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The role of common dyadic coping as mediator between attachment styles and marital satisfaction in transition to parenthood

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ABSTRACT

In the transition to parenthood, couples will face many changes until the child is two years old. Therefore, it is important for couples to apply common dyadic coping. However, common dyadic coping is influenced by individual attachment styles. This study aimed to determine the role of common dyadic coping during the transition to parenthood as a mediator between attachment style and marital satisfaction. This study uses a type of correlational research because correlational research is used to see the predictive relationship between variables. The measures used in this study are Experiences in Close Relationships - Revised (ECR-R), Couple Satisfaction Index (CSI), and Dyadic Coping Inventory (DCI). Data were obtained through an online survey of Indonesian citizens aged ≥ 21 years, married, and having an only child aged zero to two years (N mothers = 90%, M age = 27.9, SD age = 2.8). The results of the mediation model analysis on Hayes' PROCESS macro showed that problem-focused common dyadic coping partially mediated the relationships between anxious attachment and marital satisfaction, and avoidant attachment and marital satisfaction. Similarly, emotion-focused dyadic coping partially mediated the relationships between anxious attachment and marital satisfaction, and avoidant attachment and marital satisfaction.



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Introduction

Parenthood for the first time is a dynamic moment in life and has many challenges. The presence of a baby in the life of a married couple can provide a sense of pride but can also bring pressure (Martins, 2018). In the transition to becoming a new parent, couples will face many changes until the child is two years old (Gottlieb & Pancer, 1988). Not a few couples are able to adapt to this transition period, but not a few couples also find it difficult (Shorey et al., 2017; Petch & Halford, 2008). Often parents experience negative changes during such transitions, ranging from disruption of marital satisfaction to reduced social support received (Ryon & Gleason, 2018). As mentioned by Lévesque et al. (2020), there are three main challenges for new parents, namely 1) loss of time for self and togetherness with a partner, 2) division of duties among each partner in unequal parenting can become a source of conflict, and 3) the demands of social norms, environmental assessment, and pressure

on parents affect the parenting style provided. This challenge can ultimately affect marital satisfaction, which is decreasing (Gitman, 2015).

Marital satisfaction is defined as a form of an individual's evaluation of marital relationships subjectively and globally ((Fincham & Beach, 2010); (Funk & Rogge, 2007); (Lavner, Karney, & Bradbury, 2014); (Farahmand & Ahmadnia, 2014)). Emotionally satisfying marital relationships are an important aspect of an individual's mental and physical well-being (Johnson & Stoothoff, 2004). Couples with high marital satisfaction have fewer negative life events (Cohan & Bradbury, 1997), better communication (Lavner et al., 2014), better dyadic coping (Falconier et al., 2015), fewer symptoms of psychological distress (Javidi, 2013), better health (Alosco et al., 2020), and lower infidelity (McNulty, Meltzer, Makhanova, & Maner, 2018). Conversely, a decrease in marital satisfaction not only presents an unharmonious atmosphere within the family, but can also lead to family instability (Mirfardi, Edalati, & Redzuan, 2010) to divorce (Levenson, Carstensen, & Gottman, 1993).

There are several factors that affect marital satisfaction. The first factor is marital happiness in parents. Married individuals tend to measure their marital satisfaction based on their parents' marriage. Individuals with divorced parents tend to have a low commitment to their marriages (Whitton, Rhoades, Stanley, & Markman, 2008). The second factor is the presence of children, where marital satisfaction tends to decrease when having their first child because couples tend to experience fatigue, lack of time, or experience conflicts in childcare (Hirschberger, Srivastava, Marsh, Cowan, & Cowan, 2009). The third factor is communication. According to (Haris & Kumar, 2018) found that the quality of interpersonal communication in couples can predict marital satisfaction. The fourth factor is the same interest. Couples who share similar interests can enjoy free time with activities they are interested in together. (Knowles & Corne, 2002) found that couples with similar interests had higher marital satisfaction compared to couples without similar interests. The next factor that also has a significant influence is social economic status, because economic pressures can cause conflicts in the couple.

One of the factors that is also very important in marital satisfaction is the attachment style of the couple in adulthood (Agirre et al., 2016). Empirical research shows that attachment is essential in adult individual relationships with others, especially in romantic relationships and marriages ((Pietromonaco, Uchino, & Dunkel Schetter, 2013); (Stanton & Campbell, 2014)). Most of the studies conducted show a significant and positive correlation between secure attachment and marital satisfaction, as well as a significant and negative relationship between insecure attachment and marital satisfaction ((Bridge et al., 2015); (Russell, Baker, & McNulty, 2013); (Sheftall, Mathias, Furr, & Dougherty, 2013)). This can be because attachment style is closely related to the well-being, depression, and anxiety of individuals and couples (Counted & Moustafa, 2017). (Özmen & Atik, 2010) mention that a baby's initial relationship with a nanny or mother would describe his romantic relationship as an adult. According to the Attachment Diathesis-Stress Process Model (Simpson & Rholes, 2019), insecure attachments tend to be more prominent during the transition to parenthood as a form of response to stress-inducing events; thus, individuals with insecure attachments tend to experience a decrease in marital satisfaction during the transition to parenthood (Doss & Rhoades, 2017).

In contrast, individuals with insecure attachment, both avoidant attachment and anxious attachment, focus only on anxiety and self-defense rather than others because they have less good interpersonal abilities (Shaver, Mikulincer, Sahdra, & Gross, 2016). Individuals with anxious attachments are full of anxiety, always seeking acceptance and validation from others. This is because he considers himself to be able to achieve safety and comfort if others respond well to him ((Pietromonaco et al., 2013); (Stanton & Campbell, 2014); (Lewis-Beck & Stegmaier, 2013), (Shroff et al., 2013)). On the other hand, individuals with anxious attachments feel undeserving of affection. In the face of conflict situations, the lack of self-confidence can generate stress for individuals with insecure attachment, so they tend to feel humiliated and anxious. As a result of this fear, individuals with anxious attachments tend to overreact to stressors, experience extremely negative emotions, and have maladaptive coping strategies. The individual also fails to foster mutual trust with the partner and continues to feel that his needs are unmet (Fuenfhausen & Cashwell, 2013). Therefore, individuals with anxious attachment will be more anxious when they see more attention and time given by the couple to the baby and view it as a threat to their romantic relationship, thereby increasing jealousy towards the couple's and baby's relationship. These things can lower marital satisfaction in people with insecure attachments ((Pietromonaco et al., 2013); (Stanton & Campbell, 2014)).

In contrast to anxious attachment, individuals with avoidant attachment tend to have a fear of intimacy with a partner and have emotions that tend to be labile. This individual finds it difficult to trust others and feels alert if they are too close to others. Individuals with avoidant attachment have a positive self-model, but a negative model of others. In other words, it has a low level of anxiety but a high avoidance, so it tends to feel uncomfortable towards intimacy in a relationship. This individual thinks that he deserves affection, but views others as too dependent on him. Furthermore, parents with avoidant attachment tend to face challenges in

parenting newborns with sensitive feelings and responsiveness to the baby's needs, but they tend to keep their distance from others to maintain inactive attachment patterns. Some studies have found that parents with avoidant attachment are more difficult to adapt to parenthood (Komosinska-Vassev, Olczyk, Kaźmierczak, Mencner, & Olczyk, 2015), have higher levels of parenting stress (Trillingsgaard, Elklit, Shevlin, & Maimburg, 2011), and have lower child development-related knowledge.

Every individual, both with secure attachments and insecure attachments, has their own strategies for coping with the stress faced (Shaver et al., 2016). Processes in attachment style and coping both have a process of emotional regulation and evaluation of stressful situations (Dinkel, in (Darby et al., 2013)). According to (Posada, Carbonell, Alzate, & Plata, 2004), individuals with secure attachments have three individual coping strategies, namely 1) stress recognition and expression, 2) seeking support, and 3) problem-solving. Meanwhile, stress management that is carried out jointly with a partner is known as dyadic coping (DC). DC is a form of interpersonal stress management in which stress signals from individuals can be felt by their partner through verbal and nonverbal communication, then the signals are perceived by the other partner, and finally elicit a response. Couples with secure attachments will have better relationship quality and positive dyadic coping than couples with insecure attachments. Individuals with secure attachments assess that when they recognize and show the distress experienced, they will receive support from the environment (Lavner et al., 2014).

Broadly speaking, DC is divided into two groups, namely 1) groups by self and partner or coping efforts made by a person or by their partner, and 2) a common DC group, which is a coping effort carried out together to overcome common stressors (Bodenmann, 1997, 2005). The DC by self and partner group consists of five dimensions, namely stress communication, emotion-focused supportive DC, problem-focused supportive DC, delegated DC, and negative DC. While the common DC group consists of two dimensions, namely emotion-focused common DC and problem-focused common DC (Bodenmann, Randall, & Falconier, 2016). DC stress communication is a self-disclosure related to stress experienced through implicit or verbally explicit communication. Emotion-focused supportive DC is a form of individual support to the partner to reduce the stress of bad mood in the couple. Problem-focused supportive DC is individual support to reduce a couple's stress by solving problems that are facing the couple. Delegated DC is the act of the spouse taking over the work of the other partner to reduce the burden on his partner. Negative DC occurs when an individual belittles, scoffs, demeans, or ignores problems or stresses faced by his partner. Emotion-focused common DC is a way for individuals to share negative emotions with their partners as an effort to manage stress together which can be done in ways such as relaxation together, praying together, expressing themselves to each other, as well as providing physical touches such as massage. Meanwhile, problem-focused common DC is when individuals and couples look for solutions to problems or stress together (Bodenmann et al., 2016).

Common DC is a form of DC that occurs when both partners face the same stressor or "we-stress", then the couple manages the stress simultaneously, either through problem-focused common DC or emotion-focused common DC (Cutrona et al., 2018). When couples try to do common DC, there will grow a feeling of togetherness between the two partners because they have provided space and time together (Bodenmann, 2005). It is known that common DC can mediate the relationship between attachment style in adulthood and relationship satisfaction (Wendołowska, Steć, & Czyżowska, 2022). Common DC is also found to be one of the most powerful dimensions of DC in predicting relationship satisfaction compared to other dimensions (Falconier, Jackson, Hilpert, & Bodenmann, 2015). Common DC done by new parents can also help them cope with parenting stress better, because the couple will try to adjust and cooperate with the partner in carrying out their new role. In general, applying common DC strategies can increase the sense of community in the couple, which in turn reduces the external stress that the couple experiences and reduces the potential for relationship stress, so that the satisfaction and happiness of the relationship can be maintained.

Individuals with anxious attachment expect emotional closeness from their partner (Simpson & Rholes, 2012), so in performing the DC strategy, individuals with anxious attachment tend to show better relationship qualities when they feel close to their partner and use strategies that focus on emotions. As discovered by Lemay and Dudley (2011), individuals with anxious attachment feel more secure when their partner openly shows affection, or feels that their partner is responsive to his needs (Raposo & Muise, 2021). Emotion-focused common DC is also applied by providing affection and intimacy to cope with stress, thus meeting individual expectations with anxious attachment. Therefore, individuals with an anxious attachment may benefit from emotion-focused coping strategies that involve mutual intimacy and the emotional availability of the partner, making it more likely to apply emotion-focused common DC.

In contrast, individuals with avoidant attachment tend to avoid intimacy and tend to prefer separate and independent (Simpson & Overall, 2014). In that individual, DC's emotion-focused strategy would be considered too intimate and judged to be less helpful. However, these individuals can benefit from support if tailored to their needs. Previous research has shown that individuals with avoidant attachment experience reduced distress,

higher self-efficacy, and closer to a partner when receiving practical support such as getting solutions or problem-solving suggestions (Girme, Overall, Simpson, & Fletcher, 2015). Thus, individuals with avoidant attachment are more likely to benefit from problem-focused DC (Simpson & Overall, 2014), as these strategies can accommodate their need for autonomy while also providing support during times of stress. DC's role as a mediator in the relationship between attachment style and marital satisfaction has been previously researched. In their research, (Fuenfhausen & Cashwell, 2013) found that DC partly mediates the relationship between insecure attachment and marital satisfaction in the married student population. (Wendolowska et al., 2022) also found that common DC can mediate the relationship between insecure attachment in adults and relationship satisfaction. These studies show that common DC can mediate attachment to marital satisfaction. Nevertheless, there is one study by (Iuga & Candel, 2020), which found that DC mediates entirely only on the relationship between avoidant attachment and marital satisfaction, but not on the relationship between attachment and marital satisfaction.

Many studies have been found that measure common DC as a unit ((Iuga & Candel, 2020); (Darby et al., 2013); (Wendolowska et al., 2022)). However, no studies have been found that look at each of the dimensions in common DC, namely problem-focused and emotion-focused, specifically as mediation on the relationship between attachment styles and marital satisfaction. Meanwhile, information about the application of these two dimensions can help couples develop more suitable strategies for dealing with stress during the transition period. Although both are part of common DC, problem-focused and emotion-focused show different orientations, so it is necessary to look at the two dimensions separately (Kayser & Revenson, 2016). The research by (Vedelago et al., 2022) looks at problem-focused and emotion-focused separately as moderators on the relationship between attachment style and relationship satisfaction.

Given this urgency, this study attempts to explore the relationship between attachment, dyadic coping and marital satisfaction in a population of married individuals who are in transition to becoming new parents. The selection of this group is because the period of becoming a new parent is when the child is zero to two years old is a period of potentially stressful adaptation and similar studies in that population have not been widely carried out. In addition, understanding more about the factors that influence common DC and marital satisfaction is critical to clinical implications because both have an effect on the psychological and physical well-being of individuals and couples (Falconier et al., 2015). Although there is a known relationship between attachment styles and marital satisfaction, researchers want to look further at how these relationships are formed through dyadic coping mechanisms. In other words, researchers want to identify and explain the mechanisms or processes underlying the relationship seen between attachment styles and marital satisfaction through dyadic coping in new parents.

The purpose of this study was to see how the role of predictor variables in the form of attachment style and dyadic coping on marital satisfaction. This study also looked at the role of attachment style in influencing marital relationship satisfaction. In addition, mediated regression analysis was used in this study to see how attachment style affects relationship satisfaction through dyadic coping. This research can show how attachment and dyadic coping affects marital relationship satisfaction. In addition, this study can also provide an overview of how dyadic coping mediates between attachment style and marital satisfaction in married individuals who have only children aged zero to two years. The results of this study are expected to add new knowledge in psychology, especially in the field of adult clinical, and can be a reference for further research related to attachment style, dyadic coping, and satisfaction in marriage relationships. This research is expected to provide information to the wider community regarding the importance of the role of attachment style and knowledge about dyadic coping related to marital relationship satisfaction, especially during the transition period to become a new parent. This research can also provide information about what things or factors can affect marital satisfaction in new parents. This research is expected to be a reference to assist clinical practitioners in creating and developing intervention program designs related to the role of attachment style and dyadic coping in marriage relationships.

Method

This study uses a correlational type of research because correlational studies are used to see predictive relationships between variables (F. J. Gravetter & Wallnau, 2012). As for the research design, this study uses a cross-sectional design because data collection is only carried out once, and non-experimental because there are no manipulation groups or control groups (F. J. Gravetter & Wallnau, 2012). This study uses a mediation research model to see the influence of mediators (common DC) in strengthening or weakening the relationship between independent variables (attachment style) and dependent variables (marital satisfaction) (Hayes & Scharkow, 2013). To determine the number of participant samples, researchers used G*Power software. To obtain the results of calculating the minimum number of samples needed in this study, researchers used linear multiple regression analysis techniques: fixed model, R^2 deviation from zero, effect size medium (0.15), with a

power coefficient of 0.95, and tested predictors as many as 3. The calculation results showed that the minimum number of samples needed in this study was 89 participants. Researchers use non-probability sampling to recruit participants with a type of convenience sampling or accidental sampling, that is, researchers obtain participants that are easy to obtain based on the individual's willingness and desire to respond (Frederick J. Wallnau Gravetter & Larry, 2016). Participants involved in this study were individuals who were willing to fill out the research questionnaire through links on social media networks distributed by the researcher. After the data collection is complete, the researcher checks the data from the Google Form. Researchers eliminate data that is incomplete or does not match the criteria of the study participants. Furthermore, researchers code and recode raw data to be processed further. Researchers then performed data analysis using IBM SPSS Statistics Version 26 software. Data analysis techniques used in correlational research usually consist of statistical methods that measure the strength and direction of the relationship between the variables.

Results and Discussions

Relationships Between Variables

Before conducting mediation analysis, researchers conduct correlation tests between one variable and another first. Although correlation tests are not always an obligation to look at indirect relationships between variables, the strong weak correlation between variables provides the basis for the proposed mediation model (Hayes, 2013). The following are the results of the correlation between variables in this study.

Table 1. Correlation Matrix between Variables

Variable	1	2	3	4	5
Anxious Attachment (1)	1				
Avoidant Attachment (2)	.534**	1			
Problem-Focused Common DC (3)	-.385**	-.461**	1		
Emotion-Focused Common DC (4)	-.272**	-.257**	.483**	1	
Marital Satisfaction (5)	-.495**	-.570**	.627**	.483**	1

Note. * $p < 0.05$, ** $p < 0.01$

From the table above, this research model shows that anxious attachment has a negative and significant direct relationship with marital satisfaction ($r = -0.495$, $p < .01$). Similarly, the avoidant attachment dimension with marital satisfaction has a negative and significant direct relationship ($r = -0.570$, $p < .01$). Thus, it means that the higher the level of insecure attachment that the participants of this study have, the lower the level of marital satisfaction. Furthermore, insecure attachment and common DC are also interconnected. The correlation results show that the anxious attachment dimension is negatively correlated with the problem-focused common DC dimension and the emotion-focused common DC dimension ($r = -0.385$, $r = -0.272$, $p < .01$). Similar results were found in the avoidant attachment dimension, shown to be negatively correlated with the problem-focused common DC dimension and the emotion-focused common DC dimension ($r = -0.461$, $r = -0.257$, $p < .01$).

Thus, this can explain that the higher the level of insecure attachment of a person, the less common DC in coping with stress with a partner is applied. The next correlation test is the relationship between the problem-focused common DC dimension and marital satisfaction. The correlation results showed that the problem-focused common DC dimension was positively correlated with marital satisfaction ($r = 0.627$, $p < .01$). Furthermore, the emotion-focused common DC dimension was also shown to be positively correlated with marital satisfaction ($r = 0.483$, $p < .01$). It can be concluded, then, that the more often couples apply common DC in coping with shared stress, the higher the marital satisfaction.

Results of the Inter-Variable Mediation Test

After discovering that each variable had a significant correlation, an analysis was carried out using *multiple regression* with the PROCESS version 4.1 application developed by Hayes (2013) without first testing the normality of the data. This is because, according to Hayes, diversity from data is a real part of the population. The conclusions regarding the mediating properties of *common DC* variables are as follows: (1) If the path coefficient c' of the estimated value results remains significant and unchanged ($c' = c$) then the mediation hypothesis is not supported. (2) If the coefficient of path c' decreases ($c' < c$) but the path remains significant, then the form of mediation is *partial mediation*. (3) If the path coefficient c' value decreases ($c' < c$) and the path becomes insignificant, then the form of mediation is *full mediation*.

Table 2. Analysis of the Effect of Common DC Mediation on the Relationship between Attachment Styles and Marital Satisfaction

Variable	Coeff	SE	p	95%CI
Total Effects				
Anxious → Problem-Focused → Marital Satisfaction	-.28	.05	.000**	[-.39;-.18]
Avoidant → Problem-Focused → Marital Satisfaction	-.56	.07	.000**	[-.71;-.41]
Direct Effect				
Anxious → Marital Satisfaction	-.17	.04	.0003**	[-.27;-.08]
Avoidant → Marital Satisfaction	-.37	.07	.000**	[-.52;-.22]
Anxious → Problem-Focused	-.03	.009	.0002**	[-.05;-.01]
Anxious → Emotion-Focused	-.02	.008	.004*	[-.03;-.007]
Avoidant → Problem-Focused	-.07	.01	.000**	[-.101;-.04]
Avoidant → Emotion-Focused	-.03	.01	.007**	[-.05;-.009]
Problem-Focused → Marital Satisfaction	3.01	.46	.000**	[2.08;3.94]
Emotion-Focused → Marital Satisfaction	2.56	.59	.000**	[1.38;3.74]
Indirect Effects				
Anxious → Problem-Focused → Marital Satisfaction	-.10	.04	.000**	[-.19;-.02]
Anxious → Emotion-Focused → Marital Satisfaction	-.05	.02	.000**	[-.12;-.007]
Avoidant → Problem-Focused → Marital Satisfaction	-.18	.06	.000**	[-.33;-.06]
Avoidant → Emotion-Focused → Marital Satisfaction	-.08	.03	.000**	[-.16;-.01]

Note. * $p < 0.05$, ** $p < 0.01$

To test hypotheses 1, 2, 3, and 4, the results in table 2 are obtained. Based on table 2, the results of the mediation test using PROCESS by Andrew Hayes on IBM SPSS Statistics are as follows: (1) The direct effect of anxious attachment to marital satisfaction is negatively significant ($c' = -0.17$, $SE = 0.04$, $p = 0.0003$ 95% BCa CI [-0.27, -0.08]). The indirect effect of anxious attachment to marital satisfaction mediated by problem-focused common DC is negatively significant ($a*b = -0.10$, $SE = 0.04$, $p = 0.000$, 95% BCa CI [-0.19, -0.02]). Overall, a significant total effect was found ($c = -0.28$, $SE = 0.05$, $p = 0.000$, 95% BCa CI [-0.39, -0.18]). Thus, it can be concluded that the problem-focused common DC partially mediates the effect of attachment on marital satisfaction. Then hypothesis 1 is accepted. (2) The indirect effect of anxious attachment to marital satisfaction mediated by emotion-focused common DC is negatively significant ($a*b = -0.05$, $SE = 0.02$, $p = 0.000$, 95% BCa CI [-0.12, -0.007]). Overall, a significant total effect was found ($c = -0.28$, $SE = 0.05$, $p = 0.000$, 95% BCa CI [-0.39, -0.18]). Thus, it can be concluded that emotion-focused common DC partially mediates the effect of anxious attachment on marital satisfaction. Then hypothesis 2 is accepted. (3) The direct effect of avoidant attachment on marital satisfaction is negatively significant ($c' = -0.7$, $SE = 0.07$, $p = 0.000$ 95% BCa CI [-0.52, -0.22]). Then, the indirect effect between avoidant attachment to marital satisfaction mediated by problem-focused common DC was negatively significant ($a*b = -0.18$, $SE = 0.06$, 95% BCa CI [-0.33, -0.06]). Overall, a significant total effect was found ($c = -0.56$, $SE = 0.07$, $p = 0.000$, 95% BCa CI [-0.71, -0.41]). Thus, it can be concluded that problem-focused common DC mediates the effect of avoidant attachment on marital satisfaction. Then hypothesis 3 is accepted. (4) The indirect effect between avoidant attachment to marital satisfaction mediated by emotion-focused common DC was negatively significant ($a*b = -0.08$, $SE = 0.03$, $p = 0.000$, 95% BCa CI [-0.16, -0.01]). Overall, a significant total effect was found ($c = -0.56$, $SE = 0.07$, $p = 0.000$, 95% BCa CI [-0.71, -0.41]). Thus, it can be concluded that emotion-focused common DC partially mediates the effect of avoidant attachment on marital satisfaction. Then hypothesis 4 is accepted.

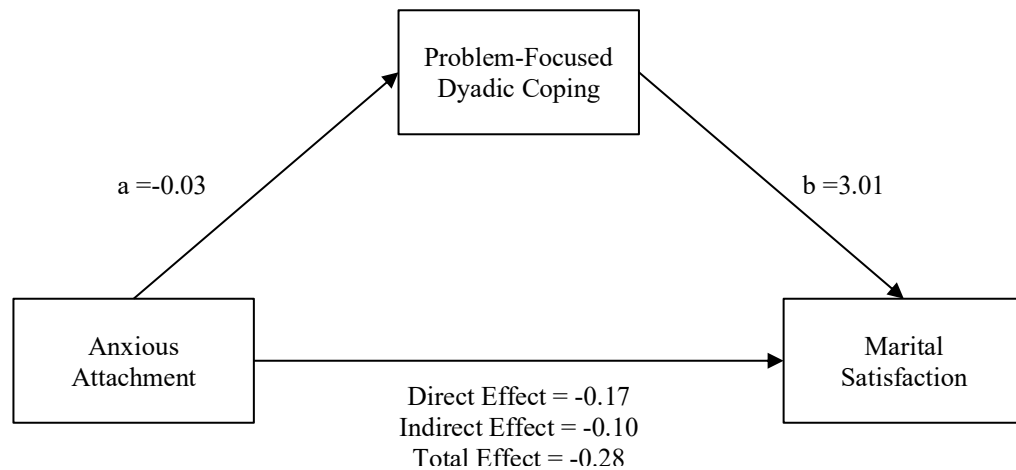


Figure 1. Problem-focused common DC mediation model on the relationship between anxious attachment and marital satisfaction

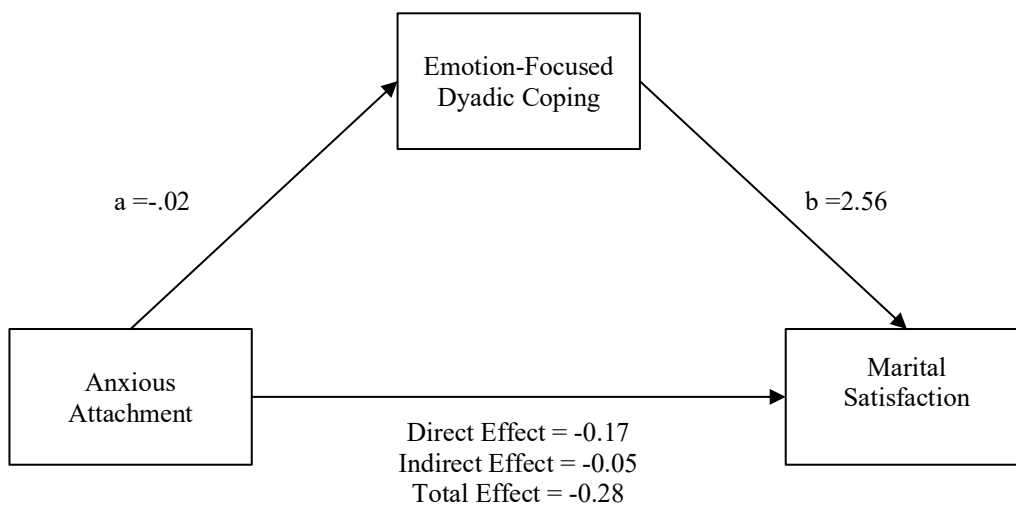


Figure 2. Emotion-focused common DC mediation model on the relationship between anxious attachment and marital satisfaction

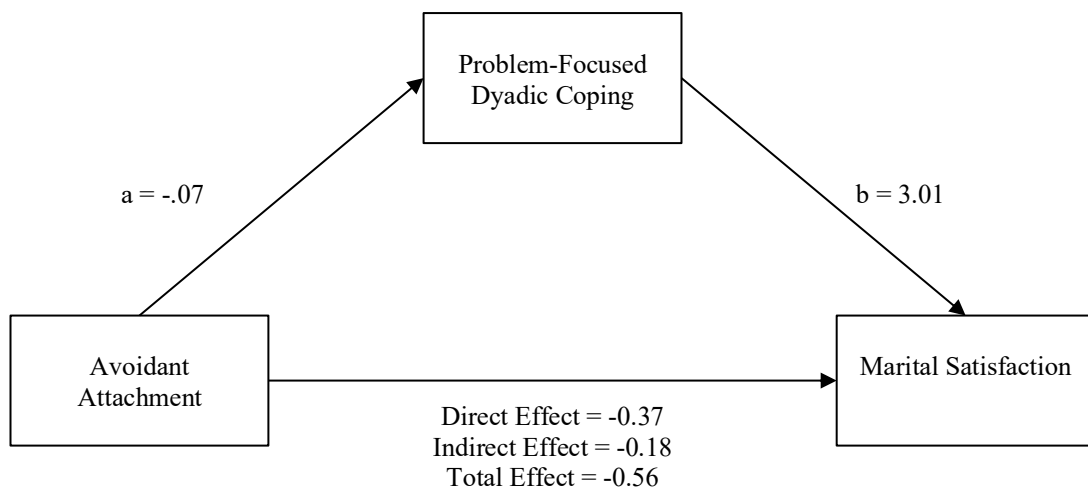


Figure 3. Problem-focused common DC mediation model on the relationship between avoidant attachment and marital satisfaction

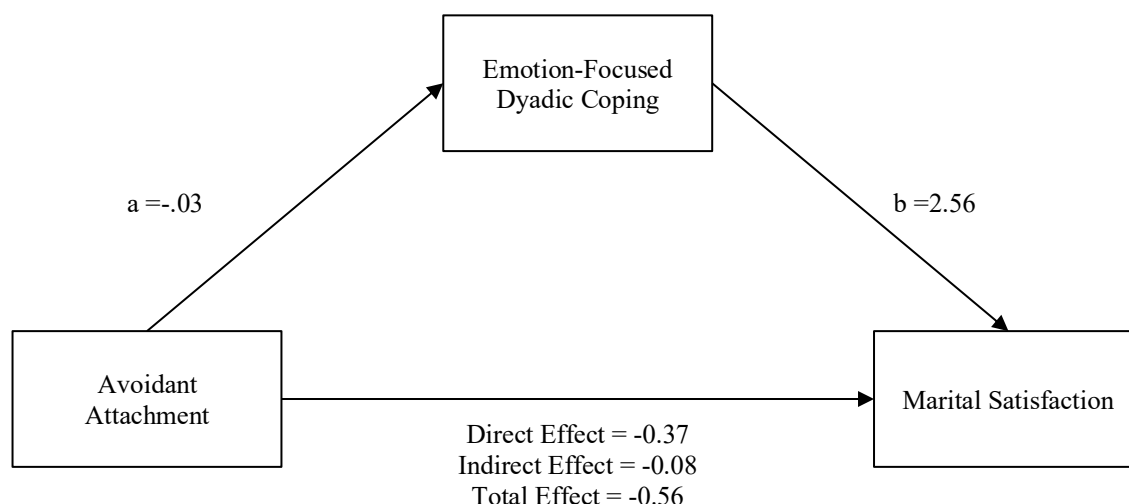


Figure 4. Emotion-focused common DC mediation model on the relationship between avoidant attachment and marital satisfaction

Based on the results of the characteristic picture of the participants of this study, it is known that the participants of this study are more women. According to Katz-wise et al., 2010, this can be because mothers tend to be more actively involved in parenting and identify themselves as parents more than men, so they are more interested and active in participating in research (Friedlingstein et al., 2022). Then, the majority of the education levels of the participants in this study were S1 or equivalent. This can be due to the way of recruiting participants through social media, where social media is more widely used by people with higher educational status. In addition, the average age of participants in this study was 27.9 years, with the youngest age being 22 years and the oldest being 37 years. The average marriage age of participants in this study was 2.86 years, with the youngest marriage age being 9 months and the oldest being 8.3 years.

The results of the description of the main variables in this study showed that participants had an attachment style that was classified as secure. Although the Attachment Diathesis-Stress Process Model states that insecure attachments tend to be more prominent during the transition to parenthood as a form of response to stress-inducing events (Simpson & Rholes, 2019), the attachments of participants in this study show secure attachments that can be caused by the influence of their partners who tend to have secure attachments. This is in line with the results of (Kobak & Hazan, 1991), which states that internal working models can be influenced by experiences during marriage, so the longer the marriage, the more secure the individual tends to be. In addition, (Chopik, Edelstein, & Grimm, 2019) also mentioned that the level of insecure attachment would decrease with age, as participants in this study had an average age of 27 years.

The next variable is common DC, which consists of problem-focused common DC and emotion-focused common DC. Participants in this study showed that common DC is relatively high, which means that participants as new parents often overcome problems or stress together, either by finding solutions or solving problems, or by doing activities together that can calm each other down. These results show a positive thing, because common DC done by new parents can help overcome parenting stress, because individuals will work together with their partner in carrying out their new role (Morrison, Alves, Gunnarsson, Þórisson, & Gill, 2019). High common DC results can be due to a greater number of female participants, where women tend to apply DC more often than men (Staff, Didymus, & Backhouse, 2017). In addition, participants in this study had an average marriage age of 3 years, so it was in line with, who said that marriage age was a determining factor in the application of DC to couples. This high common DC result can also be caused by the relatively low level of insecure attachment of research participants. This is in line with the discovery of (Darby et al., 2013), individuals with secure attachments will apply dyadic coping more positively and more frequently than individuals with insecure attachments.

The variable of marriage satisfaction in this study was also relatively high. This can be due to the high educational status of most participants. As found in some studies that the higher the level of education, the higher the marital satisfaction (Sorokowska et al., 2017). This finding is also supported by the research of (Ayub & Iqbal, 2012), where parents of university graduates have higher marital satisfaction compared to parents with high school graduates, both middle and high school graduates. This high level of marital satisfaction can also be caused by attachment styles that tend to be secure. In accordance with the findings of (Pietromonaco et al., 2013)

and (Stanton & Campbell, 2014), individuals with insecure attachments are more likely to have low marital satisfaction. This is because individuals with insecure attachments find it difficult to trust their partner and feel their needs are not being met (Fuenfhausen & Cashwell, 2013). One of the other factors that also influence the level of marital satisfaction is the coping done by parents. This study found that both problem-focused common DC and emotion-focused common DC correlate positively with marital satisfaction and also predict marriage satisfaction significantly. The problem-focused common DC dimension is a stronger predictor of marital satisfaction than the emotion-focused common DC and attachment style. With parents working together to solve problems (problem-focused common DC), the sense of community between couples increases, the belief arises that marriage can be a force in dealing with stress, and marital satisfaction can be maintained.

Attachment style and both dimensions of common DC are interconnected, and both can predict marital satisfaction significantly. The results of the study also found a mediating effect of both dimensions of common DC on the relationship between attachment style and marital satisfaction. The results of this study are in line with previous discoveries that found the effect of common DC mediation on the relationship between attachment style and marital satisfaction ((Fuenfhausen & Cashwell, 2013); (Wendołowska et al., 2022)), which became the reinforcer of the research hypothesis. However, this study is not in line with the findings of (Iuga & Candel, 2020), who found that DC mediates entirely the relationship between avoidant attachment and marital satisfaction, but not the relationship between anxious attachment and marital satisfaction. Research by Iuga and Candel was conducted with 89.11% of participants not married, so differences in participants allowed for different outcomes.

This research has several advantages. The first advantage is that the target population of the study is specific, so that the dynamics of the relationship between marital satisfaction, attachment style, and common DC can be known specifically in the transition period to parenthood. In addition, researchers have not found studies that look at the role of the two dimensions of common DC separately as mediating against the relationship between attachment style and marital satisfaction in the transition period of parenthood. Therefore, the results of this study also enrich knowledge about the role of common DC on attachment style and marital satisfaction in the transition period to parent and can be known the practical implications of the research results for parents with similar criteria. In addition to the discovery of partial mediation effects of both dimensions of common DC, these dimensions were also found to be significant predictors of marital satisfaction in the transition to parenthood. Because of this, both coping strategies can be used to maintain marital satisfaction in the transition to parenthood. However, this study also had several limitations, including the uneven proportion of the sex of participants, as well as the amount of family income that was not recorded. Different results may be obtained if the number of males and females is more balanced. In addition, family income can describe indicators of participants' social economic status (SES) which can be a control variable and be considered to get participants with more even SES, so that the study can get a broader picture of research variables in SES with different groups.

Conclusions

The theoretical model in this study explains the dynamic influence between attachment style and marital satisfaction by exploring common DC (problem-focused and emotion-focused) as a mediator variable in the transition to parenthood. Based on the results of the study, it can be concluded that common DC, both problem-focused and emotion-focused, was found to partially mediate the relationship between attachment style, both anxious attachment and avoidant attachment, and marital satisfaction after the variables age, age of marriage, sex, level of education, and ownership of ART were controlled. That is, the relationship between attachment style and marital satisfaction can be partially explained through common DC. Therefore, it can be said that all four research hypotheses are fully accepted.

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