

The Relationship between Attachment Styles and Emotional Intelligence and Locus of Control in Couples Applied for Divorce Compared with That of Non-divorcing Couples

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Abstract

The present research studied the relationship between attachment styles and emotional intelligence and locus of control in divorcing couples in comparison with that of non-divorcing couples. Statistic population of the research consisted of the all couples applied for divorce (who referred to the family court and filed for divorce, as well as the all couples who were not divorcing in Qazvin City. *It was an Ex post facto* study (correlation, causal). Convenient sampling method was employed for sampling. Since total statistic population of the study was not clear, 100 divorcing couples and 100 non-divorcing couples were selected as research sample. Attachment Inventory Hazen Shaver, *Bar-On Emotional Intelligence-Inventory* and *Rotter's Locus of Control Scale* were used as measuring instruments. Data analysis was done by using descriptive statistics (frequency, frequency percentage, standard deviation, mean) and inferential statistics (correlation tests, regression analysis and two-sample t-test). The results showed that secure attachment style and ambivalent attachment style had a significant relationship with locus of control and emotional intelligence at the significance level of below 0.05. In non-divorcing couples, secure attachment style and ambivalent attachment style had a significant relationship with locus of control –internal control and external control. In couples wanting divorce, there was a significant relationship between ambivalent attachment style and locus of control, internal control and external control. There was, also, a significant relationship between emotional intelligence and locus of control at the significance level of below 0.05. There was a significant relationship between emotional intelligence and locus of control (internal control and external control) in couples applied for divorce at the significance level of 0.01 and 0.05. Nevertheless, in non-divorcing couples, there was a significant relationship between emotional intelligence and locus of control and internal control. Divorcing couples and non-divorcing couples were not significantly different on locus of control.

Keywords: Attachment styles, Emotional intelligence, Locus of control, Couples applied for divorce

Introduction

Family is the first important sociability foundation of any society. Healthy relations based on the compatibility between couples are among the factors that affect the durability and permanence of the family. Marriage is a legal union between men and women. It has been described as the most important and the most fundamental relationships of human. Marital satisfaction guarantees a high level of mental health in people. Marital distress has deep and harmful effects on mental health and well-being of the spouses and children (Kam Ming, 2010, quoted in Rezai, Ramezani Far, Gheyseri and Hatamzadeh, 2014). Official statistics of divorce in the society is indicative of failure in marital life. In general, the internal and external factors play an important role in people's attitude to life (Rasuli and farah bakhsh, 2009).

Locus of Control is a construct developed primarily by Rotter in 1966. It has two internal and external dimensions. Individuals with an internal locus of control believe events in their life derive from their own actions and people with an external locus of control tend to believe external factors such as luck. People with an external locus of control believe that their behavior and attitude have no effect on their achievement motivation (sholtz & sholtz, 2005). Therefore, internals can be more consistent and can better cope with life problems. It was so that Gudarzi (1999) found a direct relation in his research between locus of control and marital adjustment (Rasuli, 2009). Since locus of control is learned as a result of life experiences over time, it is influenced by various factors. Attachment Styles are among the most important factors affecting interpersonal interactions. They are embodied at childhood and they can affect marital harmony or marital incompatibility. Accordingly, many studies, conducted about divorce and its effects, emphasize on the importance of attachment styles (Hamidi, 2007). The Known attachment styles have an effect on thoughts, feelings and behavior of the couples in marital relations. When attachment style is present, tranquility is increased in couples and when it is absent, anxiety is dominant (Besharet, 2001).

Here the concept of locus of control is linked with another construct called emotional intelligence. According to Mayer, Salovey and Casbo (2011), emotional intelligence is the ability to recognize one's own and other people's emotions, to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behavior (Dahi, 2013). Thus, People, who have their emotions and condition and those of others in control, can easily control their actions. Accordingly, it can be stated that emotional intelligence plays a fundamental role in people's control of the environmental conditions and their relations with people around (mikulincer & shaver, 2005).

Based on their capabilities, people with different emotional intelligence use different ways to solve their problems. Emotional intelligence is important in finding solutions to reduce the effects of stress. It improves performance of individuals in stressful situations through increasing empathy and stress resistance capability. As one of the personality- evolutionary structures, attachment has a significant role in shaping patterns of communication and dealing with the problems of life and determines personality of individuals in adulthood. According to Bowlby theory, human being is born with a psychobiological system called attachment behavior system. This system has adaptive value and leads the person to maintain close proximity with important people in life or attachment pattern (those who can stay close in threatening situations to increase the chances of survival or adjustment). The purpose of

this system is to achieve a sense of safety, real support or perception out of a close interaction with attachment pattern (mikulincer & shaver, 2005).

Attachment styles affect people's methods in the face of stressful situations. People with secure attachment, acknowledge the situation and simply ask for help. But, avoidants find it difficult to accept the situation and get help or support from the others. The distinctive character of ambivalents is excessive sensitivity to negative emotions and attachment patterns so that it blocks their autonomy (Kobak, 1996; quoted from Besharat et al., 1386). On the attachment theory, Biplak, Arindle and Lutijen (2005) expected that the initial experiences of caregivers have an effect on the quality of future relations (romantic) and, consequently, on mental health of a person. Weiss (1999) describes adult's attachment as *developing a bond* by an adult or another adult, which is basically similar to the attachment developed by children with their primary caregiver. This bond, just like what exists in children, only appears in relationships which are emotionally very important and essential. The attachment in adults is the result of the performance of the emotional system akin to attachment in children (Besharat, quoted by Rostami et al., 2009). There is research showing that attachment style is among the factors which have an important role in marital satisfaction.

Feeney (1999) found that people with insecure attachment, have severe emotional control and their emotions are mainly negative, which is a good predictor of marital satisfaction. He concluded in his study that there is a significant relationship between attachment styles and methods of conflict resolution and marital satisfaction as well as between attachment styles and couples' satisfaction (Rasuli & Farahbakhsh, 2009). Hall (2013) studied on the attachment styles and perceived stress in romantic couples and concluded that people with avoidant attachment style experience high stress levels. Ritter (2013) showed that anxious attachment and avoidant attachment have a negative relationship with life satisfaction and romantic life experience, and that, there is not a relationship between emotional intelligence and attachment styles (avoidant and anxious).

Furthermore, Alexandrov and Cowan (2007) in their research on attachment style and the quality of the marital relationship concluded that there is a direct relationship between the quality of marital relations and attachment between the couple. Kafetsios (2004) studied the relationship between the direction of attachment and emotional intelligence as a set of capabilities. The results showed that, total score of emotional intelligence has a positive relationship with secure attachment with the entire sub -scales (except for perception of emotions). Despite the expectations, secure attachment has not positively related to the ability of perceiving emotions. The results are indicative of the differences of the Emotional Intelligence in between men and women and in people with different ability of emotion perception. Older people get higher emotional intelligence score and women have higher emotional intelligence than men. Karimi, Kimyayic and Mahdavian (2012) studied the role of attachment styles, emotional intelligence and job stress in job satisfaction and came to the conclusion that people with secure attachment style, have higher emotion regulation skills, build more interpersonal relations and show more empathy skills. Also, people with anxious attachment style have less self-control, social skills, self-motivation and empathy. Alipour, Zare' and Rehmani Didar (2011) studied attachment styles, locus of control and marital adjustment in fertile and infertile couples, and concluded that marital adjustment of fertile and infertile couples with secure attachment style, was higher than that of couples with insecure attachment style. Moreover, marital adjustment of fertile and infertile couples with internal locus of control was higher than that of couples with external locus of control.

Accordingly, it can be stated that people with different attachment styles produce different responses in dealing with different situations. This may affect their effectiveness on life issues. Regarding what is said, the researchers sought to examine the issue that: Is there a relationship between attachment styles and emotional intelligence and locus of control (internal and external) in divorcing couples and in non-divorcing couples?

Method

It is an Ex post facto study (correlation, causal). Statistic population of the research consisted of the all couples applied for divorce as well as the all couples who were not divorcing in Qazvin City. The first group included all couples filed for divorce. Statistic population of the first group equaled to the all divorcing couples who referred to the Judicial Complex of Gazvin City (in autumn 2014) for separation purposes totaling to 135 people. The second group included all non-divorcing couples who were living in Gazvin (in autumn 2014). Samples were selected by using convenient sampling method. The sample size for each group was as many as hundred couples. In order to measure the data, *Bar-On Emotional Intelligence-Inventory* (EQI, 1997), *Rotter's Locus of Control Scale* (I-E, 1966) and *Attachment Inventory Hazen & Shaver* (1987) were utilized in the research. These inventories will be fully explained.

Hazen & Shaver Attachment Inventory is a 15-items test which measures the three **Attachment** styles of **Secure**, **Ambivalent** and **Avoidant in accordance with** Likert 5 point scale (never, rarely, sometimes, often, and almost always). Minimum and maximum scores of the subjects at subscales can be 5 and 25 respectively (Besharet, Ghafuri and Rostami, 2007). Cronbach's alpha coefficient (Reliability) for **the subscales of Secure, Avoidant, and Ambivalent Attachment** styles in a sample (1480 students including 620 male and 860 female) concluded at 0.86, 0.84 and 0.85 respectively (these were concluded in females at 0.86, 0.83 and 0.84 and in males at 0.84, 0.85 and 0.86 respectively), which is indicative of a satisfactory internal consistency of the Adult Attachment Styles (Hatami & Razeneh, 2010). validity of the questionnaire was, also, obtained in the same research at 0.60 by using Cronbach's alpha, which was acceptable.

Rotter's Locus of Control questionnaire consists of 29 items each including two statements as A and B. participants should choose one of the options which is indicative of external *Locus of Control*, or the other which is indicative of internal *Locus of Control*. 6 items of the questionnaire is neutral to keep covered the intention of the test from the subjects. 23 key items in this test measure the participant's *ideas* and beliefs about the nature of the world (Yuselyani, Habibi and Soleimani, 2012). Rotter (1966) reported validity of the scale at 0.49 to 0.84 and its reliability at 0.48 to 0.83 using test-retest method with an interval of two months (Alipour & Zare', 2011). Ghazanfari obtained validity of the *Rotter Internal-External Locus of Control Scale* by *Kuder-Richardson* at 0.669 (Quoted from Yuselyani et al., 1391). In the present study, validity of the questionnaire by Cronbach's alpha obtained at 0.65, which indicates that its validity is acceptable.

Bar-On Emotional Intelligence-Inventory consists of 90 questions. Its answers is set based on Likert 5 point scale ranged from (strongly agree, 5 to strongly disagree, 1). Some of the questions are scored positively and others are scored negatively (strongly agree, 1 and strongly disagree, 5) (Bar-On & Parker, 2000, quoted by Fathi Ashtiani and Dadestan, 2009). In his research, Bar-On reported retest coefficients at 0.85 after one month and at 0.75 after four months. In another studies, the internal consistency of the subscales, in seven different samples, was obtained by using Cronbach's alpha between 0.69 (social responsibility) and 0.86 (self-respect) with a mean of 0.76 (Bar-On & Parker, 2000). Total mean coefficient of

internal consistency of the questionnaire was obtained at 0.76 by Zare' (2001) in Iran. Shamsabadi (2004) reported Alpha coefficients ranged from 0.55 (Empathy) to 0.83 (Impulse control) with a mean of 0.70. It should be noted that the questionnaire was adjusted to Iranian students by Dehshiri (2003) and its validity was reported by using Cronbach's alpha in male students at 0.74, in females at 0.68 and totally at 0.93.

Descriptive and inferential statistics were used in this research to explain research hypotheses. The descriptive statistics included frequency tables, mean and standard deviation. In inferential statistics, correlation and regression were used for data analysis.

Findings

Testing attachment styles in couples

Table 1.

Descriptive indicators of attachment styles, emotional intelligence and locus of control variables between couples

Couple s	Attachment styles						Emotional intelligence		Locus of control		
	Avoidant		Secure		Ambivalent		Mean	standard deviatio	Mean	standard deviatio	
Non-divorcing	Female	17.0	6.7	32.5	5.0	18.0	5.5	546.0	44.7	36.0	5.3
	Male	21.1	7.2	36.0	4.4	27.0	5.2	650.3	78.3	23.3	4.7
	Total	21.0	7.1	35.9	4.5	26.6	5.4	644.7	80.3	23.8	5.2
Divorcing	Female	27.5	5.1	28.5	5.0	28.5	7.0	744.5	31.7	30.0	5.2
	Male	24.1	5.1	27.2	4.4	29.2	5.9	609.4	77.7	24.4	5.5
	Total	24.2	5.1	27.2	4.4	29.1	5.9	617.9	82.4	24.6	5.4

It can be seen in table (1) that mean value of avoidant attachment style for non-divorcing couples was 21.03 and that for divorcing couples was 24.25. Total mean score of the couples at avoidant attachment style was 22.61. When studying secure attachment style in different couples, it was observed that the mean score of non-divorcing couples at secure attachment style was 35.91 and that of divorcing couples was 27.27. Total mean score of the couples at secure attachment style was 31.66. Concerning ambivalent attachment style, non-divorcing couples scored at 26.69 and divorcing couples at 29.17, totally equaled to 27.91. As a whole, the mean score of attachment style in non-divorcing couples was 83.64 and that in divorcing couples was 80.71. It was totally equal to 82.19. Based on the results obtained, it can be said

that the mean score of non-divorcing couples at attachment style was higher than that of divorcing couples.

Furthermore, the score of Emotional Intelligence of non-divorcing couples was 644.70 and that of divorcing couples was 617.9. The comparison of the two groups of non-divorcing couples and divorcing couples revealed that non-divorcing couples have a higher emotional intelligence than divorcing ones.

The mean value of locus of control for non-divorcing couples was 23.82 and that for divorcing couples was 24.60. According to the results, the mean for each group is close together.

Inferential analysis

Table 2.

Matrix of correlations between variables

	1	2	3	4	5	6	7
Non-divorcing couples	1.locus of control	1					
	2. internal locus of control	.980**	1				
	3. external locus of control	.170**	.980**	1			
	4.Avoidant attachment style	-.113	-.127	.154	1		
	5. Secure attachment style	.371**	.390**	.011**	-.140	1	
	6. Ambivalent attachment style	.271**	.222*	.435**	.0278**	.354**	1
	7. Emotional Intelligence	.189**	.139**	.089	.153	.334**	-.0180*
Divorcing couples	1.locus of control	1					
	2. internal locus of control	.949**	1				
	3. external locus of control	-.950**	.960**	1			
	4.Avoidant attachment style	-.105	-.080	.111	1		

5. Secure attachment style	.058	.240	-.026	-.170	1		
6. Ambivalent attachment style	.152**	.205*	-.197*	-.125	.372		1
7. Emotional Intelligence	.184**	.267*	-.314*	.159	.308**	-.286*	1

First hypothesis: There is a relationship between attachment styles and locus of control in couples applied for divorcing and non-divorcing couples.

There was not observed a significant relationship between avoidant attachment style and locus of control (internal and external locus of control) in divorcing and non-divorcing couples. There was not observed a significant relationship between secure attachment style and locus of control (internal and external locus of control) in couples applied for divorcing. But, there was a direct significant relationship between secure attachment style and locus of control (and internal and external locus of control) in non-divorcing couples at a significance level of below 0.01. I.e. with the increase in secure attachment style, locus of control and external and internal locus of control increase as well. In other words, it can be said that when secure attachment style increases, people put forth more control on the affairs and activities and they attribute the results of their actions to themselves and scarcely believe in the involvement of external factors in the affairs.

According to the results of the above table, there is an indirect relationship between ambivalent attachment style and locus of control and external locus of control in non-divorcing couples at the significance level of less than 0.01 and 0.05. Nevertheless, there is a significant direct relationship between ambivalent attachment style and internal locus of control at the significance level of less than 0.01. With the increase in ambivalent attachment style, internal locus of control on the non-divorce couples increases as well, though locus of control and external control decrease. There is a direct relationship between ambivalent attachment style and locus of control and external locus of control in divorcing couples at the significance level of less than 0.05. Nevertheless, there is a significant direct relationship between ambivalent attachment style and internal locus of control at the significance level of less than 0.05. With the increase in ambivalent attachment style, locus of control and external locus of control increase as well, though internal locus of control decrease. Since these people are always doubtful in their work, they undertake less responsibility of tasks and believe in the role of external factors in doing affairs.

Second hypothesis: There is a relationship between emotional intelligence and attachment styles in couples applied for divorcing and non-divorcing couples.

There was not a significant relationship between emotional intelligence and avoidant attachment style in the couples. But, by 99 percent, there was a significant relationship between emotional intelligence and secure attachment style in the couples at the significance level of below 0.01. There was significant negative relationship between emotional intelligence and ambivalent attachment style in both groups at the significance level of below 0.05.

Third hypothesis: There is a relationship between emotional intelligence and locus of control in couples applied for divorcing and non-divorcing couples.

There was a significant negative relationship between emotional intelligence and locus of control in divorcing couples at the significance level of below 0.01. There was a significant positive relationship between emotional intelligence and internal locus of control at the significance level of below 0.05. Nevertheless, there was a significant negative relationship between emotional intelligence and external locus of control at the significance level of below 0.01.

In non-divorcing couples, there was a significant positive relationship between emotional intelligence and locus of control and internal locus of control at the significance level of below 0.01. With the increase in emotional intelligence, locus of control and internal locus of control increase in non-divorcing couples. But, there was not a significant relationship between emotional intelligence and external locus of control.

Table 3.

Regression coefficients of attachment styles and locus of control

	Divorcing couples				Non-divorcing couples			
	Angular coefficient B	Standardized coefficient beta angle	T value	Significance level	Angular coefficient B	Standardized coefficient beta angle	T value	Significance level
Fixed value	0.584		0.218	0.02	0.990		0.237	0.000
Avoidant attachment	0.912	0.24	0.873	0.031	0.421	0.15	0.496	0.021
Secure attachment	0.365	0.15	0.952	0.045	-0.145	-0.27	-0.207	-0.030
Ambivalent attachment	0.785	0.21	0.705	0.01	0.361	0.13	0.304	0.763

According to the results in Table 3, it can be stated that avoidant attachment, secure attachment and ambivalent attachment have an effect on locus of control in divorcing couples by 0.24, 0.15 and 0.21 respectively. Therefore, the significant level of less than 0.05 was

confirmed. Based on the results, avoidant attachment style has the most significant effect on the locus of control in divorcing couples.

Furthermore, in non-divorcing couples, avoidant attachment and secure attachment have an effect on locus of control by 0.15 and 0.27 respectively, which is was confirmed due to the significance level of less than 0.05. On the contrary, the effect of ambivalent attachment on locus of control in non-divorcing couples was not significant. Since secure attachment has a negative effect on locus of control, it decreased the scores of non-divorcing couples at locus of control. Nevertheless, the effect of avoidant attachment and ambivalent attachment styles on locus of control was positive and it increased the scores of non-divorcing couples at locus of control.

Table 4.

Regression coefficients between attachment styles and emotional intelligence

		Divorcing couples				Non-divorcing couples				
		Angular coefficient B	Standardized coefficient beta	T value	Significance level	Angular coefficient B	Standardized coefficient beta	T value	Significance level	
Fixed value	Avoidant attachment	0.631		0.907	0.004	0.886		0.491	0.004	
	Secure attachment		-0.53	-0.12	-0.25	0.153	-0.22	-0.35	-0.717	0.064
	Ambivalent attachment		0.48	0.26	0.50	0.010	0.31	0.49	0.899	0.031
	Ambivalent attachment		-0.25	-0.11	-0.35	0.004	-0.15	-0.26	-0.965	0.032

Based on the results from table above, it can be stated that in divorcing couples, secure attachment, due to the beta 0.26, had the most significant effect on emotional intelligence and ambivalent attachment, due to the beta 0.11, had the minimal effect on emotional intelligence with respect to the significance level of less than 0.05. But, avoidant attachment, due to the significance level of greater than 0.05, had no significant effect on emotional intelligence in divorcing couples. In addition, in non-divorcing couples, secure attachment

with beta 0.49, had the most significant effect and ambivalent attachment with beta 0.26 had the minimal effect on emotional intelligence and, avoidant attachment, due to its significance level of greater than 0.05, had no significant effect on emotional intelligence in the couples.

Conclusion

Family is the most important foundation of socialization in the society. Its survival depends on healthy relationships based on the compatibility between husband and wife. Marital satisfaction provides the society with high levels of mental health. Couples attitude towards their control over the issues of life can have a significant effect on life satisfaction in couples. If couples know that life issues are under their control, they can solve problems more easily than when they think the problem are dominated by external forces beyond their control. Therefore, alterations in the locus of control may have an important role in people's attitude to life and can have effects on their satisfaction or dissatisfaction with life. However, this locus of control, which is learned through the life, can be influenced by factors such as individuals' attachment styles. Attachment styles affect the types of relationships and living conditions of people. Attachment styles determine mental health of a person in stressful situations. They govern the use of specific ways to deal with threatening situations and offer social compromise. Secure attachment style can increase a person's emotional intelligence by increasing the ability of people to understand the problems and get help from others in order to solve the problems. Following the increase in EI, attitude to life and its problems will be change as well. Today, researchers came to the conclusion that general intelligence alone can not lead to success in life. As it has been observed, intelligent people could not be successful in many situations and fields. But, there are people with low general intelligence, who act more successfully. Thus, it can be stated that, apart from general intelligence, there is another factor that affects performance. From the practical point of view, theorists believe that constructive capabilities of emotional intelligence – emotions perception, emotional states regulation and emotional awareness –have a relationship with psychological adjustment, success and its prediction, and overall satisfaction with life.

The results from the first hypothesis showed that there is not a significant relationship between avoidant attachment style and locus of control. Nevertheless, there is a significant negative relationship between and locus of control and secure and ambivalent attachment styles. Therefore, it can be said that, locus of control is shaped based on people's knowledge of the environment and situation. It depends on the acquired self-esteem, anxiety, depression and helplessness and the degree of individual's responsibility. Therefore, it can be stated that since people with secure attachment style give lots of attention to their surroundings, they deal with the problems *and, accordingly*, their anxiety is reduced. Therefore, they enjoy internal locus of control. On the other hand, people with ambivalent and avoidant attachment styles have problems in the face of difficulties and suffer from mounting anxiety and concern. It is because they are skeptical in their relationships with others and think little of building relationships with others. Therefore, they have external locus of control. The results of the present research are in line with those of Rasuli and Farahbakhsh (2009), Ali Pour et al. (2011), saying that the relationship between attachment styles and locus of control is significant. The results of the research conducted by Alipour showed that people with secure attachment style and internal locus of control, enjoy high level of marital adjustment. Moreover, the present study revealed that non-divorcing couples have secure attachment style and internal locus of control.

According to the results, there was no significant relationship between avoidant attachment style and emotional intelligence at the significance level of 0.05. There was a significant relationship between attachment style and emotional intelligence in both non-divorcing couples and couples filed for divorce.

Ambivalent attachment style has a negative effect on emotional intelligence and its components. Since most divorcing couples have ambivalent attachment style, dubiousness (which is a feature of ambivalent attachment style) impedes them from making important decisions and getting help from others. Therefore, they suffer from hesitation in dealing with problems. They are also less flexible and less tolerant for stress. Their self-esteem, self-actualization, independence and optimism are at a low level and they are less responsible. Thus, the presence of these features in people causes difficulty in dealing with life issues. The results of this study are not consistent with those of Karimi, Kimyayi and Mahdavian (2012). In their study, anxious attachment style had a negative relationship with and self-control, self-motivation and empathy. But, in the present study there was a negative relationship between ambivalent attachment and the components namely self-esteem, optimism, impulse control, happiness, self-actualization, independence, responsibility, interpersonal relationships and stress tolerance. The results were in contradiction with those of Ritter (2013). It was because Ritter's research showed that there was no significant relationship between attachment styles (avoidant, ambivalent) and emotional intelligence. But, in the present research, there was a significant relationship between emotional intelligence and avoidant and ambivalent attachment styles. Nevertheless, this study was in line with Ritter's research from the standpoint that there was no significant relationship between avoidant attachment style and emotional intelligence.

In divorcing couples there is a significant negative relationship between emotional intelligence and locus of control and external locus control. But there was a significant positive relationship between emotional intelligence and internal locus control. In addition, in non-divorcing couples there is a significant positive relationship between emotional intelligence and locus of control and internal locus control. Nevertheless, the relationship between emotional intelligence and external locus of control was not significant. Concerning the relationship between emotional intelligence and locus of control, the results of the present study are consistent with those of Yar-Yari et al. (2007). Rogers' Locus of control theory can be used to explain the above mentioned hypothesis. Rogers stated that people interpret life events and social relations in accordance with personality structures. Therefore, people's cognition of the issues plays an important role in locus of control. *Moreover, according to Wong and Sproule theory, people take responsibility for doing their tasks by internal locus of control, even if external factors have a role in that. Accordingly, people with high emotional intelligence, believe that they have everything under their control and their perception and attitude about the situation and problems are different because they are more responsible, have higher self-esteem and, are more flexible in different situations. On the contrary, people with low emotional intelligence have an external locus of control because they have low ability to deal with stressful situations, have low self-esteem, and are less responsible for carrying out tasks.*

Identifying people's attachment style and reinforcing secure attachment can improve emotional intelligence and change locus of control in people and consequently, make changes in their attitude to life and its problems to prevent from family breakdown. According to the theoretical presentation, people with secure attachment style retain features that enable them to get help from each other in crucial situations and cooperate with each other to solve

the problems. Since divorcing couples scored highly at avoidant and ambivalent attachment styles, it can be said that divorcing couples experience difficulties with empathy and communication. It is because, hesitation in asking for help in sensitive cases, is a feature of these two attachment styles, say, avoidant and ambivalent. Therefore, hesitation makes people unable to get help from others *in* times when problems come up in life or work together to solve the problems. This will exacerbate the problems of life and, consequently, lead to separation and family disintegration. Also, these people strongly avoid building relationships with others and such a withdrawal cause people to be greatly attracted in separation. Staying away from intimate relationships with others, cause problems and misunderstandings resulting in the disintegration of the marital life. Wayne (1994) argued that attachment is the starting point of couples' relations and it is the foundation of the other patterns and processes such as intimacy and communication (Rostami et al., 2009). Therefore, many problems of couples can be avoided by reinforcing secure attachment styles.

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