

## Abstract

This research has been done to find out the relationship between marital adjustment, insecure attachment styles and depression among married women. The aim of the study is to explore the relation of insecure attachment styles with marital adjustment and depression. Current study also determine the difference between marital adjustment of young and middle aged married women. It also find out the moderation of age. Data was consisted on 360 married women of Pakistan and their age ranges from 21 to 59 years. Correlational research design was used through purposive sampling and Lock Wallace Marital Adjustment Test (1959), The Experiences in Close Relationship-Revised Questionnaire (Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000) and Beck Depression Inventory II (BDI-II) were used for collecting data from participants along with demographic sheet and inform consent. Results of the study revealed that insecure attachment styles (anxiety and avoidance) are negatively correlated with depression and marital adjustment. Depression is also decreases marital adjustment of married women. Insecure attachment styles are negative predictors of marital adjustment and predicting depression positively. This study also concluded that young married women have more marital adjustment than middle aged women and age moderates the relation of attachment avoidance and marital adjustment. This research will helpful for marriage and family counsellors to deal with their clients' marital issues.

**Keywords:** *Marital Adjustment, Insecure Attachment Styles, Attachment anxiety, Attachment Avoidance, Depression*