



Association Of Attachment Style And Romantic Relationship

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Abstract

The objective of the present study is to find whether there is an association between attachment style and romantic relationship satisfaction. The theory of attachment provides a framework for comprehending how early interactions with carers affect people's attachment styles, which in turn affect their behavioural patterns and emotional reactions in adult relationships. Securely attached individuals generally experience fulfilling relationship. Individuals with anxious, avoidant and fearful attachment pattern face challenges in their relationships due to their emotional and behavioural pattern. The study utilized a sample of 100 participants who were involved in romantic relationships. Participants completed self-report measures assessing their attachment style and their level of satisfaction within their romantic relationships. The findings of the study revealed that there is a significant negative relationship between Attachment anxiety and Romantic relationship Satisfaction. Additionally, it was also concluded that there is no gender difference in attachment style amongst male and female. These results are consistent with earlier studies that found that people's contentment in romantic relationships is significantly influenced by their attachment style. The findings emphasise how crucial it is to comprehend attachment dynamics in order to foster happy and healthy partnerships. The ramifications of these findings point to the possibility that interventions and therapies that target attachment problems can improve relationship satisfaction and advance general wellbeing.

Introduction

A deep and long-term emotional bond which is formed between two people is described as Attachment. Attachment between an infant and the caregiver can be often described as the medium through which an infant (considered as helpless) is assisted by his caregiver so that his primary needs are met. It then works as an engine to help him develop emotional, social and cognitive skills. The early social interaction with the caregiver experienced by the infant amplifies the growth of the brain and can have a lasting effect on the ability to form stable and social relationship with others. Attachment styles can be described as a specific approach in which a person associates with other people around him. This pattern of attachment is established at the early stage of life and once formed, this style stays with the person and at times shows how they connect in an intimate relationship and also how they would parent their child. This conceptualization entails the individual's faith in the attachment with the person as a secure place from which they can look for aid, succour and safe keeping in their hard times and can explore this world freely when not in discomfort. Mary Ainsworth and John Bowlby were the first to research on attachment, a deep bond developed between two persons. Their study was based on attachment pattern in early stage of life i.e., infancy but researches now has been extended to attachment pattern in adulthood. Adult attachment styles have been classified into four types: Fearful avoidant, secure, dismissive avoidant and anxious preoccupied. But nowadays most researchers prefer to measure attachment with the spectrum of avoidance and anxiety.

One of four different attachment types, or ways that a person connects with and engages with others, is anxious attachment. An inconsistent relationship with a parent or other carer throughout childhood is

frequently the source of anxious attachment, sometimes referred to as anxious-preoccupied attachment. The individual with secure attachment type believes that whenever they will need support and security, they will have the ones with whom they have a close relationship and are also prepared with the fact that whenever these closer ones would need the same, they will be there with them. In contrary, when someone attempts to avoid developing an emotional bond with, or being emotionally attached to, other individuals, this behaviour is known as dismissive avoidant attachment.

When two people establish, a close bond founded on interdependence, attachment, and a sense that their needs are being met they are said to be involved in a romantic relationship. When evaluating a close connection, satisfaction is described as an attitude which is subjective in nature (satisfaction) and affective experience (happiness). For men and women, the framework of satisfaction is distinct. A person's internal assessment of their partner's positive emotions and the attractiveness of their relationship can be characterised as romantic relationship satisfaction. It indicates a person's assessment of how well their current romantic relationships are doing.

Ayenev conducted a study uses attachment theory as a framework to investigate how individual variances in relationship satisfaction varies. Data was collected from 306 participants who completed self-inventory on relationship satisfaction and attachment style. Findings of the study showed that Participants who had higher relationship satisfaction reported having lower scores on both attachment dimensions i.e., attachment avoidance and attachment anxiety stating there is a significant correlation between attachment style and romantic relationship satisfaction.

A study was conducted by Shi Lin (2003) and the purpose of the study was to determine if adult attachment was a predictor of conflict resolution skills and relationship satisfaction. The study consisted of two-dimensional models for both, attachment style and conflict resolving behaviour. It was founded that attachment anxiety and attachment avoidance were the predictor of relationship satisfaction. And it was also concluded that there were no gender differences found in the attachment pattern.

A study was conducted by Striner in 2022 which consist of 215 samples out of which 111 participants were women and 104 were men. The variables of relationship satisfaction, attachment style along with affective content were analysed with the level of multilevel regression models. It was discovered that whereas avoidant attachment style was the negative determinant for women, anxious attachment style was a major negative determinant of relationship satisfaction in males.

Method

The objective of the research is to find out whether there is a correlation between attachment anxiety and romantic relationship satisfaction. The response was collected from 100 individuals involved in a different type of romantic relationship with age range of 18-30 years.

Variables	Types of variables	Instrument used
Attachment Style	Independent	Experience in Close Relationship Scale - Short Form (ECR-S)
Romantic Relationship Satisfaction	Dependent	Burns Relationship Satisfaction Scale

Results: -

Table 1 shows the mean, number of samples and standard deviation for both the variables.

		VAR00001	
VAR00001	Pearson Correlation	1	-.331**
	Sig. (2-tailed)		<.001
	N	100	100
	Pearson Correlation	-.331**	1
	Sig. (2-tailed)	<.001	
	N	100	100

SATISFACTION		ATTACHMENT
Mean	43.3900	21.1700
N	100	100
Std. Deviation	6.89590	5.80326

Table 2 shows correlation between Attachment Style and romantic relationship satisfaction.

** . Correlation is significant at the 0.01 level (2-tailed).

Table 3 represents sample size, mean, standard deviation and standard error mean

	Gender	N	Mean	Std. Deviation	Std. Error Mean
avoidance	Male	50	13.1400	5.06694	.71657
	Female	50	11.9600	4.58907	.64899
Anxiety	Male	50	20.7800	5.34251	.75555
	Female	50	21.5600	6.26021	.88533

Table no. 4 represents t-test for equality of means

		Levene's Test for Equality of Variances		t-Test for Equality of Means				95% Confidence Interval of the Difference			
		F	Sig.	t	df	Significance One-Sided p Two-Sided p	Mean Difference	Std. Error Difference	Lower	Upper	
avoidance	Equal variances assumed	.410	.523	1.221	98	.113	225	1.18000	.96678	-7.3855	3.09855
	Equal variances not assumed			1.221	97.054	.113	225	1.18000	.96678	-7.3878	3.09878
Anxiety	Equal variances assumed	1.944	.166	-.670	98	.252	504	-.78000	1.16390	-3.08971	1.52971
	Equal variances not assumed			-.670	95.637	.252	504	-.78000	1.16390	-3.09043	1.53043

Discussion

The primary objective of the study was to find out whether there is an association between attachment style of an individual and their romantic relationship satisfaction. Attachment style was divided into two subscales, namely, attachment avoidance and attachment anxiety. Data was collected from desired population and was analysed using Pearson bi variate correlation. Another objective was to find out whether there is a gender difference amongst male and female in their attachment style. It was hypothesised that there will be a significant negative relationship between attachment anxiety and romantic relationship satisfaction. And after finding result the hypothesis was supported. The second hypothesis was that there will be no gender differences amongst male and female in their attachment style. The data was analysed using T test and result supported the hypothesis.

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