



The mediating role of marriage horizon components in the relationship between attachment styles and attitudes toward marriage

Hori. Dayani Dardashti^{1*}

Mohammad Reza. Zarbakhsh²

Reza. Manzari Tavakoli³

1. *Corresponding author: M.A in Family Counseling, Tonkabon Branch, Islamic Azad University, Tonkabon, Iran
2. Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran
3. M.A of Clinical Psychology, Zarand Branch, Islamic Azad University, Zarand, Iran

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Abstract

Aim: Recently the study of factors affecting young people's attitudes toward marriage has a special place. The aim of this study was to determine the mediating role of marriage horizon components in the relationship between attachment styles and attitudes toward marriage. **Method:** This study was a descriptive-correlational. The study population consisted of single girls in Isfahan, who during a call in cyberspace according to the purpose of the study, 265 people announced their readiness, and then the link to the Collins and Reed (1990) Adult Attachment Styles Questionnaire, Attitudes and Expectations of Marriage Bratton And Rosen (2012), The Importance of Marriage Belt (2016), The Expected Marriage Age of Willoughby (2014), and The Marriage Preparation of Johnson, Anderson, & Stath (2011) Correlation and path analysis were analyzed with AMOS24 and SPSS26 software. **Results:** The model of structural equations of the research had a good fit. The results showed that secure attachment style ($\beta = -0.231, P < 0.05$), importance of marriage ($\beta = 0.350, P < 0.05$), marriage readiness ($\beta = 0.373, P < 0.05$) and marriage scheduling ($\beta = 0.281, P < 0.05$) and avoidant attachment style ($\beta = -0.220, P < 0.05$) and insecure ($\beta = -0.140, P < 0.05$) have a significant relationship with attitudes toward girls' marriage. **Conclusion:** The secure's attachment formation style along with a cognitive process based on readiness for marriage is effective in creating a positive attitude towards marriage in girls and similarly unhealthy attachment's pattern have a negative effect on cognitive processes affecting marriage and attitude toward it.

Keywords: attachment styles, attitudes toward marriage, marriage horizon components.

Introduction

Marriage is the most important human experience in passing from adolescence to adulthood (Willoughby, 2010); Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships. One of the most important relationships between a man and a woman is marriage, which includes an emotional and legal commitment that is very important in the life of every adult. In addition, choosing a partner and entering into a married life is a milestone and personal achievement (Roa, 2017). Marriage is a relationship that has unique and extensive characteristics, a relationship that has biological, emotional, psychological, economic and social dimensions (Parsakia, Rostami, and Saadati, 2023). Marriage is considered one of the stages and processes of growth, which is important in the evolution of the inner dimensions and personality of a person (Adamszik, 2017). People consider marriage to have many functions and benefits, which indicate the status and value of marriage in people, and the desire to marry with the aim of achieving these functions continues (Golestani Bakht, 2016). The structural and functional status of the family in Iran is changing. One of the important changes is the increase in the age of marriage (Attari, Ghiathund, and Abbasi, 2017). It seems that the shorter the horizon of marriage is perceived in young adults, the less a person engages in unhealthy personal and relational behaviors and the period of celibacy in adulthood is shorter, as a result, he feels a more positive attitude towards marriage. Also, shorter marital horizons have a positive relationship with child-oriented marriage and a negative relationship with the desire to have children outside of marriage, spouse independence and cohabitation before marriage (Carroll et al., 2007). People are constantly making choices throughout their lives, and they base criteria on each choice. In the case of marriage, some of these criteria are specific and some are shared by almost all members of a group, in terms of gender or type (Claxton et al., 2013). A developed society is among cohesive and successful families. This goal is realized when choosing a spouse is done with awareness and according to the correct criteria (Boisi et al., 2017). Addressing this component, i.e., attachment styles and its effect on the attitude towards marriage, are important aspects of this research, which can be considered in pre-marriage counseling (Ashte & Kerami, 2018). Therefore, the research hypothesis was tested as follows:

1. The components of the marriage horizon play a mediating role in the relationship between attachment styles and attitudes towards marriage.

Method

This study was a descriptive-correlational. The study population consisted of single girls in Isfahan, who during a call in cyberspace according to the purpose of the study, 265 people announced their readiness, and then the link to the Collins and Reed (1990) Adult Attachment Styles Questionnaire, Attitudes and Expectations of Marriage Bratton And Rosen (2012), The Importance of Marriage Belt (2016), The Expected Marriage Age of Willoughby (2014), and The Marriage Preparation of Johnson, Anderson, & Stath (2011) Correlation and path analysis were analyzed with AMOS24 and SPSS26 software.

Results

The model of structural equations of the research had a good fit. The results showed that secure attachment style ($\beta = -0.231, P < 0.05$), importance of marriage

($\beta = 0.350$, $P < 0.05$), marriage readiness ($\beta = 0.373$, $P < 0.05$) and marriage scheduling ($\beta = 0.281$, $P < 0.05$) and avoidant attachment style ($\beta = -0.220$, $P < 0.05$) and insecure ($\beta = -0.140$, $P < 0.05$) have a significant relationship with attitudes toward girls' marriage.

Conclusion

The secure's attachment formation style along with a cognitive process based on readiness for marriage is effective in creating a positive attitude towards marriage in girls and similarly unhealthy attachment's pattern have a negative effect on cognitive processes affecting marriage and attitude toward it.

This research showed that in Iranian society, the relationship of parents or primary caregivers with the child plays a fundamental role in the formation of people's ideas about their future and the formation of active internal patterns and the desire to form their joint life. Therefore, it is necessary to pay special attention to educational programs, counselors to teach parenting skills and the role of childhood in the formation of various attachment styles to families and parents. One of the limitations of the current research is the lack of causal inference from the resulting relationships. Other limitations include the non-random sampling method and the implementation of research and questionnaires in virtual space, which is why one should act with caution in generalizing the results to society. Another important limitation of this study is the cross-sectional nature of the model, which does not allow definitive conclusions from the results. Research shows that marriage horizons are not relatively static. Therefore, in order to fully evaluate these relationships in adults, it is necessary to examine changes in the horizons of marriage, with changes in the state of formation of attitudes towards marriage, in future researches, and preferably random sampling should be used for better generalization and accuracy of the results. The results obtained from this research can be important for families that have female children and other bodies and organizations that work in the field of youth education and marriage and the determining role of people's attachment patterns in creating a positive attitude towards marriage.

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