

Attachment insecurity and marital satisfaction as a mediator to see the tendency of partner's infidelity


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KEYWORDS	ABSTRACT
Attachment Infidelity Marital Satisfaction	<p>Marriage is a formally committed relationship between a man and a woman. In this relationship, there are norms, expectations, and also the habits of each individual influenced by culture as part of determining satisfaction in marriage. However, achieving marital satisfaction is inseparable from external threats, one of which is infidelity. Lately, infidelity seems to be a trend that can easily be found from various backgrounds (Muhajarah. K, 2016). The development of this infidelity phenomenon, it is a sign of disharmony in a marriage relationship. To prevent this phenomenon from occurring, harmonization in marriage is needed (Sorowski et al., 2021). Harmonization can be established by having a good personal relationship between spouses. With this, the couple will be able to accept the strengths and weaknesses of the partner, be open to each other, complement each other, and be comfortable with each other so that they do not look for fulfillment of needs for other people outside of the marriage bond. The writing of this study aims to see and prove whether there is a relationship between a person's feelings of attachment and marital satisfaction, which can be one of the predictive factors of infidelity. To see this, researchers used quantitative methods using 3 measuring instruments. The measuring instrument is to measure a person's feelings of attachment, marital satisfaction in married couples, and also a person's behavioral tendencies to commit infidelity.</p> <p>This is an open-access article under the CC-BY-SA license.</p> 

Introduction

Every teenager will inevitably enter early adulthood, which requires adjustments to new life patterns and social life. In addition, they will also usually be faced with a new task in the developmental stage of human life given by society in general, namely marriage. Marriage itself is a formal commitment between a man and a woman that begins with a feeling of love (IPPI Team, 2022). In this bond, men and women have expectations and goals for living together, which are influenced by the norms and habits of their respective cultures

(Mauliddina, 2021). In BPS data, marriage has significantly increased since 2006, especially in the West Java area, which in fact, has more population.

Who doesn't want to be filled with a harmonious and happy life until the end when entering marriage? But in reality, not all who enter into marriage have a happy life (Deviana, 2021). Several things can hinder the achievement of satisfaction in marriage. Such as from the material, sexual, and psychological aspects (Soraiya, 2016). In a marriage, readiness is needed. Both emotional, social, role, age, and financial readiness (Sari, 2013). Because in marriage, it requires responsibility for each partner and future children. This readiness in marriage can also shape harmony in the family. When there is no harmony in the family, divorce will arise. BPS in 2017 noted that several factors influenced the increase in divorce. In the first place, the causes were disharmony in the household, quarrels, domestic violence, economy, lack of responsibility, moral crisis, third-party interference, to jealousy of the partner (Mawaddah, 2019).

The occurrence of divorce can also be an indicator to see the dissatisfaction in marriage (Ramadhani, 2021). Hurlock (1994) once stated that divorce is the culmination of dissatisfaction in marriage. This is obtained when a married couple can no longer satisfy each other, serve each other, understand each other, and can solve problems together when problems come so that they can satisfy both parties. There are several things that influence marital satisfaction, such as personality, communication, problem-solving, financial management, leisure activities, sexual activities, parenting, environment, roles, and religiosity. One part of the individual that contributes to creating marital satisfaction is attachment. Attachment is how a person treats others, usually associated with various other individual personality differences related to infidelity (Russel, 2013).

When someone does not get satisfaction in their marriage, they will usually seek satisfaction outside of their marriage to fulfill their needs (Watkins, 2016). The desire for divorce is the first step when the spouse knows infidelity. Infidelity itself can occur physically or emotionally (Shaleha, 2021). A partner who previously trusted their partner (both on the male and female side) will turn into someone who is suspicious and can even affect their behavior in daily life. For example, often checking the partner's cellphone, often asking about the partner's activities, and so on. When infidelity has been proven, it will have a significant impact. Psychological impacts such as depression, disappointment, anxiety, emotion, anger, feeling helpless, sadness, feeling betrayed, and so on will be felt by the victimized partner (Adam, 2014).

Method

In this study, we use quantitative methods, where for data collection, we use questionnaires that will be distributed to subjects. The subject criteria in this study are married couples but are not limited by other characteristics, such as length of marriage or number of children.

Infidelity

To see this infidelity behavior, we use the Infidelity Scale, which contains 11 statement items. We adapted this self-report questionnaire from Drigotas, Safstrom, & Gentilia (1999). This self-assessment scale assesses various levels of romantic attraction to someone other than one's current romantic partner (who is legally committed in a marriage). The questionnaire is completed using a Likert scale with possible responses ranging from 0 to 8 (0 = "Not at all/Never," 8 = Very much/very often).

Marriage Satisfaction

Marital satisfaction will be measured using 16 items of spousal satisfaction (CSI-16; Funk & Rogge, 2007:43). The CSI-16 is a shortened version of the original 32-item measure. The CSI-16 is felt to measure more precisely and sensitively than other commonly used relationship-related measures of satisfaction (Amer, 2018). This measure assesses a person's overall satisfaction with their relationship using a Likert scale, with higher scores representing greater levels of relationship satisfaction.

Attachment

Insecure attachment was assessed using the Experiences in Close Relationships (ECR; Brennan, Clark, & Shaver, 1998) scale. The ECR is a continuous measure of attachment insecurity that identifies the extent to which an individual is characterized by two dimensions: Attachment Anxiety and Attachment Avoidance. The Attachment Anxiety subscale consists of 18 statements describing the degree of worry close friends have about losing or being unable to become close enough to their partner. The Attachment Avoidance subscale consists of 18 statements describing the degree to which partners attempt to keep their distance from their partners. Subjects were asked to rate how much they agreed or disagreed with these statements on a 7-point Likert-type scale (1 = strongly disagree, 7 = strongly agree).

After getting the right measuring instrument, the researcher will collect data by using g.form as a tool. Here the research members (students) will assist in the process of making measuring instruments into g.form and distributing them.

Result and Discussion

Based on the results of the reliability calculation of 71 subjects, the Cronbach alpha result is 0.887. These results indicate that the reliability of the measuring instrument for infidelity is classified as very good and can be reused.

As for the item validity of each statement item in this questionnaire, the results show that all of these items are valid. There are no invalid items. This is because the core item value of the 11 statement items on this measuring instrument gets results above 0.3 so that all statements are declared valid. Based on the results of the reliability calculation of 71 subjects, the Cronbach alpha result is 0.976. Where these results indicate that the reliability of the measuring instrument for marriage satisfaction is classified as very good and can be reused.

As for the validity of the items of each statement item in this questionnaire, the results show that all of these items are valid. There are no invalid items. This is because the core item value of the 32 statement items on this measuring instrument gets results above 0.3 so that all statement items are declared valid. Based on the results of the reliability calculation of 71 subjects, the Cronbach alpha result is 0.920. Where these results indicate that the reliability of the measuring instrument for attachment is classified as very good and can be reused.

As for the item validity of each statement item in this questionnaire, the results show that all of these items are valid. There are no invalid items. This is because the core item value of the 35 statement items on this measuring instrument gets results above 0.3 so that all statement items are declared valid. There is no multicollinearity because the correlation number between IVs is below 0.5. Infidelity Correlation to Attachment -0.123. Multicollinearity occurs because the correlation number between IVs is above 0.5, Correlation of Infidelity to Couple Satisfaction is 0.61. The Durbin Watson table for a sample size of 72 and K2 with a 95% sign level is $1.6571 < 1.932$, meaning autocorrelation occurs. $\text{Sig}(p) = 0.000 < 0.01$, H_0 is rejected, and H_1 is accepted, meaning that there is an influence between Couple Satisfaction and Attachment on Infidelity by 37.9% while other factors influence 62.1%. There is no multicollinearity because of $\text{tolerance} > 0.1$ and $\text{VIF} < 1$. Heteroscedasticity occurs because the points spread randomly without a certain pattern.

Conclusion

Sorowski (2021) suggests that in marriage, there are many factors that can be measured to see partner satisfaction. These satisfaction factors include age, religion, satisfaction with the couple itself, economy, closeness/intimacy of the couple, and many other influencing factors. In line with Sorowski, Soraiya, and Barta (2016, 2005) stated the same thing. When couples are satisfied with their marital relationship, the relationship will tend to last longer (Buss, 1997). Couples' desires will certainly be different to achieve satisfaction in a relationship (Leeker, 2012), which is why openness is needed. Especially when having a friendship/professional relationship with a coworker of the opposite sex. When partners are not open enough, it is possible for jealousy to arise from partners (DeSteno, 2002). When jealousy arises, there will be a desire to be able to avenge it, so the opportunity for infidelity arises. This is one of the causes (Mehrinejad, 2018). For this reason, it is very important to be open when there is dissatisfaction in a marriage, intimacy, and closeness of the spouses are needed to avoid gaps in infidelity.

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