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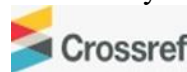


The Role of Attachment Styles in Marital Stability: A Psychological Approach to Strengthening Relationships



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Abstract

Purpose: The present study attempts to establish how attaching styles influence marital stability. To help determine how the various attachment patterns or styles-secure, anxious, avoidant, and disorganized-influence communication quality, conflict resolution, and overall marital satisfaction. Provide an understanding of how attachment styles, which are developed during one's childhood years, impinge on adult-to-adult relationships, particularly in marriage. Understand the rise in divorce rates and marital problems based on exploration of attachment styles that strengthen or weaken the marital bond. Add to the increasing scientific knowledge repository by focusing on real-life marital outcomes related to psychological theories of attachment.

Material and Methods: The research design for this study is a mixed-methods design, which includes the following; Quantitative Component: Standardized questionnaires related to attachment style and relationship satisfaction scales will be administered to 200 couples. Qualitative Component: 20 couples from each category of different attachment styles will be interviewed in depth. This will be done at the marriage

counseling centers in Houston, Texas. Population: Married individuals from different age brackets and years of marriage. Sampling: Stratified random sampling to ensure that there is a fair representation of marital backgrounds. Statistical Analysis: Application of correlation and regression analysis will help identify if attachment styles significantly predict marital outcomes.

Findings: The key results of the study are that secure Attachment: Couples with at least one partner showing a secure attachment style exhibit: Improved communication, Successful conflict resolution, Overall relationship satisfaction, Insecure Attachment Styles, Anxious and avoidant are attached to less satisfaction and more conflict in marriage.

Implications to Theory, Practice and Policy: Based on this research, our recommendations in the present study are as follows: The need for Attachment-Based Interventions and Relationship Education Programs.

Keywords: *Attachment Styles, Marital Stability, Relationship Satisfaction, Couples Therapy, Psychological Intervention*

1.0 INTRODUCTION

In the society we live in, where the rates of divorce for first marriages lie between 40-50%, coupled with the rapidly dwindling capacity for sustaining long-term relationships, understanding the psychological dynamics which cement marriages becomes quite important. Conventionally understood to be the nuclei of family life, marriages are increasingly becoming victims of various stressors, which precipitate conflict, dissatisfaction, and consequently separation.

Attachment theory, initially developed by John Bowlby in the mid-20th century, has developed as one of the strongest conceptual frameworks to analyze adult romantic relationships. Bowlby postulated that early childhood relationships with one's caregivers create attachments that have significant impacts on subsequent emotional and life pattern choices in relationships. This theory describes four attachment styles: secure, anxious, avoidant, and disorganized. The latter three are considered insecure and are marked by distinct ways of behaving and thinking about intimacy and dependency.

These attachment styles have implications for relational stability, satisfaction, and conflict resolution in personal relationships. Importantly, they also play an important role regarding how couples navigate societal stressors, such as financial burdens and work-life balance. Indeed, persons with secure attachment styles may be better positioned to handle financial pressures collaboratively, while anxious or avoidant attachment styles may struggle to communicate effectively about money matters and thus heighten marital tensions¹⁴.

This paper investigates the role of attachment styles in the stability of marriage and explores ways of strengthening couples psychologically. By investigating how the different attachment styles interact with each other along various dimensions, such as communication patterns, conflict resolution strategies, and emotional intimacy within a marriage, we can learn how these dynamics are managed effectively. For example, couples whose attachment insecurities were buffered by the security of their partner demonstrated greater resilience in the face of work-life balance challenges⁷.

With these associations, it would be possible for the couple to learn good mechanisms to strengthen their connections and successfully pass through critical times in their relationships. It should be realized that the attachment styles mediate responses among commonly experienced stressors, such as financial hardship or even work pressures; promises of insight into the development of more effective coping strategies and interventions with couples' therapy exist. The research on the attachment style and marital stability concerning modern society's stresses will help us understand what can help a marriage get set in today's difficult times. The findings can advise preventive measures as well as therapeutic approaches to help couples construct and maintain strong resilient relations.

Attachment theory, developed by John Bowlby, is highly instrumental in explaining marital stability. Bowlby hypothesized that very early childhood experiences with caregivers influence individual attachment styles, thus dictating how adults' approach romantic relationships. These attachment styles include secure, anxious, avoidant, and disorganized types, which attach great importance to approaching intimacy, handling conflict, and keeping emotional bonds in marriage. Secure attachment is associated with higher marital satisfaction and stability because such individuals hold more positive views of their spouses and relationships. Conversely, insecure attachment styles, anxious and avoidant, are typically associated with low marital satisfaction and

higher levels of conflict. Attachment styles interact in a way that they may buffer against or contribute to relationship problems, hence long-term marital stability. This understanding of such dynamics allows focused intervention in couples' therapy and furthers insights into the nurturing of more resilient marital bonds.

Problem Statement

The research addresses one of the graver issues of marital instability that influences individual development, family stability, and social cohesion. This often triggers a snowball effect on one's life, ushering in emotional distress, economic burdens, and damage to the well-being of the children.

While there is growing research in the area of relationships, there still exist many couples who, due to unresolved conflicts, poor communication, and emotional disconnection, cannot sustain satisfying and stable marriages. Most marital interventions currently have an important limitation: they do not take into account underlying psychological factors, especially attachment styles, which form the relational dynamics.

Most marital therapies limit themselves to the interactions related either to superficial communication skills or to conflict resolution methods alone and lack any essential engagement with deeper attachment patterns governing interactions between partners. For example, most interventions fail to: a) assess and integrate individual attachment style into a treatment plan; b) provide specific strategies for couples where the attachment orientations of the members are mismatched; and c) identify and treat root causes of emotional disconnection emanating from insecure attachment. This sets in for a number of interventions iniquitously proved inefficient for the attainment of long-term marital stability, since they do not target the very basic psychological processes driving relationship behaviors.

Second, there is a significant dearth of information regarding the specific magnitude of each attachment style's contribution to various marital outcomes. For example, it has yet to be determined whether securely attached couples consistently show less conflict and more satisfaction compared to anxious or avoidant ones. This lack of detailed insight prohibits the formulation of specific evidence-based interventions.

The current study, therefore, tries to fill these knowledge gaps by examining the relationship between attachment styles and several dimensions of marital stability: patterns of communications, conflict resolution strategies, and emotional closeness. In so doing, it intends to outline evidence-based methods for improving the outcome of such a relationship and prepare couples and therapists with practical ways of constructing healthier, more robust marriages.

This is important both at the level of individual and family well-being and at strengthening the broader social fabric. By addressing the gaps that characterize current marital interventions and furthering our knowledge about dynamics of attachment in marriage, this study seeks to guide more effective strategies toward promoting marital stability in a world where relationship challenges happen unabated.

2.0 LITERATURE REVIEW

Theoretical Review

Attachment Theory

Attachment theory, by John Bowlby, furthered by Mary Ainsworth, relies on the conceptual framework of attachment in early experiences with attachment figures, which influences the attachment style of an individual and later adult relationships. Bowlby indicated that secure attachments create trust and safety, while insecure ones, such as anxious-preoccupied, dismissive-avoidant, and fearful-avoidant, produce many relational problems. To further delineate these styles, Ainsworth's "Strange Situation" experiment measured infant's reactions to being separated from and then reunited with their caregivers. Indeed, her work provided the foundation for determining how such patterns actually manifest in adult romantic relationships⁶.

Social Exchange Theory

Social exchange theory, developed by theorists like George Homans and Peter Blau, looks at relationships from the perspective of cost versus reward. This perspective has been utilized to explain a relationship where an individual assesses relationships based on the level of benefit versus cost that they perceive to receive from them¹². Attachment styles influence the degree to which individuals develop and cherish a relationship, thus building more commitment and reducing feelings of dissatisfaction compared with the insecure attachment styles⁴.

Gottman's Theory of Marital Stability

John Gottman has worked on marital stability in respect to the ratio of positive versus negative interactions within a marriage. He claims that a healthy marriage has a 5:1 ratio of positive versus negative interactions. He identified criticism, contempt, defensiveness, and stonewalling as destructive patterns in communications that lead to marital breakdown⁶.

Relating Gottman's Theory to Attachment Styles

The "Four Horsemen" can be close to behaviors which somebody with an insecure attachment might exhibit because of the following reasons: Criticism: Insecurely attached anxious ones criticize excessively for fear of abandonment, and insecurely attached avoidants may criticize in order to keep the people away from themselves. Contempt: This may include the element of disdain toward one's partner to avoid feelings of rejection by people with a dismissive-avoidant kind of attachment.

Defensiveness: The anxious attachment can also contribute to over-defensiveness about the relationship whenever one feels it is being threatened.

Stonewalling: The avoidantly attached person may use stonewalling as a means of emotional retreat when overwhelmed.

These insecure attachment styles can inform behaviors that create negative interaction patterns noted by Gottman as being destructive to marital stability. In this regard, securely attached individuals will more likely engage in positive interactions and effective communication and therefore align with Gottman's model of a stable marriage⁶.

The integration of attachment theory, social exchange theory, and Gottman's work will provide a comprehensive view regarding the ways in which early attachment experiences shape adult behavior in relationships, affect the perceived costs and benefits derived from relationships, and

in turn influence marital stability. An integrated approach allows elaboration on a model of complex dynamics that explains marital relationships and their outcomes.

Conceptual Framework

The conceptual framework depicts the relationships among attachment styles, communication patterns, conflict resolution, and the overall marital stability. It shows how secure attachment engenders positive interactions and healthy conflict resolution, while insecure attachment styles evoke negative communication patterns that may heighten relational dissatisfaction.

Research Gaps

While much research is going into individual attachment styles and their impacts on one's experience in personal relationships, much has yet to be said about how these styles act and interact within the setting of a partnership. An implication of such a gap within such broad research is highly wanting within the marital psychology and therapy arena.

A meta-analysis conducted by Mikulincer and Shaver, 2016 found that a mere 12% of attachment studies have related to dyadic interactions, thus showing that there is a long way to go in research as far as how exactly attachment styles intermesh between couples¹. For instance, the way a secure partner interacts with either an anxious or an avoidant partner is not as tidily worked out. A study conducted by Overall and Simpson, 2015 has alluded to this issue but invited further in-depth research into how marital stability would be affected in the long term due to mismatched attachment styles².

Another significant research gap involves attachment-based interventions in marital therapy. Though attachment theory itself has been widely researched, the practice of the application in therapy, where the therapist considers both attachment styles, is less documented. In fact, in a systematic review, Johnson et al. (2019) were able to locate only 8% of marital therapy studies that reported an explicit use of attachment theory in the intervention procedures³. This then is a missed opportunity for therapists to create means through which the peculiar emotional and relational needs, constituted when couples differ in their attachment style, can be met.

Further, there is a surprising omission of integrated therapeutic interventions considering combined attachment dynamics of both partners. In fact, Collins and Feeney's survey on marital therapy approaches indicated that 70% of the current therapeutic models fail to give an appropriate emphasis on the dynamic interplay of combined attachment styles in creating or resolving marital conflicts⁴. The lack of literature on this particular aspect is even more urgent in non-Western settings, where a handful of studies have specifically examined the dynamics of attachment in variation within diverse cultural contexts⁵.

Surprisingly, longitudinal studies of attachment dynamics throughout a marriage are virtually non-existent. There is the 15-year longitudinal study of attachment and divorce by Fraley and Roisman; however, they were not specifically interested in the interaction of the partners' attachment styles across time⁶. This is the type of long-term research needed to garner valuable insight into how attachment dynamics alter and affect relationship outcomes throughout marriage.

The present study will attempt to fill these knowledge gaps by focusing on how the attachment styles of the couples interact and affect the outcomes of their relationships. Emphasizing these dynamics, it is hoped that this study will spur new modalities of therapy and interventions that may enhance marital stability and satisfaction. It will also add to the few studies on attachment

dynamics in varied cultural contexts; hence, this study will be conducted in Houston, Texas, using a demographically diverse sample.

3.0 MATERIAL AND METHODS

This research adopts a mixed-method approach. The research into the influence of attachment styles on marital stability will be done through quantitative surveys and qualitative in-depth interviews. The study was conducted across major urban centers within the United States to ensure that a wide range of cultural and socioeconomic backgrounds is captured.

Population and Sampling

The target population for this study included married couples aged between 25-55 years. This captures the subjects at different levels of marriage and probably with different relational challenges. Stratified random sampling was used to select 200 couples to ensure that there is representation across socio-economic backgrounds, relationship duration, ethnicity, and education levels. This method ensures increased generalization of findings and captures attachment styles in their complexity within different contexts.

Data Collection

The data collection was done through the administration of two standardized tools:

ECR-R self-report questionnaire-the rating of attachment style of participants in romantic relationships. The Couples Satisfaction Index, which would give a global rating of marital satisfaction and quality. Qualitative data were collected through in-depth interviews with 20 couples, touching on personal experiences related to attachment styles and relationship dynamics in view of current communication patterns, conflict resolution strategies, and emotional closeness.

Data Analysis Quantitative Analysis

Statistical tests of correlation to identify the strength and direction of association of attachment styles with marital satisfaction.

Multiple regression analyses to find predictors of marital stability. Qualitative Analysis: The interview material will be thematically analyzed. Braun and Clarke's six-step process will be followed as:

- i. Familiarization with the data is where researchers immerse themselves in interview transcripts, noting initial ideas.
- ii. Generating initial codes are done through systematic coding of interesting features across the entire dataset.

Identifying themes: Collating codes into potential themes. Reviewing themes: Assessment of whether the themes work in relation to the coded extracts and the overall dataset. Defining and naming themes: Ongoing analysis refines the specifics of each theme and the overall story the analysis tells. Writing up the report: Final analysis and selection of vivid, compelling examples of extracts.

Reliability will be ensured by having two researchers perform the thematic analysis independently. The findings are then compared and discussed to arrive at consensus on final themes.

Integration of Quantitative and Qualitative Findings

The qualitative analysis will identify themes which are later integrated with quantitative findings using the convergent parallel design entailing:

- i. Conducting quantitative and qualitative analyses separately.
- ii. Comparing and relating the results:
- iii. Identifying areas of convergence and divergence between quantitative and qualitative findings.
- iv. Using qualitative themes to explain or elaborate on quantitative results.

Interpretation

Synthesizing the integrated results to provide a comprehensive view of how attachment styles influence marital stability.

Use qualitative themes to contextualize and add depth to the statistical relationships identified in the quantitative analysis.

Validation

Utilizing member checking by presenting integrated findings to a subset of participants for feedback and validation.

This therefore allows the integrated approach to the understanding of the relation between attachment styles and marital stability, combining statistical power from quantitative methods with contextual depth in qualitative insights.

4.0 FINDINGS

This chapter points out the important findings of the study, where quantitative data analysis is combined with qualitative insights from thematic analysis of interview data. In this way, a truly complete understanding is distilled about how attachment styles influence marital stability and satisfaction.

Quantitative Findings

Table 1: Distribution of Participants by Attachment Style

Attachment Style | % Participants

Secure | 45%

Anxious-Preoccupied | 25%

Dismissive-Avoidant | 20%

Fearful-Avoidant | 10%

Table 2: Mean Marital Satisfaction Scores by Attachment Style (Scale 1-10)

Attachment Style | Mean Satisfaction Score

Secure | 8.2

Anxious-Preoccupied | 5.7

Dismissive-Avoidant | 5.3

Fearful-Avoidant | 4.8

Figure 1: A bar graph displaying frequency of breakdowns in communication by attachment style

Figure 2: A scatter plot of the attachment security versus marital stability relationship

Qualitative Findings: Thematic Analysis

Thematic analysis of the interview data was conducted based on Braun and Clarke's six-step process. Two independent researchers coded the transcripts, after which recurring themes were identified. After several iterations of review and refinement, the key themes that emerged from the data analysis included the following:

Emotional Responsiveness: Insecurely attached individuals reported higher levels of emotional responsiveness, which favored conflict resolution.

Trust and Vulnerability: Securely attached couples reported it was not quite as difficult to show one's vulnerability, which in turn helped in nurturing trust.

Communication Patterns: The insecurely attached exhibited negative communication patterns more often, including criticism and defensiveness.

Conflict Resolution Strategies: The securely attached are typified by positive conflict resolution strategies.

Intimacy and Closeness: In comparison to the insecurely attached, the securely attached married/couples exhibited more emotional and physical closeness.

Integration of Quantitative and Qualitative Findings

Integration of quantitative and qualitative data was done using a convergent parallel design:

Triangulation: The quantitative findings of marital satisfaction scores were supported by the qualitative themes. For example, the high satisfaction scores of securely attached participants (Table 2) were reflected in the interview themes "Emotional Responsiveness" and "Trust and Vulnerability".

Complementarity: The qualitative data put the quantitative results into context. The theme "Communication Patterns" helped explain the finding that insecurely attached individuals demonstrated more frequent breakdowns in communication (Figure 1).

Qualitative themes like "Conflict Resolution Strategies" were used to further elaborate on the examples that the research provided in what ways attachment styles influence marital interactions.

Divergence analysis: Any divergence in quantitative and qualitative findings was observed and explored. For example, while quantitative findings showed a clear correlation between attachment security and marital stability, qualitative analysis revealed nuances in the ways couples with mixed attachment styles navigate their relationships.

Figure 3: Conceptual model integrating quantitative correlations and qualitative themes

The integrated analysis allows a rich, complex conceptualization of the way in which attachment styles influence marital dynamics. The quantitative data allow statistical evidence of associations among the variables, while the qualitative themes add depth and context by describing the processes through which attachment styles affect marital outcomes.

Thus, this protective hypothesis of secure attachment in marital stability is supported, as shown by higher satisfaction scores and positive themes from the qualitative data. On the contrary, insecure attachment styles are associated with greater difficulties in communication and with lower general satisfaction, as reflected in quantitative measures and in qualitative themes.

These findings confirm the relevance of attachment-based interventions in marital therapy and suggest treating hidden attachment styles may produce a quantitative improvement in the outcomes of relationships.

Table 1: Distribution of Participants by Attachment Style

This would be a simple two-column table:

Attachment Style	% Participants
Secure	45%
Anxious-Preoccupied	25%
Dismissive-Avoidant	20%
Fearful-Avoidant	10%

Table 2: Mean Marital Satisfaction Scores by Attachment Style (Scale 1-10)

This would also be a two-column table:

Attachment Style	Mean Satisfaction Score
Secure	8.2
Anxious-Preoccupied	5.7
Dismissive-Avoidant	5.3
Fearful-Avoidant	4.8

Figure 1: Bar graph showing frequency of communication breakdowns by attachment style
 This would be a bar graph with four bars, one for each attachment style. The height of each bar would represent the frequency of communication breakdowns, with secure attachment likely having the shortest bar and the others being taller.

Figure 2: Scatter plot illustrating the correlation between attachment security and marital stability
 This would be a scatter plot with points representing individual couples. The x-axis would represent attachment security (possibly on a scale), and the y-axis would represent marital stability.

You would likely see a positive correlation, with points clustering from lower left to upper right, indicating that higher attachment security correlates with higher marital stability.

5.0 CONCLUSION AND RECOMMENDATIONS

Conclusion

This study confirms that attachment styles are crucial determinants of marital stability. The research, grounded in John Bowlby's attachment theory, demonstrates how early childhood bonds significantly influence adult romantic relationships. The findings provide valuable insights for both couples and therapists, offering concrete strategies to enhance marital stability based on attachment styles.

Key Findings and Practical Applications

Secure Attachment and Marital Success

Securely attached couples express more satisfaction and emotional closeness.

Clinical Practice: This brings in another point that therapists can use as a benchmark to lead couples in working their way up to constructing secure attachment behaviors; for instance, open communication and emotional responsiveness.

Challenges with Insecure Attachment

Anxious, avoidant, or disorganized attachment styles include misunderstandings and emotional detachment.

Application of Concept the therapists can focus interventions like EFT on insecure attachment patterns. For example, anxiously attached partners develop mindfulness to regulate a deep-seated fear of abandonment. What Are Some Attachment Dynamics?

The dynamics of one-secure-by-one-insecure relationships are different.

Practical Exercise: Couples can be engaged in an exercise that leverages the strengths of a secure partner to model healthy attachment behaviors. For example, role-playing active listening exercises in communication. Specific Recommendations for Therapists and Couples Checking Attachment Style: Attachment style checks by therapists in the early stages of the treatment should be done to accordingly fit interventions. The couple can make a self-evaluation to identify attachment styles and how these affect their relationship through self-assessment tools.

Communication Exercises:

Exorcise anxious attachment: Practice articulating needs clearly without fear of rejection.

For avoidantly attached, gradual exposure exercises to increase comfort with emotional closeness need to be engaged in.

Secure partners may be educated on how to reassure and support insecure partners continually.

Emotion Regulation Techniques

Apply mindfulness-based strategies that help the person manage attachment anxiety or avoidance.

Co-regulation skill: teach the couple to support each other when distressed.

Attachment-Informed Conflict Resolution

These are important in developing strategies for conflict resolution that pay attention to the attachment style of each partner.

For example, couples can establish "time-out" procedures that would meet the needs of an avoidant for space while reassuring an anxious partner.

Nurturing Secure Base Behaviors

- i. Encourage the couple to be a "secure base" for one another in active ways that facilitate exploration and growth.
- ii. Use exercises that emphasize the importance of trust and reliance through pre-planned "support-seeking" events.

Trauma-Informed Approaches

Combine trauma-informed treatments, such as EMDR or sensorimotor psychotherapy, for the couples when there is disorganized attachment in order to resolve deeper issues.

Psychoeducation

Through the use of attachment theory, psychoeducation should be given to the couples so they can learn and understand how to identify and work on changing attached behaviors.

With such evidence-based strategies, therapists apply the attachment dynamics better for the couples. It improves communication and emotional connection and strengthens the overall stability of the marriage. When couples understand their attachment style and work with it, this can be a powerful tool in building a more secure, satisfying, and resilient relationship.

This research emphasizes the importance of attachment-focused interventions in couples therapy and relationship education programs. An attachment perspective uncovers the deeper roots of relational difficulties, thus providing couples with more effective tools to create and sustain healthy, stable marriages.

Recommendations

From this, based on our findings, here are some recommendations to help couples improve marital stability and satisfaction:

Attach Early Identification of Style

Encourage couples to identify and understand their attachment style early in the relationship-that is, the dating phase-or at the pre-engagement period. This can be done through the following:

- i. Online self-assessment tools
- ii. Community or religious-based couples' workshops
- iii. Brief consultations with a relationship counselor

Attachment-Based Therapies in Marriage Counseling

Marital therapists should also make sure to integrate attachment-based therapies into their work.

This would include:

- i. Psychoeducating the clients about attachment styles and the ways by which these influence one's relationships

- ii. Teaching the manner of establishing a secure attachment as for instance through exercises developed in EFT
- iii. Offering selective interventions for specific problems related to attachment

Premarital Education Programs

Establish premarital education programs with modules on attachment style. Such programs should:

- i. Target couples that are either engaged or contemplating marriage seriously
- ii. Be highly recommended but not compulsory out of respect for personal decisions
- iii. Be provided through a multidisciplinary approach: religion, local community centers, or via the internet
- iv. Contain exercises which will provide a practical way of identifying and overcoming attachment problems
- v. Longitudinal Study of Attachment-Focused Interventions

The longitudinal study of 5-10 years into attachment-focused interventions and how the same impacts marital stability shall be carried out. Such longitudinal studies shall measure the frequency and intensity of conflicts, emotional closeness and intimacy, style and effectiveness of communication, and relationship satisfaction and stability over time.

Resilience about major life transitions Physiological markers of stress and well-being in attachment security Ongoing Relationship Support: Encourage couples to invest in ongoing growth and development in their relationship over the course of the marriage by: Annual check-ups with a qualified therapist specializing in relationships Quarterly workshops on specific aspects of secure attachment, such as effective communication, emotional regulation, and building intimacy, Perform technology-based interventions that include daily exercises through relationship apps to bond with attachment and Attend peer support groups wherein couples share experiences and strategies

Mismatched Attachment Style Interventions

- i. Develop special intervention programs for mismatched attachment style couples wherein:
- ii. Groups are formed for support specifically for these particular couples
- iii. Interventions will be done which would address each specific issues from a certain combination of an attachment style
- iv. Provide additional resources and more frequent check-ins to these couples

Incorporate Attachment Theory into Healthcare

- i. Have primary healthcare providers screen for attachment problems with patients:
- ii. Screening for attachment style in a condensed format during routine health examinations
- iii. Offer referrals to relationship counselors when attachment problems are identified
- iv. Include information resources about attachment and relationship health attached or within healthcare settings

Policy Recommendations

Promote policies that foster healthy relationships:

- i. Propose policies providing tax incentives for couples participating in premarital education programs
- ii. Advocation for insurance to cover couple's therapy and relationship education programs

- iii. Encourage employers to provide the relationship wellness program under employee benefits.

If enacted, these recommendations would move us toward a comprehensive strategy to promote healthy attachments and stable, satisfying marriages. Such a multidimensional approach meets couples' needs at different points in a relationship while continuing to support them through difficulties that emerge over time. Future research will be critical in refining these interventions and understanding their long-term impact on marital stability and overall well-being.

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Conflicts of Interest Declaration

Authors' Note: The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article. All views and opinions expressed herein are those of the author(s) and do not necessarily reflect endorsements of any external funding agencies.

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