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Research Paper

Relationship between Attachment Styles and Aggression with Individual-Social Adjustment in Married Women Referring to Family Counseling Centers in Hamedan city



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ABSTRACT

Objective: This study was conducted to investigate the relationship between attachment styles and aggression with individual-social adjustment in married women referring to family counseling centers in Hamadan.

Methods: The survey research method was correlational and its statistical population included all married women referring to family counseling centers in Hamadan in 2020. They were selected by simple random sampling. Data collection tools were the Collins and Read Attachment Styles Questionnaire (1990), Buss & Perry Aggression Questionnaire (1992) and the California Socio-Individual Adjustment Scale (1993). Data analyzed through regression method and by the SPSS-22 software.

Results: The results showed that among attachment styles, only between secure attachment style with increasing individual-social adjustment of married women. There was a positive and significant relationship and there is a significant and negative relationship between aggression and increasing individual-social adjustment of married women.

Conclusion: It can be concluded that among the attachment styles, there was only a positive and significant relationship between secure attachment style with increasing the individual-social adjustment of married women. Also, there was a negative and significant relationship between aggression and social adjustment. In general, the results have shown that the attachment styles and aggression of married women determine their individual and social adjustment.

1. Introduction

Psychologists have adapted the biological concept of adaptation from Darwin's theory and changed it to the concept of adaptation to emphasize one's efforts to thrive and survive in one's social and physical environments (Ghamari vafa, 2015). Adaptation is a biological process or pattern of behavior that has historically facilitated survival and reproduction.

Compatibility is formed through natural selection and can be transmitted through inheritance (Zand, 2016). Every human being tries to adapt to his physical and mental environment, because adapting to different conditions indicates a person's mental health; Of course, this adaptation does not mean homogenization and unconscious obedience, but it can also bring about change. Sometimes due to the occurrence of stressors,

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human adaptation has problems and causes maladaptive behaviors; Adaptation therefore includes the set of actions and behaviors that a person expresses in new situations and conditions to provide appropriate responses to stimuli. On the other hand, behavioral and psychological abnormalities and methods of dealing with them is one of the most important social issues and problems in various societies today; so There is no doubt that in the issue of mental health, adaptation is becoming more important day by day (Agham Mohammadian Sherbaf, 2014). In Rogers' viewpoint, an incompatible personality is internally threatened, and unlike compatible individuals, they appear to be characters in whom there is no sign of feeling threatened. Because adjustment can cover a wide range of dimensions, including community, family, emotions, occupation, health, and marriage, some experts consider social adjustment to be the foremost of other dimensions of adjustment. The dimensions of the problem of adaptation can change in any period of time and at any stage of internal and external social developments; but a society cannot be imagined that does not face the problem of incompatibility of its individuals. Fortunately, most people adapt to their environment and adapt to the group they are in contact with without colliding with others; but there are other people who disrupt their social adjustment with special and abnormal mental and behavioral habits and characteristics (Amani, Etemadi, Fatehizadeh and Bahrami, 2012). Attachment styles seem to have played an important role in the development of psychological and social adjustment. Attachment is a stable emotional bond between two people in which one of the them tries to maintain closeness or proximity to the subject of the resulting attachment to ensure that the relationship continues (Bowlby, 1990). Attachment is a special emotional relationship that needs care - pleasure. A person's first attachment, known as primary attachment, is the initial emotional connection that develops between the child and the mother, and basically the style of this relationship plays a very important role in emotional relationships in adulthood (Cassidy and Shaver, 2003). Attachment includes three styles: secure, insecure (avoidance) and ambivalent (anxiety). People with secure attachments; Basically, it is easy for them to communicate with others, they feel comfortable with others relying on them, or relying on others themselves, and they do not worry about the proximity and distance of others; People with insecure attachments cannot fully trust and approach others, and even others are not allowed to approach the person, these people feel a lot of emotional turmoil (Brown, 2012). Bowlby (1990) believes that the process of

adaptation and incompatibility should be considered as a continuous, long and graduated line, each point of which indicates a degree of adaptation. Important social factors have an impact on the formation of adaptation. One of these important and influential factors is the parent's response to the needs of the child in childhood, which is effective in the formation of attachment styles in the child. Bowlby points out that the relationship of child with his/her caregivers (mother or surrogate mother) in the early years of life leads to the formation of certain psychological patterns that are the basis of interpersonal relationships in adulthood. Attachment is a special emotional relationship that requires the exchange of pleasure, care and comfort. According to the Bowlby research, secure attachment is associated with positive communication traits that include intimacy and satisfaction, as well as avoidant attachment with lower levels of intimacy and commitment, and ambivalent attachment is associated with low enthusiasm and preoccupation with low happiness relationships (Feeney, Noller and Patty, 2015). Another variable that can play a role in individual-social adjustment is aggression. Aggression is basically an action that includes two completely different types. The former is instrumental and the latter hostile or reactionary. The type and extent of aggression varies from person to person, from simple stages that begin with harassment and talking at night, and in more complex stages seen as sadistic tendencies. Often aggressors in facing with a person weaker than themselves, extern their aggression, punch and kick the person to death and destruction, and the rate is higher in people who have problems in life (Karami, Hosseini and Zaki, 2016). Aggression is a type of emotion that occurs in the life of all inclusive people and plays an important role in the life of the individual (Ghamari vafa, 2015). Experts define aggression as a feeling, mental, psychological, and inner state that is accompanied by a kind of stimulus, physiological, and psychological pattern (Qaemi, 2013). Review of the research literature between attachment styles and adaptation in different situations indicates the relationship between ambivalent styles. A significant relationship between attachment styles with level of adjustment has been reported by Nigel and Sundin (2013). The results of Allen's (2014) research showed that insecure attachment style in children and adolescents is associated with their dysfunctional psychological performance. Findings from Nicholson's (2015) study showed uncompromising behavioral patterns and psychosocial behavior with insecure attachment style.

The results of Allen's (2014) research showed that insecure attachment style in children and adolescents is associated with their dysfunctional psychological performance. Findings from Nicholson's (2015) study showed uncompromising behavioral patterns and psychosocial behavior with insecure attachment style. Also adolescent attachment is related with some psychological disorders such as depression, anxiety, antisocial personality disorder and adjustment disorder (Rosenstain & Horowitz, 2016). The results of Akbari and Musazadeh (2018) showed that mothers' impulsivity and aggression have a positive and significant relationship with their children's social adjustment and the research study has been confirmed. Makarchi (2017) showed that secure attachment and avoidance styles have a significant relationship with the dimensions of identity (commitment and exploration) and among the dimensions of social adjustment only social skill is related to secure attachment style and other dimensions have no relationship with secure attachment style. The significant relationship between secure attachment style with adjustment rate, avoidant and ambivalent insecure attachment styles with degree of incompatibility were the results of studies' Karami, Hosseini and Zaki, (2016). There is a negative and significant relationship between social intelligence with aggression components (Jamali Gharagheshlagi and Esavi, 2015). Crik and Led (2017) in a study showed that rejected children feel more lonely and anxious than other peers. Therefore, it can be inferred that aggressive children are excluded from their friends and peers because they are not accepted by them, and their rejection causes them to feel lonely, depressed, and ultimately more incompatible. Heather and Tebbut (2017) showed experimentally on a number of aggressive subjects that active application of coping skills increases treatment outcomes. So that people who used coping strategies (including rejection skills, social skills, muscle relaxation, stress management, problem-solving methods) had better and healthier communication and were less aggressive and had a higher rate of social adjustment. The training of aggression control skills has a significant effect on improving and increasing the social adjustment of people (Harrell and Strauss, 2015). Considering that adaptation is one of the main signs of mental health and its importance in all aspects of life including individual, family, education, occupation and social is clear and the issue that human beings through adaptation to new conditions, anxiety, stress reduce depression and maintains mental health, pave the way

for success. Regarding the prominent role of attachment in the formation of adjustment and considering that parental attachment has a significant effect on children's attachment and need for couples' adjustment in raising children and creating satisfaction; paying attention to the influential factors and predictors of adjustment is necessary. People with different attachment styles have difference level of aggression and adaptation, determining the level of aggression and adaptation of each type of attachment style doubles the need for this study. In this study, the main question is that is there relationship between attachment style and aggression with individual-social adjustment of married women referring to family counseling centers in Hamedan?

2. Materials and Methods

This study was a descriptive correlation research. The statistical population of the study includes all married women who referring to family counseling centers in Hamadan in 2020 (about 1200 people). Among the counseling centers of Hamedan, three centers were randomly selected and using the sampling formulas of Tabachnick and Fidell (2007), 106 people (number of predictor variables +104) were selected by available sampling method. Data analyzed through descriptive and analytical methods by spss-25.

The tools used in this study include three standard questionnaires as follows:

1- Individual-social adjustment questionnaire:

To measure the level of individual-social adjustment of the subjects, the California CPI (1993) scale was used. Clark et al (1993) have developed this test to measure different life compromises that have two poles of individual and social adjustment, having two choices, yes or no. This test has 12 subscales, half of which are for measuring individual adjustment and the other half for measuring social adjustment. Answering the 90 questions of the California Personality Individual-Social Adjustment subtest is yes and no. Based on the test correction key, all six scales are assigned to the correct answers with a score of "one" and the incorrect answers with a score of "zero". The correct scores for the 15 questions on each scale are then added together to give the score for each subscale. Then the scores for all six scales (social patterns, social skills, antisocial interests, family relationships, school relationships, social relationships) are added together and the total social adjustment score is obtained. Validity and reliability have been reported for the personal adjustment scale about 0.89 to 0.91 and for

the social adjustment scale about 0.87 to 0.91. These coefficients are in the range of 0.60 to 0.87 for the test sub-scales and 0.91 to 0.92 for the whole test. Akhondi (2007) estimated the validity coefficient of the test through a retest on 86 ordinary students in Tehran to be 0.54. Johnbert and Stephens (2001) estimated the test validity coefficient 0.54 through a retest on 86 subjects using the Richardson formula was obtained 0.81.

2- Adult Attachment Styles Scale (RAAS) Collins and Read (1990): This scale includes self-assessment of relationship building skills and description of how to build attachment relationships about attachment figures with close people. This questionnaire is based on the Likert scale According to the instructions of the questionnaire, 6 items related to each subscale are determined. Depending on which circle the subject has marked on each sentence in the answer sheet, his score will be determined for each subscale. Questions 1, 6, 8, 12, 13, 17 measure secure attachment. Questions 2, 5, 7, 14, 16, and 18 assess avoidance attachment, and finally questions 3, 4, 9, 10, 11, and 15 measure ambivalent attachment. In cases where questions must be scored in reverse (marked with * in the scoring instructions), options 1 to 5 must be scored 4, 3, 2, 1 and 0, respectively. Questions marked with an asterisk should be scored in reverse before summing. The scores of the 6 items of each scale are added together and a subscale score is obtained. Due to the fact that Cronbach's alpha values in all cases are equal to or more than 0.80, the test has a high validity. In Pakdaman () study, validity of the test was determined by using retesting as a correlation between two performances. This questionnaire (RAAS) was administered to high school girls and boys who were randomly selected. The results of twice-performing this questionnaire with a time interval of one month from each other showed that this test is valid at the level of 0.95. The overall reliability of this scale was reported 0.67, in addition to the alpha coefficients of

safe, avoidance and ambivalent styles were 0.80, 0.57 and 0.32, respectively (Baldwin, 1995; quoted Hosseini, 2005). In the study of Khavaninzadeh et al. (2006), the total alpha coefficient of this scale was 0.64.

3- Aggression Questionnaire: Buss & Perri Aggression Questionnaire (1992) was used to determine the degree of aggression. The new version of the Aggression Questionnaire, the previous version of which was called the Hostility Questionnaire, was reviewed by Buss and Perry (1992). This questionnaire is a self-report tool that includes 29 terms and four subscales which are physical and verbal aggression and hostility. Each expression in the range of 5 degrees is quite like me (5), somewhat like me (4), neither like me nor like me (3), somewhat not like me and somewhat like me (2), to Not like me at all. The two expressions 9 and 21 have inverse scores. The total aggression score is obtained by summing the scores of the subscales (Buss and Perri, 1992). The aggression questionnaire has acceptable validity and validity. The results of the retest coefficient for the four subscales (with an interval of 9 weeks) were 0.80 to 0.72 and the average between the four subscales was 0.38 to 0.49. Buss and Perry (1992) used Cronbach's alpha to measure the internal validity of the scale, which showed that the internal consistency of the physical, verbal aggression and anger were 0.82, 0.81, 0.83, 0.80, respectively.

3. Results

Based on the findings, the age of 37 people (%34.9) of the respondents was less than 25 years, 44 (%41.5) were between 26 and 30 years old and 25 (%23.6) were over 30 years old. The minimum, maximum and average age were 19, 44 and 25.93 years old. In the data analysis stage, two descriptive and inferential statistical methods were used. Pearson correlation and multivariate linear regression tests were used to test the research.

Table 1. Frequency distribution of attachment and aggression styles

| The degree of attachment of married women | Number | Percentage | The cumulative percentage |
|---|--------|------------|---------------------------|
| Secure style | 27 | 25.4 | 25.4 |
| Avoidance style | 39 | 36.8 | 62.2 |
| Ambivalent style / anxious style | 40 | 37.8 | 100 |
| Total | 106 | 100 | |
| The degree of aggression of married women | Number | Percentage | The cumulative percentage |
| very low | 6 | 5.7 | 5.7 |
| low | 27 | 25.4 | 31.1 |
| medium | 43 | 40.6 | 71.7 |
| much | 30 | 28.3 | 100 |
| Total | 106 | 100 | |

According to Table 1, attachment style of 27 respondents' (25.4%) were safe, 39 ones (%36.8) were avoidant and 40 respondents (%37.8) were ambivalent / anxious. The rate of aggression in 6 respondents

(%5.7) was very low, 27 ones (%25.4) was low, 43 ones (%40.6) was moderate and 30 ones (%28.3) was high.

Table 2. The results of Pearson correlation test between aggression and individual-social adjustment of married women

| Variables | Increase individual-social adaptation | | |
|------------|---------------------------------------|---------|---------|
| | \bar{x} | s.e | |
| | | 12.25 | 2.76 |
| | R | P.Value | |
| aggression | \bar{x} 62.3 | -0.28 | **0.001 |
| | s.e 4.94 | | |

The results of the above table, which examines the relationship between aggression and increasing the socio-individual adjustment of married women, show

that there is a significant and negative relationship ($r=0.28$) between these two variables ($p < 0.001$).

Table 3. Regression determination coefficient, Analysis of variance and Linear regression equation in prediction of individual-social adjustment through attachment styles and aggression

| Model | Multiple correlation coefficient | The coefficient of determination | Adjustment factor | Deviation error from estimation | Durbin Watson | | |
|---------------------|----------------------------------|----------------------------------|-------------------|---------------------------------|------------------------|---------------------|------|
| | 0.41 | 0.16 | 0.15 | 2.55 | 1.90 | | |
| Regression model | Total squares | Degrees of freedom | Average squares | F | The significance level | | |
| Regression | 134.85 | 2 | 67.43 | | | | |
| Remaining | 681.40 | 105 | 6.49 | 10.39 | 0.001 | | |
| Total | 816.25 | 107 | | | | | |
| Regression model | Non-standard beta | | standard beta | T test | | Variance inequality | |
| | B | The standard error | Beta | T | Sig | Tolerance | VIF |
| Width of origin (a) | 27.63 | 3.54 | - | 7.80 | 0.001 | 0.97 | 1.03 |
| Attachment Styles | -0.24 | 0.07 | -0.30 | -3.27 | 0.001 | | |
| aggression | -0.13 | 0.05 | -0.23 | -2.59 | 0.011 | 0.97 | 1.03 |

So as shown in table 3, attachment styles and aggression can explain about 15 percent in variance of individual-social adjustment. Therefore, based on

amount of Beta, attachment styles (Beta= -0.30) and aggression (Beta= 0.23) are variables for prediction of individual-social adjustment.

Table 4. Regression determination coefficient, Analysis of variance and Regression line equation in prediction of attachment styles in individual-social adjustment

| Model | Multiple correlation coefficient | The coefficient of determination | Adjustment factor | Deviation error from estimation | Watson Durbin | | |
|---------------------------------------|----------------------------------|----------------------------------|-------------------|---------------------------------|------------------------|---------------------|------|
| | 0.37 | 0.14 | 0.11 | 11.37 | 1.94 | | |
| Regression model | Total squares | Degrees of freedom | Average squares | F | The significance level | | |
| Regression | 2161.63 | 3 | 720.54 | | | | |
| Remaining | 13318.57 | 369 | 129.31 | 5.57 | 0.001 | | |
| Total | 15480.21 | 372 | | | | | |
| Regression model | Non-standard beta | | standard beta | T test | | Variance inequality | |
| | B | The standard error | Beta | T | Sig | Tolerance | VIF |
| Width of origin (a) | 58.08 | 7.75 | - | 7.49 | 0.001 | 0.80 | 1.25 |
| Secure attachment style | 1.66 | 0.42 | 0.40 | 3.89 | 0.001 | | |
| Avoidant attachment style | -0.20 | 0.41 | -0.04 | -0.48 | 0.630 | 0.95 | 1.05 |
| Ambivalent / anxious attachment style | -0.57 | 0.34 | -0.17 | -1.68 | 0.096 | 0.83 | 1.20 |

In order to analysis the role of attachment styles as predicting variables on variance of individual-social adjustment as criteria variable was used multivariable regression analysis. As shown in table 2, the amount of F is significant ($P < 0.001$). So secure attachment style can explain 11 percent in variance of individual-social adjustment ($Beta = 0.40$).

4. Discussion and Conclusion

This study was performed to evaluate relationship between attachment styles and aggression with individual-social adjustment of married women referring to family counseling centers in Hamadan. According to results, a significant correlation was found between attachment styles and aggression with individual-social adjustment. This laid in results of some studies (Akbari & Musazadeh, 2018; Makarchi, 2017; Karami et al., 2016; Jamali Gharagheshlagi & Esavi, 2015; Amani et al., 2012; Crik & Led, 2017; Heather & Tebbut, 2017).

Regarding the cause of such an outcome, it can be said that the result of the process of secure attachment is the creation of a sense of security in the individual, while the consequence of insecure attachments is the creation of fear, panic and individual-social incompatibility. In this regard, Roberts et al. (2012) stated that the psychological consequence of insecure attachment styles in stressful situations is creation of stress, anxiety and depression, and individual-social incompatibility, while the psychological consequence of secure attachment style in such situations is well-being and ultimately increased adaptation. Also, since secure attachment style is described as an inner sense of value, comfort, and intimacy in close relationships, it is expected that people with secure attachment styles will Have more adapt to people with insecure attachment styles (avoidance or ambivalent). In addition, aggressive behavior is very unpleasant and undesirable and causes a lot of harm to both the person and those around him/her. People who are aggressive tend to experience more depression and anxiety than others, and this can lead to serious emotional problems and incompatibility with others. In addition, aggression will often be harmful, especially women who express their anger in an aggressive manner show more social and emotional incompatibility than calm and non-aggressive women.

The findings of correlation between secure attachment style with individual-social adjustment was another result of this study that is in consistent with results of some researchers (Makarchi, 2017; Karami et al., 2016; Teymourpour et al. 2014; Amani

et al. 2012). Explaining this result, it can be said that secure attachment style is an effective source to deal with incompatibility, while insecure attachment styles do not provide such a source and leave one alone and helpless against incompatibility and even destroy weak strategies; In other words, secure attachment style is one of the richest resources within the person that empowers the person against incompatibility and its adverse effects. In other words, secure attachment style is associated with the mediating role of emotions, emotion regulation, and flexibility with adaptation, while avoidant attachment style is associated with fear and inability to adapt to situations, and its adverse outcome is significantly different from adaptation. ambivalent insecure attachment is inversely and significantly correlated with suppression and misjudgment of situations. People with a secure attachment style have fewer interpersonal problems and a higher level of adaptation than people with an avoidant and ambivalent attachment style. People with insecure attachment styles are more likely to have emotional and psychological difficulties, and the more helpless they feel more helplessness. In this regard, Bowlby (1990) believed that a person's behavior depends on the way he or she is attached to his or her mother. People with secure attachments are adaptable, but insecure attachments are more likely to cause emotional and social incompatibility, resulting in less compatibility. According to Bowlby theory, attachment style leads to the formation of self-concept. Secure attachment people have a positive perception of themselves, and this self-concept allows the person to not lose their cognitive emotional control when dealing with stressful situations and to be able to acquire control of stressful situations.

Also a negative and significant correlation was found between aggression and individual-social adjustment of married women referring to family counseling centers in Hamadan. This result is consistent with results of some researches (Akbari & Musazadeh, 2018; Jamali Gharagheshlagi & Esavi, 2015; Crik & Led, 2017; Heather & Tebbut, 2017). Polat (2003) and Grunebaum et al (2010) believe that family conditions, including the quality of parent-child relationships, are factors affecting social adjustment. Arai et al (2007) also pointed to the effective role of the family in establishing social adjustment and its effective role in behavioral modeling and considered aggression as an internal barrier to adjustment.

Explaining this result, it can be said that aggressive people usually do not have adaptive problem-solving skills and when they are physiologically aroused, they act impulsively. Uncontrolled aggression puts people's

adaptation at serious risk and can prevent people from progressing and functioning optimally. Due to the interrelationships between aggression and incompatibility variables, those who are more aggressive also have high social incompatibility. By participating in aggression control training programs, these individuals can, in addition to cognitive reconstruction, acquire the required skills, react adaptively in a variety of situations, and improve their social relationships. according to the statements above, Today, many experts emphasize the importance of teaching anger management skills.

According to the results of the present research, secure attachment style and aggression had predictor roles on individual-social adjustment of married women referring to family counseling centers in Hamadan.

5. Ethical Considerations

Compliance with ethical guidelines

All ethical principles are considered in this article. The participants were informed about the purpose of the research and its implementation stages. They were also assured about the confidentiality of their information and were free to leave the study whenever they wished, and if desired, the research results would be available to them.

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Authors' contributions

All authors have participated in the design, implementation and writing of all sections of the present study.

Conflicts of interest

The authors declared no conflict of interest.

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