

# The Role of Adult Attachment and Spiritual Well-being towards Wife's Marriage Satisfaction in the Muslim Community of Bandung

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# The Role of Adult Attachment and Spiritual Well-being towards Wife's Marriage Satisfaction in the Muslim Community of Bandung

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**Keywords:** Adult Attachment, Spiritual Well-being, Marriage Satisfaction, Muslim Community.

**Abstract:** Indonesia Has the Top Ranking in the Asia Pacific When It Comes to Divorce Knowing about Marriage Satisfaction Can Help Understand the Problem. This Study Examined the Role of Adult Attachment and Spiritual Well-Being on Marriage Satisfaction. Our Respondents Were 399 Wives in Several Muslim Communities in Bandung. We Run Multiple Regression on Wife Who Had Been Married for at Least 2 Years and Were Still Bound in a Monogamous Marriage. We Tested Three Hypotheses, the First Results Showed That Adult Attachment and Spiritual Well-Being Significantly Affect Wives' Marriage Satisfaction in the Muslim Community. We Found That Adult Attachment Has a Significant Role in the Satisfaction of the Wife's Marriage. in the Third Result, We Found That Spiritual Well-Being Related Significantly to the Wife's Marriage Satisfaction. This Means That a Romantic Relationship with a Secure Partner Makes the Wife Closer and Less Anxious about Her Partner. Having a Dimension of Good Religiosity towards God Can Increase the Satisfaction of a Wife's Marriage. the Implication of This Study, the Balance of the Role of Adult Attachment and Spiritual Well-Being Can Increase the Satisfaction of Marriage toward Wife so It Can Reduce the Divorce Rate in Families in the Community of Muslim.

## 1 INTRODUCTION

The issue of intimacy or a close relationship with a married couple has become an important problem in Indonesia. Indonesia has the top ranking in Asia Pacific when it comes to divorce. Indonesia is also one of the countries with the majority of the population who embrace Muslim. Divorce in Indonesia is increasing every year. The Central Bureau of Statistics revealed that the divorce rate in 2015 was 353,843 cases. In 2018 it increased to 408,402 cases. Over the three-year period alone, 54,559 cases, or a 15.41 percent increase. The biggest cause of divorce in 2018 was constant disputes and quarrels with a total of 183,085 cases. The second rank was due to economic problems with a total of 110,909 cases. The rest is due to the departure of a

partner, domestic violence, and disgraceful behavior of the spouse. Even the Supreme Court has released data in April 2019, the number of divorce cases caused by differences in political views (Darmansyah, 2020). This trend will continue to increase over the next five years. This is due to a lack of ability to resolve conflicts that occur and the ability to maintain household harmony (Wibawa, 2017).

Disharmony in husband-wife relationships in the family can be caused by the low satisfaction of marriage related to a healthy relationship with a partner, intensive communication and feelings of happiness when with a partner.

Marriage satisfaction of married couples can be seen through the level of marital satisfaction, where the higher level of marriage satisfaction, the more satisfied the marriage. According to Dabone (2014)

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marriage satisfaction is a mental condition that reflects the meaning of profit and loss in an individual marriage. If individuals feel a lot of losses, their satisfaction will decrease and vice versa if they feel a lot of benefits, their satisfaction will increase. The mental condition that reflects the many losses in this marriage can lead to divorce.

Fowers and Olson (1989) states that marriage satisfaction is an evaluation of areas in marriage which include communication, leisure time activities, religious orientation, conflict resolution, financial management, sexual relations, family and friends, equality of roles and child care. Ghorbanalipour et. al (2008) added three areas in marriage satisfaction, that are age of marriage, length of marriage and commitment.

A healthy relationship with a partner can be formed if you have a secure attachment. Hazan and Shaver (in Brennan, 2009) argue that emotional bonding (adult attachment) developed through a romantic relationship with a partner has the following characteristics: (1) there is a feeling of security when close to each other, (2) both have closeness, intimacy and body contact, and (3) feelings of insecurity when other people don't accept it.

There are two dimensions of adult attachment, namely the avoidance dimension and the anxiety dimension which will determine the attachment pattern, whether secure and insecure attachment. If the two dimensions get a high score then the adult attachment leads to secure attachment, whereas if one or both of these dimensions get a low score then the adult attachment leads to insecure attachment.

To increase the satisfaction of marriage, spiritual well-being (SWB) is needed in relation to a close relationship with God. Research on SWB shows a positive relationship with positive self-perception, purpose and meaning in life, self-confidence, physical health, emotional adjustment, and self-control. On the other hand, if the SWB is low, it will be associated with distress, poor health, low ability to adjust emotions, dissatisfaction in life and lack of life goals (Phillip, Mock, Bopp, Dudgeon & Hand, 2006).

Spiritual well-being (SWB) is an individual subjective perception of the quality of his life related to spiritual life through two dimensions, namely the dimension of religious well-being (RWB), which is a vertical dimension that refers to welfare in relation to God or a higher power. The other dimensions namely existential well-being (EWB) is a horizontal dimension that refers to goals and satisfaction in life (Monad in Darvyri et. al., 2014).

Paloutzian and Ellison (in Darvyri, et. Al., 2014) explain that spiritual well-being is positively related

to life goals, religious intrinsic commitment and self-esteem, while it is negatively related to individualism, freedom and loneliness.

This research needs to be done to obtain a model description of the relationship between adult attachment and spiritual well-being on marriage satisfaction in husband and wife. Efforts to increase the happiness of husband and wife need to be done to prevent the increasing number of divorces in Indonesia. Steps that need to be taken are to improve the satisfaction of a married couple's marriage by increasing their relationship with their partner (adult attachment) and their relationship with God (spiritual well-being).

If the determinant factors of a husband and wife are well developed, it will affect the satisfaction of marriage in dealing with the partner in maintaining integrity so that it becomes the basis for the formation of superior generations in the future.

## 2 METHODS

Respondents of this research are husband and wife who have been married at least 2 years and who are monogamous in their marriage who live in the city of Bandung. The measurement tool for this research is husband-wife attachment measured using the Experiences in Close Relationships (ECR) Inventory - Adult Attachment Questionnaire developed by Brennan, Clark and Shaver which has been translated and validated by Yuspendi (2014), where 36 of these items selected based on the results of the factor analysis of 482 items by Brennan et al. (1998), Ellison and Paloutzian's Spiritual Well-Being Scale, Marital satisfaction is measured using Rusbult's (1993) Marital Satisfaction Level measurement tool. Data processing used multiple regression statistical tests to test the research hypothesis by obtaining a model of the relationship between the role of adult attachment and spiritual well-being on marriage satisfaction.

The research hypothesis proposed in this study is as follows:

(a) Adult attachment and spiritual well-being simultaneously play a role in marriage satisfaction in husband and wife. (b) Adult attachment plays a role in marriage satisfaction in husband and wife. (c) Spiritual well-being plays a role in the satisfaction of marriage in husband and wife.

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**3 RESULTS AND DISCUSSION**

**3.1 Results**

Based on the results of research on 399 wife respondents who participated in the activities of the Muslim community in the Taklim Council which were spread over approximately 20 sub-districts in the city of Bandung. A complete description of the data will be presented in the following section including descriptions of research respondents related to demographic data and statistical test results from data processing in accordance with the research hypothesis.

Respondents from the Muslim community attend activities at the mosque at least once a week (Mean = 4.87, SD = 1.27) and carry out religious activities such as recitation more than twice a week (Mean = 3.76, SD = 1.32). The level of appreciation of spirituality is at a moderate level (Mean = 4.22, SD = 1.29).

Based on the results of statistical tests on the 3 research hypotheses, the following results were obtained:

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A. Adult Attachment plays a role in the satisfaction of the wife's marriage in the Muslim Community

Table 1: Dimension of Adult Attachment toward Marriage Satisfaction.

Variables	Marriage Satisfaction	
	$\beta$	Sig.
Adult Attachment Avoidance	-.442**	.000
Anxiety	-.172**	.006

Note. \* < .05    \*\* < .01    Multiple Regression    N=399

In the per-path test (see table 1) it appears that both adult attachment dimensions have a significant role in a negative direction on marriage satisfaction, both the avoidance dimension ( $\beta$  -.442, Sig.000) and the anxiety dimension ( $\beta$ -.172, Sig. 006).

Table 2: Adult Attachment toward Marriage Satisfaction.

Dependent Variables	Multiple Regression				
	R	R Square	F	Sig.F	%
Marriage Satisfaction	.355**	.126	28.60	.000	12.6

Note. \* < .05    \*\* < .01    N=399

a. Dependent Variable: marriage satisfaction  
b. Predictors: (Constant), Avoidance, Anxiety

The results in table 2 in testing the research hypothesis A show that the adult attachment dimension simultaneously have a significant role in the satisfaction of the wife's marriage in the Muslim

community with an R coefficient of .355 with a value of Sig.000. The contribution of the adult attachment dimension to marriage satisfaction is 12.6% and the rest is influenced by other factors.

B. Spiritual Well-Being has a role in the satisfaction of the wife's marriage in the Muslim community

Table 3: Dimension of Spiritual Well-Being toward Marriage Satisfaction.

Variables	Marriage Satisfaction	
	$\beta$	Sig.
Spiritual Well-Being Religious Well-Being	.371**	.000
Existential Well-Being	.087	.063

Note. \* < .05    \*\* < .01    Multiple Regression    N=399

Based on the per-path test, it can be seen in table 3 that the spiritual dimension of well-being has a significant role in marriage satisfaction, that is the dimension of religious well-being ( $\beta$  .371, Sig.000), while the dimension of existential well-being does not have a significant role ( $\beta$  .087, Sig. 063).

Table 4: Spiritual Well-being toward Marriage Satisfaction.

Dependent Variables	Multiple Regression				
	R	R Square	F	Sig.F	%
Marriage Satisfaction	.373**	.136	31.95	.000	13.6

Note. \* < .05    \*\* < .01    N=399

a. Dependent Variable: Marriage Satisfaction  
b. Predictors: (Constant), EWB, RWB

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The results of the research hypothesis B in table 4 show that the spiritual dimension of well-being has a significant role simultaneously on the satisfaction of the wife's marriage in the Muslim community with an R coefficient of .373 with a value of Sig.000. The contribution of the spiritual dimension of well-being to marriage satisfaction is 13.6% and the rest is influenced by other factors.

C. Adult Attachment and Spiritual Well-Being simultaneously play a role in the satisfaction of the wife's marriage in the Muslim community

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Table 5: Adult Attachment and Spiritual Well-Being toward Marriage Satisfaction.

Dependent Variables	Multiple Regression				
	R	R Square	F	Sig.F	%
Marriage Satisfaction	.483**	.233	29.96	.000	23.3

Note. \* < .05    \*\* < .01    N=399

a. Dependent Variable: marriage satisfaction  
b. Predictors: (Constant), EWB, Avoidance, RWB, Anxiety

Based on table 5, the results of research hypothesis C show that adult attachment and spiritual well-being simultaneously have a significant role in the satisfaction of a wife's marriage in the Muslim community with an R coefficient of .483 with a value of Sig.000. The contribution of adult attachment and spiritual well-being to marriage satisfaction is 23.3% and the rest is influenced by other factors.

Table 6 shows each path analysis of the dimensions of adult attachment and spiritual well-being, the results of the avoidance dimension has a significant role in a negative direction on marriage satisfaction with the coefficient  $\beta$  -.352, Sig.000, while the anxiety dimension does not play a significant role in marriage satisfaction with the coefficient  $\beta$  -.071, Sig. .233. In the spiritual dimension of well-being, it appears that both of them have a significant role, both religious well-being ( $\beta$ . 331, Sig. 000) and existential well-being ( $\beta$ . 102, Sig. 000) on marriage satisfaction.

Table 6: Adult Attachment and Spiritual Well-Being toward marriage satisfaction.

Variables		Marriage Satisfaction	
		$\beta$	Sig.
Adult Attachment	Avoidance	.352**	.000
	Anxiety	-.071	.233
SWB	RWB	.331**	.000
	EWB	.102*	.023

Note. \*< .05 \*\*< .01 Multiple Regression N=399

### 3.2 Discussion

Based on the results of the study in tables 1 and 2, the analysis per variable is carried out. It is found that adult attachment has a significant role in the satisfaction of wife's marriage in the Muslim community with an R coefficient of .355 with a value of Sig .000. The contribution of adult attachment dimension to wife's marriage satisfaction is 12.6% and the rest is influenced by other factors. This is related to the role of the adult attachment dimension, both the avoidance dimension ( $\beta$  -.442, Sig.000) and the anxiety dimension ( $\beta$ -172, Sig. 006) in the wife in the Muslim community. This means that the lower dimensions of avoidance and anxiety will make the wife feel closer and not feel anxious when she is close to her partner so that she feels satisfied in her marriage relationship.

Likewise, spiritual well-being has a significant role in the satisfaction of wife's marriage in the Muslim community with a coefficient of R of .373 with a value of Sig. 000. The contribution of the spiritual dimension of well-being to marriage

satisfaction is 13.6% and the rest is influenced by other factors (see tables 3 and 4), but only one spiritual dimension of well-being has a significant role, namely the dimension of religious well-being ( $\beta$  .371, Sig. .000), while the dimensions of existential well-being do not play a significant role. ( $\beta$ . 087, Sig. 063). This means that in the analysis per variable it is known that religious activities can increase marriage satisfaction for wives in the Muslim community.

It is known that there is a significant role between adult attachment and spiritual well-being simultaneously on the satisfaction of a wife's marriage in the Muslim community with an R coefficient of .483 with a value of Sig.000. The contribution of adult attachment and spiritual well-being to marriage satisfaction is 23.3% and the rest is influenced by other factors (see table 5).

Path analysis between adult attachment and spiritual well-being show the role of the adult attachment dimension, that is the avoidance dimension with a negative direction and two dimensions of spiritual well-being, namely religious and existential well-being toward marriage satisfaction (see table 6). This means that lower avoidance will make the wife want to be closer to her partner, balanced with the desire to continue to foster a relationship with God as a source that gives her a sense of well-being.

The contribution of adult attachment and spiritual well-being to wife's marriage satisfaction in the Muslim community appears to be almost the same, is about 12.6% -13.6% (see table 2 and 4). The balance of the role of adult attachment and spiritual well-being can increase the satisfaction of a wife's marriage in the Muslim community.

The strengths of this study are that the majority of the population in Indonesia is Muslim so that it will be more contextual in accordance with the description of the population in Indonesia compared to previous studies.

### 4 CONCLUSIONS

Based on the results of research and research discussion, we found that adult attachment played a significant role in the satisfaction of the wife's marriage in the Muslim community, related to the two dimensions of adult attachment, both avoidance and anxiety dimensions of wives in the Muslim community. Likewise, spiritual well-being has a significant role in the satisfaction of a wife's marriage in the Muslim community, but only one spiritual

dimension of well-being has a significant role, namely religious well-being.

It can be concluded that there is a significant role between adult attachment and spiritual well-being simultaneously on the satisfaction of a wife's marriage in the Muslim community. Based on the results of the path analysis between adult attachment and spiritual well-being, it is known that the role of the adult attachment dimension is avoidance and two spiritual dimensions of well-being, namely religious and existential well-being on marriage satisfaction.

The contribution of adult attachment and spiritual well-being to the satisfaction of a wife's marriage in the Muslim community appears almost as large. The balance of the role of adult attachment and spiritual well-being can increase the satisfaction of marriage and wife in the Muslim community.

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