ANALYSIS OF THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND FAMILY FUNCTIONALITY[1]

EVLİ BİREYLERDE BAĞLANMA STİLLERİ İLE AİLE İŞLEVSELLİĞİ ARASINDAKİ İLİŞKİNİN İNCELENMESİ[2]

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ABSTRACT: The aim of this study is to examine the relationship between attachment styles and family functionality in married individuals. A total of 362 married couples between the ages of 18-65 constitute the sample of the research. Data collection tools are Socio-demographic Information Form, Family Functioning Scale, Experiences in Close Relationships Scale-II. The data obtained within the scope of the research was analyzed with the SPSS Statistics 22 program. One-way analysis of variance (ANOVA), Mann Whitney U, Kruskal Wallis tests were used to analyze whether the dependent variable of the study, family functionality, differed according to the demographic variables of marital satisfaction, getting to know the spouse adequately, the way of marrying the spouse, and the year of marriage. Pearson Product Moment Correlation coefficient was calculated to determine the relationship between the variables. With the Stepwise Multiple Regression analysis, the predictive effects of secure, anxious, and avoidant attachment styles on family functioning were measured. Findings of the analyzes shoed that the family functionality scores of married individuals differed significantly according to their marital satisfaction, getting to know their spouse adequately, and the way of marrying their spouse. A negative significant relationship was observed between family functionality and insecure attachment styles, which are anxious and avoidant attachment styles, while insecure attachment styles were found to have a predictive power on family functionality.

**Key Words:** Family, Family functionality, Attachment, Attachment styles.

ÖZ: Bu araştırmanın amacı, evli bireylerde bağlanma stilleri ile aile işlevselliği arasındaki ilişkiyi incelemektir. 18-65 yaş aralığında bulunan 362 evli çift araştırmanın örneklemini

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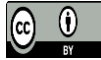
oluşturmaktadır. Veri toplama araçları Sosyo-demografik Bilgi Formu, Aile İşlevselliği Ölçeği, Yakın İlişkilerde Yaşantılar Ölçeği-II'dir. Araştırma kapsamında katılımcıların sunduğu veriler SPSS Statistics 22 programıyla analiz edilmiştir. Araştırmanın bağımlı değişkeni olan aile işlevselliğinin evlilik memnuniyeti, eşi yeterince tanıma, eşle evlenme şekli, evlilik yılı demografik değişkenlerine göre farklılaşıp farklılaşmadığı tek yönlü varyans analizi (ANOVA), Mann Whitney U, Kruskal Wallis testleri kullanılarak analiz edilmiştir. Değişkenler arasındaki ilişkiyi tespit etmek için Pearson Çarpım Moment Korelasyon katsayısı hesaplanmıştır. Aşamalı Çoklu Regresyon analizi ile güvenli, kaygılı ve kaçınmacı bağlanma stillerinin aile işlevselliği üzerinde yordayıcılığı ölçülmüştür. Yapılan analizler sonrasında; evli bireylerin aile işlevselliği puanlarının evlilik memnuniyeti, eşi yeterince tanıma ve eşle evlenme şekline göre anlamlı farklılık gösterdiği, flört ederek evlenen kadınların aile işlevselliği puanlarının görücü usulü evlenen kadınlara göre daha yüksek olduğu bulgulanmış, evlilik yılı ve aile işlevselliği arasında anlamlı farklılık gözlenmemiştir. Aile işlevselliği ile güvensiz bağlanma stilleri olan kaygılı ve kaçınmacı bağlanma stilleri arasında negatif yönde anlamlı bir ilişki olduğu, güvensiz bağlanma stillerinin ise aile işlevselliği üzerinde yordayıcı bir gücü olduğu gözlenmiştir.

Anahtar Kelimeler: Aile, Aile işlevselliği, Bağlanma, Bağlanma Stilleri.

EXTENDED ABSTRACT

The family is the smallest social unit composed of its members, i.e., spouses, children, and siblings, united by ties of marriage and blood (Turkish Language Institution [TLI], 2021). According to Erişti (2010:1), family, which has a vital function, is the smallest social structure established through marriage ties. A society can be healthy to the extent to which its families are healthy (Demircioğlu et al., 2011:93). Families that provide their members with psychological, mental, and physical support and help them discover their own strengths to overcome problems set an ideal role model (Kumar & Tiwari, 2008: 140-141). The most important elements that enhance cohesiveness in the family are love, belongingness, commitment, solidarity, social status, and trust (Goldenberg & Goldenberg, 2008: 244).

A family has both unique and societal functions, which vary according to the time and place context (Uluocak & Bulut, 2011:9). Familial roles, rituals, communication patterns, cohesion, support, and boundaries are all aspects related to the family functionality (Çalışkan, 2017:70). Family functionality serves the family members in fundamental ways by supporting them physically and psychologically, fulfilling their emotional and material needs, and forming and retaining family activities (Walsh, 2003:4).

An individual's healthy development can be supported, from infancy to adolescence, by the family institution, with which he or she first forms a bond (Yaşar, 2009:10). It is important to have healthy relationships in the family because a child's emotional and physical development depends on this. The attachment type developing as a result of the bond with the parents, and especially with the mother or the primary caregiver, determines the psychological tendencies a child, who is a potential adult, can show in his or her own close relationships. These tendencies, to name a few, are commitment to the relationship, relational satisfaction, relational assertiveness, secure attachment, internal relational control, external relational control, and fear of relationship, which evolve differently in secure, avoidant, and anxious attachment styles (Güloğlu & Karaırmak, 2017:109).

A literature analysis of the variables used in the present study revealed that the existing studies have focused on the connection between family functionality and attachment styles and other related variables. The present study presumed that married individuals' developing secure attachment styles is linked with high levels of family functionality. Therefore, it aimed to investigate the connection between the family functioning and attachment styles for married individuals.

To explore the relationship between family functioning and avoidant-anxious attachment style for married individuals, the research used relational screening model. A total of 362 married individuals were included in the study based on convenient sampling. Of them, 62.7% ($n = 227$) are female and 37.3% ($n = 135$) are male. The age of the participants ranged from 18 to 65, with average age 35.07. Three data collection instruments were used: Socio-Demographic Information Form, Family Functioning Scale developed by Usta, Özbay, and Toker (2020), Experiences in Close Relationships Scale II, adapted to Turkish by Selçuk, Günaydın, Sümer, and Uysal (2005). The data collected was analysed by means of SPSS Statistics 22. The extent to which the dependent variable (family functionality) correlates with various demographic variables was examined by one-way analysis of variance (ANOVA), Mann Whitney U, and Kruskal Wallis tests. The relationship between the variables was calculated with Pearson Product Moment Correlation Coefficient. Stepwise Multiple Regression analysis was employed to identify the predictive role of attachment styles for family functioning.

Research results demonstrated that the family functioning scores of married participants significantly correlate with *marriage satisfaction*, *sufficient knowledge of spouse*, and *type of marital union*. Indeed, family functioning scores of female participants who got married after dating were found to be higher than those whose marriages had been arranged by others. No significant correlation was found between family functioning and the lenght of marriages. A negative and significant relationship was found between family functioning and avoidant-anxious attachment styles. On the other hand, avoidant-anxious attachment styles were found to have a predictive role on the family functionality. The following suggestions were made to researchers and mental health workers who intend to perform further research on the subject.

The scope of this research can be extended to include dating and engaged individuals who are planning to marry. To increase the generalizability of the results, the study can be replicated with a larger sample size. The study can be conducted again with an equal number of male and female participants, or a higher number of male participants. Couples therapy and personal therapy can be offered prior to marriage so that partners can know more about themselves and realize the areas where they may possibly encounter problems. Psychoeducational groups can be organized to help the family gain healthy characteristics by handling areas such as parental roles of spouses, relationships in the family, communication skills, communication with children, decision making in the family, and problem-solving skills. Premarital counselling can be provided to couples in their dating and engagement periods to help them reflect on their relationships and the marriage process.

1. INTRODUCTION

Humans are social beings by nature, so they prefer to be in a group or society that they feel they belong to. They take the life journey together with other members of this group and nurture their social characteristic through relationships with the people around. The most influential variable in a person's socialization process is the family environment, where he or she opens his eyes to the world as a newborn. Family, formed by marriage contract, is the smallest structure in the social order (Erişti, 2010:1). The family institution, which has an intrinsic role in intergenerational transmission and adaptation to social life, constantly affects its members' physiological, sociological, and psychological development (Aydın and Bahadır, 2019:204). In the family structure, where a living space is shared and continuous interaction takes place, members experience the processes of forming an identity, and perceiving, making sense of, and learning familial roles such as father, mother, spouse, sibling, and child (Kumar and Tiwari, 2008:140-141). For family functionality, it is critical that physical and mental health of members, who perceive and maintain the roles, develop in wholesome conditions (Demircioğlu, Tezel Shin, and Gemini, 2011: 94).

Members with a healthy state of mind are crucial for a healthy society (Demircioğlu et al., 2011:93). The family, which renders a role model to the individual (Kumar & Tiwari, 2008: 140-141), is made up of invaluable elements such as love, belonging, intimacy, attachment, social togetherness, secure and sound relations (Goldenberg and Goldenberg, 2008: 244). The family functionality, which is closely related to these values, constitutes familial rituals, roles, unity, communication styles, support, and boundaries (Çalışkan, 2017:70).

The number of family members, their age, and role distribution in the family affect family functionality positively or negatively (Kılıç, 2012:17; Gladding, 2015:85). If family functionality develops ideally in a family, then it is more probable to observe behaviors such as problem solving, open communication, responsibility with the duties taken on, and respect towards other family members (Epstein, Ryan, Bishop, Miller and Keitner, 1993:139). Or else, behaviors considered as unhealthy tend to be prevalent in the family: communication problems, obedience with strict rules, inability to differentiate from the roles taken on, and underestimating the problematic experiences (Bulut, 1993:11). Progress in a healthy chain of events in a family, which is shaped by the impacts of all negative and positive behaviors (Yıldız, 2017:159), is decisive in regulating the balance and functionality of the family (Goldenberg and Goldenberg, 2008:98).

An individual is influenced by the living area that he or she belongs to (Alabay, 2020:156), and, from infancy to adulthood, he or she gains healthy acquisitions here, for it is the first place he or she relates to (Yaşar, 2009:10). Having a healthy bond with the parents or other primary caregivers has a growing and

nurturing effect on the child's both emotional and physical development. All behaviors conveyed and perceived from parents in the early childhood period, such as love, approval, hostility, indifference, and distancing, have a profound effect on an individual's personality development and the attachment style (Coşkun Özyavru, 2008:71; Güloğlu and Karairmak, 2017:109). In this process, both parents have an effect, but anxious, avoidant, and secure attachment styles develop especially as a result of the communication established between the child and mother, and this constructs the quality of satisfaction, self-confidence, internal and external emotional control, fear, and initiation acts in all adulthood relationships (Güloğlu and Karairmak, 2017:109). The family environment, which has such a significant role on the relationship, is the core of communication; interaction that takes place between the child and parents, behaviors reflected on the child, and values such as love, respect, sense of belongingness, and responsibility, acquired from the parents in this very family environment, prepare the child to social life (Subaşı and Kazan, 2020:148).

It is a natural phenomenon that new born babies are in need of caregivers. In this period, the quality of the bond that the mother or the caregiver establishes with the baby determines the quality of the content of the bond and the style of the relationship that the baby, a potential adult, will later form with other people. This connection is the most influential of all the other impacts on attachment styles (Varol, 2018:21). The person who sees, feels, and responds to the baby's needs becomes the attachment object. While adults are attachment objects of babies and children, non-parents replace this in adolescence and adulthood (Rohner, Khaleque and Cournover, 2012:3). Attachment styles, which form in early childhood and remain effective throughout a lifespan, is the major determinant of the way an individual forges a relationship with others (Kesebir, Özdoğan Kavzoğlu and Üstündağ, 2011:337).

Hazan and Shaver (1987), and Ainsworth, Blehar, Waters and Wall (1978) analyzed attachment styles of adults basing their study on children's attachment styles, and they found that people who are jealous of their partners, sneaking suspicions, and unable to establish emotional balance are likely to have anxious attachment style and those who do not trust their partners, who feel uneasy about physical and emotional closeness and avoid it tend to have avoidant attachment style. Adults may as well have secure attachment styles in a romantic relationship, which was revealed in a similar study carried out by Sümer and Güngör (1999:75). Bartholomew and Horowitz's (1991) four attachment styles for adults are as follows: secure, preoccupied, dismissing, and fearful (Collins and Feeney, 2004:364). Sensations such as having trust in the partner and feeling comfortable while spending time together are indicative of secure attachment, whereas persistent concerns about being abandoned by the partner and not being loved are indicative of anxious

attachment (Simpson, 1990:979). Another attachment style is obsessive, wherein the partners suffer intensive anxiety and fear about being abandoned. In this attachment style, they have low self-worth, try to satisfy the need of feeling worthy from the partners, and constantly seek their approval; besides, they find it hard to trust their partners. A person with fearful attachment style, similarly, has negative core believes about the world and humanity; low self-worth and perceiving the partner as both insecure and rejecting are often observed (Bartholomew and Horrowitz, 1991:240).

The variables in the present study were explored in the literature, and it was found out that the existing studies have focused on family functionality in relation with attachment styles or other relevant variables. Several other studies have focused on the relationship between family functionality and the variables of marriage length, marital satisfaction, way of marital union, adequate knowledge of the spouse (Ekşi & Kahraman, 2012; Şendil & Korkut, 2008; Kublay & Oktan, 2015; Sharif, Soleimani, Mani & Keshavarzi, 2012; Erzeybek & Gökçearslan Çifci, 2019; Balcı Arvas & Hökelekli, 2017; Mussatayeva, 2018; Pedro, Riberio & Shelton, 2015; Hortaçsu, 1991; Hortaçsu, 1999; Hortaçsu, 2007; Günay, 2020; Kızıldağ, 2017; Çakıcı, 2006; Aluş, 2016; Kamışlı, 2018; Hançer, Özdemir & Şahin, 2020; Algan, 2018). In addition to these ones, variables such as *capacity of coping up with difficulties about family and workplace roles* (Vasquez, Durik and Hyde, 2012), *closeness to and conflict with parents* (Strahan, 1991), and *feeling of loneliness* (Fujimori, Hayashi, Fujiwara and Matsusaka, 2017) were dealt with in analyzing the family functionality and attachment styles relationship.

It is probable that secure attachment style is connected with high marital functionality. Therefore, the study intends to investigate the relationship between family functionality and attachment styles.

2. METHODOLOGY

The following section describes the research design, the study group, data collection instruments, data collection process, and data analysis process.

2.1.   Research Design

In this research, which has a descriptive design, relational scanning survey model was employed to analyze the relationship between family functionality and spouses' anxious and avoidant attachment styles. In this model, whether or two what extent two, or more than two, variables change together is examined (Karasar, 2020:114). The dependent variable of the study is family functionality, whereas the independent variable is attachment styles.

2.2.   Participants

Convenient sampling was employed to form the study group, which ultimately consisted of 362 married couples. Convenient sampling method grants the researcher fast and easy access to the research field, eliminating possible cost and time related problems (Büyüköztürk, Çokluk and Köklü, 2012:40). The age range of 227 female

(62.7%) and 135 male (37.3%) participants was 18-65, and their average age is 35.07 (sd=9.82). The average marriage age of the participants was 25.70 (sd=3.86), marriage years ranged across 0-23 years (mean=1.97, sd=1.10). They have 0-7 children, with average number of children 1.79 (sd=.69). Of a total of 329 participants, 90.9% reported that they are happy in their marriage while 33 (9.1%) reported that they are not; 340 participants (93.9%) stated that they have sufficient knowledge of their spouse while 22 (6.1%) stated that they lack it; 46 participants (12.7%) admitted that they had considered terminating their marriage at least once whereas 316 (87.3%) stated that they had never considered this. A total of 260 participants (71,8%) married by dating, 75 (20.7%) married by other people's arrangement, and 27 (7.5%) by other methods of marital union. In terms of the performance of their marriage, 89 (%24.6), 10 (%2.8), and 263 (%72.7) got married by civil marriage, religious marriage, and both practices, respectively.

2.3.   Data Collection Instruments

Socio-demographic Information Form: It is the form developed by the researcher to collect demographic information about the participants. The form inquiries into variables such as *age, sex, education level, and type* of *marriage*. Besides, information about marital characteristics was collected with this form through the following questions: "How did you and your wife get married?", "Are you happy in your marriage?", "How long have you been married?", "What do you think is the most important thing for a marriage to work?", "Do you know your mate well?"

Family Functioning Scale: The construct validity of the Family Functioning Scale (FFS), developed by Özbay and Toker (2020) to measure the family members' perceived level of family functionality, was assured by principal component analysis and explanatory factor analysis. The principal component analyses revealed six sub-dimensions: intra-family support, roles, bonds, rituals, communication, and boundaries. The tool is a 5-point Likert Scale with response options ranging from *Never* (0) to *Always* (4). Item factor loadings varied between .47 and .97, and item total correlation between .38 and .70. The confirmatory factor analysis produced the following structural coefficients for the subdimensions of the family functionality scale: intra-family bonds $\gamma 1 = .64$; boundaries $\gamma 1 = .75$; rituals $\gamma 1 = .79$; roles $\gamma 1 = .86$, communication $\gamma 1 = .81$, support $\gamma 1 = .87$. Cronbach α *reliability* coefficient was determined to be .95. The total scale score was considered in the analyses, and Cronbach alpha internal-consistency coefficient was measured as .94 for the overall scale.

Experiences in Close Relationships Scale-II: This scale (ECRS-II) is a 36-item scale developed by Fraley, Waller, and Brennan (2000) was adapted to Turkish by Selçuk, Günaydın, Sümer, and Uysal (2005). Adaptation study was conducted on university students. This scale is used to evaluate attachment styles and has a two-

factorial structure with the following distribution: 18 measuring the avoidant dimension and 18 measuring the anxious dimension. In this 7-point Likert type scale, the respondents express the intensity of their attitude on a range of items from 1 (strongly disagree) to 7 (strongly agree). The continuous scores of avoidant and anxious dimensions are calculated by adding the relevant items separately and calculating their mean scoresAs a result of the principal components analysis, the total item score of the scale remained the same in its Turkish version, which has the Cronbach alpha validity and reliability coefficients of $\alpha = .90$ for avoidant dimension and $\alpha = .86$ for anxious dimension. These values are indicative of that the scale has high level of internal consistency. Items 4, 8, 16, 17, 18, 20, 21, 22, 24, 26, 30, 32, 34, and 36 of the scale are reverse coded. The test-retest reliability was measured by using the data obtained from 86 participants who took part in the study in both periods, and the scale proved to have good test-retest reliability with the following coefficients: .82 in avoidant dimension and .81 in anxious dimension. Cronbach Alpha internal reliability coefficients of the same dimensions were found to be .83 and .85, respectively. Cronbach Alpha internal reliability coefficient for the entire scale was measured as .88.

2.4. Data Analysis

The study included a total of 369 participants. To prevent potential statistical analyses errors, tests were performed to check normality and extreme values prior to the analysis. Reverse coded items were assigned values. In the examination of dataset, five participants who had not made coding properly were identified and their data was excluded from the data analysis. Multivariate outlier detection was made with the use of Mahalonobis distance in the data of 364 participants that remained after the data cleaning process. The Mahalonobis distance value was found to be $\chi 2(3) = 22.327$ (Tabachnick and Fidel, 2015:74), and the data that shows higher values were excluded from the dataset, so ultimately 362 participants' data was used. Normality criterion is a prerequisite to the tests to be performed in the analysis. Therefore, whether the data shows normal distribution or not was identified based on the variables' kurtosis and skewness values. It was decided that the data shows NORMAL distribution according to kurtosis and skewness values that ranged within ± 2.00 (George and Mallery, 2010:21) and those within ± 1.00 (Hair, Black, Babin, Anderson, and Tatham, 2013:56). Results of normality tests showed that the kurtosis and skewness values of the scale data ranged between ± 1.00 and ± 2.00. The related values are presented in Table 1.

Table 1: Normality Table of Scales

Variables	Sub Scales	N	Min.	Max	x̄	SD	Kurt.	Skew.
Family Functionality		362	1.47	4.00	3.39	.472	1.853	-1.237
Attachment Styles		362	48	193	110.29	29.50	-628	.056
	Anxious Attachment	362	1.00	6.72	3.40	.995	-.274	.233
	Avoidant Attachment	362	1.00	5.28	2.72	.917	-.408	.189

Based on these results, it was concluded that the scale data satisfies the normality assumption. When the normality assumption was tested against demographic variables, it was determined that kurtosis and skewness value ranges within ±1.00 only for the *marriage years* variable. Therefore, parametric tests were used in the analyses with *marriage years,* and non-parametric tests were used in those with *marital satisfaction, sufficient knowledge of the spouse*, and *marital union* variables. Whether or not family functionality differs according to these variables was analyzed; ANOVA, Mann Whitney U, and Kruskal Wallis tests were used for *marital satisfaction*, *partners' knowledge of each other*, and *type of marital union*, respectively. It was found out that family functionality correlates significantly with the type of marital union, and Post Hoc (Tamhane's T2) test was performed to identify which type of marital union has an impact on the difference. To measure the relationship between family functionality and the insecure attachment styles, i.e. anxious and avoidant attachment styles, Pearson product moment correlation coefficient was calculated. To determine whether anxious and avoidant attachment is a significant predictor of family functionality, multiple linear regression analysis (stepwise regression) was performed. A main assumption of multiple regression analysis is that there is no multicollinearity between the independent variables subjected to analysis. That is why the relationship between the independent variables was analyzed, and it was found that the correlation coefficients were below $r = .90$ and variance inflation factor (VIF) coefficients were below 2.5, so it was concluded that no multicollinearity problem exists (Tabachnick and Fidell, 2015:88; Allison, 1990:35). Another prerequisite to regression analysis is non-autocorrelation; that is, there should be no relationship between the terms of error (Vikidepia, 2023). Kalaycı (2009:320) asserts that, if Durbin-Watson autocorrelation values are within the 1.5-2.5 range, there is no auto- autocorrelation. In the present study, Durbin-Watson (D-W) autocorrelation tests were implemented, and D-W coefficient of 2.127 was found, which pointed to non-autocorrelation, for this value is within the 1.5-2.5

range. The analyses were performed after the basic assumptions of regression were met. All analyses in the study were conducted by means of IBM SPSS Statistics 22.

3.   RESULTS

This section presents the findings of the study according to the research questions. ANOVA test was performed to examine whether the dependent variable of the study, family functionality, correlates with the year of marriage, and it was found out that family functionality scores of spouses does not have a meaningful relationship with this variable (F=2.009; p>0.05). The ANOVA test results are presented in Table 2.

Table 2: ANOVA Test Results of Family Functionality according to Year of Marriage

Marriage Year	N	x̄	SD	V.C	Sum of squares	Degrees of freedom	Mean of squares	F	p
0-4 years	172	3.4075	.43799	Between Groups	1.335	3	.445		
5-10 years	79	3.4117	.47902	Within Groups	79.284	358	.221		
11-22 years	59	3.2608	.60329	Total	80.619	361		2.009	.112
23⁺ years	52	3.4610	.38278						
Total		3.3922	.47257						

Whether family functionality correlates with marital satisfaction was analyzed by means of Mann Whitney-U test, and it was found out that spouses' family functionality scores differ significantly according to marital satisfaction (U=1920.000, p<0.05). The significant difference found was in favor of those who are satisfied with their marriage. The results of the analysis are shown in Table 3.

Table 3: Mann Whitney-U Test Results of Family Functionality according to Marital Satisfaction

Scale	Group	x̄	Mean rank	Sum of Ranks	U	p
Marital Satisfaction	Yes	329	192.16	63222.00	1920.000	.000
	No	33	75.18	2481.00		

Whether family functionality correlates with sufficient knowledge of the spouse variable was analyzed by means of Mann Whitney U test for independent variables, and a statistically significant difference was found between the two (U=1938.000, p<0.05). The significant difference is in favor of participants who know their spouses well. The analysis results can be seen in Table 4.

Table 4: Mann Whitney-U Test Results about Family Functionality according to Sufficient Knowledge of Spouses

Scale	Group	x̄	Mean Rank	Sum of Ranks	U	p
Marital Satisfaction	Yes	340	186.80	635112.00	1938.000	.000
	No	22	99.59	2191.00		

Whether family functionality scores vary according to the type of marital union was examined by Kruskal Wallis test, which pointed to that they indeed do significantly (H=11.166, SD=2, p=.004). The results of the test are presented in Table 5.

Table 5: Kruskal Wallis Test Results of Family Functionality according to Type of Marital Union

Types of Marital Union	N	x̄	SD	Mean rank	Kruskal Wallis	
					X^2	P
Dating	260	3.4314	.47027	192.25		
Arranged	75	3.2656	.46524	146.69	11.166	.004
Other	27	3.3663	.46831	174.69		

To identify from which groups this difference stems, Post Hoc (Tamhane's T2) test was run. As can be seen in the table, family functionality scores of individuals who got married through dating (X=3.4314, SS=.47027) are significantly higher than those who had an arranged marriage (X=3.2656, SS=.46524). Tamhane's T2 test is a method employed to make detailed analyses of variables in cases where no variance homogeneity was observed (Hocberg and Tamhane, 1987:28). The results of the analysis are presented in Table 6.

Table 6: Type of Marital Union Post Hoc (Tamhane's T2) Test Results

Marital Union (I)	Marital Union (J)	Mean Difference	Standard Error	p
Dating	**Arranged Marriage**	.16585*	.06113	.023
	Other	.06516	.09473	.872
Arranged Marriage	**Dating**	-.16585*	.06113	.023
	Other	-.10070	.10492	.715
Other	**Dating**	.06516	.09473	.872
	Arranged Marriage	.10070	.10492	.715

*p<0.05

The main focus of the study, the relationship between family functionality and anxious and avoidant attachment styles, was subjected to Pearson Product Moment Correlation coefficient analysis. Table 7 presents the results pertaining to the correlation analysis.

Table 7: Correlation Coefficients of Variables Table

Variables	N	x̄	SS	V.K	K.T	S.D
Family Functionality	362	3.3922	.47257	1	-.405**	-.292**
Anxious Attachment	362	3.4021	.99599		1	.466**
Avoidant Attachment	362	2.7251	.91798			1

**p<0.01

The correlation analysis results showed that a moderately significant negative relationship exists between family functionality and anxious attachment variable (r=-0.405, p=.000, p<0.01). The relationship between family functionality and avoidant attachment variable was found to be significant at low level and negative (r=-0.292, p=.000, p<0.01). Finally, anxious and avoidant attachment styles were found to have a moderately significant positive relationship between themselves (r=0.466, p=.000, p<0.01).

To analyze the variables that predict family functionality, stepwise multiple regression analysis was run. This analysis method introduces the independent variables that significantly contribute to the variance of the dependent variable and eliminates other variables from the analysis. In this step-by-step process, first, the independent variable with the highest correlation with the dependent variable is entered, and this is followed by the introduction of the independent variable with the second highest correlation (Çokluk, Şekercioğlu and Büyüköztürk, 2018:56). In this analysis, the predicted variable is family functionality, whereas the predictive variable is anxious and avoidant attachment variables. The regression analysis determined that a prediction equation was created. As can be seen in Table 8, stepwise multiple regression analysis conducted for spouses' family functionality scores manifested that inavoidant and anxious attachment variables act together in their predictive effect on participants' family functionality scores in statistically significant levels [$F_{(2,359)} = 38.813$; $p<.001$]. Avoidant and anxious attachment together explain the 17.8% of the total variance of family functionality scores. An analysis of the results of β and t-tests for the significance of regression coefficients demonstrated that these variables are significant predictors of family functionality in the following order: avoidant attachment (β=-.405; $p<.001$) and anxious attachment (β=-.132; $p<.001$).

Table 8: Stepwise Regression Analysis Results Pertaining to Family Functionality Predictability

Analysis Phase	Predictive Variables	B	Standard Error β	β
1	(constant)	3.961	.071	
	Avoidant Attachment	-.209	.025	-.405**
2	(Constant)	4.087	.088	
	Avoidant Attachment	-.177	.028	-.344**
	Anxious Attachment	-.063	.026	-.132**

R^2=.17.8; $F_{(2,359)} = 38.813$**
** $p<.001$

4. DISCUSSION

The present study analyzes the relationship between attachment styles and family functionality and discusses whether family functionality differs according to demographic variables, as well as to what extent anxious and avoidant attachment levels predict family functionality.

No significant relationship was observed between family functionality scores and *number of marriage years*, a demographic variable included in the study. The findings of some studies in the related literature deviated from those of the present research in that they showed that an increase in marriage years (i.e., being married for longer than five years) impacts family functionality unfavorably (Ekşi and

Kahraman, 2012:141) and undermines spouses' mutual love (Şendil and Korkut, 2008:22). Reduced excitement with the passage of time in marriage, economic problems encountered during the family establishment phase, and expanding family roles may influence family functionality (Kubilay and Oktan, 2015:25). Similarly, at the beginning of their marriages, spouses tend to be more tolerant of each other and pay greater effort to know each other, so they are more likely to disregard problematic situations. As time progresses, many problems which have been overlooked previously might come to light, which can lead to conflicts and quarrels between spouses (Bayer, 2018:220). Studies that made an opposite conclusion exist, though; some found out that family functionality is affected favorably by the increase in marriage years (Sharif et al., 2012:26; Erzeybek and Gökçearslan Çifci, 2019:70; Kublay and Oktan, 2015:25; Balcı Arvas and Hökelekli, 2017:140).

Another finding of the study is that family functionality scores differ significantly according to the *marital satisfaction* variable. To name one example, Mussatayeva (2018:82) conducted a study focusing on women having a low socioeconomic level. According to the marital happiness analysis in the study, *marital satisfaction* sub-scale scores, a subdimension of marital life scale, were significantly different from *problem solving, communication,* and *roles* scores, subscales of Family Assessment Inventory. On the other hand, Pedro et al. (2015:3488) concluded that family satisfaction has a mediating effect on the relationship between attachment styles in close relationships and family functionality. These findings are in concordance with the results of the present study. Hence, it can be concluded that women who are content with their marriage have higher levels of marital satisfaction and more effective problem solving and communication skills than those who are not content with their marriage. In contrast to the present study findings, Tekin (2022:117)'s research results showed that spouses with high family functionality had low marital satisfaction. This can be attributed, though, to the participants' inability to objectively assess their familial relationships.

Another main finding of the study is that family functionality scores vary significantly according to the *sufficient knowledge of the spouse* variable. That is, the family functionality scores of married individuals who claim to have sufficient knowledge of the spouse tend to be higher than those of individuals who seem to have insufficient knowledge of the spouse. In the related literature, Mussatayeva's study (2018:85) revealed parallel results; *sufficient knowledge of the spouse* variable was associated with significant differences in the subdimensions of the Family Assessment Scale such as problem solving, communication, and roles, as well as in the subdimensions of the Marital Life Scale such as marital satisfaction. That is, the higher the married women's knowledge of their spouses, the more they are satisfied with their marriage. It is expected that the family functionality scores will increase

parallel to the amount of time spouses spend together before marriage to better know each other (Tekin, 2022:116). The presence of strong and healthy communication means between the spouses is essential to the process of their getting to know each other (Bayer, 2018:222). Hortaçsu (1991:35) claims that spouses who have sufficient knowledge of each other are willing to satisfy their partners' expectations and derive satisfaction from their marriages.

Finally, as to the relationship between demographic variables and the dependent variable, spouses' family functionality scores differ significantly according to the type of marital union: couples who married after dating have significantly higher family functionality scores than those who married through others' arrangement. The finding, which was in favor of the participants that married through dating, can be attributed to the greater number of dating couples (n = 260) than that of arranged marriage couples (n =75). Çakıcı (2006:115), Aluş (2016:392), Kamışlı (2018:54), Günay (2020:74), and Hançer et al. (2020:296) contributed related studies to the literature and found similar results. Differently from the present research, Mussatayeva (2018:35-47) found no significant difference between the type of marital union and Family Assessment Scale's sub-dimensions of *problem solving, communication, roles, attending to the spouse*, and between type of marital union and Marital Life Scale's subdimension of *marital satisfaction*, nor did Algan (2018:44-45) observe any significant relationship between the type of marital union and sub-dimensions of family functionality (i.e. *communication, roles, attachment, rituals, boundaries*).

The study determined moderately significant negative relationship between family functionality and anxious attachment style variables. The relation between family functionality and avoidant attachment variables, on the other hand, was found to be significantly negative in low level. Accordingly, the higher the spouses' anxious and avoidant attachment style levels, the lower their family functionality scores. Literature analysis showed that few studies exist focusing on family functionality and attachment styles. Parallel to the findings of the study, In Strahan's (1991:12) study, people with secure attachment style scored higher in family functionality than people with insecure attachment style. Similarly, Fujimori, Hayashi, Fujiwara, and Matsusaka (2017:654) observed that attachment styles have a remarkable impact on family functionality and a significant relationship between secure attachment and familial harmony exists. Therefore, to ensure a wholesome family environment, it is of utmost importance to remedy the emotional bonds between family members, consolidate familial relationships, foster family members' relationship with each other and with the society outside, and complement the physical and spiritual development in the house so as to prepare the ideal conditions conducive to the growth and autonomy of individuals. Another finding pointed to a moderately significant positive correlation between anxious and avoidant attachment

style variables. The anxious attachment or avoidant attachment levels linearly increase or decrease. An analysis of the literature shows that there are studies, the findings of which are in consistent with these results (Demirci, 2004:74; Toksöz and Kolburan, 2018:25; Karlıoğlu and Parlar, 2020:183; Doğan and Deveci Şirin, 2019:28; Tekin, 2022). One commonality that anxious and avoidant attachment styles share is that the individuals wish to distance themselves from the attachment object and feel indifferent as much as they fear being abandoned by their partners and desire to be close to them. Thus, it makes sense that the relationship between the two insecure attachment styles focused in the study are in the same direction.

Avoidant and anxious attachment styles, which are insecure attachment forms, move together, predicting the participants' family functionality scores significantly $[F(2,359) = 38.813; p<.001]$. Insecure attachment styles have a combined effect, explaining 17.8% of the total variance of family functionality scores. Significance levels of regression coefficients were analyzed by means of β and t-tests, and the results indicated that avoidant attachment (β=-.405; p<. 001) and anxious attachment (β=-.132; p<.001) variables are significant predictors of participants' family functionality scores. That is, married individuals that show behaviors associated with insecure attachment styles have less favorable family functionality. By the time this research was conducted, the related literature had seemed to have only one study focusing on the relationship between family functionality and attachment styles. This study belonged to Tekin (2022:75), who examined the relationships among differentiation-individualization levels, attachment styles, anxiety rates, and family functionality scores of 237 married participants. In the study, it was found that people with fearful and obsessive attachment styles, which are types of insecure attachment, had low levels of family functionality, which is in concordance with the present findings. Gündoğan (2015:28) claims that the relationship established with parents in infancy has a specific pattern, which is recursive in adulthood in the relationships established with spouses/loved ones. Effective performance of parenting duties and provision of ideal values to children will help children develop a positive perspective to themselves and to the outside world and, together with other inner working mechanisms, will be conducive to adoption of secure attachment styles (Kocamaz Karagözlü, 2019:67). By contrast, if the family does not fulfill its responsibilities, and if the parents have little, if any, communication with their children and get alienated to their children, the children will develop anxious and avoidant attachment behaviors in their relationship with peers, spouses, loved ones, (Çiftçi, 2010:80). Therefore, spouses with insecure attachment style can show typical behaviors, causing problems and decreasing the quality of marriage (Taş, 2016:54).

The findings of the regression analysis in the study revealed that avoidant attachment has a greater predictive effect on family functionality than anxious attachment does. This suggests that the different behavior patterns associated with

avoidant and anxious attachment styles cause this difference. Married couples who display an avoidant attachment style, when they have an issue, fail to express their feelings, distancing themselves from the negative and positive feelings of the spouse (Uluyol, 2014:61) and withdrawing to their inner worlds to protect themselves (Tekin, 2022:119). That is why a spouse who has an attachment style of this pattern may fail to adopt the expected wife/husband/mother/father roles and remain reserved and distant by hiding their feelings, thus cause communication problems in the family. Also, the family will probably be unsupportive, weakly bound to each other, and unwilling to take part in family rituals and activities. Bayer (2018:222) asserts that a marriage in which emotional matters are not discussed and feelings are not shared is bound to be an unhappy one. A partner with anxious attachment style is more sensitive to any signal from the spouse. Thus, any feedback they get from the spouse is the backbone of their life (Sümer and Güngör, 1999), and a life without the intimacy and love provided by the spouse is inconceivable (Uluyol, 2014:69). Indeed, individuals who show anxious attachment behaviors throughout their marriage affect family functionality more negatively than those who show avoidant attachment behaviors.

5. CONCLUSION

Based on the findings of the study, the following suggestions were made for researchers and mental health professionals. Similar research can be conducted with participants who are dating, engaged, or preparing for marriage. Replication of the study with a larger sample group is recommended so that the generalizability of the study can increase. An equal number of male and female participants can be included into the sample group, or alternatively more male participants can be added to the sample group when the study is replicated. Family counselling and personal therapy services can be provided prior to marriage so that spouses can have better knowledge of each other and foresee the problem areas in their marriage. Psychoeducation groups can be formed to deal with matters such as spouse roles, familial relationships, communication capability, relating with children, intra-family decision mechanisms, and problem-solving skills. Partners can take pre-marital counselling services to better evaluate their relationships in their dating and engagement periods.

Yazarlık Katkı Beyanı

Çalışmanın tüm aşamaları yazarlar tarafından tasarlanmış ve hazırlanmıştır.

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