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## Inclination to forgiveness and marital satisfaction regarding to mediator attachment styles role

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### Abstract

The marital life is mainly based on the satisfaction that couples feel to maintain in their current relationship. The present study aims to investigate the relationship between the inclination to forgiveness and marital satisfaction regarding to the mediator role of attachment styles among married students. Statistical population of this study includes married students who reside married dormitories of Allame Tabatabaai University. The Statistical sample consist of 38 male married students were selected by available sampling. To collection of the data, Attachment Style Questionnaire, Family Forgiveness Scale, Marital Satisfaction Scale was employed, and Statistical Regression Method was used for analysis of the data. The findings show that the correlation coefficient is  $R^2= 0.679$ , the resulting regression analysis indicates that near to 46 percents of variable variance of marital satisfaction is predicted by attachment style and forgiveness level. Also, there is a significant correlation between the attachment style and forgiveness level as the predictor variables and marital satisfaction ( $p < 0.001$ ) and they could predict marital satisfaction of married students.

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### 1. Introduction

Family is a social unit which begins by joining a man and a woman. It is one of the most favored organizations by God, as the prophet said: there is no thing more favorable and lovely than the home which established by marriage and there is no thing more angered than the home which ruined by divorce (Shariati, 2006). But, some of special behaviors between couple foreignize them to each other including, controversy, disputing, over-critics, and affectional rejection. Since, most of couples don't know the principal motive of this kind of behavior, caused to foreignize couples and decreased sincerity (Khamseh, 2009). One of the adjustment skills which is useful in variety of couples' close relationships is the ability to forgive kokefellow which is valuable in most of couples' close relationship (Khamseh, 2009). Forgiveness is as a positive and admirable behavior that cause to heal the affectional wounds and compensate the false action by erring person; so, its fruit is the protecting of spiritual and mental health for both of them (Hoseini, 2005). A happy and successful marriage is one in which forgiveness, patience, and mutual perceptions are practiced consistently. Also, forgiveness helps to retain the relationships which are valuable

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for us and enjoyed them (Vasvani, 2006). Forgiveness is a positive vote to live better at the present time. When we refuse to forgive others we, in fact, prefer to live in the past time rather than taking some steps for improving the existing status. We choose to remain in sin feeling when we don't forgive ourselves and others so putting ourselves in more spiritual distress (Matius, 2001). In the forgiveness process, enthusiasm is a vital factor because there was no chance for that if we have no enthusiasm for forgiving. Our enthusiasm for forgiveness is necessary for our own unity. Unity is that we don't lose any part of ourselves and have the possibility to access to love, hope, and well wishing for all human beings. Forgiveness is one of the psychological, relational and spiritual for enhancing psychological health and depression healing which are necessary for relational, affectional, and physical maturity (Zandi pour et al. 2007). Fincham and Beach (2002) in a study about advantages of forgiveness introduced it as a factor for better analysis of marriage struggles and finally getting to better marriage satisfaction. Nouri (2010) introduced forgiveness as a factor for enhancing sincerity and a predictive factor for marriage adjustment. Attachment style or primary relationship style of children with their parents, so that attachment styles can be useful in perception of individual differences (Burnette et al. 2007). Also it can be said that both attachment and forgiveness have equal importance because both of which are accompanied with terms such as trust, relationship-empathy, and excitement equilibrium. Furthermore, there is, in both theories, a complex set of centralized psychological changes in an individual and others. For example, individuals require responding in an empathy manner to get forgiveness and to ignore sins and anger (Enright, 2001). In a division which was made by Hazzen and Shaver, from Mikulincer et al. (2001), attachment styles were divided to three styles: secure, avoidant and mutual. The studies conducted in this area suggest that individuals who have secure attachment have less insecurity even in conflicts like divorce, they offer some more constructive solutions in confronting with conflicts. Secure couples perceive divorce as a means to a robust relationship in most cases. These kinds of solutions encourage them to promote relational quality (Fini, 1990, Pistor 1989; from Syadpour, 2006). Mikulincer et al. (1998), quoted by Burnette et al. (2009) believe that secure attachment style is associated with suitable adjustment and flexibility against excitement experiences. Lopez et al. (1997) also demonstrated in their study that insecure attachment has a robust relationship with wide criteria of incompatibility and psychological helplessness. So, the present study wants to answer the question of how can attachment style have a role in the relationship between tendency toward forgiveness and marriage satisfaction.

## **Methodology**

This research is of descriptive-analytical type.

### *Sampling*

Statistical society of this study was married students of Tabataie university's marital dormitories. The samples were 38 married men who have been selected as accessible.

### *Instrument*

-Enrich marriage satisfaction questionnaire: this scale was made in 1989 by Olson. This questionnaire includes 47 articles of self-reporting. Each choice consists of a 5 graded scale with a scope from 1 to 5. The more score in this questionnaire is the more marriage satisfaction. Olson obtained Krounbakh Alpha coefficients as 92%. Soleimani, translated marriage satisfaction questionnaire and reported internal questionnaire correlation as 95%. Also, evaluation reliability correlation in the study conducted by Shabani, 2010 was obtained as 95% in Krounbakh Alpha method (Hoseini, 2005).

-Attachment style questionnaire: adults' attachment scale which was made using the articles of attachment evaluation of Hazzen and Shaver and normalized for the students of Tehran University consists of 15 questions and evaluates three attachment styles of secure, avoidant and mutual in a 5 graded scale of Likert. For any subscale 5 questions were considered and the minimum and maximum testable grades in subscales were 5 and 25 respectively. The reliability of secure, avoidant and mutual subscales' questions for student sample (1480 students; 860 female and 620 males) in all testables were calculated as 0.86, 0.84, 0.85 respectively which suggests a good internal homology of adults' attachment. The scale of adults' attachment or evaluation of correlation coefficient among scores of 15 psychiatrists was examined. Validity coefficients for secure, avoidant and mutual attachment styles were calculated 0.80, 0.61, and 0.75 respectively (Sayyad pour, 2006)

-Family forgiveness scale (FFS): this scale was made by Polard et al (1998), normalized by Seif Bahary (2002) for Iranian families and its reliability was estimated 0.84. The scale has 5 dimensions including. The scale consists of 40 questions and 2 parts of forgiveness in family (from 1 to 20) and forgiveness in nuclear family (21 to 40). Option

“a” has 1 score and option “d” has 4. The average of scores is 121.6 and its standard deviation is 23.5. Since, the scale follows forgiveness evaluation, high score in this scale suggests high forgiveness and vice versa.

## Results and discussion

Considering obtained results in this study, obtained regression in last stage is 0.679. Also, the rate of obtained F in last stage is 4.981 which is meaningful in reliability level of 95%. The results show that approximately 46% of marriage satisfaction variance was determined by attachment and forgiveness styles. Based on results, attachment and forgiveness styles are predictive factors for marriage satisfaction. So, substandard regression equation can be written as:  $(0.368) \text{ forgiveness} + (-0.366) \text{ attachment style} + 38.663 = \text{marriage satisfaction}$ . The results of the present study conform to the results of studies conducted by Dunkan (2008) who demonstrated that there was a meaningful relationship between forgiveness and couples' adjustment. Way and Eipe (2008) believe that forgiveness can enhance interpersonal attachment and psychological welfare as well as may protect individual against experiments and negative interpersonal perceptions and depressions (from Nouri, 2010). Bavell (2009) who points out the positive relationship between forgiveness and some adjustment cases in injured people (Zandipour, 2007) demonstrates that there is a positive relationship between forgiveness and life satisfaction. Nouri (2010) demonstrated in a study that forgiveness training can promote sincerity of couples. Furthermore, forgiveness can be used as a factor in better analysis of marriage conflicts and consequently to reach a better adjustment (Fincham & Beach, 2004). Gotman's point of view supports the results of the present study. He introduces effective conflicts solution as a key element in marriage relationship which is unavoidable in any sincerely relationship. He points out that some of negative behaviors predict conflicts between couples among them: sever critic, degradation, insolence and defensive condition. He also reported some positive behaviors which lead the marriage life toward adjustment, satisfaction and sincerity including: aware of routine activities, kindness via forgiveness and a daily low-stress conversation. Furthermore, individuals with secured attachment require others support (Ducharme, Doyle & Markiewicz, 2002), they are more affable and cheerful (Gillath et al., 2001), they prefer positive contrasting style against events (Burnette et al, 2009), their most important characteristic is thrust, have a positive view about themselves and others, they percept and interpret the relationships positively (symson, 1996; quoted by Burnette et al, 2007), they accept inconvenience and continue friendly relationship but keep the relationships in normal extent (Mikulciner, 2005), they have realistic expectation about themselves and others which leads to strength optimum interpersonal relationship (Thurberg & Livers, 2006). Individuals with mutual attachment rely on sincere relationship with others can use excitement-centered confronting solutions for asking to help as well as affectional and social supports in order to control and decrease anger and negative excitements (Finni, 1999: quoted by Sayadpour, 2006).generally, avoidance and mutual styles in marriage relationship value negatively the relationship quality by affectional interval and anxiety. This kind of valuation is reported in females with mutual attachment and males with avoidance attachment (Hazzen & Shaver, 1987; quoted by Mikulincer et al, 2001).

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