متفق	متفق	غیر جانبدار	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
					میں خوش ہوں جس طرح ہم فیصلے کرتے ہیں اور تنازع حل کرتے ہیں۔	1.
					میں اپنے شوہر سے اپنے سچے جذبات کا اظہار کر سکتی ہوں۔	2.
					بحث کو ختم کرنے کے لیئے میں جلد ہار مان لیتی ہوں۔	3.
					میں اور میرا شوہر ایک دوسرے کو مکمل طور پر سمجھتے ہیں۔	4.
					میں ہمارے درمیان گفتگو/رابطے سے خوش نہیں ہوں اور یہ محسوس کرتی ہوں کہ میرا شوہر مجھے نہیں سمجھتا۔	5.
					جب ہمیں کوئی مسئلہ ہوتا ہے اکثر میرا شوہر اس پر بات کرنے سے انکار کر دیتا ہے۔	6.
					اپنے اختلافات کو بہترین طریقے سے دور کرنے کے لیئے میرے شوہر اور میرے خیالات مختلف ہیں۔	7.
					میرا شوہر مجھے مکمل طور پر سمجھتا ہے اور میرے ہر مزاج کے ساتھ ہمدردی رکھتا ہے۔	8.
					جس طرح ہم اپنی گھریلو ذمہ داریاں بانٹتے ہیں اس سے میں خوش ہوں۔	9.
					میرا شوہر بعض اوقات ایسی بات کر جاتا ہوں جس سے میں کمتر محسوس کرتی ہوں۔	10.
					جب ہم مسائل پر بحث کرتے ہیں تو میرا شوہر میری آراء اور خیالات کو سمجھتا ہے۔	11.
					اپنے شوہر کے بارے میں ہر نئی چیز جان کر مجھے خوشی ہوتی ہے۔	12.
					میں اپنے شوہر کی کچھ شخصی خصوصیات اور ذاتی مہارتوں سے ناخوش ہوں۔	13.
					میری خواہش ہے کہ میرا شوہر مجھ سے اور زیادہ احساسات بانٹنے کے لیئے تیار ہوتا۔	14.
					تنازعہ کی صورت میں بھی میں اپنے شوہر سے اپنے خیالات اور احساسات کا اظہار کر سکتی ہوں۔	15.

بالکل متفق	متفق	غیر جانبدار	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
					مجھے اپنے شوہر کے ساتھ اپنے تعلقات پر کبھی پچھتاوا نہیں ہوا۔	16.
✓					جس طرح ہم ایک دوسرے کے ساتھ فرصت کے لمحات اکٹھے گزارتے اور تفریحی سرگرمیوں کو ترتیب دیتے ہیں اس سے میں خوش ہوں۔	17.
					کبھی کبھار میرے لیئے اپنے شوہر سے کہنا مشکل ہو جاتا ہے جو میں چاہتی ہوں۔	18.
					بعض اوقات غیر اہم باتوں پر ہم بہت جھگڑتے ہیں۔	19.
					میرے شوہر میں وہ تمام خصوصیات ہیں جو میں ہمیشہ ایک ساتھی میں دیکھنا چاہتی تھی۔	20.
					میں اپنے معاشی حالات سے اور جس طرح ہم معاشی فیصلے کرتے ہیں نا خوش ہوں۔	21.
					بعض اوقات میرے لیئے اس ہر اس بات پر جو میرا شوہر مجھے بتاتا ہے یقین کرنا مشکل ہوتا ہے۔	22.
					میں اپنے دائرہ کار سے نکل کر اپنے شوہر کے ساتھ تنازع سے بچنے کی کوشش کرتی ہوں۔	23.
					میں خوش ہوں کہ جس طرح ہم اپنی محبت کا اظہار کرتے اور جنسی تعلق قائم کرتے ہیں۔	24.
					میرا شوہر ایک بہت اچھا سامع ہے۔	25.
					کبھی کبھار مجھے محسوس ہوتا ہے کہ ہمارے کچھ اختلاف کبھی بھی حل نہیں ہو سکتے۔	26.
					جس طریقے سے ہم بطور والدین اپنی ذمہ داریاں نبھاتے ہیں اس سے میں ناخوش ہوں۔	27.
					میرا شوہر اکثر میرے احساسات سمجھ نہیں پاتا۔	28.
					جب ہم بحث کرتے ہیں تو اس کا اختتام عام طور پر میں یہ محسوس کرتے ہوئے کرتی ہوں کہ اس مسئلے کی ذمہ دار میں ہی ہوں۔	29.
					میں اپنے والدین، سسرال اور شوہر کے دوستوں کے ساتھ ہمارے تعلقات سے خوش ہوں۔	30.
					میں اور میرا شوہر ایک دوسرے سے جس طرح بات کرتے ہیں اس سے میں بہت مطمئن ہوں۔	31.
					بحث کے دوران اپنے شوہر کے احساسات کو مجروح ہونے سے بچانے کے لیئے میں چپ ہو جاتی ہوں۔	32.
					کبھی کبھار میرا شوہر ہمارے درمیان تنازع کو سنجیدگی سے نہیں لیتا۔	33.
					میرے لیئے اپنے شوہر کے ساتھ منفی احساسات کا اظہار کرنا مشکل ہے۔	34.
					میں ہمارے مذہبی اعتقاد اور روایات کی ادائیگی سے متعلق بہت اچھا محسوس کرتی ہوں۔	35.

Appendix-L

SOCIAL PROVISION SCALE (Husband)

ہدایات:

✓

مندرجہ ذیل سوالات کے جواب دیتے ہوئے اپنے دوستوں، گھر کے افراد، ساتھ کام کرنے والوں اور اردگرد کے لوگوں کے ساتھ اپنے موجودہ تعلقات کو ذہن میں رکھیں اور یہ نشان دہی کریں کہ کس حدتک یہ سوالات دوسرے لوگوں کے ساتھ آپ کے موجودہ تعلقات کوظاہر کرتے ہیں۔اپنی رائے کا اظہار کرنے کے لیے درج ذیل پیمانہ استعمال کریں۔

4	3	2	1
بالکل غیر متفق	غیر متفق	متفق	بالکل متفق

بالکل متفق	متفق	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
				اگر مجھے واقعی ضرورت ہو تو کچھ ایسے لوگ ہیں جن پر میں مدد کے لیئے انحصار کر سکتا ہوں۔	1.
				میں یہ محسوس کرتا ہوں کہ میرے دوسرے لوگوں کے ساتھ قریبی ذاتی تعلقات نہیں ہیں۔	2.
				کوئی ایسا شخص نہیں ہے جس سے میں ذہنی دباؤ کی صورت میں رہنمائی طلب کر سکوں۔	3.
				ایسے لوگ ہیں جو مدد کے لیئے مجھ پر انحصار کرتے ہیں۔	4.
				ایسے لوگ بھی ہیں جو مجھ جیسی سماجی سرگرمیوں سے لطف اندوز ہوتے ہیں۔	5.
				دوسرے لوگ مجھے قابل خیال نہیں کرتے۔	6.
				کسی دوسرے شخص کی بھلائی/خیر و عافیت کے لیئے میں خود کو ذاتی طور پر ذمہ دار محسوس کرتا ہوں۔	7.
				میں خود کو لوگوں کے ایک گروہ کا حصہ سمجھتا ہوں جو میرے جیسے عقائد اور رویوں کے مالک ہیں۔	8.
				میں نہیں سمجھتا کہ دوسرے لوگ میری مہارتوں اور قابلیتوں کی قدر کرتے ہیں۔	9.
				اگر کچھ غلط ہو جائے تو کوئی بھی میری مدد کے لیئے نہیں آئے گا۔	10.
				میرے کچھ ایسے قریبی تعلقات ہیں جو مجھے جذباتی تحفظ اور خیر و عافیت/بھلائی کا احساس فراہم کرتے ہیں۔	11.
				کوئی ایسا ہے جس سے میں اپنی زندگی کے اہم فیصلوں کے بارے میں بات کر سکتا ہوں۔	12.

بالکل متفق	متفق	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
				میرے ایسے تعلقات ہیں جہاں میری قابلیت اور ہنر کو مانا جاتا ہے۔	13.
				ایسا کوئی نہیں ہے جو میری پسند اور میری پریشانیوں کو بانٹے۔	14.
				ایسا کوئی نہیں جو مجھ پر اپنی بھلائی کے لیئے انحصار کرے۔	15.
				ایک ایسا قابل اعتماد شخص ہے جس سے میں مسائل کی صورت میں مشورہ کے لیے رجوع کرتا ہوں۔	16.
				میں کم از کم ایک شخص سے مضبوط جذباتی لگاؤ/بندھن محسوس کرتا ہوں۔	17.
				ایسا کوئی نہیں جس پر میں ضرورت کے وقت مدد کے لیئے انحصار کر سکوں۔	18.
				ایسا کوئی نہیں ہے جس کے ساتھ میں اپنے مسائل پر بات کرنے میں آسانی محسوس کروں۔	19.
				ایسے لوگ ہیں جو میری قابلیتوں اور صلاحیتوں کی تعریف کرتے ہیں۔	20.
				میں کسی انسان سے قربت کے احساس سے عاری ہوں۔	21.
				کوئی بھی ایسا نہیں ہے جو میری طرح کا کام کرنا پسند کرے۔	22.
				ایسے لوگ ہیں جن پر میں ایمرجنسی کی صورت میں بھروسہ کر سکتا ہوں۔	23.
				کسی کو اپنا خیال رکھنے کے لئے میری ضرورت نہیں ہے۔	24.

Appendix-M

SOCIAL PROVISION SCALE (Wife)

ہدایات:

مندرجہ ذیل سوالات کے جواب دیتے ہوئے اپنے دوستوں، گھر کے افراد، ساتھ کام کرنے والوں اور اردگرد کے لوگوں کے ساتھ اپنے موجودہ تعلقات کو ذہن میں رکھیں اور یہ نشان دہی کریں کہ کس حد تک یہ سوالات دوسرے لوگوں کے ساتھ آپ کے موجودہ تعلقات کو ظاہر کرتے ہیں۔اپنی رائے کا اظہار کرنے کے لیے درج ذیل پیمانہ استعمال کریں۔

1	2	3	4
بالکل متفق	غیر متفق	متفق	بالکل غیر متفق

بالکل متفق	متفق	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
				اگر مجھے واقعی ضرورت ہو تو کچھ ایسے لوگ ہیں جن پر میں مدد کے لیئے انحصار کر سکتی ہوں۔	1.
				میں یہ محسوس کرتی ہوں کہ میرے دوسرے لوگوں کے ساتھ قربی ذاتی تعلقات نہیں ہیں۔	2.
				کوئی ایسا شخص نہیں ہے جس سے میں ذہنی دباؤ کی صورت میں رہنمائی طلب کر سکوں۔	3.
				ایسے لوگ ہیں جو مدد کے لیئے مجھ پر انحصار کرتے ہیں۔	4.
				ایسے لوگ بھی ہیں جو مجھ جیسی سماجی سرگرمیوں سے لطف اندوز ہوتے ہیں۔	5.
				دوسرے لوگ مجھے قابل خیال نہیں کرتے۔	6.
				کسی دوسرے شخص کی بھلائی/خیر و عافیت کے لیئے میں خود کو ذاتی طور پر ذمہ دار محسوس کرتی ہوں۔	7.
				میں خود کو لوگوں کے ایک گروہ کا حصہ سمجھتی ہوں جو میرے جیسے عقائد اور رویوں کے مالک ہیں۔	8.
				میں نہیں سمجھتی کہ دوسرے لوگ میری مہارتوں اور قابلیتوں کی قدر کرتے ہیں۔	9.
				اگر کچھ غلط ہو جائے تو کوئی بھی میری مدد کے لیئے نہیں آئے گا۔	10.
				میرے کچھ ایسے قربی تعلقات ہیں جو مجھے جذباتی تحفظ اور خیر و عافیت/بھلائی کا احساس فراہم کرتے ہیں۔	11.
				کوئی ایسا ہے جس سے میں اپنی زندگی کے اہم فیصلوں کے بارے میں بات کر سکتی ہوں۔	12.

بالکل متفق	متفق	غیر متفق	بالکل غیر متفق	بیانات	نمبر شمار
				میرے ایسے تعلقات ہیں جہاں میری قابلیت اور ہنر کو مانا جاتا ہے۔	13.
				ایسا کوئی نہیں ہے جو میری پسند اور میری پریشانیوں کو بانٹے۔	14.
				ایسا کوئی نہیں جو مجھ پر اپنی بھلائی کے لیئے انحصار کرے۔	15.
				ایک ایسا قابل اعتماد شخص ہے جس سے میں مسائل کی صورت میں مشورہ کے لیے رجوع کرتی ہوں۔	16.
				میں کم از کم ایک شخص سے مضبوط جذباتی لگاؤ/بندھن محسوس کرتی ہوں۔	17.
				ایسا کوئی نہیں جس پر میں ضرورت کے وقت مدد کے لیئے انحصار کر سکوں۔	18.
				ایسا کوئی نہیں ہے جس کے ساتھ میں اپنے مسائل پر بات کرنے میں آسانی محسوس کروں۔	19.
				ایسے لوگ ہیں جو میری قابلیتوں اور صلاحیتوں کی تعریف کرتے ہیں۔	20.
				میں کسی انسان سے قربت کے احساس سے عاری ہوں۔	21.
				کوئی بھی ایسا نہیں ہے جو میری طرح کا کام کرنا پسند کرے۔	22.
				ایسے لوگ ہیں جن پر میں ایمرجنسی کی صورت میں بھروسہ کر سکتی ہوں۔	23.
				کسی کو اپنا خیال رکھنے کے لئے میری ضرورت نہیں ہے۔	24.

Subject:	Re: request for permissin letter
From:	R. Chris Fraley (rcfraley@gmail.com)
To:	nazialibrag@yahoo.com;
Date:	Sunday, July 14, 2013 6:26 PM

Please feel free to use the scale.

R. Chris Fraley
University of Illinois at Urbana-Champaign
Department of Psychology
603 East Daniel Street
Champaign, IL 61820
Internet: http://www.psych.uiuc.edu/~rcfraley/

--

On Sun, Jul 14, 2013 at 12:54 AM, nazia <nazialibrag@yahoo.com> wrote:

> Dear Dr Fraley,
>
> I am a Ph.D. scholar at Quaid-i-Azam university islamabad, Pakistan. I am using your scale ECR-R for measuring couple attachment dimensions in Urtdu language in my research. kindly send me the permission to use your scale in my study.
>
> --
> Best Regards,
> Nazia Iqbal
> Ph.D. Scholar

GMail by Google

Nazia iqbal <naziaiqbal@gmail.com>

---

requet forscae

3 messages

Nazia iqbal <naziaiqbal@gmail.com>   Sun, Apr 5, 2009 at 10:13 AM
To: drussell@iastate.edu

Dear Sir

I am a student of PhD in QAU Pakistan I am interested in social support and marital satisfaction in couples and I came across your artiles andsca fr social spport. could you please send me the scale for measuring social support and related articles. As I am also working on the same scale in Pakistan that is used in your study.
Thanks in anticipation

--
Thanks
yours truly
Nazia Iqbal
(PhD scholar)

Russell, Daniel W [HD FS] <drussell@mail.hs.iastate.edu>   Sun, Apr 5, 2009 at 7:09 PM
To: Nazia iqbal <naziaiqbal@gmail.com>

Nazia:

I have attached a paper on the scale that provides psychometric information on the measure. The scale and scoring instructions is included at the end of the paper.

Dan

Daniel W. Russell, Ph.D.
Professor, Institute for Social & Behavioral Research and
    Department of Human Development & Family Studies
Iowa State University
2625 N. Loop Drive, Suite 500
Ames, IA
       50010
(515) 294-7081
Fax: (515) 294-7802

From: Nazia iqbal [mailto:naziaiqbal@gmail.com]
Sent: Sun 4/5/2009 2:13 AM
To: drussell@iastate.edu