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**ABSTRACT ACCEPTANCE LETTER**

Our Ref : ICGCHRHD15/2015/BM29  
Date : August 25, 2015

**Sitti Murdiana**  
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Dear **Sitti Murdiana**,

We would like to invite you to participate with a presentation at the International Conference on Guidance & Counseling, Human Resources and Human Development, which will be held from September 20 to 22, 2015 in PNB Ilham Resort, Port Dickson, Negeri Sembilan, MALAYSIA.

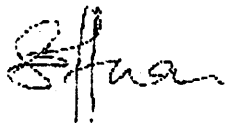
The Scientific Committee of the conference is very pleased to inform you that your abstract has been accepted for presentation at the conference and the status of your abstract is as follows:

Abstract Number : **BM29**  
Abstract Title : **PENGARUH KELEKATAN DEWASA TERHADAP PENYELESAIAN  
KONFLIK KONSTRUKTIF PADA PASANGAN MENIKAH**  
Presentation Type : **Oral Presentation**

Thank you again for your submission and we hope to see as many of our extended postharvest family as possible at the conference.

We are looking forward to seeing you at Port Dickson, Negeri Sembilan, MALAYSIA

Sincerely,



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Committee Chair  
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BM 29

## ADULT ATTACHMENT EFFECT TO CONSTRUCTIVE CONFLICT RESOLUTION IN MARRIED COUPLES

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### Abstract

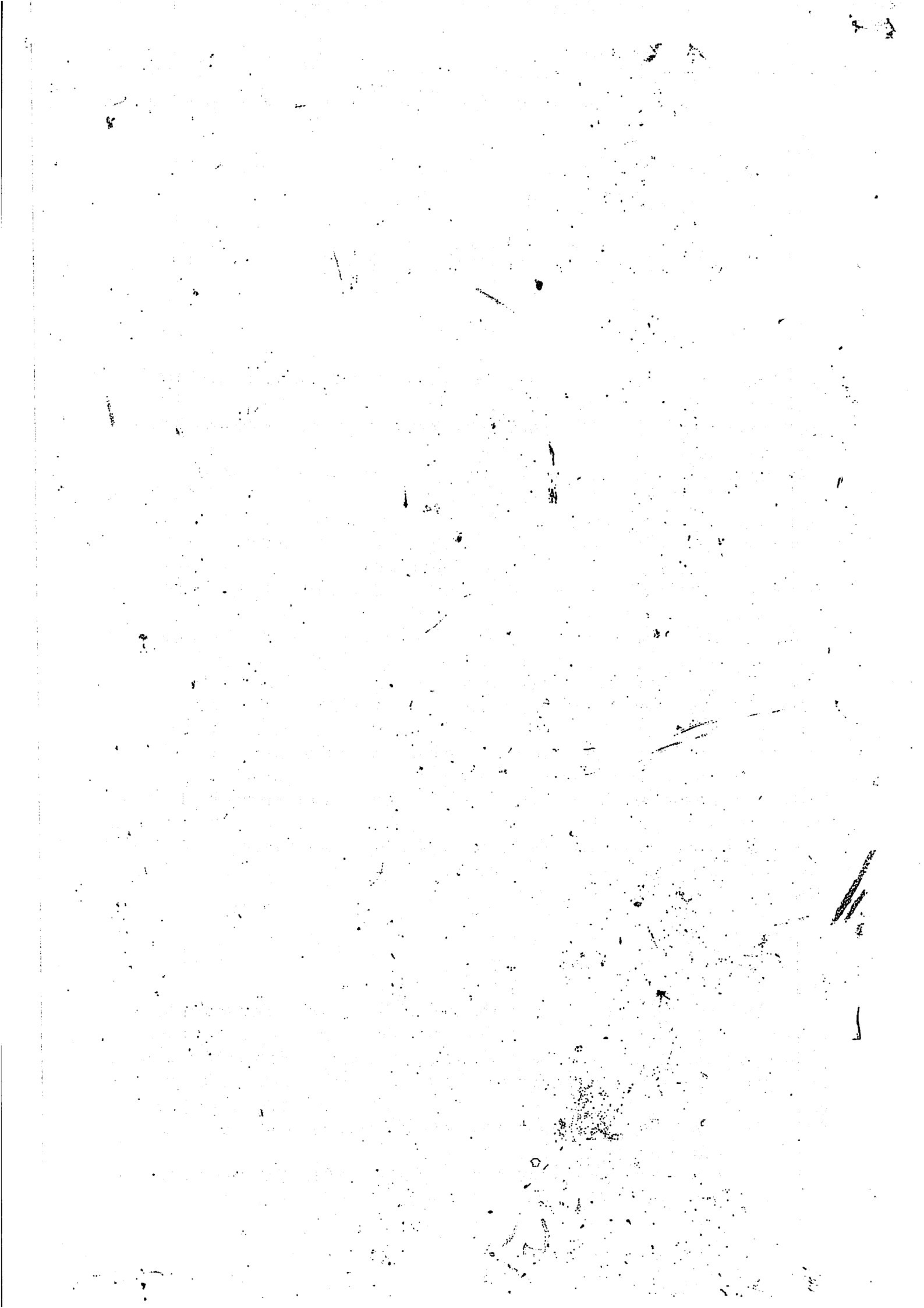
Attachment with a spouse to be one important factor that can strengthen individual behavior towards their partners, including when facing problems. Positive attachment can keep the individual's relationship with the couple running harmoniously, although in the relationship there is a problem or conflict. Respondents consisted of 229 men and 230 women, the criteria have been married more than two years, and are in early adulthood and stay in Makassar. Subjects were selected using adult attachment scale, and scale constructive settlement of marital conflict that has been through validity and reliability test. Subjects were selected using *nonrandom sampling* technique of *accidental* type. Measurements were made using adult attachment scale, and scale constructive settlement of marital conflict that has been through validity and reliability test. The results show that there are two dimensions in adult attachment, namely the anxious attachment and avoiding attachment, which has a strong influence on the constructive settlement of the conflict. However, anxious attachment has a positive influence on the constructive settlement of the conflict, while avoiding attachment has a negative influence on the constructive settlement of marital conflict. Overall adult attachment has no significant effect due to the difference in value in both dimensions in adult attachment towards constructive settlement of the conflict. The two dimensions in adult attachment that has a different value in influencing the constructive settlement of marital conflict can not be combined as a single entity which immediately affects the emergence of constructive settlement of marital conflict. In explaining the effect of adult attachment in a constructive settlement of the conflict had to separate the two dimensions that exist in order to influence the dynamics of each dimension of the constructive settlement of the conflict can be described dynamically.

**Keyword:** adult attachment, settlement of marital conflict, married couple.

### Introduction

Conflict is something that can not be avoided in a marriage. This occurs because of the difference which is owned by a husband and wife became very clear when the pair entered the household life. A number of shortcomings which not visible before entering marriage in attitudes, ways of thinking, decision-making, motives, interests, interests and habits, will intensively found in the spouse. This difference could be a source of nuisance for the couple, when one or both of them do not understand. These differences can then be a source of conflict and strife for a husband and wife.

Conflict in the dictionary of psychology (Reber and Reber, 2010) demonstrated the understanding that any situation in which there are occurrences or events, motives,



The conflict in the couple referred to as interpersonal conflict. Interpersonal conflict basically have in common with inter-group conflict, where the differences in motives, goals, opinions, beliefs, or attitudes are not in line with each other. Miller and Pearlman (2009) states that interpersonal conflict occurs when a person's desires or actions impede the wishes or actions of others. In many cases, spouses are often unaware that the desires and their actions interfere with or hinder the desires and actions of his partner. This often causes one party feels pressured or stressed because of the action partner.

Conflict in a conjugal relationship must be addressed to achieve a harmonious marriage life. Although the conflict is something that is absolutely in a marriage, but if not completed properly, will bring a number of disadvantage for conjugal relationship. Marital life which often experience conflict and strife would be at risk of marital dissatisfaction and prone to divorce (Clemens, Stanley and Markman, in Kline, Pleasant, Whitton and Markman, 2006). While the harmonious marriage will make people happier and more physically fit (Waite and Gallagher, in Nooler and Feeney, 2002). Another advantage that is also expressed by Waite and Gallagher in Nooler and Freaney (2002) is that a harmonious marriage, will make the lives of the couple is more prosperous and more healthy sexual life.

Harmony in a marriage have an influence on happiness and improve the quality of life of individuals who are bound in marriage. Gottman (1994) revealed that individuals who have a happy marriage life also tend to live longer and look healthier than the individual whose household life unhappy. Individuals who grow up in a family filled with peace and tranquility will easily develop the capabilities and skills both at home and in the social environment. Moreover, confidence, and the absence of significant pressure, makes people happier than individuals who are in families who often have problems. Children who grow up in an intact family also shows the physical and mental health are better; they also have a higher level of education and have a successful career (Waite and Gallagher in Nooler and Feeney, 2002). By looking at the importance of harmonious relationships, each husband wife pair are required to be able to resolve all the problems of the household, so that the welfare and peace of the family can be achieved for the achievement of a better quality of life.

Conflicts that not resolved properly causing a function of spouses as parents and role models for society can not be implemented optimally. The emergence of delinquency, drug cases, and the other is triggered, among other things, by disharmony in the family. Another very detrimental impact on husband wife pair is a solution to the conflict that is destructive to the marriage. This contributed to an increase in the number of couples who decide to divorce. Data divorce in the Religious Court of Makassar in 2012 revealed the problems that lead to divorce is as follows: 45% are caused by incompatibility ongoing with a partner, so that quarrels often arise, 4% due to infidelity, 22% due to the absence of responsibility of the husband to the wife, 12% due to domestic violence, and other factors caused by inability to control emotions (Source: Religious Court of Makassar, 2012). By taking into account a variety of problems that occurred in the household, then that plays an important role in addressing the problems in the household is the husband and wife's ability to take a stand and take the ways of settlement of the problem appropriately.

The proper way to resolve conflicts and problems at home will produce an agreement and acceptance of husband and wife in addressing the differences that occur between them. Similarly, Fitzpatrick (1988) also revealed that the ability of the husband and wife in overcoming conflicts and tensions will distinguish whether or not the marriage that they live stressful. Improper handling of the conflict will cause the relationship between husband and wife to deteriorate and threaten the survival of their marriage.

Marriages that often in conflict and not completed properly, clearly bringing greater losses for both sides, as well as for other family members, especially children. Jones Beach, and Finchman (2006) say that family relationships filled with pressure will cause symptoms of depression in children. Added again by Jones Beach, and Finchman that the conflict in the marriage more often bring a negative impact on children, especially the conflict is often the case, a conflict that involves physical, unresolved conflict, and conflicts associated with children's behavior.

Conflicts that not resolved properly are more likely to often recur, even causing housekeeping problems are not resolved. Conflicts that not resolved properly will cause a conjugal relationship deteriorated, thus resulting in divorce when each other is no longer able to accept and try to understand the condition of their partner. While marriage capable to overcome the conflict and process conflict well, would make the conflict as something to strengthen the relationship of husband and wife (Pietromonaco, Greenwood, and Barret in Rholes and Simpson, 2004). The harm arising from the conflict which is not resolved properly, according to the researchers, it is very important to be studied further. This is because the conflict which is not resolved properly not only have a negative impact on husband wife pair itself but also in children and other family members involved in their marriage.

Marital conflict settlement does not happen by itself, there are factors that affect the achievement of a good conflict resolution. One important factor affecting marital conflict resolution well is the existence of a healthy pattern of relationship between husband and wife. In married life, closeness and intimacy that lasts longer and occurs intensely has formed a certain relationship patterns. In this case, the closeness factor is referred to as adult attachment (Bowlby, 1971), which is an emotional bond formed between an individual with his partner within a certain time.

This bond serves to maintain closeness of an individual to the person considered to provide comfort and can coordinate individual needs for affection and attention. Individual who felt the support and attention from her partner will be sought to resolve the conflict properly so that the relationship with his partner can be maintained. This condition is also associated with an individual style of closeness with his partner (Feeney and Collins, 2001; Simpson, Rholes, Orina and Grich, 2002 in Snyder, Simpson and Hughes, 2006).

A secure pattern of attachment with a partner will allow an individual to cooperate in addressing and discussing the conflict with their partner. While individuals who have insecure attachment patterns with his partner tend to have difficulty to resolve marital conflict that leads to a positive agreement for both parties. Based on description above, then the question in this study is whether there is the influence of adult attachment on



settlement of marital conflict? The purpose of this study was to determine how adult attachment affects the the settlement of marital conflict.

### **Adult Attachment**

According to Bowlby, the bond that exists with a partner is a relationship in which the couple receive and give attention that is characteristic of attachment in adults. Furthermore, there is a development normatively between parents / parenting attachment and reproductive / sexual system into a single unit (Ainsworth, 1990; Bowlby, 1969/1982; Hazan and Shaver, 1994; Shaver, Hazan and Bradshaw, 1988). Hazan and Shaver in Cassidy and Shaver (2008) revealed that a romantic relationship must be established for at least two years to form attachment bonds completely. Individuals involved in a romantic relationship for 2 years has made his partner satisfy his need for attachment, while individuals who had a brief romantic relationship or individuals who do not have a partner are likely to continue to make his parents as a source of fulfillment of the need for attachment. In the adult attachment bond, which is also very important is the existence of caregiving system and sexual system (Ainsworth, Bowlby, Hazan and Shaver; Shaver, Hazan and Bradshaw in Cassidy and Shaver, 2008). This study refers to the theory advanced by Ainsworth and Hazan and Shaver opinion regarding the formation of adult attachment in pairs.

### **Settlement of Marital Conflict**

Hocker and Willmott in Lim (2000) defines settlement of marital conflict as a set of responses and a number of behaviors that are used by individuals when facing conflicts with their partner. Deutsch in Deutsch, Coleman and Marcus (2006) explains that individuals do conflict resolution with two processes, namely: a process that is constructive and destructive process. Constructive process is a process of conflict resolution is done cooperatively, while the process of conflict resolution that are destructive involve a competitive process involving a competition to achieve the victory of one party.

Gottman (1994) revealed that the settlement of marital conflict is directing an individual to achieve two things: 1) Solve the problems encountered, and agreed to undergo marriage remain with them; 2) Willing to identify and define a number of differences that occur between them, and are willing to use tradition as a strategy of coping in the face of marital conflict. Thus, the settlement of marital conflict is the way in which the an individual to overcome differences that cause conflict in relationships with a partner. This study refers to the opinion of the Gottman constructive conflict resolution that can predict the stability of marriage. This theory is based on the theory of interactionism system, that the conflict settlement would be required the existence of a reciprocal relationship between husband and wife.

### **Method**

This research uses descriptive method, that is: the study will describe the relationship in the form of adult attachment influence on the settlement of marital conflict. Respondents in this study consisted of 229 men and 230 women with the following criteria: have been married, the marriage age is more than 2 years, and



included into early adulthood, 18-40 years (Berk, 2010). The research location is in Makassar, one of the cities that have the highest number of divorces, which is caused by a number of marital problems are not resolved properly. Sampling for the research was done using nonrandom sampling with accidental sampling technique. Data collection is done by using a scale of measurement of adult attachment on the basis of theoretical references proposed by Ainsworth (1990), and the scale of the settlement of the marital conflict were arranged by the author himself by referring to the theory of conflict settlement by Gottman (1994). The two scales were formulated using ordinal scale, which is using four answer options: strongly agree, agree, disagree, and strongly disagree.

Adult attachment scale and scale of constructive settlement of marital conflict has been through validity and reliability. Based on the results of a test of validity is known that there are 35 valid items with a value of correlation between 0.323 to 0.843. For the scale of of the constructive settlement of marital conflict, based on the results of the validity of the test is known that there are 26 valid items with a value of correlation between 0.356 to 0.673. The reliability test showed that the scale of of adult attachment for anxious attachment is 0,906 (very high reliability), and avoiding attachment was 0.888 (high reliability). While the scale of the constructive settlement of marital conflict indicates the reliability of 0.869 (high reliability).

Then for the data obtained the normality assumption and test is performed to determine whether the data were normally distributed. Furthermore, hypothesis testing was conducted using multiple linear regression. This is because the independent variable in this study is more than one, that anxious attachment and avoiding attachment toward a constructive settlement of the conflict. The data were analyzed using the IBM SPSS for Windows version 22.

## **Results**

Results of the test for normality using *One Sample Kolmogorov-Smirnov Test* indicates that the data are normally distributed, this can be seen in Asym. Sig (2-tailed) were significant, where the sig value greater than 0.05, which is 0.089. The correlation between anxious attachment and constructive settlement of marital conflict by using Pearson correlation is worth positive, ie the higher the anxious attachment in a married couple, the more constructive the settlement of the conflict marriages. While avoiding attachment to the constructive settlement of marital conflict is negative, meaning that the higher avoiding attachment shown, the lower the constructive settlement of the conflict. Results of calculations using multiple linear regression showed adjusted R Square = 0.012 or 1.2%, meaning that the two independent variables, anxious attachment and avoiding attachment has poor accuracy in explaining the constructive settlement of the conflict.

Results of regression analysis showed that the independent variables, namely the anxious attachment and avoiding attachment, does not have a linear relationship to one another. This is evident in the table of coefficients, ie tolerance and VIF (variance inflated factors). The value of tolerance is 0.976, which is no larger than 1 and not smaller than 0.00. VIF of all variables is lower than 10, so this study has no multicollinearity.

This illustrates that there is influence of the variables of anxious attachment and avoiding attachment in constructive settlement of the conflict. However, these effects are not significant, so that these two variables can not be strongly explained the emergence of a constructive settlement of marital conflict. Allegedly there are other factors that may influence more powerful in influencing the constructive settlement of the conflict. Looks also in the Sig. greater value, namely  $0.022 > 0.01$ . However, if the calculation is done one at a time on the variable of anxious attachment in constructive settlement of the conflict and the variables avoiding attachment on constructive settlement of the conflict, showed that the influence of anxious attachment on constructive settlement of the conflict have a stronger relationship than the influence of avoiding attachment on constructive settlement of the conflict.

### **Discussion**

Adult attachment which consists of two dimensions namely anxious attachment, and avoiding attachment in this study showed different effects. Anxious attachment that has a positive effect shows that the stronger the individual anxiety of losing the attention and affection of her partner, the stronger the ability to resolve marital conflicts constructively. While avoiding attachment is an individual appreciation of rejection, which makes him behave avoid closeness with him partner. They tend to develop reasons to avoid intimacy with their partner. Such conditions seem to make it difficult to bring cooperation and understanding during the conflict, so that the patterns of settlement of the conflict are less constructive.

Weak influence of adult attachment on a constructive settlement of the conflict marriage may be affected by the lack of appreciation of the individual regarding the function of attachment, which can motivate individuals to find a constructive settlement of marital conflict. It is associated with the opinion of Pietromonaco, Greenwood, and Barret (2004) which states that the conflict that emphasizes the attachment often pose a threat, but if they can resolve the conflicts they experience well, then the bond of attachment that exists between them become stronger.

These findings do not rule out the possibility of differences in the individual results in other areas, because the individual appreciation of the importance of attachment in supporting the emergence of a constructive settlement of the conflict is determined by individual experiences with attachment, whether the attachment is safe or otherwise.

### **Conclusion**

Results of hypothesis testing showed that there is influence of adult attachment in a constructive settlement of the conflict. Adult attachment has two dimensions consisting of anxious attachment and avoiding attachment, where these two dimensions has a different value in influencing the constructive settlement of marital conflict. Anxious attachment has a positive influence on the constructive settlement of marriage, while avoiding negative effects on the attachment memilili constructive settlement of marital conflict. Two dimensions in adult attachment has a different value in influencing the constructive settlement of marital conflict, so as to explain the influence of adult attachment in a constructive settlement of the conflict should separate these two

dimensions to explain the dynamics of influence of each of these dimensions in a constructive settlement of the conflict.

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# Certificate

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**SITTI MURDIANA**

*Has Presented The Paper on*

**BM 29**

**In The International Conference on Guidance & Counseling, Human Resources  
and Human Development (ICGCHRHD 2015)**

**Held on 20-22 September 2015**

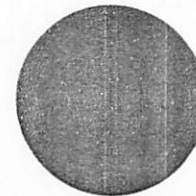
**At Port Dickson, Negeri Sembilan, MALAYSIA**



A handwritten signature in black ink, appearing to be "SAMSUL ANUAR AMAT KASI".

**SHAMSUL ANUAR AMAT KASI**

President of Malaysia Advisor & Counselor Association



A handwritten signature in black ink, appearing to be "MUHAMMAD SAFFUAN ABDULLAH".

**MUHAMMAD SAFFUAN ABDULLAH**

Conference Chair