

Evaluation of the Predictive Model of Marital Intimacy Based on Attachment Styles with the Mediation of Love, Empathy, and Passion Styles in Married College Students of Islamic Azad University, Gachsaran Branch, Who Are Married

Mansouri, Z., et al.

Extended Abstract

Aim

Family formation begins with the choice of a spouse, and no one wishes to choose an unattractive partner. Everyone believes that their choice is correct and appropriate, despite the fact that in many instances it is incorrect and fraught with discomfort and difficulties. Due to a variety of causes, some couples experience communication and interaction difficulties and marital conflicts over time. When the intimate relationship between a husband and wife is damaged and marital understanding is diminished, couples' and children's mental health suffers, and destructive and negative consequences ensue. In terms of preventing and resolving marital conflicts, marital intimacy is one of the most significant factors. Numerous factors contribute to the formation of marital intimacy. One of these crucial factors is the attachment styles of the couple. It has been observed that the occurrence of marital conflicts can also damage the couple's attachment and diminish their attachment to one another. The presence of love and their respective lovemaking styles are a further factor that strengthens the intimacy of married relationships. Accordingly, the current study was conducted to evaluate the prognostic model of marital intimacy based on attachment styles with the mediation of love, empathy, and passion styles in married students of the Gachsaran branch of the Islamic Azad University.

Methodology

Descriptive-correlation and path analysis were used as the research methodology. The statistical population included all 1,177 married students (male and female) at Islamic Azad University's Gachsaran branch during the 2016-2018 academic year. The statistical sample consisted of 400 married students selected via stratified random sampling. The applied questionnaires included Marital Intimacy Questionnaire (MIQ), Triangular Love Scale (TLS) and Attachment Styles Questionnaire (ASQ). Path analysis was performed on the data using statistical software SPSS and AMOS version 23.

Findings

The results demonstrated that secure, empathic, and passionate attachments have a direct and significant relationship with marital intimacy among married students ($p < 0.01$). In addition, the safe, avoidant, and ambivalent attachment styles have a direct and significant impact on the empathy of married students ($p < 0.01$). In addition, safe, avoidant, and ambivalent attachment styles have significant direct effects on the empathy and passion of married students ($p < 0.01$). In addition, the results of the Sobel test indicated that the component of empathy mediates the relationship between safe and avoidant attachment styles, whereas the component of passion mediates the significant relationship between avoidant attachment style and marital intimacy ($p < 0.01$).

Conclusion

Eventually, the model had a good fit. Considering the mediation function of love styles, family therapists must pay attention to the love styles of married couples in order to increase marital intimacy. In conclusion, it should be stated that marital intimacy plays a crucial and irreplaceable role in the family's health and vitality. Children's emotional, psychological, and developmental health may also be affected by this process.

Keywords: Attachment Styles, Love Styles, Marital Intimacy.