

Relationship between Personality Type and Attachment Style with Happiness

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ABSTRACT: The aim of present research is to investigate the relationship between personality types and attachment styles with happiness. The statistical population in the present research involves all the married women referring to the region 2 health homes in Tehran year 2013-2014. With using regression analyses and simple random sampling method, 200 married women were selected from this population as sample, to avoid fall-risk, sample size increased into 250. They were tested by the questionnaires of Collins and Read Adult Attachment Scale, Memorial University of Newfoundland Scale of Happiness and Myers Briggs personality type indicator. Multiple regression analyses revealed significant differences on 2 of the four dimensions of the MBTI, With extraverts showing higher happiness than introverts, Perceiving types scored higher in happiness than Judging types. Other dimensions (Intuition- sensation and Feeling-Thinking) did not have a meaningful impact on happiness. There are significant differences among attachment styles on happiness. Married women with secure attachment style than ambivalent attachment style have a higher happiness but results provided no support for a relationship between ambivalent attachment style and happiness.

Keywords: Personality Type, Attachment Style, Happiness, Married Women

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INTRODUCTION

The science of happiness has received considerable amount of attention in the last decade. The findings have attracted enormous attention because, of course, almost everyone would like to be happier. What is happiness? Aristotle believes that the most important prosperity of human is to enjoy a well and nice life; in a good community, all elements bless. Happiness is a modern term as the translation of Greek Eudemonia which is used to describe a good life [1]. Psychologist Martin Seligman said that happiness is not solely derived from external, momentary pleasures and provides the acronym PERMA to summarize Positive Psychology's co relational findings: humans seem happiest when they have: a- Pleasure (tasty food, warm baths, etc.) b- Engagement (or flow, the absorption of an enjoyed yet challenging activity) c- Relationships (social ties have turned out to be extremely reliable indicator of happiness) d-Meaning (a perceived quest or belonging to something bigger), and E- Achievement (a sense of accomplishment and success) [2]. However, the main question is that why some of people are happier than others? Along with certain reasons based on social networks, marital status, age, leisure, job, life style, political security and individual growth [3], there are decisive evidences which show that individual differences on the extent of happiness and unhappiness can be used as sustainable inner indicators to predict; there are paramount studies which indicate that many people are happier and more satisfied than others irrespective of life conditions [4]. This reality that some people are happier than others show that temperament factors guarantees happiness experience [5].

Personality type and happiness: There is a fairly impressive and long established literature on trait correlates of happiness. Indeed DeNeve and Cooper reported on a meta-analysis of 137 personality traits and subjective well-being [6]. Those most closely associated were: repressive-defensiveness, trait emotional stability, locus of control, hardiness, positive affectivity, self-esteem and leisure. Recent studies in the Big Five tradition on trait correlates of happiness have tended to yield consistent findings of Bartlett and Costa and Mc Care confirmed the 4 hypothesis that temperamental traits of emotionally, fearfulness, hostility and impulsivity were associated with lower levels of happiness and especially with negative affect while the temperamental trait of sociability and activity will be associated with higher levels of happiness and positive affect. Consequently, they proposed a model of the relation between personality and happiness: extraversion, together with its components of sociability, vigor, predisposes individuals towards positive affect [7].

Myers-Briggs type theory is a psychological theory based on the work of Carl Gustav Jung that was adapted by Katharine Briggs in the 1920 s. They explains the four bipolar basic to Myers-Briggs theory: extraversion-introversion, sensing-intuition, thinking-feeling, and judgment perception [8]. Extraversion (E) and Introversion (I). Extraverted individuals obtain information through an orientation toward the outer world of people, events or things. Introversion types seek the introspection of ideas, thoughts, and concepts. They prefer

to process their thoughts internally before speaking, have few close friends, and often seek conversations that tend to be deeper in nature [9]. Sensing (S) and Intuition (N) relates to individuals' preference in how they receive and make sense of information or data from the external world. Sensing types are often factually based, focus on practical concrete problems. Individuals who have a tendency to understand the world through an intuitive process prefer to live in a world of possibilities and options, often looking toward the future. They also tend to focus on complicated abstract problems, seeing the big picture, sometimes at the expense of the details [10]. Thinking (T) and Feeling (F) are considered the "rational processes" by which we come to certain conclusions and judgments regarding the information collected. Thinking type (T) prefer to focus on making decisions based on an impersonal objective position. Feeling types (F) have a tendency to respond well easily to people's values and are adept at assessing the human impact of decisions. Judging (J) and Perceiving (P) related to how we "Live our outward life". Judging type prefer to live a structured, organized life. They also tend to be self-disciplined, enjoy making decisions, and thrive on other. Perceiving types prefer to live a lifestyle that is more flexible and adaptable. How about other predictors of happiness?

Attachment style and happiness: Infant-caregiver attachment is most important to an infant's overall well-being in adulthood. Attachment research goes back to the work of John Bowlby, who defined attachment as the relational bond between the caregiver and child [11]. To raise a happy infant it is imperative to develop a secure and healthy attachment. Ainsworth's Strange Situation Protocol (SSP) helps to explore various types of attachment through laboratory testing of infants. It names three different types of attachment, including secure (healthy), insecure-avoidant, and insecure-resistant [12]. Attachment is important to the infant developing a basic trust of others and to future healthy relationships with others and an understanding of the world in which they live. With an unhealthy, or insecure or disorganized attachment, an infant will be impaired in all domains of development, including social/emotional, cognitive, and physical development. For example, if an infant has insecure attachment because the primary caregiver is non responsive to the infant's needs, then the infant will be untrusting of others (social/emotional development) and less likely to explore and expand on schema (cognitive/physical). Over time, these impairments and delays may continue without proper treatment or the formation of a healthy, secure attachment. To raise a healthy person in our ever-changing world, it is important to have healthy and secure attachments between the infant and caregivers. Attachment is important for the well-being of the child by promoting a sense of security in a world of which they are not sure. Attachment is perhaps the most important variable in raising a happy child. Abuse and neglect can stop the natural progression of attachment between an infant and the primary caregiver. Other influences can impact the attachment process such as illness, caregiver's previous experiences, and Transgenerational attachment. By being emotionally and physically responsive, a caregiver can establish secure and healthy attachment with an infant. This goal can be achieved by meeting the basic needs of an infant such as food, water, and shelter, but mostly it comes through comfort, contact, and human socialization. It is important that caregivers give infants the ability to form healthy attachments for the rest of their lives. [13] Based on above mentioned consideration, it seems happiness plays an important role in the people's life and therefore identifying the predictors of it is an important issue. With the result obtained, predictors to raise the people's happiness can be presented to the families in order that they can with better understanding deal with this important matter.

MATERIAL AND METHODS

The statistical population in the present research involves all the married women referring to region 2 health homes in the city Tehran year 2013-2014. With using regression analyses from this population, 200 married women were chosen through the simple sampling method to avoid fall-risk, sample size increased into 250.

Data collection tool: 1. Collins and Read Adult Attachment Scale: The 18-item Adult Attachment Scale, designed by Collins and Read, measures adult attachment style dimensions including a. comfort with closeness and intimacy (Close subscale), b. Comfort with depending on others (Depend subscale), c. worry about being rejected or unloved (Anxiety subscale). Answering this based on five degree Likert scale. The reliability coefficients of this questionnaire has been reported 0.69 for Close, 0.75 for Depend, and 0.72 for Anxiety. Test-retest correlations for a 2-month period were 0.68 for Close, 0.71 for Depend, and 0.52 for Anxiety. The scale authors defined attachment styles as follows: Secure = high scores on Close and Depend, low score on Anxiety. Anxious = high score on Anxiety, moderate scores on Close and Depend. Avoidant = low scores on Close, Depend, Anxiety [14].

2. Memorial University of Newfoundland Scale of Happiness: The 24-item happiness scale designed by Kozma and Stones is emphasized on the amount and intensity of positive and negative feelings. Each of these emotions are included both short and long-term dimension. The model postulates that long- and short-term affective states combine in an additive manner to produce current happiness. Concerning objects of short-time state (10 objects) shows mood aspect (positive and negative) and concerning objects of long-time state (14 items) shows relative mood (positive and negative). In this scale, each of positive and negative mood aspects has 5 questions and each of positive and negative relative moods has 7 questions. Totally, there are 24 questions. Questions on this scale are graded to 3 degree, (Yes. 2), (No. 0), and (I don't know, 1). Each of negative and positive mood aspects and relative moods with 5 and 7 questions respectively will have score 0-10. Test reliability has been reported 80% during 18 months with using retest method [15].

In Babapour study, test internal consistency is obtained 0.82. According to researchers to evaluate the predictive validity of MUNSCH scale of happiness, this test with accuracy 0.76 can distinguish among normal and psychotic persons, also it can differentiate depressed patients from healthy persons with accuracy 0.76. Moreover, correlation of this test with another mental health scales (MHI) such as Yodgs Happiness Rating (0.50) indicates convergent validity of the test [16]. 3-The 88 items Myers- Briggs Type Indicator (MBTI) was designed by Isable Briggs Myers and her mother Katherine Cook Briggs, to operation Carl G. Jung's theory of psychological type [17]. The MBTI was designed to indicate a person's preferences between equally valuable opposites. The MBTI scales indicate four bipolar, dichotomous preferences as posited in Jung's theory .Extroversion-Introversion(E-I).Sensing-Intuition(S-N), Thinking- Feeling(T-F) and Judging –Perceiving(J-P)[18].In Mahmouding Dehkordi study , the reliability coefficient of this questionnaire calculated via has been reported 0.76for extraversion-introversion , 0.70 for Sensing- Intuition,0.77 for Thinking- Feeling and 0.79 for Judging – perceiving . Test-retest correlations was 0.95 for Extraversion- Introversion, 0.92for Sensing- Intuition,0.93 for Thinking – feeling and 0.94 for Judging – perceiving [18].4-Demographic Questionnaire: It includes education level, age, duration of marriage and the number of children .

Data Analysis Method :Multiple regression analysis was used for data analysis in the present study.

RESULTS

Descriptive results concerning research variables are presented below and in table 1. , 2. And 3.

The most age frequency (41.9%) is relevant to the age between 25-35 and the least percentage (2.3%) is relevant to married woman with the age above 65. Regarding education, the most age frequency (49.1%) is relevant to the people with bachelor degree and the least percentage is relevant to married women with the unfinished high school education level .Regarding marriage time of statistical population, the most frequency (34.7%) is relevant to the marriage time below 10 years and the least (1.8%) related to the women with more than 40 years marriage time .Results show the most frequency in the children no. (59.5%) is relevant to the people without children and the least percentage (6.8%) is relevant to the married woman with 3 children.

Table 1. Presents the means and standard deviations for variable attachment style.

Variable	Average	SD	Variance
Attachment style			
Secure	16.22	3.77	14.3
Anxious	18.08	3.48	11.8
Avoidance	19.07	3.4	10.5

According to table 1, the average and standard deviation for secure attachment style are 16.22 and 3.77, for anxiety style are 18.08 and 3.48, for avoidance style are 19.7 and 3.4

Table2. Statistical indicator of sample group attachment style

Variable	Frequency	Percent	Cumulative percent
Attachment style			
Secure	92	41.4	41.4
Anxious	70	31.5	72.9
Avoidance	53	23.9	96.8
Without reply	7	3.2	100
Total	222	100	-

Table 3. presents the means and standard deviations for variable happiness

Variable	Average	SD	Variance
Happiness			
Positive feeling	6.98	3.33	12.64
Positive experience	9.49	1.06	1.12
Negative feeling	6.57	2.97	8.8
Negative experience	6.53	4.04	16.3

According to table 3, the average and standard deviation for positive feeling are 6.98 and 3.33 for positive experience are 9.49 and 1.06 for Negative feeling are 6.57 and 2.97 and for Negative experience are 6.53 and 16.3.

Table 4. presents the means and standard deviations for variable personality type

Variable	Average	SD	Variance
Personality type			
Judging –perceiving	7.86	5.5	31.1
Extraversion-Introversion	19.05	6.84	46.8
Thinking- Feeling	20.7	5.2	27.4
Sensing – Intuition	20.03	4.57	20.9

According to table 4, the average and standard deviation for Judging- perceiving type are 7.86 and 5.5, for Extraversion- Introversion are 19.05 and 6.84, for Thinking- Feeling are 20.7 and 5.2 and for sensing- Intuition are 20.03 and 4.57.

Table 5. The statistic and significance level of Kolmogorov - Smirnov test

Variable	Kolmogrov-Smirnov statistic Amount	Sig. Level (P)
Happiness	1.04	0.229

According to Table 5. Result of Kolmogorov-Smirnov test shows the dependent variable, happiness is normally distributed.

Hypotheses Testing

Hypotheses: Are there significant relationship between personality type and attachment style with Happiness among married women referring to region 2 health homes in Tehran?

Table 6. The Indicator and parameter of regression analysis

Correlation coefficient	coefficient of determination	Adjusted coefficient of determination	SD
0.38	0.144	0.11	8

As can be seen in Table 6 the obtain correlation coefficient is 0.38, which indicates a good correlation between independent variables and dependent variable. The obtained standard determination coefficient is 0.144 consequently, about 14.4% of the variation in the dependent variable of the model is due to changes in the independent variables. In other words, 14.4 % of the variation of happiness is resulted from the model independent variables.

Existence of a linear relationship between the independent variables and dependent variable

To test the existence of a linear relationship between the independent and dependent variables Fisher F parametric test is used in this study. As can be seen in Table 5 F -test significance level is 0.01. As a result based on the following table the assumption of the existence of a linear relationship between the dependent and independent variables and the existence of a linear relationship in the research model is verified.

Table 7. Regression Variance Analysis

Model		SS	fad	Squares Average	F	Sig.
1	Regression	2139.7	7	305.67	4.76	0
	Remainder	12696	198	64.12	-	-
	Sum	14836	205	-	-	-

As can be seen in Table 7 F -test significance level is 0.01. As a result based on the following table the assumption of the existence of a linear relationship between the dependent and independent variables and the existence of a linear relationship in the research model is verified.

Table 8. Summary of regression analysis result

Variables	Regression coefficient	SD	R	T	Significance
Constant	35.8	7.47	-	4.79	**0.000
Judging -perceiving	-3.74	1.6	-0.158	-2.33	*0.021
Extraversion-Introversion	-2.5	1.24	0.15	-2.08	*0.038
Thinking- Feeling	0.413	1.48	-0.019	-0.279	0.78
Sensing - Intuition	0.369	1.19	0.021	0.309	0.75
Secure style	0.347	0.16	0.153	2.15	*0.032
Avoidance style	-0.146	0.176	-0.06	0.82	0.41
Anxious style	-0.6	0.178	-0.229	-3.3	***0.001

As per data mentioned in the Table 8 happiness can be predicted by Judging – perceiving and Extraversion-Introversion personality types. The result of regression analysis shows extraversions and perceiving are happier than introversions and judging type. Secure attachment style has a significant positive relationship (level 0.05) with happiness. Anxious personality type (level 0.01) has a negative relationship with happiness. The results of regression equation given in this table suggest insignificant relationship between Thinking – Feeling, Sensing – Intuition types and avoidance attachment style with happiness in the sub-sample of married women referring to region 2 health homes in Tehran.

DISCUSSION

The finding of this study is congruence with past research in Extraverted-introverted personality type with Argyle and [19], Brebner [20], Furnhamand [21], Francis, [22], Sabaghi [23], Tabibiboushehri[24], Nikjoo[25], Kazeroon [26], Malikaha et al.[27], Pishvaet al. [28], Lyubomirskyet al. [29], Stewart, Ebmeier and Deary [30], has proposed that extraverts have lower cortical arousal than introverts and therefore might seek out external stimuli by means of varied social activities. However, the mechanism of extraverts higher scores (relative to introverts) on

happiness remain unclear. In Sensing-Intuition, the finding of this study are consistent with research of Sabaghi [23] and indicating that the obtained results are in conflict with the results of Malekiha et al. [27] Which relationship between personality and happiness were investigated, results showed Intuition ($r=0.21, r=-0.11; p<0.001$) were significantly correlated with happiness. It can be said that obtaining such conflicting results could be related to different questionnaires on evaluating the happiness that were used in these researches. On the other hand, it is possible that different questionnaire in line with cultural variation and different in statistical population will lead to obtaining paradoxical results with other studies. In Judging- Perceiving, the results of this study are consistent with research of Amani [31] which studied the relationship between MBTI personality type and marital satisfaction and are in conflict with the result of Sabaghi, [23] and Malekiha et al. [27] which investigated the relationship between personality and happiness in High schools and university students. It can be said that obtaining such conflicting result could be related to cultural variation and difference in statistical population of present study in compare with previous studies. Statistical population of present study is married woman and reason of achievement of judgmental type's higher score in happiness could be related to how they "Live our outward life". Judging type prefer to live a structured, organized life. They also tend to be self-disciplined, enjoy making decisions, and thrive on other. Perceiving types prefer to live a lifestyle that is more flexible and adaptable. They tend to thrive on spontaneity Tieger and Tieger [32]. The flexible personality type of perceiving people can be lead to more marital satisfaction which could cause higher scores in happiness too. In Thinking- Feeling, the finding of this study is congruence with result of research of Sabaghi [23] and Malekiha et al. [27] which investigated the relationship between personality and happiness in High schools and university students. Regarding relationship between secure and anxious attachment style with happiness the finding of this study is congruence with research results of Ghasemi [33], Asgharinejad and Danesh [34], Wilson and colleagues [35], Hughes et al. [36] Laan et al. [37]. In avoidance attachment style the results of present research are consistent with research of Ghasemi [33] Bayrmai et al. [38] are in conflict with result of. Nayebinia et al. [39], Asgharinejad and Danesh [34], Kazeroon [26], Greenberg et al. [40]. It can be said that obtaining such conflicting result could be related to difference in statistical population, which is in all previous studies students and in present research married women, therefore may be reason of this incongruence is related to husbands attachment style of the married woman as Hughes, Tomcik and Kirstina [36] showed in the result of their investigation, the woman with secure attachment style of their husband showed less depression signs and level of happiness, adjustment and reliance is more than the women with insecure attachment style of husband. On the other hand, as adults, those with an avoidant attachment tend to have difficulty with intimacy and little distress when a relationship ends. They often avoid intimacy by using excuses (such as long work hours), therefore resistance of these people could be counted as one of the reasons for not answering the questionnaire with accuracy and correctly. Cultural differences could be another reason of incongruity.

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