The Moderating Role of Ego Strength on the Relationship between Attachment Styles and Marital Adjustment

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Abstract
Background and Objective: Adjustment between couples affects different aspects of life including mental and physical health. This study aimed to investigate the moderator role of ego strength in the relationship between attachment styles and levels of marital adjustment.

Materials and Methods: A total of 300 married individuals (150 men, 150 women) participated in this study. Participants completed Adult Attachment Style Questionnaire, Golombok-Rust Inventory of Marital State and Ego Strength Scale.

Results: Secure attachment style (P<0.005, r= -0.289) and ego strength (P<0.005, r= -0.427) have positive significant relationship with marital adjustment; avoidant (P<0.005, r= 0.302) and ambivalent (P<0.005, r=0.251) attachment styles have negative significant relationship with marital attachment. The results showed that ego strength had moderator role only in relationship between avoidant attachment style and marital adjustment (P=0.039). Couples who had avoidant attachment style in their families, had less ego strength, they had low level of marital adjustment and if they had higher levels of ego strength, their marital adjustment would be higher too. Therefore, research findings showed that attachment styles and ego strength can predict marital adjustment.

Conclusion: Research showed that attachment styles and ego strength can predict marital adjustment.

Keywords: Attachment, Ego Strength, Marital Adjustment