

Relationship between Attachment Styles, Humor Styles and Relationship Satisfaction

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By

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CERTIFICATE

This is to certify that the dissertation entitled, “Relationship between Attachment Styles, Humor Styles and Relationship Satisfaction”, is a bonafide record submitted by Sandra Sarah Liju, Reg.no. SB20PSY046, of St. Teresa’s College, Ernakulam under the supervision and guidance of Ms. Malavika Jaisankar and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

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I, Sandra Sarah Liju, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by me in St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Malavika Jaisankar, Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

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ABSTRACT

The study was conducted to comprehend how different humor and attachment styles affect relationship satisfaction. The investigation used three variable assessment scales to examine the association between humor styles, attachment styles and relationship satisfaction. Over a period of three weeks, people who are between the ages of 35 to 65 and have been married for at least 5 years (N =203) completed three online questionnaires that assessed the effects of humor styles and attachment styles on their relationship satisfaction. The link between attachment style, humor style, and relationship satisfaction is the main emphasis of this study. The divorce rate has been rising over the past few years, according to a recent poll conducted in India. Hence, through this study, we hope to examine how diverse humor and attachment aspects impact relationship satisfaction as well as how they relate to one another. The aim of this research is to also identify gender variations in attachment and humor styles. Given the findings, it is clear that humor style has no effect on relationship satisfaction but attachment styles do. Moreover, a person's attachment style does not influence or predict their humor styles. Men are more likely than females to exhibit unhealthy attachment styles.

Keywords: Humor Styles, Attachment Styles and Relationship Satisfaction.

Chapter 1- Introduction

Relationship satisfaction is an important aspect in the life of married couples in order to have a healthy long lasting relationship. To have a happy and healthy relationship is integral in our life. But most of the time this is not possible.

Many research have found that attachment styles have impact on relationship satisfaction. Some research have also found that humor styles too have a relationship with attachment styles as well as relationship satisfaction. So through this study, we are trying to understand the relationship between attachment styles and humor styles and how these two factors affect the relationship satisfaction.

Attachment can be defined as a "lasting psychological connectedness between human beings" (Bowlby, 1969, P. 194). It is a construct involving individual differences, with behaviors directed at a person's relationships throughout life. Various kinds of attachment are formed through the repeated acts of "attachment behaviors" or "attachment transactions" which refers to a continuous process of seeking and maintaining a certain level of proximity to another specified individual (Bowlby, 1969).

There are various kinds of attachment styles that a person develops at the early periods of life, it refers to the particular way in which the person relates to others. There are four attachment styles (Bowlby, 1988), secure, anxious, avoidant and fearful.

Secure attachment is the ability to connect well and form secure relationships while being autonomous and act appropriately in different situations. One of its characteristic features is trust. Anxious attachment is also known as ambivalent attachment it refers to

concerns that others may not reciprocate one's desires for intimacy. Children with avoidant attachment tend to avoid interaction with caregivers and also show no distress during separation. Fearful attachment also known as disorganized attachment was discovered by Main and Solomon (1986) when they discovered that some infants did not fit into secure, anxious or avoidant. These kids lack display behaviors that lack readily observable goals or intentions, including obviously contradictory behaviors.

Humor is the ability of a person to be amusing or make others laugh. Humor style is the form of humor that an individual uses that differ from person to person. There are basically 4 types of humor styles namely affiliative, self-enhancing, aggressive and self-defeating humor, which can be classified into two groups as positive (affiliative and self-enhancing) and negative (aggressive and self-defeating) humor styles.

Affiliative humor involves telling jokes that everyone likes, and helps to have a good relationship. Self-enhancing humor is focused on yourself, and is beneficial as it will help a person to remain positive during hardships and is a good way to reduce stress. Aggressive humor is directed to an individual in order to mock, bully or manipulate them. Self-defeating humor in which the jokes are directed towards themselves but in a negative way. It is like putting themselves down by making jokes. Maslow in 1954 and Allport in 1961 gave distinctions between types of humor that is psychologically healthy and psychologically harmful. Healthy humor involved the ability in laughing at oneself, but maintaining a self-acceptance. It is expected that men score more in aggressive and self-defeating humor styles than women (Martin et al., 2002).

Relationship Satisfaction is defined as an interpersonal evaluation of the positivity of feelings for one's romantic partner and attraction to the relationship. (Rusbult & Buunk, 1993). Satisfaction in a close relationship consists of the subjective attitude (satisfaction) and the affective experience (happiness). Most of the existing research on this topic focuses on predictors of satisfaction among married couples. The subjective perception of satisfaction is an important indicator of relationship quality and has consequences for the longevity of the relationship, as less satisfied relationships are more likely to end. Multidimensional analyses indicates that satisfaction is perceived as different for men and women. Men's marital satisfaction is usually determined by one factor or it is one dimensional while women's marital satisfaction, is two-dimensional. The two factors are, first the overall happiness in the marriage, similar to that of men, and the second including proper behavior with their family and friends. Romantic relationships is a central aspect in most of our lives. There are three main variables that are central to relationship satisfaction. They are interpersonal communication, sexual communication, and communication affect (Troy, 2000). Research suggests that romantic relationship satisfaction is highly beneficial to well-being, health, and longevity.

Need and Significance of the Study

This study focuses on the relationship between attachment style, humor style and relationship satisfaction. According to the recent survey done in India, it was found that there is an increase in the divorce rate for the past few years. Though India has the lowest rate of divorce - about 1% when considered globally, there is a rise of about 50-60% in divorce rates during the last few years (DNA, 2022). When comparing the states in India, Kerala comes at

the 3rd position in divorce rate, following Mizoram and Tripura (Gandhi, 2017). Many surveys conducted during 2015-2016 also shows that Kerala comes at the first position in divorce rates. One of such survey has found that out of the 23.43 lakh women who are divorced in India, 1.96 lakhs is from Kerala (Consolace, 2015). Relationship dissatisfaction can be due to many reasons, lack of intimacy being one of them. Though some of the most common reasons for divorce are domestic violence, alcohol addiction etc, this too can contribute to it.

So through this study, we intend to analyse how the various attachment styles and humor styles contribute to relationship satisfaction and their interrelation with each other. Though many studies have been conducted about the relationship between attachment styles in relationship satisfaction and also the relationship between humor styles and attachment styles, not much research have been done among the relation between the three factors. Also no such studies have been conducted in India, which increase the relevance of conducting it in this scenario of growing divorce rates.

Through this study we also focuses on the gender differences in one's attachment and humor styles.

Chapter 2- Review of Literature

This chapter, review of literature presents studies done in the field of Attachment styles, Humor styles and Relationship satisfaction. The following are some of the previous studies conducted related to the variables considered in the present study.

Study conducted in 2013 on how the different humor styles affect romantic interest shows that positive humor styles were preferred by people for long-term relationships (Didonato, et al., 2013). Another research on "Attachment Orientations and Individual Differences in humor" (Sar-El et al., 2013) found that participants who scored high in anxious attachment style has high scores in self-defeating humor style. Those who scored high on avoidant attachment style has a low score on use of humor in their close relations and also on humor appreciation. Study conducted on humor styles and well-being suggests that positive humor styles are associated with the greater well-being of a person. Research done in China in 2014 found the avoidant attachment had a significant association with relationship satisfaction while anxious attachment did not. Study conducted on the same year in South Korea shows that marital satisfaction was associated with the mother's well-being and that anxious attachment affects relationship satisfaction. It as found in another study that attachment styles decides what type of personality type of the partner is preferred in a relationship. For anxious-preoccupied attachment style, highly similar or highly dissimilar personality type was preferred while for those with avoidant- dismissive attachment, moderate similarity in personality was preferred. A study conducted in USA in 2014 by Chopik et al on "Adult attachment and cuddling romantic and parent-child relationships" shows that avoidant attachment lead to less positive feelings about cuddling which shows that it hinders close

physical contact in the relationship. Study in 2016 on "Relationship of Attachment Styles and Emotional Intelligence with Marital Satisfaction" (Abbasi et al) shows that positive attachment style was associated positively with relationship satisfaction and negative attachment styles were negatively associated with relationship satisfaction, as expected. The study conducted on "Gender differences in humour styles of young adolescents: Empathy as a mediator" (Wu et al., 2016), in Taiwan, shows that males prefer to use aggressive and self-enhancing humor, and females have more empathy; and this empathic concern is positively correlated to positive humor styles but is negatively correlated to negative humor styles.

Study on "Maladaptive Humor Styles as Mediators of the Relationship between Attachment Insecurity and Emotion Regulation" (Poncy G.W, 2017) shows the results that anxious attachment shows more self-defeating humor and avoidance attachment shows more aggressive humor. A research conducted on the topic "Towards explaining relationship dissatisfaction in Chinese dating couples: Relationship disillusionment, emergent distress, or insecure attachment style?" (Liu et al., 2017) indicates that high avoidant attachment was associated with high disillusionment or disagreement, conflict and less relationship satisfaction. Another study conducted in Japan in 2019 on "Adult attachment style and lateral preferences in physical proximity" (Takano et al) shows that people with high anxiety were uncomfortable with physical proximity, they also expressed concerns regarding others attitudes. It was also found that people with partners generally expressed secure attachment.

Study conducted by Octav-Sorin Candel and Maria NicoletaTurliuc on "Insecure attachment and relationship satisfaction: A meta-analysis of actor and partner associations" (2019) found that both anxiety and avoidance are harmful to relationship satisfaction, and people who are more anxious or avoidant report to have lower levels of relationship satisfaction. Research on

"Positive humor in couples as interpersonal emotion regulation: A dyadic study in everyday life on the mediating role of psychological intimacy" (Horn et al., 2019) suggests that positive humor when experienced with one's romantic partner daily can serve as a strategy for interpersonal emotion regulation and has an impact on the affect of both the partners. This changes in affect is mediated by the change in feeling of psychological intimacy. A study has shown that masculinity is associated with anxious attachment (Ciocca et al., 2020). Research on relationship between humor styles and well-being done on undergraduate students also shows the results that men shows aggressive humor style more than women. Later, a study conducted in Brazil in 2021 on "Influence of personality, attachment and mate value on heterosexual and non-heterosexual romantic relationship satisfaction" (Oliviera et al) found that attachment styles was the most relevant construct in predicting satisfaction in heterosexual relationships whereas for homosexual relationships personality also played an important role. Later research conducted in China in 2021 on "The impact of avoidant attachment on marital satisfaction of Chinese married people: Multiple mediating effect of spousal support and coping tendency" (Xiong et al) shows that avoidant attachment does affect marital satisfaction and that coping tendency plays a mediating role between attachment avoidance and marital satisfaction, thus supporting the earlier studies. Research on "Factors Affecting Romantic Relationship Satisfaction of University Students" shows results that anxious and avoidant attachment were two factors among the others which predicts satisfaction in romantic relationships. An important study done on the topic "Attachment as a predictor of attraction to humor styles" (Luevano et al., 2021) found that positive humor styles are perceived as more attractive than negative humor styles. Both the insecure attachment styles were negatively associated with attraction to positive humor style. Aggressive humor style was found to be the

least attractive among the four humor styles. From the study it was observed that women find affiliative humor style more attractive than men. Both the negative humor styles are found to be more attractive for men than women. Another study shows that people with anxious attachment style has less marital satisfaction and that they usually complain in a relationship and blame or insult their spouse. Avoidant attachment style was also negatively correlated to marital satisfaction and those with avoidant attachment tend to avoid close contact and prefer to be lonely. A study conducted in Canada on "Is my attachment style showing? Perceptions date's attachment anxiety and avoidance and dating interest during a speed dating event" (Maxwell et al 2022) showed that both avoidant and anxious attachment were associated with relationship quality and maintenance. It was also found that men projected their attachment anxiety more than women. One study shows the results that people who are less satisfied in relationship and feel loneliness will show more avoidance behavior like phubbing. Recent research done in 2022 on the desirability of physically strong men engaging in affiliative or aggressive humor also supports the earlier studies on the result that affiliative humor is more desirable in long term relationship. Research on "Relationship satisfaction during COVID-19: The role of partners' perceived support and attachment" (Bar-Shachar, et al., 2022) found that high partner support and low negative behaviour is necessary for maintaining relationship satisfaction and also those with anxious attachment style has greater sensitivity to their partner's support and those with avoidant attachment style has less reactivity to partner's negative behaviour. Thus a person becomes more sensitive to such behaviours when they have high anxious and low avoidant attachment style. A recent research on "Do they fit together like the Joker and Harley Quinn?": Joking, laughing, humor styles, and dyadic adjustment among people in long-term romantic relationships" (Jach, et al., 2022) done in two

Universities of Poland and Italy shows women was more affiliative than other humor styles and high in self-enhancing than self-defeating and aggressive humor, and high on self-defeating than aggressive humor. Also it was found that men were more positive in humor than negative. Men scored more in affiliative, self-enhancing and aggressive humor styles than women. These results were opposite to what was proved in earlier researches that men tend to use negative humor styles than positive humor styles. There was a positive correlation in partner's self-defeating and aggressive humor styles. Laughing, humor quality ratings and humor styles had effects for both men's and women's dyadic adjustment. Study conducted on the topic "Humor Styles and Marital Satisfaction: Cluster Analysis of the Relationship" (Tsai, M. et al.) also shows that marital satisfaction increases when the partners uses positive humor styles and less when they don't use humor.

From the researches conducted it was found that there are inconsistencies in the results obtained in the preference and usage of attachment styles and humor styles by men and women across different countries. It was proved that insecure attachment styles were negatively associated with positive humor styles. And it was expected that men use insecure attachment styles and negative humor styles more than women. The results obtained from the study conducted in Canada shows that men shows more anxious attachment style. This supports the earlier statement that men use insecure attachment styles more. But the same was not found in the use of humor styles. Research done in Taiwan shows that male prefer not only aggressive but also self-enhancing humor styles. And the study conducted in two Universities of Poland and Italy shows that men shows positive humor styles more than negative humor styles. Both studies support the statement that women use positive humor

styles more than negative humor styles. It was also found that men use positive humor styles and aggressive humor style more than women. These results suggest that there are differences in attachment and humor styles in males and females when comparing different countries. So, we intend to conduct the study here, to find how attachment styles and humor styles differ in males and females in India and how it affects their relationship satisfaction. There has also been no studies conducted to find the correlation between these three variables specifically.

Chapter 3- Method

This chapter deals with methodology, tools and procedure that are used for this study.

Aim

To study the relationship between attachment styles, humor styles and relationship satisfaction.

Research Problem

Whether there is a significant relationship between attachment styles, humor styles and relationship satisfaction.

Objectives

- To find if there is any significant relationship between attachment styles and relationship satisfaction
- To find if there is any significant relationship between humor styles and relationship satisfaction
- To find if there is any significant relationship between attachment styles and humor styles
- To find if there is any significant difference in attachment styles between males and females.
- To find if there is any significant difference in humor styles between males and females.

Hypotheses

H1: There will be a significant relationship between attachment styles and relationship satisfaction.

H2: There will be a significant relationship between humor styles and relationship satisfaction.

H3: There will be a significant relationship between attachment styles and humor styles.

H4: There is significant difference in attachment styles between males and females.

H5: There is significant difference in humor styles between males and females.

Research design

The study uses correlational research design. Correlational research design is a method used to find out if there is any relationship between two or more variables. There can be a positive, negative or no correlation between the variables.

Operational definition**Attachment Styles**

Attachment can be defined as a “lasting psychological connectedness between human beings” (Bowlby, 1969, P.194). There are two types of attachment styles secure and insecure. Insecure attachment includes anxious, avoidant and fearful attachment. The attachment styles studied in the research are anxious and avoidant. Attachment avoidance is defined as

involving fear of dependence and interpersonal intimacy, an excessive need for self-reliance, and reluctance to self-disclose. Attachment anxiety is defined as involving a fear of interpersonal rejection or abandonment, an excessive need for approval from others, and distress when one's partner is unavailable or unresponsive.

Humor Styles

Humor styles represent the ways individuals use humor as a strategy for coping as well as shifting their perspectives (Dozois et al., 2009). There are four types of humor styles: affiliative, self-enhancing, aggressive and self-defeating. Affiliative Humor: tendency to share humor with others, tell jokes and funny stories, amuse others, make others laugh, enjoy laughing along with others. Self-Enhancing Humor: tendency to maintain a humorous outlook on life even when not with others, use humor in coping with stress, cheers oneself up with humor. Aggressive Humor: tendency to use humor to disparage, put down, or manipulate others; use of ridicule, offensive humor; compulsive expression of humor even when inappropriate. Self-Defeating Humor: tendency to amuse others at one's own expense, self-disparaging humor; laughing along with others when being ridiculed or put down; using humor to hide one's true feelings from self and others (Rod A. Martin 2003).

Relationship Satisfaction

Relationship Satisfaction is defined as an interpersonal evaluation of the positivity of feelings for one's romantic partner and attraction to the relationship (Rusbult & Buunk, 1993).

Sample and Sampling

The study was conducted on a sample of 203 participants between age of 35 and 65 and who have been married for atleast 5 years. Purposive/ judgmental sampling was used in the study. Purposive sampling refers to a group of non-probability sampling techniques in which units are selected because they have the characteristics needed for your sample. In other words, the units are chosen in a purposeful way. This sampling technique, also known as judgmental sampling, depends on the researcher's judgment when determining and choosing the people, cases, or events that can supply the most information to meet the study's objectives.

- Inclusion criteria-
 - Must be married for atleast 5 years.
 - Should be between 35-65 years.
- Exclusion criteria-
 - Must not have any severe mental disturbances.
 - Must not be widowed.

Table 3.1*Summary of Sociodemographic Information of the participants*

Sociodemographic variables sample	Sample (N)	% (approx.)
Gender		
Male	107	52.7
Female	96	47.3
Age		
35-50	130	64.0
51-65	73	36.0
Employment Status		
Employed	158	77.8
Unemployed	10	4.9
Homemaker	35	17.2
Student	0	0.0
Number of years married		
5-25	157	77.3
26-50	46	22.7

Table 3.1 shows the result from the socio-demographic data sheet corresponding to gender. Out of 203 respondents, 107 (52.7%) were male and 96 (47.3%) were female. From

this, 130 (64.0%) belong to age group 35-50 and 73 (36.0%) belong to age group 51-65. Majority of the participants are employed (77.8%) followed by homemaker (17.2%) and unemployed (4.9%). None of the participants were students. Most of the participants were married for 5-25 years (77.3%) and rest of them (22.7%) were married for 26-50 years.

Tools used for data collection

➤ **The HSQ questionnaire (Rod A. Martin, 2003)**

The Humor Styles Questionnaire is a self-report scale, which consists of 32 items, and 8 subitems for each subscales which indicate the four humor styles. It uses a 7 point likert scale, ranging from 1= totally disagree to 7= totally agree. It is used in a population of adults and adolescents. Each subscales has items that are reverse scored.

Affiliative humor is using humor in order to make others laugh and this helps to have a good relation with others. Self-enhancing humor helps one to be positive and look into life events in a positive manner. It is using humor to cope with everyday problems. Aggressive humor is directed onto others in a negative way in order to discourage or bully them. Self-defeating humor is a negative type of humor used to put oneself down in order to make others laugh. This questionnaire has an internal consistency, indicated by Cronbach alphas that is ranging from .77 to .81 and, has test-retest reliabilities of .80 to .85. Reliabilities for each subscales- the affiliative, self-enhancing, aggressive, and self-defeating humor scales, were .85, .81, .80, and .82 respectively. It has shown small to medium convergent validity.

➤ **Experiences In Close Relationships- Revised (ECR-R) Questionnaire (Fraley, et.al, 1998)**

The ECR-R is a 36-item scale that two subscales of attachment which are: Avoidance and Anxiety. It was developed by Fraley, Waller and Brennan. The first 18 items of the scale is related to attachment-related anxiety. The items 19 – 36 in the scale is related to the attachment-related avoidance. To get the scoring, the average of the responses for both of the subscales is found. There are reverse scoring items for both of the subscales. Subscales showed acceptable to good internal consistency (anxiety $\alpha = .81$ and avoidance $\alpha = .78$). It also shows high convergent validity.

➤ **Relationship assessment scale (Hendrick, et.al, 1988)**

The Relationship Assessment Scale is a 7-item scale which measures one's general relationship satisfaction. The items in the scale uses a 5-point scale ranging from 1 (low satisfaction) to 5 (high satisfaction). Reliability of the scale is 0.828. Has shown strong predictive validity with dating couples. Scoring is kept continuous.

Items 4 and 7 are reverse-scored. The higher the score obtained, the more satisfied the respondent is with his/her relationship.

Table 3.2

Internal consistency reliability for Relationship Assessment Scale (RAS), Experiences in Close Relationship Revised (ECR-R) Questionnaire, and Humor Styles Questionnaire

Name of the scale	Number of items	Cronbach's alpha
RAS	7	0.868
ECR- R	36	0.914
Anxious attachment	18	0.849
Avoidant attachment	18	0.884
HSQ	32	0.726
Affiliative	8	0.699
Self- enhancing	8	0.699
Aggressive	8	0.630
Self- defeating	8	0.686

Table 3.2 shows that Experiences in Close Relationship- Revised (ECR-R)

Questionnaire has the most reliability.

Procedure

The data was collected using Google forms. First consent was taken, the participants were informed of the purpose of the study and the requirements needed to participate and were asked to give their consent if they were interested in participating. Then their socio demographic data was collected, which included their initials, gender, age, and number of

years married. The ethical considerations were followed, informing participants they can withdraw at any time they like and that their data will be kept confidential and anonymous.

➤ **Ethical consideration**

The data was collected through Google form and the following ethical considerations was followed:

- Informed consent was obtained from the participants.
- The true purpose of the study was revealed to the participants and was given the consent to withdraw from participating, at any time during the study.
- Anonymity of the participant was maintained as well as the data collected from them remained confidential.

Data analysis technique

Data was analysed using SPSS, version 29. Since the data does not follow normal distribution, in order to find the relationship between the variables, Spearman's rank correlation method was used and to find gender differences, Mann-Whitney U test was used.

Table 3.3

Kolmogorov- Smirnov test of normality for various subscales of attachment styles and humor styles, and relationship satisfaction.

	Kolmogorov-Smirnov ^a		
	Statistic	df	Sig.
Anxious attachment	.073	195	.013
Avoidant attachment	.066	195	.037
Affiliative humor	.049	195	.200*
Self- enhancing humor	.074	195	.011
Aggressive humor	.121	195	<.001
Self- defeating humor	.063	195	.058
Relationship satisfaction	.076	195	.009

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Table 3.3 shows that both subscales of attachment styles does not follow normal distribution. Among humor styles, affliative and self- defeating humor follows normal distribution and aggressive and self- enhancing humor does not. Relationship satisfaction also does not follow normal distribution.

Chapter 4- Results and Discussion

Results

Table 4.1

Spearman's rank correlation between different subscales of attachment styles and humor styles, and relationship satisfaction (N= 203)

		Anxiou s attach ment	Avoidan t attachm ent	Affiliati ve humor	Self- enhanci ng humor	Aggressi ve humor	Self- defeatin humor	Relatio nship satisfac tion
Anxious attachment	Correl ation Coeffi cient	1.000	.641**	.006	.066	.024	.083	-.647**
Avoidant attachment	Correl ation Coeffi cient	.641**	1.000	.015	.046	-.038	.012	-.721**
Relationshi p satisfaction	Correl ation Coeffi cient	-.647**	-.721**	-.034	-.067	-.021	-.108	1.000

** . Correlation is significant at the 0.01 level (2-tailed).

Table 4.1 shows that there is no significant relationship between attachment styles and humor styles. Anxious attachment style shows negative correlation with relationship satisfaction ($r=-0.647$, $p<.01$) and the same relation is observed for avoidant attachment style ($r=-0.721$, $p<.01$). Thus if a person has any of these attachment styles, it is possible that the

person has less relationship satisfaction. From the table it is also evident that there is no relationship between humor styles and relationship satisfaction.

Table 4.2

Summary of Mann-Whitney U test for comparing differences in anxious and avoidant attachment styles among males and females.

	Gender	N	Mean Rank	Z	U	p
Anxious attachment	Female	96	93.23	2.015	4294.000	.044
	Male	107	109.87			
Avoidant attachment	Female	96	92.40	2.207	4214.000	.027
	Male	107	110.62			

Note N = Sample size; U = test statistic

Table 4.2 shows that there is gender differences in attachment styles ($Z = -2.015$ for anxious and -2.207 for avoidant; $p < 0.05$). Male tend to use anxious and avoidant attachment styles more than females.

Table 4.3

Summary of Mann-Whitney U test for comparing differences in various humor styles among males females.

	Gender	N	Mean Rank	Z	U	p
Affiliative humor	Female	91	99.56	-.244	4681.000	.807
	Male	105	97.58			
Self- enhancing humor	Female	91	94.73	-.758	4434.500	.449
	Male	104	100.86			
Aggressive humor	Female	91	93.35	-1.078	4308.500	.281
	Male	104	102.07			
Self- defeating humor	Female	91	93.52	-1.037	4324.500	.300
	Male	104	101.92			

Note N = Sample size; U = test statistic

Table 4.3 shows that there is no gender differences in humor styles ($Z < -1.96$; $p > 0.05$)

Discussion

The purpose of this study was to find the relationship between various attachment styles and humor styles on relationship satisfaction. It was found that only attachment styles and not humor styles affect one's relationship satisfaction. The first hypothesis was to find if there is any significant relationship between attachment styles and relationship satisfaction. It was found to be true. Both anxious and avoidant attachment styles found to have moderate negative correlation with relationship satisfaction. This supports the earlier studies which also proved the same results Study done in Korea shows that anxious attachment does affect relationship satisfaction (Chung, K & Choi, E., 2014). Avoidant attachment lead to less positive feelings and also hinders close physical contact (Chopik et al, 2014). Negative attachment styles have negative impact on relationship satisfaction (Abbasi et al, 2016). Later research shows that avoidant attachment style results in less relationship satisfaction (Liu et al, 2017) and the same result was found in a study done in China (Xiong et al, 2021). It was found that people with negative attachment styles have low levels of relationship satisfaction as well (Octav-Sorin Candela & Maria NicoletaTurliuc, 2019). Both anxious and avoidant attachment style is an important predictor in relationship satisfaction (Lee, K.E. & Chang, H. K., 2021).

It was found whether there is any relation between humor styles and relationship satisfaction and the results shows that there is no significant relationship between any of the four humor styles and relationship satisfaction thus the second hypothesis is rejected. While understanding the relationship between attachment styles and humor styles it was found that there is no relationship between any of the attachment styles with the humor styles thus the

third hypothesis is also rejected.

While studying the gender differences in attachment styles, it was observed that there is significant difference in anxious and avoidant attachment styles among males and females, thus the fourth hypothesis can be accepted. Male tend to have anxious and avoidant attachment styles more than females. This result is supported by earlier studies which found that masculinity is linked to anxious attachment (Ciocca et al., 2020). It was found that men shows attachment anxiety more than women (Maxwell et al., 2022).

The differences in humor styles among males and females were also studied and it was found that there is no significant difference in the humor styles among males and females. Thus the fifth hypothesis is also rejected.

So from the results we can understand that attachment styles has an impact on relationship satisfaction and that humor style does not impact it. Also a person's attachment style does not predict or effect their humor style. Males tend to show negative attachment styles more than females.

Chapter 5 – Conclusion

Findings

- Hypothesis 1 is accepted thus there is a significant correlation between attachment styles and relationship satisfaction
- Hypothesis 2 is rejected therefore there is no correlation between humor styles and relationship satisfaction
- Hypothesis 3 is rejected, therefore there is no correlation between attachment styles and humor styles
- Hypothesis 4 is accepted, thus there is gender differences in attachment styles. Males tend to use anxious and avoidant attachment styles more than females.
- Hypothesis 5 is rejected, hence there is no gender differences in humor styles.

Limitations

The study poses some limitations. Due to the presence of three variables, three separate questionnaires were used which lead to the study to be too long, which could pose a problem regarding the sincerity of the people filling out the questionnaire. Another factor is the language, the entire study was conducted in English, which might have been troubling as majority of the middle aged and older population seem to be more comfortable with Malayalam. Another major aspect is the validity of the responses, quite a few participants were initially hesitant to fill out the questionnaire, showing that their responses may not be entirely true, this can directly affect the results of the study

Suggestions for further research

Future research can take into account these limitations. While taking tools for study, try to take either short version or questionnaires with smaller number of items. This will reduce the boredom of filling the questionnaire and more people will be willing to complete it. Also, no relationship was found among humor styles and other variables. More studies have to be done to verify this result as many previous researches done outside India shows the opposite results. Despite having such limitations, the study was successful in finding that attachment styles has an impact on relationship satisfaction. Males tend to show negative attachment styles than females and this has been proved through this study.

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Appendix A

Informed Consent

Hello, we are Anupriya K. R., Kalya R. Kurup and Sandra Sarah Liju, final year B.Sc. Psychology students from St. Teresa's College. As part of our final year research, we are conducting a study on "Relationship between attachment styles, humor styles and relationship satisfaction", under the guidance of Assistant Professor Malavika Jaisankar.

We would truly appreciate it if you take some time out to fill the questionnaires. Please do fill out the form, if you are between the ages of 35 to 65 and have been married for at least 5 years.

All information collected will be kept confidential and will solely be used for academic purposes. The questionnaire will only take 10 to 20 minutes to complete, please provide sincere answers. You can withdraw from the study at any time if you wish to.

If any queries you can contact:

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Thank you in advance.

By clicking "I agree" you consent to participate in the study.

a. I agree

Appendix B:

Sociodemographic Data

Name

Gender

a. Male

b. Female

Age

Employment status

a. Employed

b. Unemployed

c. Homemaker

d. Student

Please specify the number of years married

Appendix C

Experiences in Close Relationship- Revised Questionnaire

The statements below concern how you feel in emotionally intimate relationships. Please read the statements clearly and respond to each statement by ticking the number to indicate how much you agree or disagree with the statement. Please note that "partner (s)" refers to your spouse.

- 1- Strongly disagree
- 2- Disagree
- 3- Slightly disagree
- 4- Neutral
- 5- Slightly agree
- 6- Agree
- 7- Strongly agree

1. I often worry that my partner will not want to stay with me.
2. I usually discuss my problems and concerns with my partner.
3. I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.
4. My partner really understands me and my needs.
5. When my partner is out of sight, I worry that he or she might become interested in someone else.

6. I am very comfortable being close to romantic partners.
7. I do not often worry about being abandoned.
8. I get uncomfortable when a romantic partner wants to be very close.
9. I find that my partner(s) don't want to get as close as I would like.
10. I find it difficult to allow myself to depend on romantic partners.
11. It's easy for me to be affectionate with my partner.
12. I'm afraid that I will lose my partner's love.
13. I feel comfortable sharing my private thoughts and feelings with my partner.
14. It's not difficult for me to get close to my partner.
15. I often wish that my partner's feelings for me were as strong as my feelings for him or her.
16. I find it easy to depend on romantic partners.
17. My desire to be very close sometimes scares people away.
18. I tell my partner just about everything.
19. I often worry that my partner doesn't really love me.
20. It makes me mad that I don't get the affection and support I need from my partner.
21. I am nervous when partners get too close to me.

22. My partner only seems to notice me when I'm angry.
23. I find it relatively easy to get close to my partner.
24. I worry that romantic partners won't care about me as much as I care about them.
25. It helps to turn to my romantic partner in times of need.
26. I worry a lot about my relationships
27. I rarely worry about my partner leaving me.
28. I don't feel comfortable opening up to romantic partners.
29. Sometimes romantic partners change their feelings about me for no apparent reason
30. I talk things over with my partner.
31. I worry that I won't measure up to other people.
32. I prefer not to be too close to romantic partners.
33. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.
34. I feel comfortable depending on romantic partners.
35. I prefer not to show a partner how I feel deep down.
36. My romantic partner makes me doubt myself.

Appendix D

Humor Styles Questionnaire

Below is a list of statements describing different ways in which humor might be experienced. Please read each statement carefully, and indicate the degree to which you agree or disagree with it. Please respond as honestly and objectively as you can.

1- Totally disagree

2- Moderately disagree

3- Slightly disagree

4- Neither agree nor disagree

5- Slightly agree

6- Moderately agree

7- Totally agree

1. I usually don't laugh or joke around much with other people.

2. If I am feeling depressed, I can usually cheer myself up with humor.

3. If someone makes a mistake, I will often tease them about it.

4. I let people laugh at me or make fun at my expense more than I should.

5. I don't have to work very hard at making other people laugh -- I seem to be a naturally humorous person.

6. Even when I'm by myself, I'm often amused by the absurdities of life.

7. People are never offended or hurt by my sense of humor.

8. I will often get carried away in putting myself down if it makes my family or friends laugh.
9. I rarely make other people laugh by telling funny stories about myself.
10. If I am feeling upset or unhappy I usually try to think of something funny about the situation to make myself feel better.
11. When telling jokes or saying funny things, I am usually not very concerned about how other people are taking it.
12. I often try to make people like or accept me more by saying something funny about my own weaknesses, blunders, or faults.
13. I laugh and joke a lot with my friends.
14. My humorous outlook on life keeps me from getting overly upset or depressed about things.
15. I do not like it when people use humor as a way of criticizing or putting someone down.
16. I don't often say funny things to put myself down.
17. I usually don't like to tell jokes or amuse people.
18. If I'm by myself and I'm feeling unhappy, I make an effort to think of something funny to cheer myself up.
19. Sometimes I think of something that is so funny that I can't stop myself from saying it, even if it is not appropriate for the situation.

20. I often go overboard in putting myself down when I am making jokes or trying to be funny.
21. I enjoy making people laugh.
22. If I am feeling sad or upset, I usually lose my sense of humor.
23. I never participate in laughing at others even if all my friends are doing it.
24. When I am with friends or family, I often seem to be the one that other people make fun of or joke about.
25. I don't often joke around with my friends.
26. It is my experience that thinking about some amusing aspect of a situation is often a very effective way of coping with problems.
27. If I don't like someone, I often use humor or teasing to put them down.
28. If I am having problems or feeling unhappy, I often cover it up by joking around, so that even my closest friends don't know how I really feel.
29. I usually can't think of witty things to say when I'm with other people.
30. I don't need to be with other people to feel amused -- I can usually find things to laugh about even when I'm by myself.
31. Even if something is really funny to me, I will not laugh or joke about it if someone will

be offended.

32. Letting others laugh at me is my way of keeping my friends and family in good spirits.

Appendix E

Relationship Assessment Scale

Please read the following statements clearly and respond to each statement by ticking the number to indicate how much satisfied or dissatisfied you are with your relationship.

1- Very dissatisfied

2- Dissatisfied

3- Neither satisfied nor dissatisfied

4- Satisfied

5- Very satisfied

1. How well does your partner meet your needs?

2. In general, how satisfied are you with your relationship?

3. How good is your relationship compared to most?

4. How often do you wish you hadn't gotten into this relationship?

5. To what extent has your relationship met your original expectations?

6. How much do you love your partner?

7. How many problems are there in your relationship?