

Prediction of Marital Conflicts, Based on Attachment Styles, Perfectionism, and Maladaptive Schemas in Couples

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Abstract

The aim of present study was to investigate the marital conflict's predictors, according to attachment styles, perfectionism and maladaptive schemas in the married couple of Bushehr city. The method of this research is descriptive. The population of the present study was married couples of Bushehr city. The sample included 100 couples (100 females and 100 males), and they were selected randomly among individuals referred to counseling centers in Bushehr City. The instruments used to collect data included Marital Conflicts Standard Questionnaire, Adult Attachment Style Standard Questionnaire, Positive & Negative Perfectionism Questionnaire, and Maladaptive Schemas Questionnaire. The result of correlation analysis indicated that attachment styles, perfectionism, and maladaptive schemas are significant predictors of marital conflicts. Correlation coefficient illustrated that attachment styles has the most contribution in couple marital conflicts. In addition, there is a significant correlation between attachment styles and couple marital conflict. Furthermore, there is a significant correlation between perfectionism and maladaptive schemas, with couple marital conflicts.

Keywords: *marital conflicts, attachment styles, perfectionism, maladaptive schemas, couples*

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