

**DEPARTMENT OF PSYCHOLOGY**

**UNIVERSITY OF GHANA**

**LEGON**

**THE RELATIONSHIP BETWEEN PARENTING STYLE,  
ATTACHMENT STYLE AND MARITAL SATISFACTION AMONG  
MARRIED MEN AND WOMEN**



**THIS THESIS IS SUBMITTED TO THE UNIVERSITY OF GHANA,  
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### DECLARATION AND APPROVAL

I, Dora Awuah, hereby declare that this thesis is the result of my own research and has not been submitted by anyone for any academic award in this university or any other university. All references used in this work have been duly acknowledged.

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## **DEDICATION**

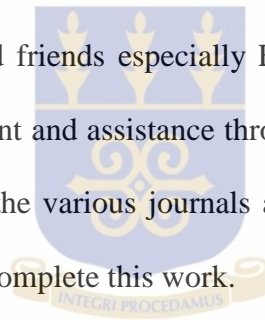
This work is dedicated to my dear husband, Alex Awuah for his unrelenting support, encouragement and understanding throughout this course. I also dedicate it to my children Samuel, Emmanuel, David and Joana.



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## **ABSTRACT**

The study investigated the relationship between parenting style a person was train with, attachment style and later marital satisfaction as well as the factors affecting marital satisfaction in the Ghanaian context using concurrent mixed method design. Two hundred married participants comprising 86 males and 114 females were conveniently sampled from the Greater Accra region of Ghana for the study. Correlational survey design was used to investigate the relationship between parenting style, attachment style and marital satisfaction. A brief qualitative exploration of factors affecting marital satisfaction was also conducted. All the participants completed questionnaires on parenting style, attachment style, cultural belief, religiosity and marital satisfaction for qualitative data. They also responded to two open-ended questions which asked them to state five things which make them happy and five things which make them unhappy in their marriage for qualitative data. The quantitative data was analyzed using standard multiple regression and one way ANOVA. The findings indicated that parenting style does not significantly relate to marital satisfaction but significantly relates to attachment style. Significant positive relationship was established between authoritative parenting style and secure attachment style. Persons securely attached were found to be more satisfied in marriage than those with avoidant and anxious-ambivalent attachment styles. The qualitative data was content analyzed and three main factors; negative and positive attitude of spouse, companionship in the marriage and external interference from family members, friends, job and other sources were found to affect marital satisfaction in the Ghanaian context.

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## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.1 Background to the Study**

Marriage is an essential institution in the African context. It is one of the stages of growth and development. Indeed, some scholars argue that, marriage is one of the markers of adulthood, particularly in the African context. Marriage according to Nukunya (2003) is a union between a man and a woman for the purpose of procreation. The nature of marriage relationship can have significant influence on other aspects of his or her life. Stressful married life resulting from marital dissatisfaction has been identified as major cause of depression among women and alcoholism among men (Whisman, 2007). For long lasting marriage, marital satisfaction has been ruled out as key (Krieder & Field, 2001). Marital satisfaction generally is the overall assessment of the present state of the marriage relationship (Mann, 2003). What therefore constitutes marital satisfaction may differ from one person to another. Generally, marital satisfaction can be said to being happy with the marriage relationship.

##### **1.1.1 Factors influencing Marital Satisfaction**

Over the past years, researchers interested in family and relationship issues have studied several factors influencing marital satisfaction. Factors such as childbirth, years of marriage and duration of courtship prior to marriage has been studied at length (Glover, Russell, Shumm & Paff-Bergen, 1985). Additionally, communication, which is often seen as the life wire of a successful relationship, has shown to influence marital satisfaction (Litzinger & Gordon, 2005; Carrere & Gottman, 1999; Burleson & Denton, 1997; Christensen & Shenk, 1991). Communication is likely to enhance affection between the couples hence its association with marital satisfaction. In marriages where sexual intimacy is not satisfying, positive communication is able to bridge the gap between the

couples and therefore able to predict marital satisfaction among the couple (Litzinger & Gordon, 2005).

The positive impact of sexual intimacy however, cannot be under estimated in marital satisfaction as is indicated as a major predictor of marital satisfaction (Litzinger & Gordon, 2005; Rogge & Bradbury, 1999). Other form of intimacy such as religious intimacy between the couples also plays a vital role in marital satisfaction (Hatch, James & Walter, 1986). Similarly, how well a person practices his or her religion influences marital satisfaction (Ahmadi & Hossein-abadi, 2008). Children as is popularly said are gift from God and is expected that their presence in marriage brings satisfaction and happiness. The effect of children on marital relationship has been studied by researchers (Lee & Doherty 2007; Guttman & Lazar, 2004) and the result has been inconsistent. Being a parent normally comes with extra responsibilities thereby reducing the time couples spend together alone which negatively affects marital satisfaction of the couple (Lee & Doherty, 2007). Often, the focus of the couple shifts from themselves to the children. However, other researchers contend that the presence of children in the marriage rather impact marital satisfaction positively for many reasons (Guttman & Lazar, 2004). This variation with regards to the impact of children on marital satisfaction may be accounted for by several factors such as culture.

According to Wong & Goodwin (2009), cultural factors are relevant in determining what constitutes marital satisfaction for married persons. For instance, in a collectivist society a spouse's level of income is important determinant of marital satisfaction whereas in an individualistic society, romantic love and psychological intimacy are relevant factors (Dion & Dion, 1993). In other words, money is cherished in a collectivistic society as opposed to intimacy which is valued in an individualistic society.

One other determinant of marital satisfaction is the number of years in marriage (Bradbury, Fincham & Beach, 2000). As couples live together over a period, they get to know each other better and possibly understand themselves as a result. Research has also shown that certain childhood occurrences such as attachment to parents especially the wife as well as over involvement in the marriage by mother-in-laws impact negatively on marital satisfaction (Bryant, Conger, & Meehan, 2001). These issues possibly create some form of stress in the relationship. Generally, exposure to stress in childhood has been linked to adult stress which has shown to negatively affect marital satisfaction (Umberson, Williams, Powers, Liu & Needham, 2005).

### **1.1.2 Attachment Style and Marital Satisfaction**

One other major factor that has received considerable attention in relationship studies to impact marital satisfaction is Attachment style (Ottu & Akpan, 2011; Guerrero, Farinelli & McEwan, 2009; Tucker & Anders, 2000). Attachment style is described as a long lasting psychological connectedness between human beings (Bowlby, 1969). Three main attachment styles have been identified by attachment theorists; namely Secure, Avoidant and Anxious-ambivalent attachment styles (Ainsworth, Blehar, Waters & Wall, 1978). These attachment styles are formed based on the infant-mother interaction. The attachment style formed between an infant and caregiver provides a working model based on which future adult relationship is organized.

Adult romantic relationship is equally influenced by early childhood attachment style. Research has associated relationship satisfaction with secure attachment and relationship dissatisfaction with avoidant and anxious-ambivalent attachment style (Lowych, Luyten, Demyttenaere & Corvelelyn, 2008). Anxious-ambivalent and avoidant attached individuals have irrational beliefs about romantic relationship compared to those attached securely (Stackert & Bursik, 2008). With such negative beliefs, the individual is less likely

to experience relationship satisfaction. Hence early childhood experiences can have an influence on adult behaviour.

### **1.1.3 Parenting style and Attachment style**

Parenting is a complex activity that captures the different approaches used to socialize and to control children by parents (Baumrind, 1991). Baumrind identified three major styles of parenting which are Authoritative, Authoritarian and Permissive. A fourth type known as Uninvolved was later developed by Gray and Steinberg (1999). Authoritative parents respond to their child's emotional needs. As a result, closeness is fostered between the child and the parent. Such closeness enhances secure attachment between the child and parent (Achoui, Abouserie, Dwairy & Farah, 2006). Authoritarian parents tend to use harsh disciplinary measures to correct children and are emotionally distant from their children. Such emotional detachment enhances avoidant parent-child attachment style. On the other hand, permissive parents mostly are inconsistent in their behaviours towards the child. Consequently, the child may become confused, hence anxious-ambivalent attachment style is likely to result.

The style of parenting adopted to bring up a child however is dependent on several factors such as marital satisfaction of the parents, the temperament of the child and cultural values (Goldsmith & Harman, 1994). Depending on the parenting style adopted to bring up a child, different behaviour outcomes result. It has been established that each of the parenting styles influences attachment style differently (Achoui, Abouserie, Dwairy & Farah, 2006).

### **1.2 Statement of the Problem**

Over the years, researchers have studied the relationship between parenting and marital Satisfaction (Doherty & Lee, 2007; Guttman & Lazar, 2004). However, the emphasis has been on how the person's parental role affects marital satisfaction with less attention on

the style of parenting adopted to train such an individual. Even though not much has been explored about a direct relationship between parenting style adopted to bring up an individual and subsequent marital satisfaction of that same individual, there is likelihood for such a relationship to exist. This is based on the fact that parenting style affects an individual's attachment style (Achoui, Abouserie, Dwairy & Farah, 2006) and this may also impacts on marital satisfaction significantly. It is against this background that this study seeks to investigate the relationship between Parenting style, Attachment style and Marital Satisfaction among married individuals in Accra.

### **1.3 Aims and Objectives**

The specific objectives for the study are as follows:

To find out the relationship between parenting style and marital satisfaction.

To determine whether the parenting style used to raise an individual would affect their attachment style.

To find out if parenting styles influence marital satisfaction

To ascertain how the three attachment styles influence marital satisfaction

To determine the moderating effect of religion, culture and children on the relationship between parenting style, attachment style and marital satisfaction.

To explore the factors affecting marital satisfaction among married men and women in the Ghanaian context.

### **1.4 Relevance of the Study**

This study will contribute to knowledge on how parenting and attachment styles relate to each other to influence marital satisfaction among couples. It will also serve as empirical evidence for parents, prospective parents and other child caregivers on how early

childcare practices and parenting styles adopted in raising children negatively or positively affect their children later in life from the Ghanaian setting.

With such evidence, parents and other child caregivers such as nursery school attendants and operators will create the right environment that will promote secure childhood attachment. Moreover, it will help parents to identify whether their style of parenting is appropriate or otherwise and where necessary modify it. By exploring the factors affecting marital satisfaction in the Ghanaian context, the study will help couples and prospective couples to improve upon their marriage and virtually gain satisfaction as well. By identifying the relevant factors in marital satisfaction, the study will help enhance therapeutic and preventive measures for distressed married persons. Finally, it will add to literature on parenting styles, childhood attachment and marital satisfaction.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

The second chapter presents an examination of some theoretical underpinnings of the subject matter under study. It also presents a review and critique of some related studies conducted in the past on the subject area, followed by rationale for the study, statement of hypotheses, conceptual framework and operational definitions.

#### 2.2 Theoretical Framework

This study is premised on four main theories. First of all, the attachment theory developed by Bowlby, (1969) which explains that the child-caregiver relationship affects the parent-child attachment style which turns to reflect adult attachment style in a close relationship. Secondly, the parenting style theory by Baumrind (1991) explains that there are three main parenting styles namely authoritarian, authoritative and permissive. Each of these styles affects behaviour differently. Thirdly, the Dynamic goal theory developed by Tianyuam and Helene (2011) posits in this study that marital satisfaction is determined by whether the prioritized marital goals are achieved in marriage or not. Finally, the Identity theory, asserts that if an individual identifies with marriage as satisfying, then he/she will adopt behaviours that will lead to marital satisfaction (Burke & Reitzes, 1991).

##### 2.2.1 Bowlby's Theory of Attachment

Attachment theory has become a major area of research interest especially in what concerns its relevance for adult relationship functioning. Based on the work of Bowlby (1969, 1973) and Ainsworth, Blehar, Waters, and Wall (1978), attachment theory assumes that a child's primary experiences of attachment are cognitively represented as internal “

working models” of the self and others. These models combine expectations about self-worth and the accessibility and responsiveness of the primary caregiver in supporting and protecting. Constructed in the relationship with the primary caregiver, these mental working models are assumed to shape adult relationships in terms of expectations and behaviours.

For some time now, many researchers have been directed in the line of adult attachment with empirical and theoretical perspectives. The current research is directed by Bowlby's theory of attachment (Bowlby, 1969; Bowlby, 1973; Bowlby, 1980). It will examine several areas such as:

The association between childhood attachment experiences and parenting behaviour.

The role of childhood attachment experiences in adult relationships.

The role of attachment in parenting and romantic relationships.

Bowlby (1969, 1982) explained that attachment is a motivational control system that is aimed at promoting safety and security in infancy and childhood through the child's relationship with the attachment figure or caregiver. This is manifested in observable behaviours such as crying, calling, clinging and searching and might reflect the activation of an inferred and not directly observable attachment behaviour system (Stevenson-Hinde, 1994). This attachment system is thus activated when there is trouble/danger. This produces the outcome of trying to draw closer to the attachment figure that also reinforces the behaviour through availability and responsiveness (Gunnar & Sroufe (1991) as cited in Waters, Kondo-Ikemura, Posada, & Richters). This cycle encourages the child to confidently explore the environment.

Bowlby (1969, p.194) defined attachment as a “lasting psychological connectedness between human beings”. This attachment he proposed could be understood in an

evolutionary context, explaining that infants enjoy some level of safety and security from their caregivers (Bowlby, 1958). Attachment thus could be seen as a factor increasing the infant's chances of survival as demonstrated by the works of Harlow and Zimmermann (1958). By this, Prior and Glaser (2006) indicated that infants would therefore seek to be closer to their caregivers under dangerous conditions. Individuals differ in attachment behaviours, a difference (either secure or insecure) that may result from the behaviours of the attachment figure and the child's own characteristics (Ainsworth, Blehar, Waters & Wall, 1978).

Secure attachment is one in which infants seek and also enjoy protection and reassurance in stressful times from their attachment figures whereas insecure attachment patterns develops from inconsistency and rejection from caregivers, leaving the infant in anxiety (Main & Goldwyn, 1984; Main, 1981). Also, it has been indicated that the insecure/ambivalent pattern of attachment behaviour is linked to heightened attachment behaviour in the face of an inconsistent attachment figure (Cassidy & Berlin, 1994). Some level of consistency or stability of attachment behaviour has been indicated by researchers over the years (Waters, Merrick, Treboux, Crowell & Albersheim, 1995). Bretherton (1985) noted that as children develop, there is a continuity of parental care; this will ensure some level of stability of the attachment pattern so that changes in attachment patterns will reflect changes in parental care (Bowlby, 1969/1982).

In the present study, the Attachment theory explains that childhood attachment reflects adult attachment style and therefore affects adult relationship such as marriage. By this theory, persons who are securely attached experience satisfaction in marriage compared to those with anxious-ambivalent and avoidant attachment styles.

### **2.2.2 Theory of Parenting Style (Baumrind, 1971)**

Parents undertake several activities to collectively form the personality and behaviour of children. Baumrind's (1971) concept of parenting has directed the explanation of parenting by most researches over the years. How do we become what we are? Why do we act and react as we do? Many psychologists argue over the famous 'Nature vs. Nurture' debate. Today however, it is agreed an individual's personality is reliant on both. Baumrind (1971) conducted a study using preschool-age children with naturalistic observations and parental interviews to reveal four dimensions of parenting including disciplinary strategies, warmth and nurturance, communication styles and expectations of maturity and control. These dimensions gave rise to her popular typology of parenting styles such as Authoritarian, Authoritative, and Permissive. Maccoby and Martin (1983) indicated that other researchers have indicated a fourth type known as the Uninvolved Parenting or Laissez-faire parenting style

Darling and Steinberg (1993) explained that Baumrind's definition of parenting style reveals a characteristic of the parents and not the child nor the parent-child relationship. Baumrind (1991) explained that authoritarian parents present strict rules and accompany them with punishments should the child violate the rule. They do not provide reasons for the rules and make high demands from the child. Authoritative parents make rules just like the authoritarian parents. However, the authoritative parents provide reasons for the rules and are more democratic with their children. These parents are more nurturing and responsive than punishing. Permissive parents on the other hand are said to be less demanding of their children. They discipline their children less and are more responsive, tending to be more of a friend than a parent.

The uninvolved parenting style presents with few demands and low levels of responsiveness from the parent to the child. The parent provides basic need for the child

but communicates less with them and is generally detached. All these styles of parenting can surely produce diverse types of children and later adults. It is however appealing to adopt the authoritative style. Yet, parents may adopt a particular style due to several reasons some of which could be culture, economic status and family structure among others. Parenting styles have been found to predict child well-being in terms of social competence, academic performance, psychosocial development, and problem behaviour (Baumrind, 1991). Research using parent interviews, teacher interviews, and child report consistently finds these characteristics associated with each parenting style (Baumrind, 1991).

Children of authoritarian parents tend to lack social competence in dealing with other children, frequently withdraw from social contact and rarely take their own initiative, look to outside authority to decide what is correct, and often lack spontaneity and intellectual curiosity. Sons show more difficulties than daughters, and sons are more likely to show anger and defiance towards people in authority. However, children of authoritative parents tend to be more self-reliant, self-controlled, willing to explore, and content than other groups. Daughters are more independent than sons; sons are more socially responsible than daughters and associated with better school performance in high school. Children of indulgent parents tend to be relatively immature, exhibit poor impulse control, and have difficulty accepting responsibility for their own actions and acting independently. Children of uninvolved parents tend to lack social competence in many areas. They are overly independent; have difficulty determining right and wrong behaviour, and experience school problems - academic and behavioural, Terry (2004).

The Parenting style theory explains in this study that the particular parenting style (authoritative, authoritarian, permissive) parents adopt to raise their children has major

implications for their childhood attachment and subsequently their behaviour generally in all spheres of life.

### **2.2.3 Theories of Marital Satisfaction**

#### ***Dynamic Goal theory of Marital Satisfaction (Tianyuan & Helene, 2010)***

Tianyuan and Helene (2010) proposed the dynamic goal theory of marital satisfaction to integrate previous findings about marital satisfaction from a life span developmental perspective. The theory argues that people have multiple goals to achieve in their marriage. These marital goals can be classified into three categories: personal growth goals, companionship goals, and instrumental goals. The priority of the three types of marital goals is under dynamic changes across adulthood. Generally speaking, young couples emphasize the personal growth goals, middle-aged couples prioritize the instrumental goals, and old couples focus on the companionship goals.

Whether the prioritized marital goals are achieved in marriage determines marital satisfaction. Other factors influencing marital satisfaction can be linked with marital goals in two ways. Some factors, such as life transitions and cultural values, can affect the priority of different marital goals; while other factors, such as communication pattern, problem solving, and attribution, can facilitate the achievement of the prioritized marital goals. Therefore, marital satisfaction is dependent on whether these marital goals are achieved or not. In this current research, this theory is relevant in that it helps to understand that marital satisfaction is an individual affair and also dependent on the individual's own prioritized goal for the marriage.

### ***Identity Theory and Marital Satisfaction***

According to identity theory, gender and its associated meanings represent an important part of individuals' self-identity. Identity theorists (Burke & Reitzes, 1991) assert that the identities and gendered meanings of being masculine or feminine motivate actions that result in the social confirmation of the male respective female identity, and therefore can be considered as a key element in understanding spousal behaviour and affect in marriage.

This view extends theories, which assume that actors respond to others based on membership in certain status categories, such as one's biological sex (Stets & Burke, 1996). In this respect, men as higher status individuals should display more negative communication whereas women as the lower status category should use more positive and open communication. According to identity theory, however, it is not only the fact of being male or female in a biological sense but also the meanings that individuals attribute to themselves as masculine or feminine (i.e. gender role identity) that determine individuals' interaction behaviour. Because being male is linked with dominance, independence and competitiveness whereas being female is related to affiliation and cooperation, this theory presumes that negative and positive communication behaviour is more likely to be used when subscribing to a masculine and feminine identity respectively (Ridgeway & Smith-Lovin, 1999; Stets & Burke, 2000).

The framework of identity theory offers a theoretical tool to assume that stereotypical role behaviour and sex role attitudes are similarly related to marital satisfaction. Indeed, identity theorists assert that identities serve as a compass to steer individuals' behaviour and attitudes in a mass of social meanings, including marital satisfaction (Burke & Reitzes, 1991). Identities act as a sort of reference frame in which to interpret one's actions and attitudes. In their turn, these behaviours and attitudes to marriage and its satisfaction reinforce and support one's identity (Burke & Reitzes, 1991).

There is a wide spread belief in every human culture that children bring happiness. When people are asked to think about parenthood (either imagining future offspring or thinking about their current one) they tend to conjure up pictures of healthy babies, handsome boys or gorgeous-looking girls who are flawless in every way. This is the case even when the prospective parents know that raising a child will be painstakingly difficult; they tend to think quite happily about parenthood, which is why most of them eventually leap into it.

The Identity theory is related to the present study in the sense that if a person identifies with a belief that marriage relationship is satisfying, this will drive the person to adopt attitudes and behaviours that brings marital satisfaction. Inversely, if marriage is judged as dissatisfying, attitudes and behaviours leading to marital dissatisfaction turn to be adopted.

### **2.3 Review of Related Studies**

#### **Role of Family Background in future marital life**

Shulman, Rosenheim and Knafo (1999) obtained consistent findings with the socialisation model, which claims that the family serves as a model for future marital relationships. Illustrating these findings, adolescents in traditional families emphasise closeness and support and expect a more traditional role division in their future marital lives, whereas adolescents in egalitarian families seek more egalitarian role division. Nevertheless, they state that the adoption of parental models is moderated by the quality of the attachment relationship with these models and by their need for attachment. Sroufe & Fleeson (1988) stated that child observation of and participation in his or her family relationships make them internalise basic expectations and attitudes towards the behaviour of their future marital partner.

Relationship between experiences with attachment figures in childhood and adult attachment status.

Crowell and Treboux (1995) in their 'Review of Adult Attachment Measures: Implications for Theory and Research', avowed that attachment theory suggests that models of attachment develop initially in childhood relationships with parents, and serve as prototypes for later relationships. This critical hypothesis must be tested to understand adult attachment and its meaning. It has been studied in several ways: (1) coders' ratings of subjects' reports of past relationships with parents, (2) adults' current reports of past experience, and of specific experiences within families, and (3) longitudinal studies of attachment patterns from childhood to adult life.

A study by Raudino (2010) aimed at examining the associations between parenting behaviour, in particular intrusive and warm behaviours, on child anxiety and self-regulation problems in a sample of British and Italian school aged children (49 and 60 children respectively) assessed Children's anxiety and behavioural adjustment using the Spence Anxiety Assessment Scale, SCAS (Spence, 1997) and the Strength and Difficulties Questionnaire SDQ (Goodman, 1997). A home visit was made where the mother and child were filmed in three different standard tasks (the etch-a-sketch task, the belt buckle task and the tidy up task). These videos were coded (blind to child and maternal anxiety) by three independent judges. The relationship between child anxiety (especially separation anxiety), maternal intrusiveness, warmth and country of origin was examined.

Findings suggest that maternal child rearing practices are strongly influenced by culture, with the strongest finding that Italian mothers are more intrusive and over controlling compared with English mothers, both on self-report and observational measures. No main effect of country of origin was found to affect child anxiety assessed with self-report measures. Maternal intrusiveness was found to be specifically linked to separation anxiety and not with other kinds of anxiety disorders in children. Maternal warmth, a particular characteristic of the Italian mothers, was found to moderate the impact of maternal

intrusiveness on child internalizing and externalizing symptoms (high maternal warmth reducing the negative impact of intrusiveness). The role of warmth in different cultures and its particular contribution in protecting the child from internalizing and externalizing problems are discussed by the author. He suggested that, from the perspective of treatment for child anxiety symptoms, clinicians should focus not only on potential parental intrusiveness but also on the affective aspects of the mother-child relationship.

Similarly, Stein, Koontz, Fonagy, Allen, Fultz, Brethour, and Allen (2002) using a community sample of 115 young adults, applied a range of statistical techniques to five measures of adult attachment to gain a better understanding of what they assess. They first determined comparability of measures, using both categorical and dimensional approaches to model the association and observed that agreement among classifications was modest. They next examined the relation of attachment classifications and attachment measure subscale scores to criterion variables (i.e. dyadic adjustment, interpersonal sensitivity and severity of psychiatric symptoms). It was observed that classification predicted severity of psychological symptoms better than it predicted other measures of adjustment. Finally, using a principal components analysis, the authors mapped the relationship among underlying constructs, the subscales of the five measures and three criterion measures of psychological adjustment.

Attachment is reported to mediate the relationship between marital satisfaction and psychopathology for example. To this effect, Ward (2008) investigated the relationship between attachment and marital satisfaction among adults with attention-deficit/hyperactivity disorder in which he compared a group of married ADHD-diagnosed individuals (mean age 45.05 years old; n = 215) with a group of married non ADHD individuals (mean age 48.92 years old n = 429); both consisting of 33% male and 67 %

female. The general comparisons included basic demographics (i.e. age, educational level, Hollingshead SES, and yearly income), childhood disruptive behaviour disorders (i.e. Oppositional Defiant Disorder and Conduct Disorder), current reports of psychopathology (State/Trait Anxiety-and-Depression), Attachment (parent, peer, and current romantic), and Marital Satisfaction.

The findings showed that ADHD group achieved greater education, but had lower income levels, had significantly more ODD and CD symptoms, and significantly greater state and trait anxiety, but not state and trait depression. The ADHD group also proved to have significantly lower levels of parent and peer attachment scores, as well as poorer current attachment, which likely lead to the statistically lower marital satisfaction scores. Additionally, Attachment served as a mediator for the relationship between psychopathology (state trait anxiety) and marital satisfaction, and between ADHD behaviours and marital satisfaction for both ADHD and non ADHD individuals. ADHD individuals have lower levels of securely attached marriage relationships and higher levels of disruptive behaviour disorders and psychopathology.

### **Relationship between Adult Attachment style and Marital Satisfaction**

Landsberger and Meyers (2002) in their study on the direct and indirect pathways between adult attachment style and marital satisfaction explored direct, mediated, and moderated associations between adult attachment style and marital satisfaction using a community-based sample of 73 married women. Continuous ratings of secure, avoidant, and ambivalent attachment styles were related to levels of marital satisfaction. However, psychological distress mediated the association between secure attachment and marital satisfaction, and social support mediated the relation between avoidant attachment and marital satisfaction. In addition, psychological distress moderated the relation between

both secure and avoidant attachment styles and marital satisfaction. However, this study in the words of the authors is limited by its methodology. To them “measuring adult attachment using multiple-item ratings (e.g. Brennan, Clark, & Shaver, 1998) may enhance the robustness of these findings. Thus exclusive use of self-report instruments gathered from the same source may have contained common sources of error variation”.

Banse (2011) investigated the relationship between Bartholomew & Horowitz’s (1991) continuous ratings of four partnership specific adult attachment prototype descriptions and relationship satisfaction among 333 married. Using multiple regression analysis, findings suggested that individual’s own attachment predicts marital satisfaction. It was also found to predict the partner’s attachment, and the interaction between them. In general, marital satisfaction was found to be related with secure attachment, while insecure attachment relates to lower marital satisfaction. It was also realized however that, the positive effects of secure and the negative effects of insecure attachment styles were either amplified or attenuated depending on the attachment of the spouse.

Moreso, Steuber (2005) examined a comprehensive model integrating adult attachment style, conflict style, and relationship satisfaction. The research sought to determine if adult attachment acted as a predictor of conflict style and if attachment style, mediated by conflict style, influenced relationship satisfaction. Three hundred and twenty one undergraduate students in romantic relationships ( $n = 321$ ) completed questionnaires measuring attachment style, relational conflict style, and relationship satisfaction. Results indicated that highly avoidant individuals are more likely to engage in hostile relational conflict with their partners and feel significantly less satisfaction from their adult romantic relationships than their non-avoidant counterparts. Findings also suggested that avoidance and hostility may be more influential on relationship satisfaction levels than anxiety and

validation. He then concluded that, “the model in the current study compliments romantic conflict research by offering a predictor for conflict styles in dating relationships and illustrating the influence of both attachment style and conflict style on romantic relationship satisfaction”.

Again, in determining the factors that influence the association between adult attachment and marital satisfaction, Hatch (2008) examined several mediating mechanisms that may explain the relationship between adult attachment dimensions and marital satisfaction. Specifically, relationship expectations, four types of responses to accommodative dilemmas (exit, neglect, voice, and loyalty), and three forms of empathy (Empathic concern, perspective taking, empathic personal distress) were hypothesized to mediate the relationship between adult attachment and marital satisfaction. Self-report data were collected from both partners of 193 heterosexual, married couples. The attachment dimension of avoidance for husbands and wives was consistently associated with each couple member’s respective marital satisfaction.

Attachment anxiety was never directly associated with either husbands’ or wives’ marital satisfaction. Wives’ marital satisfaction was explained by their own relationship expectations and exit responses. Additionally, wives’ marital satisfaction was explained by their husband’s relationship expectations, exit responses, empathic perspective taking, and loyalty responses. Husbands’ marital satisfaction was explained by their own relationship expectations, exit responses, neglect responses, voice responses, loyalty responses, and empathic perspective taking. Results are discussed in light of current theories of adult attachment and marital satisfaction.

Hollist and Miller (2005) found from their study on Perceptions of Attachment Style and Marital Quality in Midlife Marriage that insecure attachment styles were associated with

marital quality, whereas secure attachment was not. This study was based on theoretical framework of Emotionally Focused Therapy (EFT); which theorizes that attachment styles influence marital quality. Upon finding that, no research has examined attachment styles and marital quality in midlife marriages although research supports this relationship among young couples, Hollist and Miller (2005) examined this issue using data from 429 married people between the ages of 40 and 50. The authors concluded that, EFT therapists can help midlife couples in distressed relationships move from insecure to secure attachment styles while still questioning the use of EFT to help couples who have secure attachment styles.

By the same token, Mazaheri and Nazary (2008) tested the hypothesis that a relationship exist between attachment styles and polygamy using a sample of 245 men. According to each person's marital history, monogamous and polygamous participants were identified. Using Hasan and Shaver's Adult Attachment Styles, their attachment styles were determined.

Results of the null hypothesis tested indicated that, a meaningful relationship cannot be found between attachment style and polygamy. The  $X^2$  test indicated that secure attachment is common in both groups (75% monogamous and 65% polygamous). There was also stronger relationship with secure attachment patterns. They concluded that, evolutionary basis of mating behaviour may have preserved itself in the context of each society, unaffected by cultural definitions, rules and regulations. Consequently therefore, polygamous behaviour (either in its legal form or as an extra marital relationship) exists in many societies.

Since marital behaviour benefits from Evolutionary Psychology and aetiology, it seems natural that, at least from this point of view, polygamous behaviour should be considered normal and free of psychological factors.

### **Religion and Marital Satisfaction**

Several studies have examined the effects of religiosity on various outcomes related to marriage, such as marital satisfaction, marital conflict, divorce, marital stability and commitment, and cohabitation/marital outcomes among children of religious parents. Religiosity as measured by religious service attendance has been linked to higher levels of marital satisfaction, marital stability, less marital conflict, lower risk of divorce, and the probability of marriage among young adults (Call & Heaton, 1997). Other studies have found less clear relationships between religiosity and marital satisfaction (Sullivan, 2001; Booth, Johnson, Branaman & Sica, 1995). In their meta-analysis of studies of family religiosity, Mahoney, Pargament, Tarakeshwar, & Swank (2001) concluded that the results on the association of global measures of religious involvement with marital satisfaction are mixed, but they found evidence that personal religiosity (indicated by engagement in multiple spiritual practices) and religious commitment were linked to marital satisfaction and commitment, controlling for various demographic factors.

Hunler and Gencoz (2005) focussed on revealing the effects of religiousness on marital satisfaction, and also to test the mediator role of perceived marital problem solving between religiousness and marital satisfaction relationship in a Turkish sample. Subjects were 92 married couples, or a total of 184 participants. Hierarchical regression analyses indicated that after controlling for the variance accounted for by the control variables, namely duration of marriage, marital style, educational level, hopelessness, and submissive acts; religiousness had a major effect on marital satisfaction, but a mediator role of problem solving was not observed.

Haseley (2006) also explored marital satisfaction among newly married couples: associations with religiosity and romantic attachment style with the purpose of examining the combined role of religious commitment and attachment in marital satisfaction. Heterosexual couples ( $N = 184$ ; 92 husbands, 92 wives) without children and married 1-5 years were administered a background information questionnaire, the Religious Commitment Inventory-10, the Dyadic Adjustment Scale, and the Experiences in Close Relationships Inventory. Results indicated that couples with congruent religious commitment reported higher marital satisfaction than couples with large discrepancies in religious commitment. Religious commitment did not mediate the relationship between attachment and marital satisfaction, but instead was found to moderate this relationship. Results of this study will benefit clinicians working in the field to help newly married couples negotiate the marital relationship.

Hitherto, Doyle, Karavasilis and Markiewicz (2003) investigated the associations between parenting style and quality of child–mother attachment in middle childhood ( $n = 202$ ; grades 4–6) and adolescence ( $n = 212$ ; grades 7–11). Participants rated warm involvement, psychological autonomy granting, and behavioural monitoring (Steinberg, Lamborn, Darling, Mounts & Dornbusch, 1994). Attachment orientation was assessed using the Network of Relationships Questionnaire (Furman & Buhrmester, 1985), Coping Styles Questionnaire (Finnegan, Hodges & Perry, 1996) and Relationship Questionnaire (Bartholomew & Horowitz, 1991). Overall, a positive association was found between authoritative parenting (higher scores on all three dimensions) and secure attachment, whereas negligent parenting (lower scores on all three dimensions) predicted avoidant attachment. Moreover, a unique pattern of associations emerged between particular dimensions of parenting and each attachment style. Findings suggest that psychological autonomy may have important implications for children’s views of self; whereas warm

parental involvement may play a unique role in their views of the attachment figure. Associations were largely consistent across both age groups.

### **Relationship between Attachment Styles, Marital Satisfaction, Divorce and Psychological Health**

Likewise, Scott and Cordova (2002) tested the proposition that attachment styles moderate the relationship between marital adjustment and depressive symptoms of husbands and wives. In a sample of 91 married couples, ratings of anxious-ambivalent styles moderated the relationship between marital attachment and depressive symptoms for both husbands and wives. Additionally, ratings of the secure attachment style moderated the relationship between marital adjustment and depressive symptoms for wives, with a trend for husbands. Their conclusion then was that, there is a relationship between insecurity and a predisposition to depressive symptoms in marital relationships.

Gardner (2007) in reviewing the literature on adult attachment and the link to relationship satisfaction observed that relationship dissatisfaction and divorce occur at alarming rates leading to many mental health consequences. Relationship dissatisfaction and divorce occur at alarming rates leading to many mental health consequences. This places a burden on mental health providers to understand and implement effective treatment for relationship problems.

Attachment theory provides a conceptual framework for understanding relationship difficulties and intervening appropriately to treat them. For example, Divorce often leads to mental health problems in adults and in children. Research suggests mothers who are separated or divorced evidence a greater number of depressive and anxiety symptoms (Afifi, Cox & Enns, 2006). Children of divorce may also exhibit higher levels of anxiety, depression and antisocial behaviour than children of non-divorced parents. Research has

also found that even prior to a divorce; these children often exhibit higher levels of these symptoms than children whose parents remain married (Schein, 2005). These findings suggest that not only does divorce lead to mental health consequences for children, but marital conflict does as well. Essex, Klein, Cho and Kraemer (2003) found that exposure to marital conflict did indeed lead to an increase in psychological symptoms in children.

Teimourpour, Bidokhti and Pourshanbaz (2012) conducted a study among a sample of married women in the capital of Iran, Tehran, aimed at examining the relationship of self-reported sexual desire with attachment styles, marital satisfaction and sex guilt. They obtained data from a total of 192 married Iranian women who were selected through a multi-cluster sampling method from University of Social Welfare and Rehabilitation, Tarbiat Modarres University and Islamic Azad University. The subjects' socio demographic data, attachment styles (Adult Attachment Styles Index), marital satisfaction (ENRICH Marital Satisfaction Questionnaire), sex guilt (Mosher Revised Sex- Guilt Inventory) and sexual desire (Hurlbert Index of Sexual Desire) were gathered. Results from the study revealed that there is a significant relationship between sexual desire and secure attachment style, insecure-avoidant attachment style, insecure-ambivalent attachment style, marital satisfaction and sex guilt. They also found a significant negative relationship between sexual desire and age and marriage duration. Age, marital satisfaction, ambivalent attachment style and sex guilt were able to predict 52.5 percent of the variance of sexual desire.

### **Relationship between Parenting style and Marital Satisfaction**

Parenting and family interactions are thought to play a critical role in children's development and are often key targets in clinical interventions for children with behavioural problems. Multiple factors are thought to determine patterns of parenting

behaviour including child and parent characteristics as well as broader social and cultural factors (Abidin, 1992; Belsky, 1984; Maccoby, 1992). Because culture is thought to influence parenting, it is possible that inter-ethnic couples may experience a greater discrepancy than intra-ethnic couples in their parenting styles, but research considering the role of different cultural backgrounds and parenting has been sparse.

To fill this research fissure, Thakar (2008) in a study entitled *Parenting Style Discrepancies: A Comparison of Inter-Ethnic and Intra-Ethnic Couples* examined whether inter-ethnic couples showed greater differences in their parenting styles than couples in which parents were of the same ethnic background, and if so, whether consequences of discrepancy were reflected in children's behaviour. Marital conflict and the number of years spent co-parenting were also examined as potential predictors of variability between couples. The findings indicated that no significant differences between inter-ethnic and intra-ethnic couples in parenting style, and no significant associations between discrepancies in parenting style and child behaviour. Marital conflict was found to be significantly associated with discrepancy in warmth for fathers in intra-ethnic relationships. He thus concluded that since this is the first time such a topic is being studied, the research contributes to a growing understanding of the co-parenting relationship among inter-ethnic couples and has important clinical implications for family intervention with multi-cultural families.

Webster-Stratton and Hammond (2009) also examined whether the link between marital conflict management style and child conduct problems with peers and parents is direct or mediated by mothers' and fathers' parenting style (critical parenting and low emotional responsiveness). One hundred and twenty children, aged 4 to 7 years, were observed interacting in our laboratory playroom solving a problem with their best friend as well as

at home with their parents. In addition, all the children's parents were observed in our laboratory trying to solve two family problems as well as at home interacting under more natural conditions with each other and with their children. Mothers and fathers completed questionnaires assessing marital problem solving as well as reports of their children's behaviour problems. Results indicated that a negative marital conflict management style had direct links with children's conduct problems. In addition, the linkage between negative marital conflict management and children's interactions with parents and peers was found to be mediated by both mothers' and fathers' critical parenting and low emotional response, thereby supporting the indirect as well as the direct model of negative family interactions.

### **Parenting style and Religion**

Studies have linked religiosity with parenting styles and level of parental involvement. A wide variety of studies have examined the relationship between specific religious orientations and styles of parental discipline, use of corporal punishment, and related issues, with mixed results, suggesting the difficulty of associating particular religious ideological beliefs with specific parenting practices (Mahoney, Pargament, Swank & Tarakeshwar, (2001). However, parental religiosity has been linked to greater involvement, warmth and positivity in parent-child relationships (Pearce & Axinn, 1998; King, 2003) and with authoritative parenting (demanding and responsive parenting), and has been negatively associated with authoritarian parenting (highly demanding and directive but not responsive) (Gunnore, et al, 1999).

Aluja, del Barrio and Garcia (2007) investigated personality (the Big Five personality traits), social values (social power, order, benevolence, and conservatism-liberalism), and marital satisfaction (consensus, affection, satisfaction and cohesion) as predictors of parents' rearing styles (EMBU-P) in parents of adolescents. Correlational analysis of

results indicated that rearing styles defined by warmth and acceptance are related to responsible and emotionally stable personality profile, high marital satisfaction, and the preference for pro-social values. On the contrary, over-protected and favouring rearing styles are related to low friendliness, low emotional stability and low openness, poor marital adjustment with a lack of cohesion, and social values defined by a lack of benevolence and the preference for social power.

From the above, it can be observed that though the research variables have been studied variously in different studies, no single study has combined these variables in one independent and scientific study. Better still, none of the reviewed related studies above was done in the Ghanaian context. Therefore, one of the major motivations for the current researcher is to examine how the combinatorial effects of these three research variables will play out in the Ghanaian context.

#### **2.4 Statement of Hypotheses**

Parenting style will significantly relate to and predict marital satisfaction.

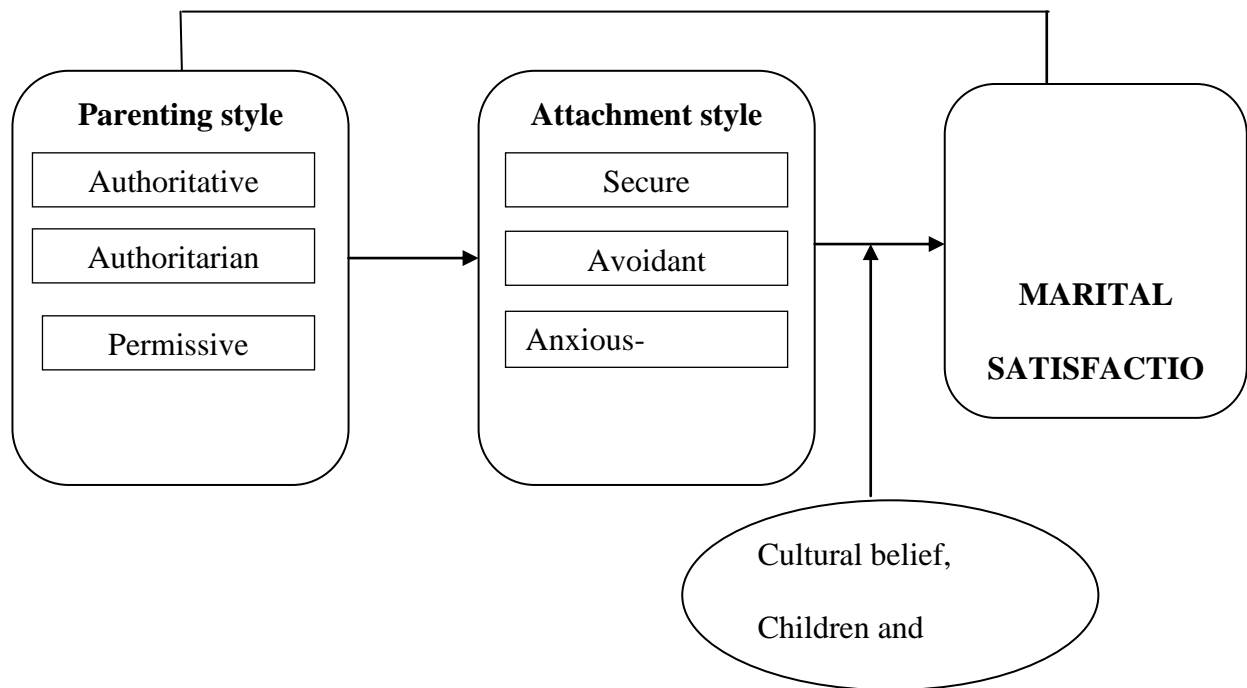
Individuals raised with Authoritative parenting style will be securely attached compared to those of Authoritarian parents.

Individuals raised with Authoritative parenting style will be securely attached than those raised by permissive parents.

Individuals securely attached will be more satisfied in marriage than those insecurely (avoidant and anxious-ambivalent) attached.

Presence of children, culture and religion will significantly moderate the relationship between attachment style and marital satisfaction.

## 2.5 Proposed Conceptual Framework



**Figure 1: Summary of the hypothesized relationships among the study variables**

## 2.6 Operational Definition of Concepts

Marital satisfaction: Being content with one's marriage relationship.

Attachment style: Secure, Avoidant and Anxious-ambivalent.

Secure attachment: High score on the close and depend subscales of the Adult Attachment Scale (AAS) with low score on the anxiety subscale.

Insecure attachment: Avoidant and Anxious-ambivalent attachment style.

Cultural belief: The belief in African values such as Spirituality, Intuition, Sensitivity, Respect for Elders, Communalism and Orality as measured by the Africentric Worldview scale.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1 Introduction**

This chapter entails knowledge concerning the study's population, sample, sampling technique, design, instruments and materials, scoring of the questionnaires including ethical considerations and data collection procedures for the study.

#### **3.2 Population**

This study was conducted in Accra, the capital of Ghana which is also the capital of the Greater Accra region of the Republic of Ghana. It is located in the southern part of the country. Accra is a metropolitan city. The population for this study was all married men and women in the Accra metropolis. This population was chosen because it constitutes people from different cultural background and religious affiliations across the country and the world.

#### **3.3 Sample/Sampling Technique**

This research was conducted using two hundred (200) participants who are currently married. The convenient sampling technique was used in selecting these participants. This method of sampling dictates that respondents are selected on the basis of their availability and willingness to participate in the study (Babbie, 2005). It was the best method to use because the geographic locations of the individual married people in the city are not readily available for demarcation and location. As such, a tour to houses and work places was made in order to have access to the participants. They were sampled for the study only when they showed willingness and readiness to participate. The demographic distribution of participants indicated that their ages ranged from 22 years to 66 years ( $M = 29.16$ ,  $SD =$

13.802). That of their spouses ranged from 21 years to 63 years ( $M = 30.86$ ,  $SD = 13.811$ ). Number of years married also ranged from 1 year to 36 years ( $M = 6.09$ ,  $SD = 6.977$ ). With respect to number of children that respondents had, the range was 0 to 6 children ( $M = 1.73$ ,  $SD = 1.316$ ). Almost thirty three Percent (32.5%) of respondents indicated that apart from their spouse and children they had other people living with them. Some of these people included house helps, aunties, grandparents, in-laws, siblings, grandchildren and nephews/nieces.

The demographic distribution of the research sample as described above is presented in Table 3.1 as follows:

**Table 3.1: Demographic Characteristics of Participants**

<i>Variable</i>	<i>Frequency</i>	<i>Percent</i>
Sex		
Male	86	43.0
Female	114	57.0
Religion		
Christian	185	94.4
Islam	10	5.6
Education		
Basic	8	4.0
Secondary	19	9.5
Tertiary	172	86.4
Premarital Counselling		
No counselling	52	27.5
Below 1 month	27	14.3
2-4 months	48	25.4
Above 5 months	62	32.8
Occupation		
Regular pay worker	154	77.0
Self employed	19	9.5
Not working	26	13.0
Spouse Occupation		
Regular pay worker	126	63.0
Self employed	68	34.0
Not working	6	3.0
Ethnicity		
Akan	101	54.3
Ewe	39	21.0
Ga	24	12.9
Others	22	11.8

### **Inclusion Criteria**

Participant must have been married either customarily or legally.

Participant must be living in the Greater Accra metropolis of Ghana.

Participant must have been married for not less than one year to have some experience marital satisfaction.

### **Exclusion Criteria**

The individual must be widowed.

The individual must be cohabiting with the partner but not customarily or legally married.

### **3.4 Design**

In this study, the researcher used the Concurrent Mixed-Method design as standardized questionnaires and open-ended questions were used to collect quantitative and qualitative data respectively from the same participants at the same time (Tashakkori & Teddlie, 2003). The aim of the present study was to investigate the relationships between parenting style used to train a person, attachment style and later marital satisfaction as well as factors affecting marital satisfaction in the Ghanaian context. The correlational survey design was employed to establish the relationships between the variables parenting style, attachment style and marital satisfaction. The correlational survey design was the most appropriate design for the study because this design strategy permits researchers to study and describe the nature of the relationships between variables using simple correlation or regression (Gravetter & Forzano, 2006). This design also allows researchers to examine the effect of multiple independent variables on dependent variable, the amount of variance in the dependent variable accounted for by the independent variables and also to test for the moderation effects of some selected variables through a statistical technique called multiple regression (Field, 2004). Again, the survey design was chosen because it is an

efficient way of collecting data from a large number of respondents as this study involved 200 respondents.

The qualitative approach was also adopted to briefly explore the factors which affect marital satisfaction among married men and women in the Ghanaian context. All the 200 participants answered the two open-ended questions attached to the questionnaire. This was also intended to ascertain the appropriateness of the marital satisfaction scale used in the study.

### **3.5 Procedure**

To conduct this study, approval was obtained from the Department of Psychology of the University of Ghana, Legon. An introduction letter was obtained from the department, introducing the researcher to potential participants. Further, a consent form was developed for participants. On the set date for data collection, questionnaires were printed and packaged into envelopes for distribution. Participants were therefore approached on a one-on-one basis. When approached, the purpose of the study was explained to them and their consent was sought for participation. It was made clear to each participant (even though, this was spelt out on the consent form) that they reserve every right to decline participation at any point of participation. Confidentiality of their information provided was assured by not requiring their names or initials. When they consented (by signing the consent form), the questionnaires were handed over to them for completion. A day or two was given to each participant to enable them complete the questionnaires at their own pace. Afterwards, the completed questionnaires were collected for scoring and subsequent analysis. Participants were also made to state five factors which made them happy and five things which made them unhappy with their marriage. These factors were content analyzed alongside the qualitative data. The data collection lasted for a period of one month starting from mid July to mid August in the year 2012.

### **3.6 Ethical Considerations**

Ethical codes specified in the American Psychological Association (APA, 2000) were strictly adhered to. These included voluntarism, compensation for subjects, confidentiality and right of withdrawal among others. In the conduct of the present study, particular attention was paid to personal knowledge and understanding of the ethical guidelines in the conduct of research. The soundness of the research design, methodology and the ethical acceptability of the study in terms of ensuring that the benefits of conducting the research far outweighed the costs of not conducting it were taken into consideration. In the selection and recruitment of research participants, no amount of coercion (subtle or otherwise) was involved and no inducements offered for participation.

The information sheet outlined the purpose of study and assured participants that there were no risks to them for participating in this study. The extent of anonymity and confidentiality was also explained to participants. In this regard, participants were informed that the results of this study will remain strictly confidential and purely academic and that at no point will their name be required. To assure participants of the confidentiality that would be attached to the data that they would provide, each of them was given the questionnaire individually in their work place or home in an envelope.

### **3.7 Materials/Instruments**

#### **Parental Authority Scale**

The parental Authority Scale (PAS) is a 30-item 5-point likert type questionnaire that measures the types of parenting styles adopted by parents. Three main domains are measured by this scale; authoritarian, authoritative and permissive. The scale was developed by Buri (1991) based on Baumrind's (1971) parenting style prototypes and has three subscales which measures the three parenting styles. Permissive parenting style was measured by items 1, 6, 10, 13, 14, 17, 19, 21, 24 and 28 (sample item: While I was

growing up my parents felt that in a well run home the children should have their way in the family as often as parents do). Items 2, 3, 7, 9, 12, 16, 18, 25, 26 and 29 measured the Authoritarian style (sample item: Even if their children didn't agree with them, my parents felt that it was for our own good if we were forced to conform to what they thought was right). The Authoritative parenting style was also measured by items 4, 5, 8, 11, 15, 20, 22, 23, 27 and 30 ( sample item: As I was growing up, once family policy had been established, my parents discussed the reasoning behind the policy with the children in the family).

The scale has an internal consistency ranging from  $\alpha = .74$  to  $.87$  (Buri, 1991). Each of the subscales was scored on a likert scale which ranged from 1 'Strongly disagree to 5 'Strongly agree'. Scoring of the scale is done by adding up the responses on items under each subscale. Scores on each subscale could range from 10 to 50 (Buri, 1991). The subscale that records the highest score represents a respondents parenting style.

#### Adult Attachment Scale

Attachment style was measured with an 18- item Adult attachment scale (AAS) by Read and Collins, (1990). The scale contains three subscales namely Close, Depend and Anxiety and each was measured by six items. The Close subscale measures the extent to which an individual tolerate closeness and intimacy and measured by items 1, 7, 9, 13, 15, and 17. The Depend subscale similarly measures the extent to which an individual can count on others to be available when needed and is also measured by items 3, 6, 8, 14, 16 and 18. The Anxiety subscale measures how worried a person is with regards to being abandoned or unloved and is measured by items 2, 4, 5, 10, 11 and 12. The AAS has adequate internal consistency. In a study involving three different sample sizes, the Close AAS subscale showed a consistent internal reliability of Cronbach's alpha of  $.81$ ,  $.78$  and  $.85$  for sample sizes 173, 130 and 100 respectively. For the Depend subscale, reliabilities of  $.80$ ,  $.78$  and

.85 were recorded for sample sizes 173, 130 and 100 respectively. The Anxiety subscale recorded reliabilities of .82, .80 and .83 for sample sizes 173, 130 and 100 respectively (Read and Collins, (1990).

The items on the scale were scored on a five (5) point likert scale ranging from 1 being the lowest which was “Strongly disagree” to 5, the highest “strongly agree” score. Items 2, 7, 8, 13, 16, 17 and 18 were reversed scored to obtain the total score of each respondent on each of the three subscales. If the total score on the Close and Depend subscales is greater three (3) and the score on Anxiety is less than three (3), the respondent’s attachment style is Secure. On the other hand, if total score on Close and Depend is greater than three (3) and score on the Anxiety is greater than three (3), the attachment style is Anxious – Ambivalent. Finally, if total score on Close and Depend is less than three (3) and score on the Anxiety is greater than three (3), the attachment style is Avoidant. Examples of items on the three subscales (close, depend and anxiety) are “I find it relatively easy to get close to others, I do not worry about being abandoned, I find it difficult to allow myself to depend on others” respectively.

### **ENRICH Marital Satisfaction Scale**

The ENRICH marital satisfaction (EMS) scale by Fowers and Olson (1993) was used to measure marital satisfaction. It is a 15-item brief scale with high reliability in measuring marital satisfaction with a Cronbach’s alpha of 0.8. The scale assesses both dyadic and individual marital satisfaction. Ten of the items on the scale assess 10 domains of marital satisfaction. The other 5 items on the scale constitute a marital conventionalization scale. Sample items on the scale are “I am very happy with how we handle role responsibilities in our marriage, I am unhappy about our financial position and the way we make financial decisions”.

### **Duke University Religion Index (DUREL)**

The Duke University Religion Index (DUREL) (Koenig & Büssing, 2010) is a five item scale that was used to assess religiosity of respondents. The scale assessed three major dimensions of religiosity namely Organizational Religious Activity (ORA), Non-organizational Religious Activity (NORA) and Subjective or Intrinsic Religiosity (IR). Subscale one which was item number 1 on the scale (i.e. How often do you attend church or other religious or spiritual meetings?), measured ORA whilst the subscale two, thus item 2 (i.e. How often do you spend time in private religious or spiritual activities such as prayer, meditations or study of religious text) assessed the NORA. Items 3-5 (example, In my life, I experience the presence of the Divine (i.e. God) measured the intrinsic religiosity (IR).

The organizational religious activity included frequency of service attendance while the non-organizational religious activity involves the frequency of private religious activity such as prayer, meditation etc. The DUREL has been administered to about 7000 respondents between the ages of 18 to 90. The scale has shown an internal consistency with a Cronbach alpha ranging from 0.78 to 0.91 (Baumeister & Vohs, 2004). By way of scoring the scale to arrive at the total score of each individual on each of the subscales, responses were added up to obtain total scores.

### **Africentric Worldview Scale**

The Africentric Worldview scale measures Africentric beliefs. It was developed by Belgrave and Allison (2006). It is five point Likert scales ranging from strongly agree to strongly disagree. The scale measures cultural values and beliefs among Africans (originally developed to measure the same construct among African Americans). The scale is made up of six (6) subscales namely Spirituality (example, Attending churches, mosques, or other places of worship are important to me, I meditate and engage in other

acts of faith.), Intuition (example, I listen to my inner voice), Sensitivity (example, I feel that sometimes I do things 'Just because it feels right", I can tell when a close friend is in trouble or feels bad.), Respect for Elders (example, It is expected that the elderly will be cared for by younger generations), Communalism (example, The ultimate value of a person is in his/her service to others) and Orality (example, I perform better on oral rather than written tasks). The scale has a good reliability cronbach alpha = 0.75. Total score on this scale was obtained by adding up all items on the scale

### **3.8 Pilot Study**

The pilot study was done prior to the actual data collection to test the reliability of the selected instruments. The pilot study was conducted within the Accra metropolis using married men and women. Thirty (30) consisting of fifteen (15) males and fifteen (15) females participants were conveniently selected to participate in the pilot study. Participants were given all the five questionnaires; Parental Authority Scale, Adult Attachment Scale, ENRICH marital satisfaction scale, Africentric Worldview scale and the Religiosity scale.

The Parental Authority Scale elicited information on the type of parenting style used to bringing up the individual and recorded an alpha of 0.72; the Adult Attachment scale measured the romantic attachment style of the respondent to the spouse and yielded an alpha of 0.75. The ENRICH scale measured the level of marital satisfaction experienced by respondents in their marriage. This scale recorded an alpha of 0.75. The Africentric Worldview scale which measured cultural identity recorded a cronbach alpha of 0.71. Duke University Religion index (DUREL) which is a subscale the DUKE measured religiosity and it yielded a cronbach alpha of 0.73. These figures suggested that the scales were reliable enough to be used for the study.

## CHAPTER FOUR

### QUANTITATIVE RESULTS

#### 4.1 Introduction

The study generally examined the relationship between parenting style, attachment style and marital satisfaction. The study sought to find out if individuals raised with Authoritative parenting style were more securely attached compared to those of Authoritarian and Permissive parents. Again, the influence of attachment style on marital satisfaction was also investigated. Finally, the moderating role of presence of children, culture and religion on the relationship between attachment style and marital satisfaction was also explored. In all, four hypotheses were tested using the statistical package for social sciences (SPSS) version 17.0. The analysis was done in two main steps. The first involved the preliminary analyses while the second involved testing the hypotheses of the study.

#### 4.2 Preliminary Analyses

The preliminary analyses were made up of four sections. These were: Analysis of the normal distribution of the variables, descriptive statistics analysis of demographic variables, Reliability analysis and computing the Pearson correlations among the variables of the study. First, the normality of the data obtained for the study was verified. The analysis revealed that all the study variables were normally distributed (Table 4.1). According to Tabachnick and Fidell (2001), a variable is normal when, the value for skewness and kurtosis range between  $\pm 1$ . All the variables were accordingly used in the analysis. The next step involved computing the descriptive statistics of the demographic data. This involved summarising the raw data obtained in terms of its demographic characteristic. Results from this analysis are presented in Table 1 (Chapter 3).

**Table 4.1: Descriptive statistics and Reliability indices of study variables (N = 200)**

	<i>Mean</i>	<i>Std. Deviation</i>	<i>Skewness</i>	<i>Kurtosis</i>	<i>Alpha</i>
Permissive	28.51	5.982	-.197	-.399	.71
Authoritarian	32.25	5.988	.001	.047	.70
Authoritative	34.54	5.598	-.141	-.604	.70
Parenting Style	95.31	12.239	.213	-.429	.77
Secure	16.20	4.530	.171	-.592	.75
Avoidant	15.64	4.389	.604	.372	.72
Anxious-Ambivalent	14.60	5.069	.414	-.236	.80
Attachment Style	46.44	8.882	.283	-.180	.74
Marital Satisfaction	52.22	8.125	.419	-.147	.79
Cultural Belief	85.78	8.636	.463	-.154	.71
Religiosity	24.75	2.946	.347	.521	.72

The reliability coefficients of the study variables were assessed by computing the Cronbach’s alpha. The analysis found all the values to be above the threshold of .70 reported as appropriate for psychometric analysis (Wells & Wollack, 2003). The reliability coefficients ranged from .70 to .80 (Table 4.1). Finally, as part of the preliminary analyses, the Pearson correlations among some demographic and study variables were also computed and summary of the results presented in Table 4.2.

*Parenting style, Attachment style and Marital satisfaction***Table 4.2: Pearson's correlation coefficient among the demographic and study variables**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
<b><i>Demographic Variables</i></b>																	
1. Age	-																
2. Age of spouse	.935**	-															
3. Number of years married	.681**	.622**	-														
4. Courtship period	.124	.149	.100	-													
5. Duration of premarital counselling	-.125	-.112	-.035	.118	-												
6. Number of children	.343**	.268**	.670**	.036	.024	-											
<b><i>Study Variables</i></b>																	
7. Total Parenting Style	-.025	-.032	.001	.031	.129	-.040	-										
8. Permissive <sup>+</sup>	-.048	-.038	-.038	.068	.051	.021	.692**	-									
9. Authoritarian <sup>^</sup>	.076	.022	.093	-.096	.049	.096	.710**	.214**	-								
10. Authoritative <sup>#</sup>	-.085	-.053	-.056	.098	.176*	-.211**	.687**	.215**	.255**	-							
11. Secure	-.048	-.047	.003	-.116	-.041	-.033	-.113	-.129	-.100	-.001	-						
12. Avoidant	-.082	-.154*	-.072	-.088	.046	-.003	-.188**	-.124	-.124	-.146*	.211**	-					
13. Anxious-Ambivalent	.029	.030	.076	.060	-.007	.183**	.027	.111	.070	-.134	.006	.007	-				
14. Attachment Style	-.084	-.140*	.002	-.011	.068	.140*	-.125	.064	-.048	-.290**	.319**	.573**	.655**	-			
15. Cultural Belief	-.078	-.115	.046	-.001	.089	.098	.159*	-.004	.110	.234**	.151*	-.071	.000	-.026	-		
16. Religiosity	-.013	-.036	.034	.110	.132	.049	.158*	.031	.157*	.145*	-.089	-.074	-.109	-.080	.209**	-	
17. Marital Satisfaction	.043	.074	-.101	.085	.154*	-.247**	.081	-.062	.070	.169*	.200**	-.192**	-.237**	.242**	.090	.105	-

\*\*  $p < .01$ , \*  $p < .05$ ,  $N=200$ ; +*Permissive parenting style*, ^*Authoritarian parenting style*, #*Authoritative parenting style*.

### 4.3 Test of Hypotheses

Two main statistical tests were used to test the hypotheses of the study. They are the One-way ANOVA and the multiple regression analysis. The one-way Analysis of Variance (ANOVA) is a technique for analysing the way in which the mean of a variable is affected by different types and combinations of factors. It is used with one categorical independent variable with two or more levels and one continuous variable. This test was thus used to test hypotheses, 2, 3 and 4. Standard multiple regression was used to test hypothesis 1 while Hierarchical multiple regression, specifically the procedures proposed by Baron and Kenny (1986) for moderation analysis was used to test hypothesis five.

#### Hypothesis One

The first hypothesis investigated the relationship between parenting style and marital satisfaction. It was stated as parenting style will significantly relate to and predict marital satisfaction. The standard multiple regression was used to test this hypothesis. Summary of the results are presented below

**Table 4.3: Results of Standard Multiple Regression Analysis for Parenting Style as a predictor of Marital Satisfaction**

		<i>B</i>	Std. Error	$\beta$
1	(Constant)	47.360	4.947	
	Parenting Style	.059	.051	.081

---

$R^2 = .007$

Result from the standard multiple regression analysis indicated that Parenting style did not significantly influence Marital satisfaction,  $F(1, 198) = 1.300, p = .256$ . It explained only .07% of the variance in marital satisfaction. Thus, the first hypothesis that parenting style will significantly relate to and predict marital satisfaction was not supported.

### **Hypotheses Two & Three**

The second and third hypotheses were stated as follows;

H2: Individuals raised with Authoritative parenting style will be securely attached compared to those of Authoritarian parents.

H3: Individuals raised with Authoritative parenting style will be securely attached than those raised by permissive parents.

The one-way ANOVA was used to test these hypotheses. The results are presented below.

**Table 4.4: Means and Standard deviations for Secure Attachment based on Parenting style**

Parenting Style	N	Mean	Std. Deviation
Permissive	40	15.30	4.708
Authoritarian	62	16.05	4.499
Authoritative	98	18.04	5.163
Total	200	16.88	4.992

**Table 4.5: Summary of one-way ANOVA results for Secure Attachment based on Parenting style**

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	274.783	2	137.392	5.777	.004
Within Groups	4685.092	197	23.782		
Total	4959.875	199			

A summary of results of the one-way between-groups analysis of variance which was conducted to explore the impact of parenting style on Secure Attachment can be found in Tables 4 & 5. Participants were divided into three groups according to parenting style (ie. authoritative, permissive and authoritarian). Results indicate that at the  $p < .05$  level of significance, there was a significant difference in Secure Attachment among the three groups [ $F(2, 197) = 5.777, p = .004$ ]. This indicates that there is a significant difference in secure attachment among those with Authoritative, Permissive and Authoritarian parenting styles. To find out the exact differences that existed, a Post-hoc analysis using the Bonferroni test was conducted. The results are presented in Table 4.6.

**Table 4.6: Summary of Post Hoc analysis for Secure Attachment based on**

**Parenting style**

(I) Parenting Style	(J) Parenting Style	Mean Difference (I-J)	Std. Error	Sig.
Permissive	Authoritarian	-.748	.989	1.000
	Authoritative	-2.741*	.915	.009
Authoritarian	Permissive	.748	.989	1.000
	Authoritative	-1.992*	.791	.038
Authoritative	Permissive	2.741*	.915	.009
	Authoritarian	1.992*	.791	.038

\*. The mean difference is significant at the 0.05 level.

Post-hoc comparisons using the Bonferroni test indicated that the mean Secure Attachment score for those with Authoritative parenting style ( $M=18.04, SD=5.163$ ) was significantly higher (more Secure Attachment) than that for those with Authoritarian styles ( $M=16.05, SD=4.499$ ). This indicates that individuals raised with Authoritative parenting style were more securely attached compared to those raised with Authoritarian parenting style. Therefore, the second hypotheses that Individuals raised with

Authoritative parenting style will be securely attached compared to those of Authoritarian parents was supported.

The multiple comparison analysis again indicated that the mean Secure Attachment score for those with Authoritative parenting style (M=18.04, SD=5.163) was significantly higher (more Secure Attachment) than that for those from Permissive homes (M=15.30, SD=4.708). This indicates that individuals raised with Authoritative parenting style were more securely attached compared to those raised with Permissive parenting style. No significant difference was however found in attachment between those with Authoritarian parents and those with permissive parents. In view of this, the third hypothesis that Individuals raised with Authoritative parenting style will be securely attached than those raised by permissive parents was also supported.

**Hypothesis Four**

The fourth hypothesis sought to find out the influence of attachment style on marital satisfaction. It was stated as ‘Individuals securely attached will be more satisfied in marriage than those insecurely (avoidant and anxious-ambivalent) attached.’ The one-way ANOVA was employed to test this hypothesis. The results are presented in tables 4.7 and 4.8.

**Table 4.7: Means and Standard deviations for Marital Satisfaction based on attachment style**

Attachment Style	N	Mean	Std. Deviation
Secure	79	56.59	9.864
Avoidant	63	50.83	8.541
Anxious-Ambivalent	58	50.31	5.762
Total	200	52.96	8.894

**Table 4.8: Summary of one-way ANOVA results for Marital Satisfaction based on attachment style**

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1738.064	2	869.032	12.225	.000
Within Groups	14004.531	197	71.089		
Total	15742.595	199			

Table 4.8 above contains a summary of results of the one-way between-groups analysis of variance which was conducted to examine differences in Marital Satisfaction with respect to attachment style. Participants were divided into three groups according to their attachment style (Secure, Avoidant and Anxious-ambivalent). Results indicate that at the  $p < .05$  level of significance, there was a significant difference in Marital Satisfaction among the three groups [ $F(2, 197) = 12.225, p = .000$ ]. This indicates that the three groups differed in terms of marital satisfaction. To find out the exact differences that existed, a Post-hoc analysis using the Bonferroni test was conducted. The results are presented in table 4.9.

**Table 4.9: Summary of Post Hoc analysis for Marital Satisfaction based on attachment style**

(I) Attachment Style	(J) Attachment Style	Mean Difference (I-J)	Std. Error	Sig.
Secure	Avoidant	5.770*	1.424	.000
	Anxious-Ambivalent	6.285*	1.458	.000
Avoidant	Secure	-5.770*	1.424	.000
	Anxious-Ambivalent	.515	1.534	1.000
Anxious-Ambivalent	Secure	-6.285*	1.458	.000
	Avoidant	-.515	1.534	1.000

\*. The mean difference is significant at the 0.05 level.

Multiple comparisons using the Bonferroni test indicated that the mean marital satisfaction score for individuals with Secure attachment style ( $M=56.59$ ,  $SD=9.864$ ) was significantly higher than that for those with Anxious-ambivalent attachment style ( $M=50.31$ ,  $SD=5.762$ ) and Avoidant attachment style ( $M=50.83$ ,  $SD=8.541$ ). Anxious-ambivalent and Avoidant attachment styles constituted insecure attachment styles. No significant difference was however found between those with Avoidant and Anxious-ambivalent attachment styles in terms of marital satisfaction. Therefore, the fourth hypothesis that Individuals securely attached will be more satisfied in marriage than those insecurely (avoidant and anxious-ambivalent) attached was also supported.

### **Hypothesis Five**

Hypothesis five was stated as ‘Presence of children, cultural belief and religion will significantly moderate the relationship between attachment style and marital satisfaction.’ To test this hypothesis, the procedures proposed by Baron and Kenny (1986) were used. This is because it is generally accepted and widely used in other studies testing moderation effects. According to Baron and Kenny, testing a moderation effect involves the following steps;

Step 1 - Centre (standardize) both the predictor & the moderator. Centring is a linear transformation method which eliminates problems associated with multi-collinearity. It is achieved by subtracting the mean value for a variable from each score for that variable (Lingard & Francis, 2006).

Step 2 - Calculate the interaction term (i.e., predictor X moderator) using the standardized values.

Step 3 - Regress the outcome variable on the predictor, moderator, and their interaction.

That is, in the hierarchical regression analysis, the predictor should be entered in the first block, the moderator(s) in the second block and the interaction terms in the third block.

Step 4 - If the interaction effect is significant (i.e., if  $\beta$  of predictor X moderator is significant), then there is a moderation effect. However, if the interaction term was not significant, no moderation effect was apparent.

Following this, the dependent variable, that is, marital satisfaction was regressed on attachment style, Presence of children, culture and religiosity, and then on the interaction terms. Specifically, attachment style (the independent variable) was entered in the first block, Presence of children, Cultural Belief and religiosity (the moderators) in the second block and Attachment x Children, Attachment x Cultural Belief and Attachment x Religion (the interaction terms) in the third block. Summary of the results of the analysis are presented in Table 4.10.

**Table 4.10: Results of Hierarchical Multiple Regression Analyses for the moderation effect of Presence of children, culture and religiosity on the attachment style - marital satisfaction relationship**

Model		B	Std. Error	B
1	(Constant)	63.910	3.295	
	Attachment Style	.236	.070	.236**
2	(Constant)	49.264	8.010	
	Attachment Style	.193	.069	.192**
	Number of children	-1.580	.462	-.234**
	Cultural Belief	.099	.071	.097
	Religiosity	.276	.208	.092
3	(Constant)	49.954	8.028	
	Attachment Style	.208	.070	.207**
	Number of children	-1.512	.465	-.224**
	Cultural Belief	.088	.071	.086
	Religiosity	.305	.213	.101
	Attachment x Children	.042	.055	.053
	Attachment x Culture	-.008	.007	-.074
Attachment x Religion	-.023	.019	-.087	

$R^2 = .056, .123$  and  $.142$  for step 1, 2 and 3 respectively.  $\Delta R^2 = .068$  and  $.019$  for step 2 and 3 respectively, \*\* $p < .01$

The results indicated that attachment style had a significant influence on marital satisfaction [ $F(1, 196) = 11.549, p = .001$ ]. Contrary to expectation however, Attachment Style did not interact with Presence of Children (Attachment x Children) to significantly predict marital satisfaction ( $\beta = .053, p > .05$ ). This indicates that, Presence

of Children did not significantly moderate the attachment style - marital satisfaction relationship. Again, Attachment Style was not found to interact with Culture (Attachment x Cultural Belief) to significantly predict marital satisfaction ( $\beta = -.074$ ,  $p > .05$ ). This also shows that, Cultural Belief did not significantly moderate the attachment style - marital satisfaction relationship. Finally, the analysis revealed that Attachment Style did not interact with Religiosity (Attachment x Religiosity) to significantly influence marital satisfaction ( $\beta = -.087$ ,  $p > .05$ ). Thus, Presence of children, Cultural Belief and Religiosity all did not moderate the relationship between attachment style and marital satisfaction. In view of this, Hypothesis 4 stated as Presence of children, culture and religion will significantly moderate the relationship between attachment style and marital satisfaction was not supported.

#### **4.4 Summary of Results**

Below is a summary of the main findings of the study.

Parenting style was not found to significantly relate to or influence marital satisfaction.

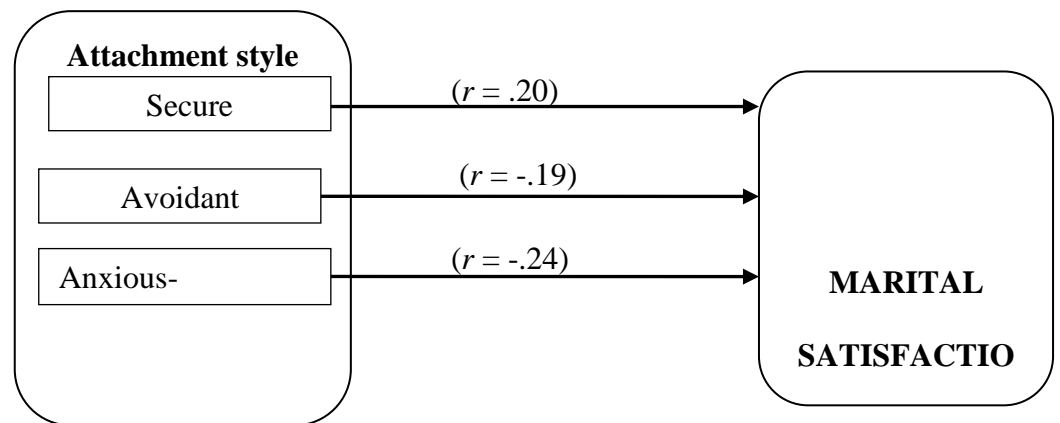
Individuals raised with Authoritative parenting style were found to be more securely attached compared to those of Authoritarian parents.

Individuals raised with Authoritative parenting style were also more securely attached than those raised by permissive parents.

Individuals who were securely attached were more likely to be satisfied in marriage than those insecurely (avoidant and anxious-ambivalent) attached.

Presence of children, cultural belief and religion were all not found to significantly moderate the relationship between attachment style and marital satisfaction.

#### 4.5 Final Conceptual Model



**Figure 2. The Final Conceptual Model depicts the relationship among variables as found in the present study**

### QUALITATIVE RESULTS

#### 4.6 Content analysis of factors affecting marital satisfaction

The final section of the data analysis in the study had to do with the content analysis of the open-ended questions. The purpose of the open-ended questions was to briefly explore the factors affecting marital satisfaction in the Ghanaian context based on which a detailed qualitative study using in-depth interviews can be conducted in the future. Secondly, the purpose was also to ascertain the appropriateness of the ENRICH marital satisfaction scale in the Ghanaian context. The open-ended questions asked respondents to state five main things which made them happy with their marriage and five other factors which made them unhappy with their marriage. Miles and Huberman's (1994) steps for qualitative analysis were specifically followed for the data analysis. The framework involves three main steps which includes data reduction, data display and drawing of conclusion or verification. Following this framework for data analysis, the researcher had to reduce the data first through generation of themes then displaying of

the data into diagrams and finally conclusions were drawn from the sub-themes that emerged from the data.

In the data reduction phase, all the responses of the participants were first typed out in a table form according to the gender that is male/female categorization. The data was further reduced into phrases and words where appropriate. These phrases were further reduced to codes where phrases and words with similarity among them were categorized into groups.

During the coding stage, major themes emerged which then led to sub-themes. These themes were displayed in a tabular form indicating the frequencies of each theme in tallies (see appendix B). Finally, three main themes; Attitudinal, Companionship and External factors which emerged from the data were interpreted according to how they were generated from the data. Both male and female respondents who were mainly with some level of formal education mentioned similar factors as affecting marital satisfaction. However, male respondents were more concerned about attitudinal factors whereas females were more concerned with companionship in the relationship.

#### **4.6.1 Reliability and validity of the data**

In order to ensure reliability and validity of the qualitative data analyses, the researcher went by two the processes which are peer review and respondent validation (Burnard, Chadwick, Gill, Stewart & Treasure, 2008). The peer review involves a third person knowledgeable in qualitative analyses independently analysing the data apart from the researcher. In the respondent validation, respondents are contacted after the data analyses so that they verify the analysis as to whether it captures exactly what they said. In this study, the researcher went back to ten of the respondents so that they confirm or refute the themes generated from the data they gave regarding what makes them satisfied and

dissatisfied in their marriage. These respondents confirmed that the analysis reflected their responses. To ensure that they do not change their minds in respect of the responses, they were contacted three days after the data collection. To further reliability of the data analysis, another researcher well versed in qualitative analysis was contacted who also analysed the data independently to ensure inter-rater reliability.

#### **4.6.2 Findings from the qualitative study**

From the analysis of the qualitative data, two main themes emerged as factors impacting positively on marital satisfaction. These themes were categorized as Companionship and Attitudinal factors. Two other main themes were also generated for the factors which made respondents dissatisfied with their marriage which are Attitudinal and External factors. These major themes and their sub themes are explained below.

#### **4.6.3 Positive Factors Affecting Marital Satisfaction**

These are the factors which make people satisfied in their marriage and have been categorized as Companionship and attitudinal factors. According to the respondents, when these factors are present in marital relationship, they derive satisfaction.

##### ***Companionship factor***

From the factors outlined by respondents as positively impacting on marital satisfaction, five sub-themes were derived under the companionship factor. These sub-themes are affection, intimacy, support, entertainment and communication. These were factors that respondents indicated made them satisfied with their marriage and expected them from their spouses. Mainly these factors fostered closeness between the couples. Some of these included sexual intimacy, surprise gifts, doing things together, outing and playing games.

Majority of the respondents indicated that affection was very vital in marital satisfaction. They showed that affection in the marriage was expressed by eating meal prepared by spouse, acceptance, receiving surprise gift, getting attention and spouse verbally reaffirming their love. For instance one respondent wrote:

*...I feel loved when I get attention and receive surprise gift from my husband, (woman, Respondent 23).*

The above quote indicates that getting attention from a spouse makes the partner feel special and valued. In the same way when surprise gifts are received occasionally, it enhances the love they have for each other.

Intimacy was another sub-theme of the companionship factor most respondents spelt out as enhancing marital satisfaction. Intimacy in marriage was expressed by sexual intercourse, doing certain things together such as spending time together, eating, bathing, cooking and praying together. Below is a quote for illustration:

*...I enjoy my marriage when we eat and bath together and also make love (woman, Respondent 30).*

Engaging in certain activities together as married couples brings them close to each other and they learn to tolerate one another. Sexual intimacy also brings couples together in that they satisfy each other's sexual drive.

Support was another sub-theme which emerged from the analysis as fostering companionship in marriage relationship. About hundred respondents mentioned ways through which their spouses show support which largely fosters companionship in the relationship. Getting support from the spouse and in-laws was indicated as relevant

factor for getting satisfaction in a marriage relationship. This ranged from financial to emotional support. Here is an example of a statement made by a respondent:

*... When my partner assists me to run the home with her resources, I feel very happy (man, Respondent 49).*

Marriage relationship becomes more satisfying for both partners when they each receive support from one another. This enhances closeness between the couple. Financial support in managing the home as indicated by the respondent enhances his satisfaction in the marriage.

Communication, mostly referred to as the life wire of every relationship was outlined by majority of the respondents as very relevant to marital satisfaction. According to the respondents, effective communication in marriage comes about through one-on-one conversation, listening to each other, talking on phone among others. For example one respondent indicated as quoted:

*... Getting advice from my husband and conversing together about the family makes me happy in my marriage (woman, Respondent 15).*

From the above quotation, communication is seen as bringing the couples together and this also provides the platform for them to discuss matters that are pertinent to their family life. It helps them to discuss solutions and enhances their marital satisfaction.

Married people cherish entertainment in their relationship perhaps because it helps in several ways apart from enhancing the friendship between them. Majority of the respondents mentioned outing as contributing to marital satisfaction. Visiting interesting tourist sites, eating from outside occasionally, paying visit to friends, travelling, playing games, playing with children were ways respondents indicated they got entertained. The following example is a quote from a respondent:

... *If we go out occasionally and have fun with the family, I feel good (man, Respondent 98).*

Entertainment is important in enhancing marital satisfaction. Married couples should therefore plan common entertainment programmes which will enhance their friendship in marriage and make them happy with each other.

### ***Attitudinal factors***

Respondent made it clear in the data the relevance of attitudes in marital satisfaction which were categorized into three sub-themes. These factors were mentioned by almost all the respondents indicating its relevance. These were character, parenting and duty consciousness.

Some level of consistency tends to prevail in the manner in which participants portrayed the relevance of positive character in marriage by spouses. Participants indicated the necessity of good spousal character in the development and satisfaction in marriage. Though character was mentioned by both male and females, males mentioned it most. Characters such as faithfulness, trust, honesty, openness, humility and respect were commonly mentioned. One participant wrote:

...*I am happy in the marriage because my wife is faithful and respects me (man, Respondent 72)*

Faithfulness is an attitude that is the foundation to trust. For married couples to be happy, it is essential that they will be faithful to each other.

Parenting was identified as relevant factor to marital satisfaction. Some of the respondents acknowledged that taking responsibility to care for their children together was an important determinant of marital satisfaction. Below is a quote from a respondent:

*...I am satisfied when the woman takes care of the children and they look neat always (man, Respondent 55).*

This emphasizes the centrality of child care in marriage. Couples therefore have to accept the responsibility to care for their children since it will improve their marital satisfaction.

Dutifulness of partners is a key factor in getting satisfied in marriage as was evident in the responses gathered from the respondents. For both male and female respondents, doing house chores such as cooking, cleaning the home, doing the laundry and working hard to earn an income for living were cherished. Example:

*...Our marriage is satisfying because my spouse helps with house chores and work hard for the living (woman, Respondent 142).*

Married couples should be duty conscious. It is important for all couples to assist in household chores.

#### **4.6.4 Negative Factors Affecting Marital Satisfaction**

These are factors which bring about marital dissatisfaction. In light of these factors, two major themes emerged from the responses which are Attitudinal and External factors.

##### ***Attitudinal factors***

The attitudinal factors mainly concerns behaviours of partners in a marriage relationship which interferes with their level of satisfaction. These factors have been categorized into three sub-themes namely Communication, Character and Responsibility.

Though communication enhances marital satisfaction, most of the respondents also indicated poor communication can make them dissatisfied with their marriage.

According to them, when their spouses fail to communicate well with them it destroys the marriage. Such communication lapses as keeping secrets, calling lovers, making too many calls on phone instead of chatting with partner, failing to take spouse's advice, revealing secrets to others, refusal to pick up phone calls, complaining too much about one thing were identified. Below is a quote for illustration:

*...I am worried when my husband talks too much when I do wrong and sometimes fails to answer my calls (woman, Respondent 11).*

This re-emphasizes the importance of communication in all its aspects. Married couples should therefore take communication issues in their marriage serious to ensure happiness in their marriage.

Some consistency was evident in the responses with regards to character as most of the respondents made mention of at least one character trait as impacting on marital satisfaction. For instance, characters such as dishonesty, infidelity, quick temper, gossip, dislike for sexual intimacy, fighting, lack of submission, misunderstanding, indecent dressing and consuming alcohol among others were characters that spouses outlined. This statement was made by a respondent:

*...I cannot be happy in marriage if the woman does not like sex and also gets drunk with alcohol (man, Respondent 75)*

Negative character traits are disruptive to marital satisfaction. Couples should exhibit positive character to preserve satisfaction in their marriage.

Marriage naturally comes with corresponding responsibilities. Shirking of these responsibilities usually renders ones' partner dissatisfied in the relationship as espoused by the respondents. For males their wife's failure to cook, wash clothing, care for their children and generally keep the home was important. They also expressed concern about

giving too much work to children. Wives on the other hand were not happy about responsibilities such as cooking, washing, taking care of the home without assistance from their spouses, caring for step children and husbands failing to care for their children. Below is an example from a respondent:

*...I am not happy because I care for the children all alone including a step child who is troublesome (woman, Respondent 71).*

Marriage involves shared responsibilities. The inability for a partner to play his/her expected role places undue burden on the other partner and this leads to dissatisfaction in marriage.

### ***External factors***

The external factors are behaviour which are not deliberately put up by the individual but instead are motivated by some external factors. These factors have been grouped into three sub-themes which are Interference, Financial Problems and Job Stress.

Respondents indicated that financial problems can greatly affect their marital satisfaction. Respondents commented on issues like spouse withdrawing money without their concern, high expenditure, buying expensive things and insufficient housekeeping money for the home. For instance a respondent wrote:

*...My wife is too demanding financially. She spends too much (man, Respondent 37)*

Married couples should ensure financial prudence in marriage. This will ensure judicious use of resources and enhance marital satisfaction.

Though respondents acknowledged hard work as positive attitude enhancing marital satisfaction, other distractions emanating from spouse's job can have negative impact on marriage. Such issues as going for night duty, going to work on weekends, coming home

late from work and over working one's self were mentioned by respondents. Examples of the quotes are as follows:

*...I am not happy in this marriage because he spends all his time at the work place, he has no time for me (woman, Respondent 87).*

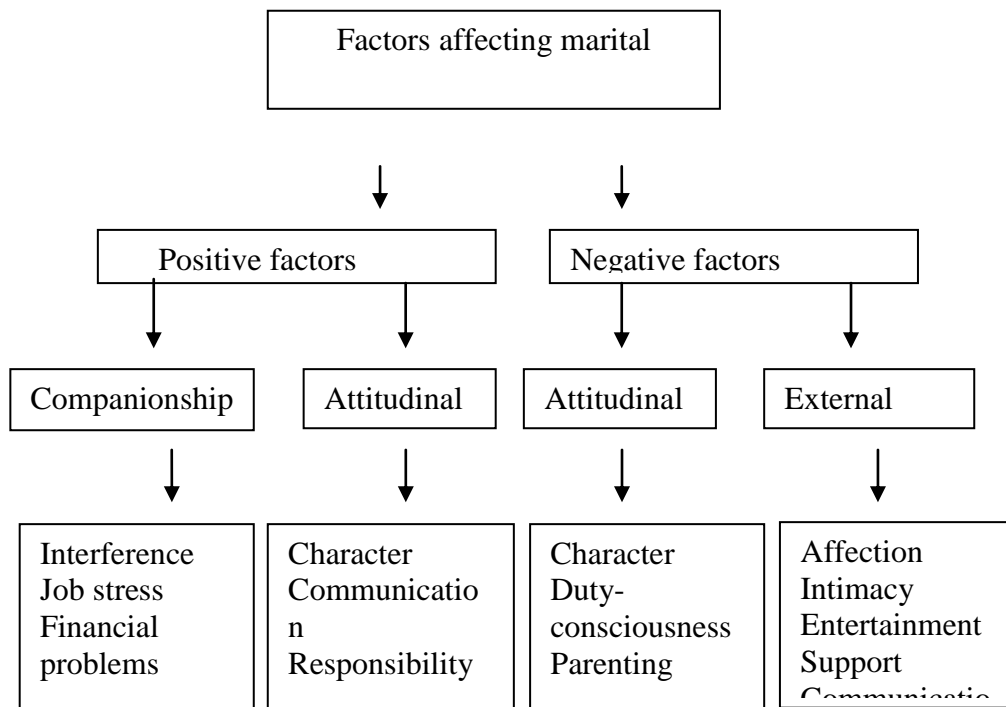
Job stress takes a heavy toll on marriage as it leads to inattention and can result in shirking marital responsibilities. Marital couples should maintain a balance in their workplace responsibilities and their marital responsibilities to ensure marital satisfaction in the home.

Aside from the couple, behaviours of other people in their lives such as their extended family members and friends can impact marital satisfaction. Interference from such loved ones according to respondents negatively affects marital satisfaction. For instance, unannounced visitors, staying with in-laws, associating with someone of different religious faith and moving with many friends. A quote below is for illustration:

*...I am not happy about the frequent calls she receives from ex-lovers and gifts from other men (man, Respondent 103).*

External interference brings disharmony in marriage. This could lead to confusion in the marriage and will be disruptive to marital satisfaction.

#### 4.7 A Conceptual Model Explaining Factors Affecting Marital Satisfaction among Married Men and Women in Accra



**Figure 3: Conceptual Model Explaining Factors Affecting Marital Satisfaction**

The above model explains the factors affecting marital satisfaction among married men and women in Accra. Companionship in the form of affection, intimacy, entertainment, support and communication affects marital satisfaction positively. Moreover, attitudinal factors such as character, duty consciousness and parenting positively affect marital satisfaction. The factors negatively affecting marital satisfaction are mainly attitudinal and external. These attitudinal factors are character, communication and responsibility. Interference, job stress and financial problems constitute external factors negatively impacting marital satisfaction. The main propositions from the present study are as follows:

1. Couples are more likely to be satisfied with their marriage if they express affection, engage in intimacy, communicate, support one another and constantly have

entertainment through outing and playing games. Marriage would also be more satisfying if the partners are of good character such as being honest, respectful, hospitable, humble, obedient and faithful. Dutifulness and parenting are also very important.

2. On the other hand, married couples are likely to be dissatisfied in their marriage if there are communication lapses, failure to take responsibility and if characters such as disrespect, infidelity, anger, indecent dressing, unforgiveness and the like are portrayed. Married couples are again likely to be dissatisfied if there are interferences from extended family members such as in-laws, parents and siblings as well as friends.

#### **4.8 Conclusion /Verification**

The aim of the qualitative study was to explore the factors affecting marital satisfaction among married men and women in the Ghanaian context. It was also to verify whether the ENRICH marital satisfaction scale which was used to measure marital satisfaction in the study was appropriate in the Ghanaian context. Looking at the data displayed above where respondents made mention of factors making them satisfied in their marriage, two main themes came up. These themes are attitudinal and companionship factors. The character of a spouse such as honesty, respect, hospitality, humility, and faithfulness among others as well as readiness to perform duties and parenting were found to bring marital satisfaction. Moreover, companionships factors such as affection, intimacy, supporting one another and entertainment were identified as relevant if couples are to get satisfied in their marriage. Therefore in marriages where couples experience the above stated factors, they are more likely to experience marital satisfaction.

On the other hand, when a spouse exhibits characters such as dislike for sexual intercourse, disobedience, dishonesty, unfaithfulness, gossip and among others marital

dissatisfaction results for the couple. Similarly, when there is poor communication such as calling ex-fiancés, complaining, keeping secret just to mention a few as well as interference from friends and family members, couples are likely to experience marital dissatisfaction.

From the major themes and sub-themes which emerged from the data so far, the items on the marital satisfaction scale used to collect data in this research is consistent with findings of the qualitative study. For instance, with respect to companionship, item 4 on the questionnaire reads ‘My partner completely understands and sympathizes with my every mood.’

With respect to communication, item 5 was stated as ‘I am not happy about our communication and feel my partner does not understand me’. The sub theme ‘parenting’ was adequately captured as item 12 was stated as ‘I am not satisfied with the way we each handle our responsibilities as parents’. Entertainment and affection were measured by item 10. It reads ‘I am very happy with how we manage our leisure activities and the time we spend together’. Item 11 reads as ‘I am very pleased about how we express affection and relate sexually’ which depicts affection. Finally, character was captured by Item 2 which states ‘I am not pleased with the personality characteristics and personal habits of my partner’. It can be deduced from the above that the contents of the ENRICH Marital Satisfaction Scale used are largely consistent with the factors that participants reported as affecting their marital satisfaction. The scale was thus appropriate for this study. Therefore the ENRICH Marital Satisfaction scale adequately measured marital satisfaction of the respondents.

## CHAPTER FIVE

### DISCUSSION, CONCLUSION AND RECOMMENDATION

#### 5.1 Discussion of Results

The relationship between Parenting Style (authoritative, authoritarian and permissive) and Marital Satisfaction .

The first hypothesis tested for a direct relationship between Parenting Style and Marital satisfaction. Even though this relationship has not directly been tested in other relationship studies, a relationship has been established between the three parenting styles and subsequent attachment style. Dwairy, Achoui, Abouserie and Farah, (2006) in their research found that parenting style has significant relationship with attachment style. Similar findings emerged from the study conducted by Karavasilis, Doyle and Markiewicz (2003). These separate studies have clearly established a direct relationship between parenting style adopted in training an individual and the subsequent attachment style.

More so, past studies established a direct relationship between attachment style and marital satisfaction (Hatch, 2008; Hollist & Miller, 2005; Stebeur, 2004). Therefore as expected, parenting style could relate to or influence marital satisfaction due to the separate relationship the independent variable (parenting style) has with the mediating variable (attachment style) and also the mediating variable with the dependent variable (marital satisfaction). The first hypothesis was however, not supported. The results however can be accounted for by several factors.

The thematic content analysis of the qualitative data indicated that attitudinal, companionship and external factors play a major role in marital satisfaction. As postulated by the dynamic goal theory of marital satisfaction (Tianyuan & Helene, 2010), married persons have different goals for entering into marriage relationship.

These goals may be companionship, instrumental or personal growth goals. Marital satisfaction is gained if the goal for marriage is achieved and therefore evaluation of marital satisfaction is basically an individual affair. Grounded on this premise, specific and unique variables influence marital satisfaction beyond the general developmental factors such as parenting style used in training the individual.

The relationship between Parenting Style (authoritative, authoritarian and permissive) and Attachment Style

The second finding of the study is that, individuals who were raised with Authoritative parenting style are more securely attached compared to those of Authoritarian parents. Overall, a consistent relationship has been found between parenting style used to raise individuals and their subsequent attachment style (Dwairy, Achoui, Abouserie & Farah, 2006). For instance, Karavasilis, Doyle and Markiewicz (2003) found that people who experience authoritative parenting styles are securely attached compared to the permissive and the authoritarian styles. This finding concurs with the current finding of this study.

Authoritative parents are those who are responsive to the emotions of their children, an act that fosters closeness between the parent and the child. According to Dwairy, Achoui, Abouserie & Farah (2006), this closeness results in a great sense of security for the child. As such, such children become securely attached. On the other hand however, because authoritarian parents have been found to be harsh disciplinarians and usually emotionally distant from their children, such children would feel great deal of insecurity and some form of mistrust. In this regard, they are more likely to develop either avoidant or anxious-ambivalent attachment style.

From the foregoing, it is evident that parenting style does influence attachment style. More specifically, as found by this study, authoritative parenting style is more associated

with secure attachment style than authoritarian and permissive styles. Attachment style has been described as a long lasting psychological connectedness between human beings (Bowlby, 1969). In that case, it will affect different aspect of an individual's life. Therefore the best form of attachment style (secure) is always encouraged. The parenting style adopted to raise an individual does affect attachment style formation (Doyle, Karavasilis & Markiewicz, 2003). Specifically, authoritative parenting style as been associated with secure attachment style. For its long lasting nature, attachment style is capable of influencing adult relationships such romantic relationship like marriage (Ainsworth, 1979 & 1989).

The third hypothesis of this study stated that individuals raised with authoritative parenting style will be securely attached than those raised by permissive parents. This hypothesis was also supported. Permissive parenting style is one of the parenting styles identified by Baumrind (1980). Parents who adopt this style of bringing up their children are those that are inconsistent in their behaviours towards their children. Per this method, the child develops confusion/uncertainty in life. Thus, the child forms an anxious-ambivalent attachment style. Even though it is much clear that the permissive parenting style is not the best, some parents still adopt it. Ideally, every parent could be said to necessarily adopt a more authoritative style since this has been found consistently to be associated with more securely attached children. Goldsmith & Harman, (1994) indicated that the type of parenting style adopted by parents in raising their children is dependent on several factors such as parents own marital satisfaction, the child's temperament and cultural characteristics. Therefore, even in the face of proven evidence, parents would still use styles other than a popularly hailed one even if that will disturb the life of the child.

This finding indicates so far in consonance with other studies that authoritative parenting style produces children who are securely attached. Such children will grow up to have a positive sense of the self and be better able to adjust in society and life in general. Like the pioneers of the concept of attachment such as Bowlby (1969, 1973, 1982) and Ainsworth, Blehar, Waters and Wall (1978), attachment of a child is cognitively based. This was explained to be an internal working model the individual employs about the self and others. It is all based on the past and treatments enjoyed from caregivers. This attachment when formed rather becomes consistent over life time (Cassidy & Berlin, 1994; Ainsworth, Blehar, Waters and Wall, 1978). Literature has consistently supported authoritative parenting as a foster for secure attachment. The other styles of parenting such as the authoritarian and permissive produce children who are not securely attached. This consistency is what ensued in the second and third findings of this current study so far.

The relationship between Attachment style (secure, avoidant and anxious-ambivalent) and Marital Satisfaction.

Marital satisfaction (defined as the overall assessment of the present state of the marriage relationship; Mann, 2003) can be influenced by diverse factors. In fact, many factors outside the individual's determination can account for marital satisfaction (example childbirth, years of marriage, Schlesinger, 1982; Graver, Russell, Shumm & Paff-Bergen, 1985). Hatch (2008) found that husbands' marital satisfaction was based on their own relationship expectations, exit responses, neglect responses, voice responses, loyalty responses, and empathic perspective taking. As such, satisfaction with marriage remains an individual affair, differing from one person to the other. However, there are equally strong inner characteristics that can affect one's satisfaction with marriage.

From this particular study, attachment style has been found to be related to marital satisfaction. Those who are securely attached are found to be more satisfied with marriage than those with insecure (avoidant and anxious-ambivalent) attachment. This finding supports the findings in a study conducted by Banse (2011). In his study, Banse also found that secure attachment was related to higher levels of marital satisfaction, and insecure attachment to lower levels of marital satisfaction. A similar finding is reported in the work of Steuber (2005) who found that highly avoidant individuals are more likely to engage in hostile relational conflict with their partners and feel significantly less satisfied from their adult romantic relationships than their non-avoidant counterparts.

Attachment forms a significant part of an individual's life. As such, this can affect many major aspects of life one of which is marriage. As indicated by Bowen (1978) and Kobak and Sceery (1988) in Vondra and Belsky (1993), when individuals are psychologically resourced in terms of security and self image, they tend to establish a more stable, intimate and satisfying relationships. Therefore, the concept of attachment will provide a stable marital relation when the best style is found in the individual. As indicated earlier, secure attachment style has consistently been found to be best among the other attachment styles. Persons securely attached are more likely to trust their partners and easily adjust to social situations. This attitude perhaps makes it easy for them to enjoy the marriage and subsequently have high level of marital satisfaction. This however may not be the case for those with avoidant and anxious- ambivalent attachment styles. Anxious-ambivalent and avoidant attached individuals have irrational beliefs about romantic relationship compared to those attached securely (Bursik & Stackert, 2008). With such negative beliefs, the individual is less likely to experience relationship satisfaction. In effect, secure attachment positively affects marital satisfaction.

Dissatisfaction in marriage can lead to several unpleasant outcomes with the easiest being divorce. Gardner (2007) for instance deduced that adult attachment and the link to relationship satisfaction creates relationship dissatisfaction and divorce which occur at alarming rates leading to many mental health consequences. However, it has been indicated that marital dissatisfaction can result in mental or psychological distress. However, it has been found that secure attachment significantly moderates the relationship between marital disturbances and depressive symptoms. This prompted a conclusion that there is a relationship between attachment insecurity and a predisposition to depressive symptoms in marital relationships

The Moderating effect of Presence of Children, Cultural Belief and Religion on the relationship between Attachment Style and Marital Satisfaction

The last finding of this study was based on the hypothesis that the presence of children, culture and religion will significantly moderate the relationship between attachment style and marital satisfaction. This was not supported. None of these factors were found to moderate the relationship between attachment and satisfaction with marriage.

Marital satisfaction is affected by several factors such as attitudes, companionship and external factors as the qualitative results indicated in this study. These attitudinal factors include character, duty consciousness and parenting. Companionship is demonstrated in the form of affection, intimacy, communication, support from spouse and entertainment. Interference from friends and family members are some external factors which influence marital satisfaction as was evident in the qualitative study conducted. In addition, different people have different goals for marrying which defines somehow what makes them satisfied in marriage. Grounded in the Dynamic goal theory proposed by Tianyuan and Helene (2010), cultural belief, religion and presence of children in marriage could

moderate the relationship between attachment style and marital satisfaction only if it is a goal for marrying.

Most marriages come with strong desire for child birth. In this regard, couple may be deemed satisfied when this desire is fulfilled. Similarly, cultural belief and values as well as religious affiliations could have an impact on satisfaction with relationships and marriages. However, the role of these factors in moderating how best attachment correlates with marital satisfaction could not be established in this study. Unlike factors traced by Hatch (2008) such as relationship expectations, four types of responses to accommodative dilemmas (exit, neglect, voice, and loyalty), and three forms of empathy (Empathic concern, perspective taking, empathic personal distress) to be influencing this association, child birth, culture and religion did not. This indicates the strong linkage between attachment style and marital satisfaction.

### **Factors affecting Marital satisfaction in Ghana**

The study sought to find the factors which affect marital satisfaction in the Ghanaian sample using open-ended questions. It was also to verify the appropriateness of the marital satisfaction scale which was used in the present study. Respondents were asked to write five things each which made them satisfied and dissatisfied with their marriage. Interestingly, respondents wrote several things which were analysed using content analysis (1994). According to the Dynamic Goal theory of Marital Satisfaction (Tianyuan & Helene, 2010), individuals have their own goals for marrying and when these goals are achieved, they obtain satisfaction. These goals could be companionship, personal growth or an instrumental goal. Grounded in the above theory, it was expected that different factors would influence marital satisfaction for each individual.

From the content analysis, two major themes emerged as factors positively affecting marital satisfaction which are Companionship and Attitudinal factors. Companionship had sub-themes as affection, intimacy, communication, entertainment and support. Affection was expressed through *eating meal prepared by spouse, acceptance, receiving surprise gift, getting attention from spouse* among others. Similarly, intimacy was shown in the form of *sexual intimacy, doing things together, receiving gift from spouse and sharing ideas*. The attitudinal factors basically had to do with the character of spouse, duty consciousness and parenting. Major character traits which respondents identified as positively enhancing marital satisfaction were *respect, honesty, faithfulness, humility and openness*. Communication was mentioned by respondents as key to marital satisfaction. *One-on-one conversation, listening to each other, talking on phone, discussing* among others was identified as means of communicating effectively in marriage.

Attitudinal and External factors were also found to negatively affect marital satisfaction. The external factors basically are financial problems and interference from family members and friends. Specially, negative attitudes such as Unforgiveness, anger, telling lies, fighting, disrespect, infidelity and nagging just to mention a few emerged from the data. Indeed, such attitudes mar the beauty of relationships generally as is seen in our interaction with others daily.

Generally, the above major and sub-themes correspond with the companionship, instrumental and growth goals espoused by Tianyuan and Helene, (2010). Since people have different goals for getting married, marital satisfaction becomes an individual affair. As social beings, human beings need the company of others and therefore the relevance of companionship in marriage. When there is someone to comfort and also to seek counsel from, one is able to deal with the challenges of life. Seeking out the company of loved ones is necessary and helpful way of coping with stress. As Africans and

Ghanaians for that matter, the culture is more collectivistic and therefore the value couples place on companionship. Moreover, attitudes constitute the personality characteristics of a person. As enduring as it may be, it can have negative and positive implications in marital relationship.

The findings in the qualitative study further explains the results of the quantitative the study. The first hypothesis of this study sought to find out whether parenting style will mediate the relationship between attachment style and marital satisfaction. Though this was not supported, the findings of the qualitative exploration makes it clear that the expected relationship between these variables is much complex. This implies that several factors such as attitude, companionship and some external factors are very relevant in making a marital relationship satisfying. A direct relationship was established between attachment style and marital satisfaction. However, the impact of the attitudinal, companionship and external factors as correlates of marital satisfaction cannot be denied. For instance securely attached individuals are confident, trust that others are available to give the needed support and experience more satisfying relationship (Ainsworth, 1991). However, persons insecurely attached (Anxious-ambivalent and avoidant) lack this ability and are noted to have irrational beliefs about romantic relationship.

In this current research, securely attached individuals were found to be more satisfied in their marriage compared to those with avoidant and anxious-ambivalent styles. The implication of the findings is that an inherent trait of individuals predisposes them to certain attitudes which affect their marriage either positively or negatively. In addition, people's cultural beliefs, religiosity and presence of children in marriage did not moderate the relationship between attachment style and marital satisfaction simply because the attitudinal, external and companionship factors could be major factors affecting that relationship as well.

## **5.2 Implications of the findings of the study for Clinical Practice**

Satisfaction in life is an overall necessity for healthy life. Therefore, throughout life, people seek to satisfy some inner satisfaction and joy. With children, having their needs met could be a great joy. In adults, getting desires and plans work out may be such a wonder fortune to experience. In marriage, satisfaction will be like gold to discover, making the marriage the most interesting event in life. However, when this happiness that is required at all stages in life is non-existent, the individual may surely experience some frustration.

It is necessary for clinical practitioners to take cognisance of factors that can extinguish the joy people attain in life. From the findings above and the existing literature, people tend to have more satisfying relationship with others and comfortable in life when they are securely attached from childhood. For that matter, parents must be encouraged to adopt the most appropriate parenting style, preferably authoritarian style for raising their children. This parenting style correlates significantly with secure attachment style. By this, parents are encouraged to be warm and responsive to the needs of their children while remaining firm in enforcing rules and regulations. When children get securely attached to their parents and care givers, they grow up as adult to be confident and enjoy secure attachment in romantic relationship as well. Clinicians can therefore educate aspiring couples during premarital counselling sessions on appropriate parenting styles and its implications.

Moreover, when clinicians understand the relationship between parenting style, attachment styles and marital satisfaction in adult life, it will afford them better understanding of marital issues. With such knowledge, clinicians will be well resourced to offer appropriate counselling to couples and individuals yet to marry. In addition,

family therapist can better understand and organize therapy for the family at large to resolve challenges.

Again, the understanding of this relationship will help prevent some prejudices that may be associated with marital conflicts by clinical practitioners. By this, clinicians can be objective enough in prioritizing the causes of marital conflicts and provide significant solutions. When appropriate link is drawn between childhood factors and adult life issues, the right clinical decisions will be made. Moreover, divorce and other psychological disorders resulting from marital distress can be reduced immensely. Ultimately, the large number of patients being treated at the psychiatric hospitals for various mental conditions can then be reduced.

### **5.3 Limitations of the Study**

Like many researches, this study was not without limitations. Many steps were taken to avert some obvious factors that could have compromised the findings of the study. Nevertheless, some situations were encountered in the course of the study that needs to be identified or pointed out in order to guide future studies. These limitations however do not undermine the validity of the findings of this study.

First of all, the researcher used convenient sampling technique instead of random sampling. By that, not all the married men and women in Accra had an equal chance of participating in the study. The convenient sample however, became appropriate because there was no up-dated and current sample frame from which respondents could randomly selected.

Another limitation was that some respondents grew tired in the course of the study. Though they were permitted to drop at any point in the study, some grew reluctant along the line but continued to respond to the end. In this regard, they may have provided

responses which probably may not be the true reflections of the actual situation. However, to ascertain as to whether the responses marked on the questionnaire reflected their real situation, the researcher asked some respondents some of the questions on the questionnaire verbally. Where there were inconsistencies, respondents had the opportunity to make corrections if they wanted to do so.

The study was also limited in that it failed to look at the influence of ethnicity of participants on marital satisfaction. Though participants were all within the Greater Accra region of Ghana, they were likely to have some unique cultural values due to their ethnic backgrounds which may affect marital satisfaction differently. Moreover, this study was limited in that the researcher did not consider the level of education and occupation of participants in the determination of their level of marital satisfaction. However, the researcher controlled for the effect of these variables on the findings of the study by including participants from basic, secondary and tertiary levels of education. Also, some participants were in regular paid jobs, others were self employed while others were also unemployed. By so doing, their effect on the findings of the study was to a large extent minimised. Though the researcher organized the qualitative data initially according to gender (male/female) categorization; the final analysis was not done separately for males and females. By so doing, the researcher was not able to establish whether the two groups differed on factors affecting marital satisfaction. However, these limitations do not undermine the authenticity of the findings in this study.

#### **5.4 Recommendations for future studies**

The findings of the study makes it clear that childhood experiences such as attachment style affects marital satisfaction. Other factors such as attitude, companionship and external interference also influence marital satisfaction. These factors can better be

explored by directly conducting comprehensive in-depth interviews. For that matter, a comprehensive qualitative study would have been the best design to study these constructs. Therefore, future studies can employ a qualitative rather than quantitative design. It is also recommended that the data should be analyzed separately for males and females so that specific factors affecting marital satisfaction for both groups can be established.

Moreover, future researchers can study couples instead of individual married men and women to have an in-depth understanding of the extent to which companionship, attitude and external interference affects marital satisfaction. Again, a longitudinal study can be conducted from childhood to adulthood to ascertain the extent to which parenting style affects adult attachment style and subsequent marital satisfaction. In addition to the variables investigated in this present study, future researchers can also study the influence of ethnicity, level of education and a person's occupation on marital satisfaction.

### **5.5 Summary and Conclusions**

The aim of this study was to establish the relationship between parenting style, attachment and marital satisfaction. This necessitated the selection of married men and women for the study. From the findings, it is clear that parenting style affects attachment style of individuals. Specifically, authoritative parenting style correlated strongly and positively with secure attachment style. It can therefore be concluded that, parents who set rules, discipline children with reasons and encourage children's involvement in decisions produce the sort of children who are securely attached. Such children can be well adjusted in life and feel comfortable in their relationships. On the other hand, parents who are punitive, emotionally distant from their children and those who simply

neglect the emotional and physical needs of their children produce children who are insecurely attached. Such children lack self confidence, have difficulty adjusting to social change and relating to others.

It was also found that secure attachment correlated significantly and positively with marital satisfaction. In this view, it can be said that parents who are authoritative help their children to grow up and enjoy their marriages better than others. This is because, authoritative parents as seen above give rise to securely attached children and these children in turn become more satisfied with marriages in later life.

Finally, it can be said that, the issues of parenting and attachment are very significant and must be treated with a lot of interest concerning everyone's life. This is because, the association between these factors/variables especially attachment style and marital satisfaction was not moderated by other factors as presence of children, religion or culture. For that matter, this link can be seen as a naturally strong one and so must be established in the right direction in order to maintain satisfied marital relationship.

The findings from the qualitative study also make it clear that positive and negative attitude of spouse, companionship in the marriage as well as external interferences greatly affect marital satisfaction. This is because aside from other factors, these were the major themes that emerged from the content analysis. Therefore for a more satisfying marriage relationship, married people must consider these factors carefully.

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**APPENDIX A**  
**DEPARTMENT OF PSYCHOLOGY**  
**UNIVERSITY OF GHANA**

Dear respondent,

I am a graduate student of the University of Ghana, Legon, pursuing a study leading to the award of an M.Phil in Psychology. I would be grateful if you could spend some time to complete this questionnaire for me. The aim of this study is to find out the relationship between parenting styles, Adult attachment style and marital satisfaction among married individuals. You are not to write your names on the questionnaire. THIS IS NOT A TEST. Please give honest answers. Information obtained will be treated with confidentiality. Thank you.

A. Demographic data

Please tick/fill the appropriate option applicable to you.

*Parenting style, Attachment style and Marital satisfaction*

Sex: Male [ ] Female [ ]

Age: \_\_\_\_\_

Age of spouse: \_\_\_\_\_

Religion a. Christian [ ] b. Islam [ ] c.

Traditionalist [ ] d. Any other,

specify.....

Number of years

married: \_\_\_\_\_

Duration of courtship period if

any \_\_\_\_\_

Level of education: No formal education [ ]

Basic [ ] Secondary [ ] Tertiary [ ]

Have you and your spouse ever been given

premarital counseling? Yes [ ] No [ ]

If yes what was the duration? \_\_\_\_\_

Number of children in the marriage \_\_\_\_

Occupation: \_\_\_\_\_

Occupation of spouse: \_\_\_\_\_

Ethnicity: \_\_\_\_\_

Apart from your spouse and children, do you

have any other people living with you? Yes

[ ] No [ ]

If Yes please list them (e.g. house help,  
auntie, grandparent, mother-in-laws,  
etc.): \_\_\_\_\_

*Parenting style, Attachment style and Marital satisfaction*

15. State five things that make you happy in marriage.
16. State five things that make you unhappy in marriage.
- 1.
- 2.
- 3.
- 4.
- 5.

B: parental authority scale

For each of the following statements, circle the number that best describes how that statement applies to you and your parents during your years of growing up. The rating scale is as follow:

1 Strongly disagree    2 Disagree    3 Sometimes    4 Agree    5 Strongly agree

1. While I was growing up my parents felt that in a well run home the children should have their way in the family as often as parents do.	1	2	3	4	5
2. Even if their children didn't agree with them, my parents felt that it was for our own good if we were forced to conform to what they thought was right.	1	2	3	4	5
3. Whenever my parents told me to do something as I was growing up, they expected me to do it immediately without asking questions.	1	2	3	4	5
4. As I was growing up, once family policy had been established, my parents discussed the reasoning behind the policy with the children in the family.	1	2	3	4	5
5. My parents have always encouraged verbal give-	1	2	3	4	5

*Parenting style, Attachment style and Marital satisfaction*

and-take whenever I have felt that family rules and restrictions were un reasonable.					
6. My parents felt that what children need is to be free to make up their own minds and to do what they want to do, even if this does not agree with what their parents might want.	1	2	3	4	5
7. As I was growing up my parents did not allow me to question any decision they had made	1	2	3	4	5
8. As I was growing up my parents directed the activities and decisions of the children in the family through reasoning and discipline.	1	2	3	4	5
9. My parents have always felt that more force should be used by parents in order to get their children to behave the way they are supposed to.	1	2	3	4	5
10. As I was growing up my parents did not feel that I needed to obey rules and regulation of behavior simply because someone in authority had established.	1	2	3	4	5
11. As I was growing up I knew what my parents expected of me in my family, but I also felt free to discuss those expectations with my mother/father when I felt that they were reasonable.	1	2	3	4	5
12. My parents felt that wise parents should teach their children early just who is boss in the family.	1	2	3	4	5
13. As I was growing up, my parents seldom gave me expectations and guidelines for my behaviour.	1	2	3	4	5
14. Most of the time as I was growing up my parents did what the children in the family wanted when		2	3	4	5

*Parenting style, Attachment style and Marital satisfaction*

making family decisions.					
15. As children in my family when we were growing up, my parents constantly gave us direction and guidance in rational and objective way.	1	2	3	4	5
16. As I was growing up my parents would get very upset if I tried to disagree with them.	1	2	3	4	5
17. My parents feel that most problems in society would be solved if parents would not restrict their children activities, decisions, and desires as they are growing up.	1	2	3	4	5
18. As I was growing up my parents let me know what behaviors they expected of me, and if I didn't meet those expectations they punished me.	1	2	3	4	5
19. As I was growing up my parents allowed me to decide most things for myself without a lot of direction from them.	1	2	3	4	5
21. My parents did not view themselves as responsible for directing and guiding my behavior as I was growing up.	1	2	3	4	5
22. My parents had clear standards of behaviour for the children in our home as I was growing up, but they were willing to adjust those standards to the needs of each individual child in the family.	1	2	3	4	5
23. My parents gave me direction for my behaviour and activities as I was growing up and expected me to follow their direction, but they were willing to listen to my concerns and to discuss that direction with me.	1	2	3	4	5
24. As I was growing up my parents allowed me to form my own point of view on family matters and they generally allowed me to decide for myself what I was	1	2	3	4	5

*Parenting style, Attachment style and Marital satisfaction*

going to do.					
25. My parent always felt that most problems in society would be solved if parent strictly and forcibly deal with their children when they fail behave as expected while growing up.	1	2	3	4	5
26. As I was growing up my parents often told me exactly what they wanted me to do and how they expected me to do it.	1	2	3	4	5
27. As I was growing up my parents gave me clear directions for my behavior and activities, but they also understood when I disagreed with them.	1	2	3	4	5
28. As I was growing up my parents did not direct the behaviors, activities, and desires of the children in my family.	1	2	3	4	5
29. As I was growing up I knew what my parents expected of me in the family and they insisted that I conform to those expectations simply out of respect for their authority.	1	2	3	4	5
30. As I was growing up, if my parents made a decision in the family that hurt me, they were willing to discuss that decision with me and to admit it if they had made a mistake.	1	2	3	4	5

*Parenting style, Attachment style and Marital satisfaction*

## C: Adult Attachment scale (AAS)

Please read each statement and respond with the number that most closely describes your feelings about romantic relationship. The rating scale is as follow:

1 Strongly Disagree    2 Disagree    3 Unsure    4 Agree    5 Strongly Agree

1. I find it relatively easy to get close to others.	1	2	3	4	5
2. I do not worry about being abandoned.	1	2	3	4	5
3. I find it difficult to allow myself to depend on others.	1	2	3	4	5
4. In relationships, I often worry that my partner does not really love me	1	2	3	4	5
5. I find that others are reluctant to get as close as I would like.	1	2	3	4	5
6. I am comfortable depending on others.	1	2	3	4	5
7. I do not worry about someone getting too close to me.	1	2	3	4	5
8. I find that people are never there when you need them.	1	2	3	4	5
9. I am somewhat uncomfortable being close to others.	1	2	3	4	5
10. In relationships, I often worry that my partner will not want to stay with me.	1	2	3	4	5
11. I want to merge completely with another person.	1	2	3	4	5
12. My desire to merge sometimes scares people away	1	2	3	4	5
13. I am comfortable having others depend on me.	1	2	3	4	5
14. I know that people will be there when I need them.	1	2	3	4	5
15. I am nervous when anyone gets too close.	1	2	3	4	5
16. I find it difficult to trust others completely.	1	2	3	4	5
17. Often, partners want me to be closer than I feel comfortable being.	1	2	3	4	5
18. I am not sure that I can always depend on others to be there when	1	2	3	4	4

*Parenting style, Attachment style and Marital satisfaction*

## D. Marital satisfaction scale

Please read each statement and respond with the number that most closely describes your feelings about spouse on that item. The rating scale is as follows:

- 1 strongly
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly agree

1. My partner and I understand each other perfectly	1	2	3	4	5
2. I am not pleased with the personality characteristics and personal habits of my partner	1	2	3	4	5
3. I am very happy with how we handle role responsibilities in our marriage	1	2	3	4	5
4. My partner completely understands and sympathizes with my every mood	1	2	3	4	5
5. I am not happy about our communication and feel my partner does not understand me.	1	2	3	4	5
6. Our relationship is a perfect success	1	2	3	4	5
7. I am very happy about how we make and/or decisions and resolve conflicts	1	2	3	4	5
8. I am unhappy about our financial position and the way we make financial decisions	1	2	3	4	5
9. I have some needs that are not being met by our relationship	1	2	3	4	5
10. I am very happy with how we manage our leisure activities and the time we spend together.	1	2	3	4	5
11. I am very pleased about how we express affection and relate sexually	1	2	3	4	5
12. I am not satisfied with the way we each handle our responsibilities as parents.	1	2	3	4	5
13. I have never regretted my relationship with my partner, not even for a moment.	1	2	3	4	5
14. I am dissatisfied about our relationship with my parents, in-laws, and/or friends.	1	2	3	4	5
15. I feel very good about how we each practice our religious beliefs and values.	1	2	3	4	5

*Parenting style, Attachment style and Marital satisfaction*

E: Africentric World View scale

Please answer the following questions as honest as possible. There are no correct or wrong answers; the researcher is only interested in your personal opinion. The rating scale is as follows:

- 1 Strongly
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly agree

I perform better on oral rather than written tasks.					5
When greeting someone, I prefer verbal acknowledgements (rather than a nod or hand wave).					5
I feel that sometimes I do things "just because it feels right."					5
I listen to my inner voice.					5
I am likely to rely on my inner voice					5
I have to see something to believe it.					5
I can tell you when a close friend is in trouble or feels bad					5
Attending churches, mosques, or other places of worship is important to me.					5
I meditate and engage in other acts of faith					5

*Parenting style, Attachment style and Marital satisfaction*

I believe in a spiritual force or power.					5
When stressed, I put my faith in a higher being.					5
When I hear music I respond actively to it					5
When speaking I am likely to use body language and hand gestures					5
I view death as a spiritual event					5
When things don't work out, I try to see the positive side					5
People should be judged on who they are rather than their material achievements.					5
It is expected that the elderly will be cared for by younger generations.					5
Older members of my family are relied on for advice/guidance.					5
It is not unusual for me to call close family friends "uncle, aunt, etc."					5
The ultimate value of a person is in his/her service to others.					5
My successful achievements are due to the support of significant others					5
I usually arrive at meetings, classes, work etc. before or at the exact specified time.					5
Remembering the past is as important as preparing for the future.					5
					5

*Parenting style, Attachment style and Marital satisfaction*

F: religiosity scale

Please answer the following questions by selecting the one that best applies to your religious life.

1. How often do you attend church or other religious or spiritual meetings?
  6. More than once a week.
  5. Once a week.
  4. A few times a month
  3. A few times a year
  2. Once a year or less
  1. Never
  
2. How often do you spend time in private religious or spiritual activities such as prayer, meditations or study of religious text (e.g. Koran, Bible, Torah etc)?
  6. More than once a week.
  5. Once a week
  4. A few times a month
  3. A few times a year
  2. Once a year or less
  1. Never
  
3. In my life, I experience the presence of the Divine (i.e. God).
  5. Definitely true.
  4. Tends to be true.

*Parenting style, Attachment style and Marital satisfaction*

3. Unsure.

2. Tends not to be true.

1. Definitely not true.

**4. My religious beliefs are what really lie behind my whole approach to life.**

5. Definitely true.

4. Tends to be true.

3. Unsure.

2. Tends not to be true.

1. Definitely not true.

**5. I try hard to carry my religion over into all other dealings in life.**

5. Definitely true.

4. Tends to be true.

3. Unsure.

2. Tends not to be true.

1. Definitely not true

**APPENDIX B****Summary of content analysis of participants' responses****Positive Factors Affecting Marital Satisfaction**

Male	Female
70. making love Getting support from spouse Understanding Caring for child	39. When we listen to each others advice We love each other Sexual satisfaction Financial satisfaction Supporting each other
10.companionship, security, support	36. having children Being helped with financial difficulties Having someone caring for the needs of my child Having in-laws support in whatever I do Being loved by my in-laws
3. sexual intercourse Conversation with my wife , washing, cooking by my spouse	21. companionship Caring husband Helping me in my activities Romantic in bed

*Parenting style, Attachment style and Marital satisfaction*

	Sharing of ideas
2. telling my family story Having conversation with my wife, Hardworking wife, worshipping together, sex	38. romance Caring husband, Getting his attention, Understanding between us Being able to rust my wife always The woman caring well for the children
18.financial assistance from my partner getting advice on issues, friendship in the marriage, sex	35. caring, faithfulness, hardworking, respect love
17.obedience, respect, faithfulness, honesty, hard work	34.understanding in the marriage, caring, faithfulness, ready to share with me, communication
71 Companionship, Sex, Love,	33. faithfulness, understanding, respect,

*Parenting style, Attachment style and Marital satisfaction*

Staying with relatives Visiting friend	hardworking, love
Visiting friends, Faithfulness, Having children in the marriage, Calling me daddy	12. caring, communication, personality, financial state, sex
50. Concern, Partnership, Gaming together, Bathing together, eating together, Sharing of ideas	11. companionship, love, care, security, support
45. Keeping house clean, my spouse caring for our children, receiving visitors in my house, when my wife washes my things, spouse cooks for the family	9. protection, support, companionship, good communication
35. Wife doing her house chores, planning, problem solving, Partner caring for our child	43. love from in-laws, caring husband, hardworking, love.

*Parenting style, Attachment style and Marital satisfaction*

<p>36. Playing with kid</p> <p>keeping house clean</p> <p>Children</p> <p>Daily strength from God</p> <p>Share Jokes together</p>	<p>6. paying visit to friends, travelling, watching films together, giving money to keep the home, visit to public places</p>
<p>37. Companionship</p> <p>Sex with my wife often</p> <p>Showing me Love</p>	<p>4. giving housekeeping money, children, the company of each other, washing my husband's underwear, sex</p>
<p>40. Eating together</p> <p>Love</p> <p>Romance</p> <p>Outing together</p>	<p>29. sharing ideas together, understanding each other, intervene in my problem, sexual intercourse</p>
<p>42. Worship together</p> <p>Have lovely children</p> <p>Living together</p> <p>Have a Lovely family</p>	<p>109. when he does the laundry, when he does domestic chores, when he tells me he loves me, when he gives me money</p>
<p>43. Respect</p>	<p>conversing with my spouse,</p>

*Parenting style, Attachment style and Marital satisfaction*

Receiving Gift  Spending leisure time together	eating together,  my husband providing for the family,  good relationship between my husband and my family,  love making
47. Financial support  Support on house chores  Gift from partner  Romance	trusting each other,  understanding, unity, communication, sex
48. Calling me darling  Communication  Sharing jokes  Trust	24. the way he smiles, getting advice from my husband  he is not quick tempered,  he is hardworking,  bold
49. Communication  Peace in the home  Trustworthiness  Honesty  Understanding	2. sharing ideas with my spouse,  spending time with him,  taking care of the children,  doing house chores,  romance
54. Sharing	22. communication,

*Parenting style, Attachment style and Marital satisfaction*

Praying Together	truthfulness,
Eating together	honesty,
Outing	sex,
Sexual intimacy	good financial status
.	19. sharing ideas together,
55. Sex	having children of my own,
When my spouse Cooks for the family	having a supporter,
Visiting friends	playing and having fun with my children,
Visiting my home town together	having fun with my family
Showing love	
56. Smiling	15. quality time together,
Assisting with work	conversation,
Teaching me what I do not know	playing games,
Praying with me	watching movies together,
	sex,
	outing
70. Keeping house clean	16. good communication,
Caring for the children	pleasant surprises,
Worshipping together	good sex,
Sex	providing for the family,
Cooking Food for me always	understanding

*Parenting style, Attachment style and Marital satisfaction*

75. Expressing love Understanding Communication respect from my wife Doing wonderful things for me	14.chatting, outing, fellowshipping together, discussing one common issue, watching movies together
83.Understanding Humble attitude Faithfulness Cooking	13.good communication, going out together, meeting together with our children, involvement in bringing up children, being understood
80.Calling me daddy Receiving visitors warmly Dressing neatly Sex	99.communication, security, understanding each other
110.Companionship Eating together Going to church together Washing	23. love, truthfulness, encouragement from spouse, understanding, sex
122. Sex	25.communication,

*Parenting style, Attachment style and Marital satisfaction*

Love Feeling respected Conversation	sex, appreciation, standing by me in times of difficulties, love
150. Sex Caring for Children Cooking for me Conversation	27. praying together, attending the same church, understanding each other, travelling together, sharing ideas together
93. Keeping House neat Presence of Children Outing Respect	32. love, hard work, humble attitude, faithfulness, dedication
98. Respect Love Concern Openness Understanding	28. good communication, hardworking, understanding between us, caring husband, good relationship between family members and me
100. Understanding Caring	165. Care and love Sex

*Parenting style, Attachment style and Marital satisfaction*

Respect Communication Openness	Understanding Ability to forgive
67. Understanding one another Chatting together Having our own Children Making Love	1.Eating and bathing together Receiving gifts Outing Spending leisure time together
143. Planning whatever we do ahead of time Partnership Prayer Outing	77. Respect in the marriage Having a caring husband Business is going on well Understanding
140. Commitment to the marriage Selfless Love Trust Compromise	69. Honesty 15. Chatting about the family Husband eating my food Being loved
113. Making Love Playing with my kid Discussing together Playing games together	103. Husband cherish me Consoles me when I am in trouble My husband showing me Love at all times Understanding

*Parenting style, Attachment style and Marital satisfaction*

	Children Outing
89. Sharing of our resources Praying Together Eating together Outing Sex	164. Care for my son Sex Providing my needs Communication Outing on occasions
66. Bathing Eating together Outing Communication	107. Praise and adore me Provides my needs Love Assisting He loves my cooking
98. Outing with family Caring for my child Sex Playing with kids	144. Trust Receiving visitors Walking together He is my companion
102. Chatting Cooking for me Worshipping together Caring wife	141. Respect Forgiving attitude Caring behavior Consoles me when I am in trouble

*Parenting style, Attachment style and Marital satisfaction*

<p>116. Visiting my home town together on occasions,</p> <p>Humility</p> <p>Making me feel special</p>	<p>142.Caring for children</p> <p>Cooking together</p> <p>Providing my needs</p> <p>Assisting with house chores</p> <p>Good in-law relationship</p>
<p>88.respect from wife</p> <p>Faithful wife</p> <p>Love</p> <p>Sex</p>	<p>153.Living together</p> <p>My husband taking the children to school</p> <p>Supportive spouse</p> <p>Providing comfort</p> <p>Money</p>
<p>92. Respect</p> <p>Forgiving attitude</p> <p>Caring behavior</p>	<p>174.Eating together</p> <p>Sharing ideas</p> <p>Sharing of resources</p> <p>Spending Time together</p>
<p>18. Obedience</p> <p>My wife dressing neatly</p> <p>Humility</p>	<p>165. Outing</p> <p>Bathing and eating together</p> <p>Sense of belonging</p> <p>Companionship</p>
<p>182.Trust</p> <p>Respect</p>	<p>31. Understanding in the relationship</p> <p>Getting advice from my spouse</p> <p>Taking care of my children</p>

*Parenting style, Attachment style and Marital satisfaction*

	Getting attention from my husband
21. friendliness Solving problems without an outsider Obedience	49. Receiving Surprise gifts Discussion of issues Providing my needs Spouse helping with house chores
52. good romance Communication Understanding	79. Understanding Freedom of worship Solving problems together Having a child Eating from outside with spouse
13. Wife Caring for children in the house Respect Sharing	191. Companionship Helping Surprise gift from husband Sex Good relationship with in-laws
91. Respect Obedience Faithfulness Hardworking	199. Praying together Visiting interesting places Sexual intimacy Faithfulness and Loyalty Children
92. Conversation	187. My husband taking care of his

*Parenting style, Attachment style and Marital satisfaction*

Calling me darling Cooking Showing love	responsibilities Love faithfulness Accepting me as I am Sex
21. Sexual intimacy Cooking good food Expressing love Showing Understanding	39. Giving me attention Being Caring Providing support Going out
23. Understanding Humble attitude Faithfulness Getting attention and surprise gift	56. Understanding Caring Communication Coming home early from work Assisting in house work
49. When my wife calls me daddy Hospitality Dressing neatly at home Sexual intimacy Sharing of resources to run home	30. Respect Bathing and Eating together Spouse providing comfort for the family Sex , Talking Children
Sharing ideas together	104. Cooking together with my spouse

*Parenting style, Attachment style and Marital satisfaction*

Outgoing Trust and Understanding	Respect Gift from Husband Romance Sharing ideas together
Warm reception after work My wife not going out to friends often Romance	138. Outgoing Trust and Understanding Husband eating food Smiling
Having my own child Respect from my wife My wife allowing my family members to visit our home	180. Getting help from my husband at home Good relationship between in-laws Christian foundation Communication
Being understood God fearing spouse Giving me respect as a man	118. Communication Solving Problems Caring for our kid Outing
Cooking Showing love to my child Spending money wisely	117. Assisting to run the home Sex Communication Outing on occasions

*Parenting style, Attachment style and Marital satisfaction*

Respecting people around us Supporting me to care for the family Hardworking wife	39. Love Gives me Money Chatting
Managing the money I give her well Taking good care of the children Keeping the home neat	122. Enough money to run the home Conversation Sense of Belonging
A good and respectful wife Making love at short intervals	Cooking together Caring partner Worshipping together

## Negative Factors Affecting Marital Satisfaction

Male	Female
17. Wife wearing trousers Misunderstanding Unfaithfulness	Disrespect Fighting Unforgiving
62. Quarrelling Dishonesty Disrespect	5. Bad manners Drinking alcoholic beverage

*Parenting style, Attachment style and Marital satisfaction*

Disobedience	
63. Lack of submission Keeping long at the market Not finishing work on time	132. Telling lies When he calls ex-girlfriends Lack of communication Keeping secrets
72. Sleeping late Gossiping Waking up too early Spouse associating with Christians	122. Doesn't answer me when I ask him a question Not having confidence in me Disagreement
75. Does not enjoy outing Anger Does not listen to news	177. Poor communication Not listening to my advice No appreciation
78. Taking money without my concern Buying expensive materials	171. Pretending to be okay Talking too much when I do wrong Insult from my partner
80. Financial problems Demanding too much money	20. Stop calling me Calling me by my name Complains when I am not home for a long

*Parenting style, Attachment style and Marital satisfaction*

	time
187. Talking too much Gossiping Taking money without my concern	22. Giving small money for house keeping
186. Misunderstanding Interference by extended family Doing things without my concern	25. Comparison Financial problems Quarrelling Gossiping
178. Disrespect Disobedience Unfaithfulness	28 Talking too much when I do wrong Insult Dishonest
173. Lack of submission Calling me by my name	30.Bad manners Going to work on Sunday Coming home late from work Visitors
165. Allow our child to be dirty	31. Going to work on Sundays

*Parenting style, Attachment style and Marital satisfaction*

<p>Keeping so long at church</p> <p>Travelling</p> <p>Giving too much work to children</p>	<p>Too many calls</p>
<p>189. Travelling</p> <p>Sleeping late</p> <p>Wake up too early</p>	<p>52. Doesn't spend much time at home</p> <p>51. Doesn't enjoy outing</p>
<p>155. My wife associate with Christians</p> <p>52. visiting friend often</p> <p>Beating children</p> <p>Not cooking for me</p>	<p>61. Unhappy when I am on night shift</p> <p>Unhappy with business trips</p> <p>Come home late from work</p>
<p>169. Demanding a lot of money</p> <p>Want children to go to village</p> <p>Misunderstanding</p> <p>Doesn't listen to news</p>	<p>63. Misunderstanding</p> <p>Spend less time together</p> <p>Lack of support</p> <p>Anger</p>
<p>106. Controlling of kids</p> <p>Sleeping late Too</p> <p>Washing</p> <p>Unexpected visitors</p>	<p>60. Misunderstanding</p> <p>Coming home late</p> <p>House work and office work</p>

*Parenting style, Attachment style and Marital satisfaction*

103. Visit without notice from external family Interference from in-laws Washing Caring for children Mistrust	88. Misunderstanding Arguments Spend much time on cooking Loneliness
102. Misunderstanding Unfaithfulness Telling lies	90. Give less money for house keeping Insults Coming home late
Fighting Indecision 101. Misunderstanding	30. Arguments Not caring for children Washing of clothes Cooking
100. Notable to Cope with my sexual libido Fail to cope with my opinion	1. Cleaning of the house Failure to take my advice Having problems with spouse
134. Misuse of money Quarrelling	72. Financial problems When my child is sick

*Parenting style, Attachment style and Marital satisfaction*

Misunderstanding	When I do housework alone Travelling
136. When she travels When she is watching programs on TV which I am not interested	78. Arguments Small quarrels Too many house chores Pressure from external family
143. Bad manners Laziness Dishonesty Unfaithfulness Lack of respect	44. Petty quarrels Lack of privacy Distance marriage
146. Too much wearing trousers Keeping so long at market	56. When my son is sick When my husband is sick Travelling 43. Misunderstanding
147. My wife beating the children Gossiping Spouse Looking dirty	34. Family misunderstanding Responsibilities When he gets to facebook When he gets strange calls
157. Body and mouth odour	98. Conflict

*Parenting style, Attachment style and Marital satisfaction*

Disrespect Dishonesty	Travelling Misunderstanding When he does not listen to me
156. cheating on me telling lies gossip	121. Solving a problem that troubles him Not listening to my advice Pretending to be okay Keeping secrets
166. When she is spending too much time with friends When she spends too much money on unnecessary things	109. Cooking Washing Cleaning the house In-laws Not being with me all the time
179. Cooking for me In laws interfering in our marriage Demanding too much money	110. Misunderstanding Not assisting me in house chores Lateness Stepchild
176. Staying long when she goes out	111. Cheating

*Parenting style, Attachment style and Marital satisfaction*

Insult from my wife Disrespect	Misunderstanding Mistrust
196. Quarrels in the marriage Disobedience Lack of submission	112. Poor communication disrespect Fighting Unforgiving
195. Talking too much about issues Staying outside for a long time	113. No appreciation Doesn't answer me when I ask him a question Not having confidence in me Keeping secrets
25. Cheating on me Laziness on her part	123. Doesn't sleep well unless he is pampered Complain when I am not in the for a long time No confidence in me
142. Not being ready for sex Anger	124. He likes moving with colleagues too

*Parenting style, Attachment style and Marital satisfaction*

37. Insubordination  Spending too much money	much  Quarreling  Loss of respect  Not caring
141. Not joining me early in bed  Fighting  Disagreement over issues  Lack of communication	114. Lack of communication  Inability to see parents frequently  115. Disagreement  When he calls ex-girlfriends
140. Secretive  Unfaithfulness  Misunderstanding	116. Cooking  Washing  Disturbances from in-laws
154. Showing disrespect to me  Calling other men on phone  Receiving gifts from other men	2.Quick temper  He does not allow me to mingle with friends  Too much sex  Too argumentative  He is stingy
56. Not cooking but buying outside food for me	117. Not joining me early in bed

*Parenting style, Attachment style and Marital satisfaction*

Disrespect	Fighting Disagreement with issues Lack of communication
59. Misunderstanding Keeping secret Staying with in-laws	118. Barrenness Poverty Unfaithfulness Disappointment
68. Allowing our child to dirty Leaving the child alone at home Indecent dressing	191. Absent when I need him most because of work Talk to me anyhow when angry Sleeps a lot Makes love to me at frequent intervals He is not happy when am with friends
66. Pampering children Going to her home too often	99. Misunderstanding Keeping secret Staying with in-laws Insult Sense of loneliness
67. Bad cooking Buying expensive things Bleaching the skin	11. Petty quarrels Talking too much about one thing Failure to answer my call

*Parenting style, Attachment style and Marital satisfaction*

62. Disrespecting me Insulting me Not taking my advice	3. Failing to share my emotions Disturbance by in-laws Having extra marital affair Poor resolution of conflict
76. My partner having too many friends Staying outside for long	4. No sex Not going out together Not having quality time together Not playing together
75. Hiding her money from me so that I provide for the home alone. Wife not liking sex Taking alcohol	5. Not calling if he will come home late Unappreciative sometimes Silent treatment Lack of concern for my feelings
74. Nagging wife Discussing our problems to outsiders Untruthfulness	6. Quarrelling Arguing Betrayal Disloyalty
73. Communicating with formal boyfriend	7. Too much interference By family relations
78. Bareness Laziness	8. When my husband comes home late from work When he refuses to eat his food because he

*Parenting style, Attachment style and Marital satisfaction*

	comes late
82. Having no child Misunderstanding Quarrels	9. Being shouted at Being insulted Being cheated Being unloved Being betrayed
80. Long absence of partner Secretive Unfaithfulness	10. When my partner ignores my decision When he insults me
81. Taking care of her family member Giving money for everything in the house	94. Secretive Unfaithfulness Misunderstanding Disappointment
200. Misunderstanding Keeping secret from me Staying with in-laws	87. Like communicating with the formal girlfriend Spends less time at home and more time at work Spends more money on his family
103 spouse not cooking well Not having sex with my wife	13. Misunderstanding Keeping secret

*Parenting style, Attachment style and Marital satisfaction*

Getting calls from ex- lovers	Staying with in-laws Unfaithfulness When my husband married another woman
10. Lack of submission  Disrespecting me  Not being a truthful wife	15. Long absence of partner  Talking about the same issue most times  Not listening or taking advice from partner
16. Too busy to care for the home  When the woman always move with friend  Avoiding sex with me	16. Lack of communication  Stress  Lack of finance  Lack of romance
63. Wanting me to do house chores every time  Not welcoming my family members	33. Coming home late from work  Not eating my food  Not able to perform as it should be  Do not have enough time for my children
64. Sleeping with other men  Excessive talking with outsiders	22. Difficult to understand me  Money problem
67. Hiding her money from me  Caring for a step child	199. Cooking  Washing  Misunderstanding  Clearing of the house  Receiving in-laws

*Parenting style, Attachment style and Marital satisfaction*

<p>72. Denying me sex</p> <p>Not washing my cloth</p> <p>Unfaithfulness</p>	<p>192. Unhappy about his communication with me</p> <p>Do not know anything about his financial problem</p>
<p>21. Indifference towards money for housekeeping</p> <p>Petty quarrels</p>	<p>193. Not picking my calls</p> <p>Not helping me with household job</p> <p>Quiet to my liking</p> <p>Likes indoors when not around</p>
<p>196. Quarrels in the marriage</p> <p>Disobedience</p> <p>Lack of submission</p>	<p>194. My partners indifference towards my needs</p> <p>Mopping the bath house floor after he has bathed</p>
<p>195. Talking too much about issues</p> <p>Staying outside for a long time</p>	<p>195. Infidelity</p> <p>Non-communication</p> <p>Shirking responsibility</p>
<p>17. Misunderstanding</p> <p>Unfaithfulness</p>	<p>196. When there is no money in the house</p> <p>I over work myself too much</p>

*Parenting style, Attachment style and Marital satisfaction*

Telling lies	taking care of my children Sometimes my husband nugs too much
86. Not keeping the home neat Not cooking	197. Things doesn't go on well the way I want in terms of financial problem I am not pleased with our living conditions
15. Dishonesty Unfaithfulness Lack of respect	87. Unnecessary anger Unfaithfulness Spending too much time at work
96. calling other men on phone Getting angry easily Disrespect towards me	189. Unhappy on how he moves with friends I feel unhappy about his religious beliefs and values Unhappy about his decisions
23. Watching tv outside the house Keeping secret from me Beating children	184. Misunderstanding of ideas When he decides something without my opinion When he goes out to watch football outside

*Parenting style, Attachment style and Marital satisfaction*

Factors Positively Affecting Marital Satisfaction among women

CODE	TALLY
Listening to each other	//////
Love/affection	////////////////////
Sexual Intimacy	////////////////////
Financial support	////////////////////
Children	//////////
Care for children	//////
Support of in-laws	//////
Companionship	//////
Caring husband	////////////////////
Sharing ideas	//////////
Getting attention	/
Understanding	//////////
Faithfulness	//////////
Hardworking	//////
Respect	//////
Sharing resources	//
Good communication	////////////////////
Security	//////

*Parenting style, Attachment style and Marital satisfaction*

Love from in-laws	///
Travelling	/
Entertainment	////
Outing	////////////////////
Compromise/Understanding each other	///
Support	////
Helping with house chores	////////
Trust	////
Togetherness	////////////////////////////////////
Physical appearance(smile)	//
Personality	///
Pleasant surprises	/
Humility	/
Dedication	/
Ability to Forgive	/
Surprise Gifts	////////
Husband eating food	///
Hospitality	/
Emotional support	////
Independence	/

*Parenting style, Attachment style and Marital satisfaction*

Problem solving	///
Acceptance	/
Religion	I
Appreciation	////////

Factors Negatively Affecting Marital Satisfaction among women

CODE	TALLY
Fighting	///
Bad manners	//
Taking alcohol	/
Calling ex-girls	///
Poor communication	//////////
Keeping secret	//////
Disagreement	//
Lack of appreciation	///
Not taking advice	///
Insults	//////
Complaining	//
Lack of financial support	//////////
Comparison	///

*Parenting style, Attachment style and Marital satisfaction*

Gossip	//
Dishonesty	///
Going to work on weekends	//
Unannounced Visitors	//
Lateness from work	/////
Not calling on phone	/
Addressing without name	/
Financial constraints	///
Quarrelling	/////
Too many calls	/
Spending little time at home/together	///
No confidence in husband	///
Misunderstanding	//////////
Facebook	/
Getting strange calls	/
Not getting attention	/
Problem solving	/
Pretending	//
Cooking	/////
Washing	///

*Parenting style, Attachment style and Marital satisfaction*

Cleaning the house	///
Problem with in-laws	///
Lack of support with chores	/
Step child	/
Cheating	//
Not taking advice	/
Unforgiveness	/
Pampering spouse	/
Sleeping problem	/
Moving with friends	/
Not caring	/
Doesn't enjoy outing	/
Not seeing parents often	/
Too much house work	///
Anger	//
Arguments	////
Quick temper	///
Travelling	////
Giving less money for house keeping	/
conflict with spouse	/

*Parenting style, Attachment style and Marital satisfaction*

Child getting sick	//
Loneliness	///
Pressure from external family	////////
Lack of privacy	/
Distance marriage	/
Husband getting sick	/
Quick temper	/
Does not allow me to mingle with friends	//
Too much sex	/
Stingy husband	/
Not sleeping early	/
Fighting	/
Barrenness	/
Poverty	/
Unfaithfulness	////////
Disappointment	/
Spends more money on his family	/
Oversleeping	/
Loves making at frequent intervals	/

*Parenting style, Attachment style and Marital satisfaction*

Staying with in-laws	/////
Failing to share my emotions	/
Having extra marital affair	/
Poor resolution to conflict	/
No sex	//
Does not enjoy outing together	/
Not having quality time together	/
Not playing together	/
Not calling when coming home late	/
Silent treatment	/
Lack of concern for my feelings	/
Disloyalty	/
Too much interference By family relations	/
Mopping bath house floor after bathing	/
He doesn't eat food	/
He doesn't love me	/
Shouting at me	/
Long absence of partner	/
Always talking about one issue	/
Stress	/

*Parenting style, Attachment style and Marital satisfaction*

Not answering my calls	/
Not helping me with house job	/
Quietness	/
Likes indoors when not around	/
Indifference towards my needs	//
Infidelity	/
Shedding responsibilities	/
When there is no money in the house	/
Overworking	/
Taking care of children	/
Nagging husband	/
Poor living conditions	/
Unhappy about how he mingles with friends	/
Unhappy about his decisions	/
Deciding without my opinion	/
Watching television outside home	/
coming home late from work	/
Travelling	////////

*Parenting style, Attachment style and Marital satisfaction*Factors Positively Affecting Marital Satisfaction among men

Humility	////
Companionship	///
Security	/
Financial support/ security	////////////////
Help with house chores	/
Sexual intimacy	////////////////
Communication	////////
Doing household chores	////////
Entertainment	/
Hard work	///
Togetherness	////////
Caring for children	////
Obedience	////
Respect	////////////////
Faithfulness	////
Honesty	////
Love	////////
Hospitality	////
Outing	////////
Children	////////////////
Recognition (Calling daddy/ darling)	////////

*Parenting style, Attachment style and Marital satisfaction*

Caring wife	////
Concern	///
Sharing ideas	///
Planning	///
Solving problems	//
Religion	/
Gods protection	//
Gifts	//
Cooking good food	////////////////////
Housekeeping	/
Friendship	///
Taking responsibility	////
Playing with child	////////
Discussion	/
Respect from in-laws	//
Partnership	//
Feeling special	/
Grooming	////
Understanding	////////
Washing	///
Support	/
Openness	////
Compromise	//

*Parenting style, Attachment style and Marital satisfaction*

Playing games	/
Sharing resources	//
Commitment	///
Selflessness	//
Eating together	/////
Bathing together	/
Praying together	//
Prayer	/
Visiting hometown	/
Forgiveness	/
Warm reception after work	/
Avoiding too many friends	////////////////////
Allowing family members to visit	///
Managing income	/////

*Parenting style, Attachment style and Marital satisfaction***Factors Negatively Affecting Marital Satisfaction among men**

CODE	TALLY
Spouse moving with many friends	/////
Infertility	////
Wearing indecent dress/ trousers	/////
Disrespect	////////
Anger	////
Misunderstanding	//////////
Unfaithfulness	////////
Quarrelling	///
Dishonesty	////////
Disobedience	///
Lack of submission	///
Keeping long at the market	//
Spending much time on chores	/
Sleeping late	/
Gossiping	////
Waking up early	//
Association with Christians	//
Not outing	/
Not listening to news	//
Taking money without my concern	//
High expenditure	////

*Parenting style, Attachment style and Marital satisfaction*

Financial problems	/
Demanding lot of money	//
Excessive talking	/
Interference by in-laws	///
Lack of transparency	/
Addressing by name	/
Not caring for child	////
Spending much time at church	/
Travelling	////
Overworking children	/
Beating children	/
Uncleanliness	///
Infidelity	//
Not cooking	///
Staying long when she goes out	//
Laziness	///
Not being ready for sex	/////
Not joining me early in bed	///
Fighting	//
Not living with children	/
Taking care of children	//
Washing	//
Unexpected visitors	//

*Parenting style, Attachment style and Marital satisfaction*

Indecision	/
Misuse of money	////////
Bad manners	/
Poor communication	///
Keeping secret	////
Calling other men on phone	/
Receiving gifts from other men	/
Staying with in-laws	//
Bleaching the skin	/
Insults	////
Providing for the home alone	//////////
Telling people about our private issues	//////////
Calling ex-boyfriends	///
Long absence of partner	////
Taking care of wife's family members	///
Doing house chores	////

**MAJOR THEMES: FACTORS POSITIVELY AFFECTING MARITAL****SATISFACION****Companionship factor**

Affection: love, surprise gifts, acceptance, husband eating food, getting attention, consoling in times of trouble, having a sense of belonging, having a comforter, doing things together (togetherness), love, warm reception after work, being addressed as darling/daddy, Feeling special

Support: security, financial support, support household chores, providing family needs, giving money to keep the home, sharing resources

Intimacy: sexual intimacy, doing things togetherness, spending time together,

Communication: chatting, listening to each other, sharing ideas.

Entertainment: outing, watching movies

**Attitudinal factor**

Character: smiling, dedication, comprise, faithfulness, hard work, humility, receiving visitors, understanding ,truthfulness, trust, faithfulness, honesty, loyalty, compromise, obedience, Selflessness, openness, commitment,

Parenting: caring for children, presence of children, caring for step child, taking children to school

Duty consciousness: hard work, cooking, washing, cleaning the house

**MAJOR THEMES: FACTORS NEGATIVELY AFFECTING MARITAL SATISFACTION**

**Attitudinal Factors**

Character: Fighting, gossiping, disobedience, dishonesty, insult, anger, friends, , comparison, Lack of appreciation, Addressing without name, quarrelling, cheating, Unforgiveness, Quick temper, quietness, Shouting at me, misunderstanding, taking alcohol, bad manners, infidelity, does not allow me to mingle with friends,

Poor communication: keeping secrets, disagreement, not taking advice, not calling on phone, getting strange calls, facebook, too many calls, moving with friends, doesn't enjoy outing, Arguments, calling ex-girl, Nagging husband, complaining

Job stress: over working, going to work on Sunday, coming home late from work,

Responsibility: washing, cooking, cleaning the house, too much house work, Shirking responsibilities,

**External Factors**

Interference: Frequent visit from in-laws,

Financial problems: Financial constraints, Lack of financial support, giving less money for housekeeping, Poverty, Spend more money on his family.