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**PREDICTING THE ELEMENTS OF LOVEMAKING ON THE BASIS OF  
ATTACHMENT STYLES WITH THE INTERMEDIATION OF EMOTIONAL  
INTELLIGENCE IN SINGLE STUDENTS**

**ZOHREH AZHDARI<sup>1</sup>, ZHALEHREFAH I<sup>2\*</sup>, GHASEM NAZIRI<sup>3</sup>**

**1:** Department of Clinical Psychology, Science and Research Branch, Islamic Azad  
University, Fars, Iran

**2:** Department of Counseling, College of Educational Sciences and Psychology, Islamic Azad  
University, Marvdasht, Iran

**3:** of Clinical Psychology, Science and Research Branch, Islamic Azad University, Fars, Iran

**ABSTRACT**

This study was done through the purpose of predicting lovemaking styles on the basis of attachment styles with the intermediation of emotional intelligence in single students. the testes of this study were selected from 297 students in majors “basic sciences and engineering” of Islamic Azad university of Shiraz (150 boys and 147 girls) through the random – cluster sampling method ; for purpose , they fulfilled the revised copy of the adult attachment scale [1], THE Shortened copy of the bar – an emotional intelligence questionnaire (1997) and the triangular love questionnaire [2]. Among the attachment styles, only the close and agitated style has a meaning full relation with emotional intelligence. The close style had a meaningful and positive relation with emotional intelligence; while the agitated style had a meaningful and negative relation with emotional intelligence. Even though the attachment style didn't have meaningful relation with aspects of love directly, but emotional intelligence had a meaningful and positive relation with aspects of love and it mediates the effect of attachment style on the aspects of love completely. The finding of this research emphasizes the necessity of considering the mediation mechanisms in investigating the relation between attachment styles and it's after maths.

**Keywords: Attachment Styles, Emotional Intelligence, Lovemaking Styles**

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**INTRODUCTION**

Among the symbols of the social life of human, the existence of healthy balances among humans, making love toward others and declaring sincerity and sympathy to each other can be pointed out. The human passes sensitive levels and steps in his / her life, one of these sensitive and defining steps is “marriage” and making a joint life. Marriage is considered as the most exciting and stressful important event for every human's life; the people have shown a forward step through the marriage. Today, the researchers and thinkers try to be able to consider concepts such as love, dependence, attachment, and mutual understanding as the effective factors in the growth and continuity of familial and matrimony relations [3]. Having a secure and emotive relation or dependency with close persons such as parents and relatives is one of the most important primary necessities of the human (Jonson and Vifan, translation 2000, Bahrami and his colleagues, 2008). During the history, the humans could pass the crises much better through taking help from the other and they can also face dangers better: so that the necessity of having close attachment to others is hidden in our nature [4]. Attachment is the relatively durable emotional – sentimental relation between the infant and mother or persons which the infant has a permanent and regular cooperation with them [3] the attachment

style (secure- avoidable and double – minded) in adults can reach some expectations about social relations and also some imaginations from the relation itself with important persons in their lives which it is resulted from the cooperation between the persons and their take care in childhood [3], quotation of Berry, [9]. These expectations and imaginations show the differences of people in three main fields: the person believes about themselves and others, the inter individual reaction and emotional order- making; so that the cognitive, emotional and communicative differences of people can be recognized in the framework of the first attachment styles. On the other hand, in addition to attachment styles, falling in love is an important prerequisite for obtaining social - mental and sexual – mental talents which entangles both genders in discovering intimacy and sexual tendencies [3] and; consequently, love is a powerful emotion that can affect different aspects of life and the researches show that a person who experiences the romantic love face some changes in different physiological, psychological and behavioral levels [4]. It should be notified that deep emotion is a delicate interest or an intensive attraction which doesn't have any limit in beings and concepts and it can be appeared in unimaginable fields [3]. They have considered love as the outlook of one person

which makes the other person to tend to think, feel and perform special methods toward that person [5]. The theorists of emotion (excitement) believe that emotional organization (attribute and orientation) has basically a root in attachment and emotional sociable – making experiences. The humans make their life be well-ordered through having emotional intelligence. So that they experience the recognition of lower negative happenings in their life through having high erosional intelligence [6]. Emotional intelligence can be developed by improving emotional talents and it is an understandable concept. there are good news about this subject ; contrary to the intelligence quotient (IQ) which is approximately constant during the life , emotional intelligence can be improved and developed [9]. Many researchers investigated the relation among these three variables; among these researches, [3] investigated the relation between emotional intelligence and attachment in adulthood ; and as it was expected , the persons having insecure attachment (agitating – avoiding , agitating – double – minded) obtained lower scores in emotional intelligence than the persons who had secure attachment .

Donnelian,Larson, [6] expressed in their study that fitness in the amorous communication of adults is originated from individual differences. [5] Have investigated the relation between internal active models

from attachment and quality of the amorous communications of adults. A powerful relation was observed between the attachment style and amorous quality; moreover, the women had higher mental cohesion by their satisfactory amorous communications. [11] Have investigated the relation of emotional intelligence and matrimony satisfaction in too young couples. The results showed that emotional intelligence of persons, not their spouses, affects their matrimony satisfaction. regarding the mentioned matters , one of the problems of this study was the effective probability subject of mediating variables in the relation between the two or some present variables, determining the mediating role of one of the important psychological variables; that is emotional intelligence in the relation between attachment styles and love and since no research has been done for the three variables besides each other ; especially emotional intelligence and love and also due to the necessity of improving capabilities of emotional intelligence which is so considered by knowledgeable persons today; moreover, strengthening the most important role of love and training the correct method of lovemaking to youth who are selecting spouse and also the necessity of recognizing the attachment styles which have had a root in childhood and they are effective on the future communication ; despite its relative

changing and in conditions in which the divorce statistics is very high and the strong theming of communication is weak ; which is due to the lack of recognition about the attachment style and weakness in the emotion management and communications and also not knowing the real meaning of love and correct way of declaring it to each other ; therefore , the main purpose of this study is to answer this question that is the prediction of lovemaking styles possible on the basis of attachment styles through the intermediation of emotional intelligence among single students?

#### **METHODOLOGY**

The present study is descriptive and it is from correlation type which has been done by using the path analysis method through modeling .The path analysis method is the method for testing the validity of one theory among three or several variables which has been done through a correlation study. The statistical society of this study includes all the girl and boy students of engineering and basic sciences majors of Shiraz city which were educating in the second semester of 2013 in Islamic Azad University. The approximate number of students in majors“engineering and basic sciences” was close to 8000 persons. Sampling was done by using the random cluster sampling method; the necessary sample “350 persons” was determined on the basis of this table and by considering 5 percent sampling error. In

the way that 8 classes were selected firstly from each college and; afterwards, all the students of those classes were investigated. Totally, 16 classes were investigated; since some of the questionnaires had been fulfilled incompletely, 51 questionnaires had been totally put aside and 299 questionnaires were remained in order to be investigated.

#### **Tools of study**

##### **The revised Adult attachment scale (RAAS)**

This scale has been provided by Collins and read in 1990 and it has been revised in 1996. The theoretical basis of this scale is the attachment theory and it investigates the state of person’s evaluation from communicative talents and his / her friendly communication this scale has 18 phrases from likert spectrum and 3 subscales which 6 phrases have been allocated to each one of them. Subscales are: closeness, dependency and agitation. In phrases 2,3,4,9,10,16,17 and 18, giving grades is done in a reverse way. If the score of the tested is low in three aspects, his / her attachment style is of avoiding kind. [3] have reported the constancy coefficients through the retesting method for subscales “closeness, dependency and agitation “as, 68, 0/71 and 0.52. In Iran, the amount of constancy coefficient has been obtained through the retesting method and in a time duration “one month “for aspects “agitation, closeness and

dependency “respectively 0.75, 0.57 and 0.47.

The amount of the constancy coefficient has been also obtained for aspects “agitation, closeness and dependency” through alpha Kronbakh method respectively 0.74, 0.52 and 0.28 [5].

### **The Emotional Intelligence Questionnaire (bar – on, 1997)**

A scale is itself a mental report which its main copy can be performed with 133 choices in both individual and collective ways and it is given grade in a five-grade scale from (I completely disagree to I completely agree). Its Persian copy has been validating with 90 choices in the academic society of Iran [7]. In this scale , obtaining higher score indicates higher emotional intelligence in addition to it , the scores of five factors (intra – individual , inter individual, adaptability, stress management and general mood) and 15 subscales (emotional – self – awareness, assertiveness, self – regard, self – actualization, independence , empathy, social responsibility, inter individual relations, reality test, flexibility , problem solution , stress tolerance , imputes control , optimism and happiness) are also determined. The alpha Kronbakh has been reported for the main form equal to 0.76 and the retesting coefficients of it have been reported 0.85 and 0.75 respectively after one month and after 4 months (Bar- on, Brown, [6]. The

constancy coefficient was equal to 0.80 for the whole questionnaire which it is the indication of the acceptable constancy for the questionnaire.

### **RESULTS**

In the present study, the data analysis was done by using software’s SPSS 20 and LIZRED 8.8; on the basis of descriptive and perceptive statistics. **Table 1 and 2** indicates the mean, standard deviation and correlation matrix of the variables under study.

#### **First hypothesis of the study**

The attachment styles are related to emotional intelligence.

As it is seen in **Figure 1**, among all kinds of attachment styles, only the agitated and close styles have meaningful relation with emotional intelligence.

#### **Second hypothesis of the study**

Emotional intelligence is related to the aspects of love (there is a relation between emotional intelligence and aspects of love).

As it is seen in **Figure 2**, Emotional intelligence and aspects of love, and this relation to relation between meaningful about each three aspects of love.

#### **Third hypothesis of the study**

There is relation between attachment styles and aspects of love.

**Figures 3 to 6** indicate some parts of a model which is related to the third hypothesis of the study.

As it is observed in **Figure 3**, none of the aspects of attachment styles have

meaningful relation with the aspect of intimacy.

As it is observed in **Figure 4**, none of the aspects of attachment styles have meaningful relation with the excitement aspect

As it is observed in **Figure 5**, none of the aspects of attachment styles have meaningful relation with commitment aspect

**Forth hypothesis of the study**

Emotional intelligence in relation between attachment styles and aspects of the love has an intermediated role.

As it is considered in the above **Figure 6**, among the attachment styles, only the close and agitated aspects have been remained in the model which are related to the emotional intelligence; but they don't have direct relation with aspects of love.

In any case, since the mentioned styles have relation with emotional intelligence and also emotional intelligence has relation with aspects of love; so it can be concluded that even though agitated and close styles don't have direct relation with aspects of love, but they are related to aspects of love via emotional intelligence indirectly.

**Table 1: The mean and standard deviation of variables under study through the gender separation**

total			Boy			girl			variable
N	SD	$\bar{x}$	N	SD	$\bar{x}$	N	SD	$\bar{x}$	
292	3/69	23/12	145	4/29	24/03	147	2/71	22/22	age
297	0/74	2/79	147	0/68	2/83	150	0/80	2/74	agitated attachment
297	0/83	3/35	147	0/82	3/15	150	0/80	3/54	close attachment
297	0/79	2/74	147	0/81	2/76	150	0/77	2/73	dependent attachment
297	0/46	3/33	147	0/45	3/21	150	0/44	3/45	emotional intelligence
297	1/26	6/84	147	1/19	6/49	150	1/24	7/19	intimacy
297	1/22	6/63	147	1/21	6/39	150	1/19	6/87	excitement
297	1/52	7/23	147	1/49	6/77	150	1/42	7/68	commitment

**Table 2: the correlation matrix of the variables of the study**

8	7	6	5	4	3	2	1	Variables
							1	1- age
						1	0/02	2- agitated attachment
					1	-0/09	0/001	3- close attachment
				1	0/18**	-0/12*	-0/05	4- attachment dependent
			1	0/13*	0/22**	-0/33**	0/01	5- emotional intelligence
		1	0/29**	0/10	0/10	-0/15*	0/04	6- intimacy
	1	0/47*	0/24**	0/06	0/13*	-0/07	-0/09	7- excitement
1	0/53**	0/64**	0/34**	0/07	0/14*	-0/20**	0/05	8- commitment

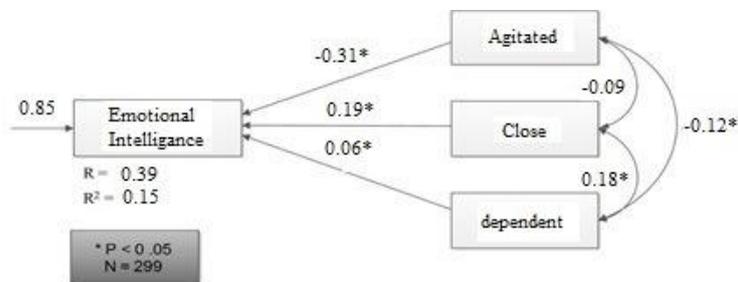
In this part, some parts are represented from the path model which are related to each one of the hypotheses of the study

**Table 3: The result of sobel test for investigating the meaningful mess prindirect effects**

P	Std. Error	Sobel teststatisti	path		
0/0003	0/11	2/92	intimacy	emotional intelligence	close attachment
0/0006	0/08	2/72	excitement	emotional intelligence	close attachment
0/0002	0/15	3/1	commitment	emotional intelligence	close attachment
0/0002	0/09	3/73-	intimacy	emotional intelligence	agitated attachment
0/0001	0/07	3/36-	excitement	emotional intelligence	agitated attachment
0/0001	0/11	4/11-	commitment	emotional intelligence	agitated attachment

**Table 4: It shows the standard amounts of direct and indirect effects and total of the models effects of the study**

total of effects	indirect effect	direct effect	dependent variable	independent variable
0/20	-	0/20	emotional intelligence	close attachment
0/06	0/06	-	intimacy	close attachment
0/05	0/05	-	excitement	close attachment
0/07	0/07	-	commitment	close attachment
0/32-	-	0/32-	intimacy	agitated attachment
0/09-	0/09-	-	excitement	agitated attachment
0/08-	0/08-	-	commitment	agitated attachment
0/1-	0/1-	-	excitement	agitated attachment
0/27	-	0/27	intimacy	emotional intelligence
0/23	-	0/23	excitement	emotional intelligence
0/3	-	0/3	commitment	emotional intelligence



**Figure 1: Indicates a part of a model which is related to the first hypothesis of the study**

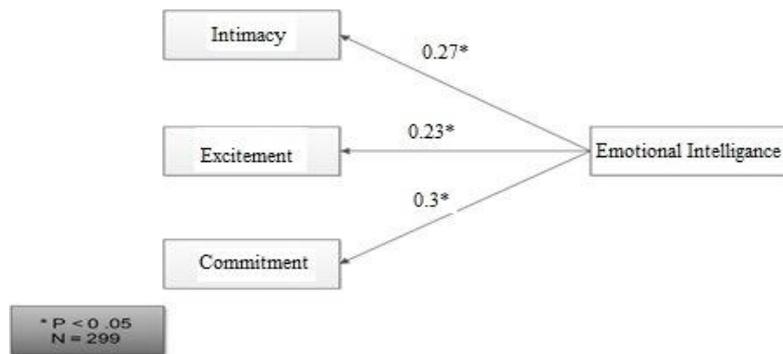


Figure 2: Indicates a part of the model which is related to the second hypothesis of the study

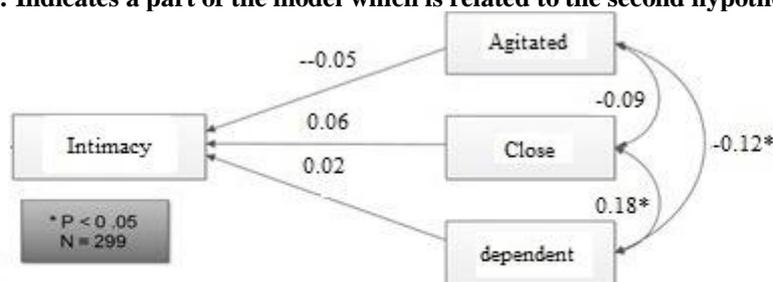


Figure 3: Shows the relation between attachment styles and intimacy aspect

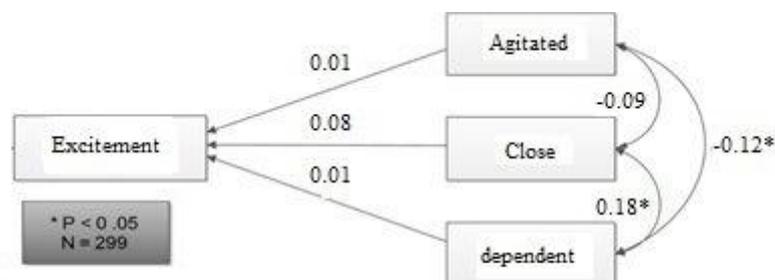


Figure 4: Indicates the relation of attachment styles with the aspect of excitement

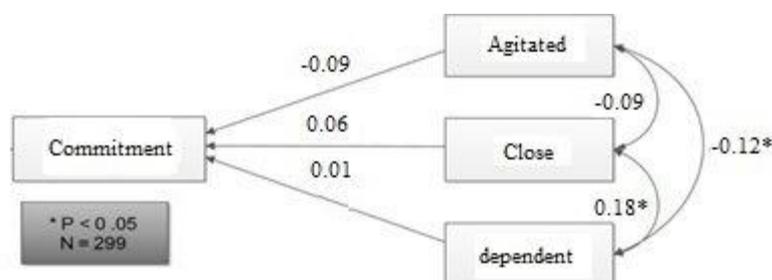


Figure 5: Indicates the relation of attachment styles and commitment aspect

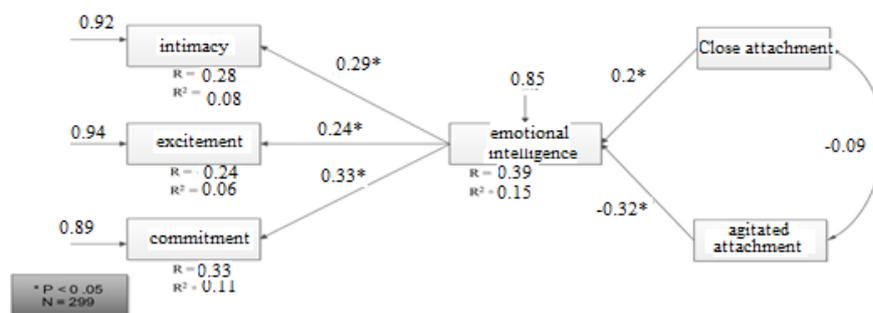


Figure 6: Shows the complete model of the study after eliminating the meaningless paths

## CONCLUSION

The results obtained from analyzing data in this study implied that emotional intelligence can be considered as one of the mechanisms that mediates the relation of attachment styles and element of love. The models represented in this study express this matter that only the close and agitated styles had meaningful relation with emotional intelligence among the attachment styles. Close style had a meaningful and positive relation with emotional intelligence; while agitated style had a meaningful and negative relation with emotional intelligence. Even though the attachment styles didn't have meaningful relation with aspects of love directly but emotional intelligence had a meaningful and positive relation with aspects of love and it mediated the effect of attachment styles on aspects of love completely findings of the research emphasizes the necessity of considering the intermediation mechanisms in investigating

the relation between the attachment styles and its outcomes. in the first given model , the study expressed this matter that the attachment styles had meaningful with emotional intelligence ; close and agitated attachment styles had meaningful relation with emotional intelligence . The close attachment style ( $\beta=0.019$ ) had a positive relation and the agitated attachment style ( $\beta=0.91$ ) had a negative relation with emotional intelligence. Also, the agitated attachment style had a stronger relation with emotional intelligence. In other words, the preventing effect of the agitated style emotional intelligence was more than the facilitating effect of close style. The dependent attachment style didn't have a meaningful relation with emotional intelligence. the findings of this study, about the existence of relation between attachment style and emotional intelligence, was in a same direction with studies done by [5] which they have shown that the secure

attachment style has positive relation with emotional intelligence and the insecure attachment styles have negative relation with emotional intelligence. Regarding these interpretations, the first hypothesis of the study is confirmed about agitated and close attachment styles, but it is not confirmed about the dependent style. Therefore, according to the attachment theory, one of the main functions of attachment is the inter-individual systematization of emotional experiences. The persons who have secure attachment style seek social support while facing with emotional stresses. In return, the persons who have insecure attachment use unsuitable and destructive approaches for systematizing emotions. Since the emotional intelligence points out the comprehension ability, evaluation and excitement management in the person and others [7]. The existence of relation between attachment style and emotional intelligence seems logic. In the second model represented in this study, emotional intelligence has a positive relation with aspects of love and this relation is meaningful about each three aspects of love. In other words, increase in the scores of emotional intelligence is the same direction with increase in the scores of love aspects. The standard amount of the (b) path coefficient was 0.27 for intimacy aspect, 0.23 for excitement aspect, and 0.3 for commitment aspect. So, the second

hypothesis of the study is confirmed. however, many researches have been done about the relation of emotional intelligence and aspects of love, but most of the findings are in the same direction with findings of the present study; for instance, the findings of the [4] based on the existence of relation between emotional intelligence and scores of love and findings of based on the existence of relation between emotional intelligence and love failure can be considered in a same direction with the findings of the present study. Also, [5-6] based on the existence of relation between emotional intelligence and matrimonial satisfaction can be considered in a same direction with findings of the present study. For this reason it is believed that emotional intelligence is one of the important and effective factors in stability of communications and being satisfied from it. Couples need recognition talents, understanding and systematization talents for their own and their spouse's emotions in order to confront against coming stresses and emotional faults. it is expected that emotional intelligence helps people for keeping a positive and emotional cooperation, effective communication and effective confrontation with a better emotional regulation and contradiction therefore, it facilitates a solution way to be found for matrimonial contradictions and it causes matrimonial improvement [7]. In the

third represented model in this study, none of the aspects of attachment styles has a meaningful relation with intimacy aspect. Therefore, the third hypothesis of the study is not confirmed about the intimacy aspect. It means that the agitated style has a weak negative relation with intimacy and commitment in the correlation matrix; while the secure attachment in this matrix. In any case, due to the entrance of emotional intelligence to the path analysis, the meaningful relations observed in the correlation matrix were vanished. As it was observed in the investigation of the forth hypothesis of the study, the effect of attachment styles on the element of love is done completely indirect and through the intermediation of emotional intelligence. In other words, even though the attachment styles don't have direct effect on the elements of love, but they affect aspects of love via emotional intelligence. Findings of the present study are in a same direction with the study of [9] based on the existence of relation between attachment styles and aspects of love. However, no other study was observed about the relation of attachment styles and elements of love, but a large number of witnesses imply the effectiveness of attachment styles on the matrimonial life which they can be considered as. So, the existence of relation between attachment styles and elements of love (even though it is in an indirect way)

seems so logic. In the fourth represented model in this study, the mentioned styles have relation with emotional intelligence and emotional intelligence also has relation with aspects of love; so it can be concluded that even though the agitated and close styles don't have direct relation with aspects of love, but they are related with aspects of love indirectly via emotional intelligence. Since the attachment styles in the correlation matrix (and also in the regression investigations) had meaningful relation with aspects of love, it can be concluded that emotional intelligence has mediated the effect of attachment styles on the aspects of love completely. Attachment styles and emotional intelligence totally determine 8 percent of the intimacy aspects variance, 6 percent of the excitement aspects variance and 11 percent of the commitment aspects variance. however, the intermediation role of emotional intelligence hadn't been investigated about the relation between attachment styles and aspects of love, but the studies of [5] which were based on the intermediation role of emotional intelligence in the relation between attachment styles and rumination of the maladaptive thought, the study of [7] was about the physiologic adjustment role in relation between attachment styles and secure and negative emotions in communications, the study of Roberts and his colleagues (1996) about the intermediation role of inefficient views and

self – esteem in the relation between attachment styles and depression , the study of [1] about the intermediation role of confrontation strategies between attachment styles and mental distress and the study of [6] about the intermediation role of improving behaviors of communications in relation between attachment styles and satisfaction for communication can be considered in a same direction with this part of the present findings. The individual differences in capabilities and strategies of regulating emotions are moved to the adulthood and these differences will affect confrontation styles, problem solution, processes of social support, quality of communications and mental and physical health. [7] the quotation of [3]. Since, the present study showed that emotional intelligence can mediate the relation between attachment style and aspects of love, it is expected that training emotional intelligence can decrease a part of couples problems which is originated from secure attachment. Therefore, training emotional intelligence to couples can be considered by counselors and persons involved in problems of the family.

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