

# **The relationship between the family of origin, attachment and emotion regulation styles with marital satisfaction**

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**Abstract** The family is one of the main pillars of society. Achieving a healthy society is apparently relies on family health and healthy family conditional on having people realize that the favorable relationships with each other. **Objective:** This study aimed to investigate the relationship between the family of origin, attachment and emotion regulation styles with marital satisfaction. **Methods:** The study population consisted of all senior students of Azad University of Rasht married 95- 94 were enrolled in the academic year. Of which 250 samples with multistage cluster sampling method to according to Morgan and Krejcy, were ed. Finally, after examining the data missing, 213 people remained for analysis. This study is a correlational study and research to collect data and Enrich marital satisfaction questionnaire (1989), Adult Attachment Scale by Bouguereau RAHIMIAN et al (1383) validated and Emotion Regulation Questionnaire Gratz and Roemer (2004) and family structure scale Havstat, Anderson, Pierce, Kutcher and Fine (1990) was used. **Conclusion:** The results showed that the original family structure, styles of attachment and emotion regulation, duration of marriage and there is a significant relationship between chronological age and marital satisfaction. This means that these variables have a good ability to predict their marital satisfaction. it is predicted marital satisfaction.

**Keywords :** marital satisfaction, emotional adjustment, attachment styles, the original family structure.

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