

Abstract

This study examine the attachment in couple relationship and in marriage. Based on theoretical models of attachment the study works empirically with a 2-factor concept of adult attachment. The main theme is the applications of Attachment theory and research in individual and couple therapy.

This study deals with selected components of the relationship aspects of adult attachment. Another important issue is the interrelationship between the adult attachment and relationship satisfaction.

The work proposes a Czech translation of questionnaires Experiences in Close Relationships-Revised and the Couples Satisfaction Index and uses them in a research. Quantitative research was conducted on a sample of 258 respondents; 49 of them were clients of marriage counselling or psychotherapy practice.

Statistical analysis showed significant correlation between the factors of attachment (Anxiety and Avoidance) and relationship satisfaction. The strongest correlation was found between satisfaction and anxiety.

The results agree with the theory of attachment confirming that more securely attached individuals are more satisfied in a relationship than those less securely attached.

Key words: adult attachment, couple relationship, couple therapy, individual psychotherapy, marriage, marital satisfaction, relationship satisfaction