

# **The relationship between attachment styles, Psychological Empowerment and emotion regulation with marital satisfaction in female teachers**

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**Marital satisfaction is an important component of married life that gives it meaning. Increased marital satisfaction can improve physical health, psychological health, economic status and job satisfaction. Therefore the aim of present study was to determine the relationship between attachment styles, psychological empowerment and emotion regulation with marital satisfaction in female teachers. The study population included all married female teachers working at elementary schools in Rasht in the academic year of 2016-2017, among which a sample of 278 people were ed by multi-stage cluster sampling. The research was correlational. The instrument for measuring were Spritzer and Mishra's psychological empowerment questionnaire (1995), Hazen & Shaver (1987) Attachment Styles Questionnaire, Gross and John's emotion regulation questionnaire and Enrich's marital satisfaction questionnaire. The collected data were analyzed by Pearson correlation coefficient method and stepwise regression analysis. The results of the research showed that there is a significant relationship between attachment styles, psychological empowerment and emotion regulation with marital satisfaction in female teachers (p**

**Keywords : Attachment styles, psychological empowerment, emotion regulation, marital satisfaction**

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