

The Influence of Adult Attachment on Coping Strategies and Conflict

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Abstract: *This study aims to understand the influence of adult attachment for working individuals who are coping with conflict in marital relationships. A three-questionnaire survey of the working individuals comprising 130 people, was carried out to elicit their views. The titles of the questionnaires were; Experienced in Closed Relationship Revised (ECR-R), Coping Resources Inventory (CRI) and Communication Pattern Questionnaires (CPQ). A multiple linear regression analysis was conducted to observe for moderation. Adult Attachments Styles have been found to have a wide range of positive effects on coping strategies and to result in an effective marriage. The results of this study are of interest to married couples striving to understand their adult attachment styles in order to cope better in times of conflict. Identification of conflict responses is assumed to provide guidance for marital intervention by counsellors or psychotherapist in attachment perspective.*

Keywords: *Adult Attachment, Marital Conflict, Coping*

I. INTRODUCTION

As a basic social institution, family plays an important role in shaping the future generations. Current surveys and polls in North America suggested that about 50% of all currently married couples would end up in divorce [76]. Moreover, the role of marriage and family institution experienced changes in recent decades due to sociocultural evolution [4]. The reasons are oftentimes due to conflicting needs; such as women who don't want to be stay-at-home moms because they were raised to pursue a career and education. Different from old times, married couples these days earn individually and keep separate accounts, instead of combining their money for household use [25]. As for conflict, it is equally as disturbing for some couples and the main causes for that occur due to personality differences and preferences for life values and tastes [4]. In 2001, Erber and Erber agreed that marital conflict could harm relationships [36].

Conflict can lead to cohesion or separation. Marital conflict is influenced by unhealthy family dynamics such as poor parenting, problematic children, parent-child disagreement, and sibling rivalry [41]. Some of the conflicts that fester from a troubled marriage include stalking, property damage, domestic violence, and murder. Therefore, preserving harmony in a marriage is really a choice couples have to make each day, by extending the time they spend on positive conflict resolutions.

The growing separation rate reflects the altering impacts of marriage and divorce [50]. In the long run, urbanisation and varying cultural norms in Asian societies will influence marriages.

While the intense focus on career advancement and wealth will give Asian couples a lift, studies show that these effects are short-lived and can negatively impact the quality of current marital affairs. As marital affairs frequently viewed as less significance, Asian women have continued to focus all their energy pursuing a good education with the hope of becoming independent. Nowadays they have bravery to ask for divorce when their spouse is abusive. In the past, Asian marriages were traditionally the union of two families. However, there have been some indications that many successful Asian countries are moving in the direction of individualism. According to [50]. Asian people today are less willing to sacrifice their personal desires and ambitions for family.

Marriage should not come hastily, and workshop or seminars on marriage, are strongly recommended in all Asian nations. Western expertise is often welcomed in providing guidance to Asian couples looking to have gentler, extra warm family circle for their children and themselves. Through sharing what they know with people from different cultures amidst growing public concern on the risks of marital conflict, the affected families can grow mature and enhance the quality of their marriage. If marital education teaches you anything, it really should be how to address values and concepts such as commitment, forgiveness, responsibility, self-reflection, sacrifices, and the willingness to see that another's well-being is as important as our own [50].

Systematic psychological research on marriage emerged largely in response to the desire to better assist couples experiencing marital distress [42]. Identification of conflict responses is assumed to provide guidance for marital intervention in attachment perspective. Hence, this study proposed to investigate troubled couples who wanted to work on their marriages by understanding their adult attachment styles. In all situations, a clear sign of maturity is the ability to cope with conflict [36].

II. LITERATURE REVIEW

Attachment refers to the emotional bond formed between a newborn and its caregiver [13]. Attachment theory proposes that the attachment system is a biologically prewired behavioural structure that activates upon perceiving threats and serves to ensure our survival by guiding physical proximity to attachment figures for protection [12]. In other words, the attachment system is a biologically evolved behavioural system, which motivates infants to seek proximity to caregivers to protect them from harm [64]. The attachment system is dynamic and significant through lifetime, and has effects for adult romantic relationships [61].