

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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## The effect of attachment styles on marriage compatibility in Turkish couples

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**Purpose of the Research:** This study provides a comprehensive review of several studies that examined the effect of attachment styles on marriage compatibility in Turkish couples between 2000 and 2016.

**Introduction:** Marriage is an important life event which impacts a person's life and behaviour. Compatibility in marriage, according to one definition, is considered concept of balance which means to keep balance of voluntary and required dimensions of the relationship. Marriage and marriage compatibility affects both the couples and the social network around them.

**Methods:** A systematic review of relevant articles published in peer reviewed journals between 2000 and 2016 was taken.

**Results:** A person's attachment style with his/her mother during childhood has a significant effect on marriage compatibility. Furthermore, an individual's attachment style determines that person's relationship with others throughout his/her life. There are different attachment styles from mother to the child as well as from one adult to another adult. From a child to his/her mother three attachment styles are most common: secure, anxious resistant, and anxious avoidant. From one adult to the other there are four attachment styles: Secure, fearful, dismissive, and preoccupied. According to Ertan (2002), the most common attachment styles in marriages, in insecure attachment is in Turkey. The married couples with highest level of compatibility experience the secure attachment style. Another study concluded that individuals with secure-preoccupied attachment styles have higher marriage compatibility compared to the ones with dismissive-fearful attachment styles. In Turkish culture, being jealous towards the partner or maintaining a very close tie with the partner are considered asset qualities in relationships, therefore individuals with preoccupied attachment style are assessed with higher compatibility rates.

### Biography

Deniz Oruc is a staff Psychologist in Public Health division in Istanbul. She has been working in different departments of the Ministry of Health, since 2009. She obtained a Bachelor's degree in Psychology from Uludag University, Bursa. She is currently studying towards a Master's degree in Clinical Psychology at Uskudar University, Istanbul. Her research interests include attachment styles in marriage. She has conducted comprehensive research by interviewing many clients to enhance her knowledge and understanding on this subject. As the next step, she plans to examine the effect of attachment in marriage preferences.

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