

Adult Attachment and Personality Traits and the Quality of Marriage of Husband and Wife Couples

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The study aimed to increase the quality of marriage by understanding the match between adult attachment and personality traits (which includes agreeableness, conscientiousness, and neuroticism) on marriage quality of couples. Five hundred couples or 1000 participants were recruited with cluster area sampling in five areas of Bandung City, and were asked to complete Marital Satisfaction Scale and Big Five Inventory. Data was analysed using Multiple Regression and Paired-Sample T-Test. Results showed that adult attachment and personality traits both had a simultaneous effect on marriage quality. Adult attachment had a greater effect compared to the three traits mentioned. Agreeableness was found to have a direct effect on marriage quality of couples, while conscientiousness was found to only have a direct effect on husbands, not wives. Neuroticism was not found to have any direct effects on marriage quality. Further paired sample t-test result confirmed these findings.

Keywords: adult attachment, personality traits, marriage quality

Studi ini bertujuan meningkatkan kualitas pernikahan dengan memahami kecocokan antara kelekatan dewasa dan ciri-ciri kepribadian (yang meliputi *agreeableness*, *conscientiousness*, dan *neuroticism*) terhadap kualitas pernikahan pasangan. Lima ratus pasangan atau 1000 partisipan telah direkrut dengan *cluster area sampling* di lima wilayah kota Bandung, dan dimohon mengisi skala kepuasan pernikahan (*Marital Satisfaction Scale*) dan *Big Five Inventory*. Data dianalisis dengan regresi ganda dan uji-t sampel berpasangan. Hasil menunjukkan bahwa kelekatan dewasa dan ciri kepribadian keduanya memiliki efek simultan terhadap kualitas pernikahan. Kelekatan dewasa memiliki efek yang lebih besar dibandingkan ketiga ciri yang dikemukakan. *Agreeableness* ternyata memiliki efek langsung terhadap kualitas pernikahan pasangan, sedangkan *conscientiousness* hanya memiliki efek langsung terhadap para suami, bukan para istri. *Neuroticism* tak memiliki sesuatu efek langsung apa pun terhadap kualitas pernikahan. Hasil uji-t sampel berpasangan selanjutnya mengonfirmasi temuan-temuan tersebut.

Kata kunci: kelekatan dewasa, trait kepribadian dan kualitas pernikah

A high number of divorce cases was found in the United States, approaching 50%, with Canada and Australia with 40% of all existing marriages ending up in divorce (Sweeper & Halford, 2006). This situation is also found in Bandung, with divorce rates ranking fourth out of 24 regions in West Java according to data from the High Court retrieved in October 2012.

A main factor influencing divorce in Bandung city is disharmony in the household. This differed from

other West Java regions such as Indramayu, that cited economic factors as the main reason for divorce (PTA Bandung, 2013). Lack of harmony in marriage can be caused by the low quality of marriage related to a healthy relationship with partner, intensive communication and being happy with a partner (Fowers & Olson, 1993).

A study by Mikulincer, Florian, Cowan and Cowan (2002) showed that marriage quality was related to the attachment style of the couple, while according to Ben-Ari and Lavee (2005) quality of marriage was related to personality traits, especially neuroticism.

Attachment is an emotional bond formed by a child with his/her mother, and will influence the development of a secure relationship in the child, further

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