

Exploring the Relationship between Attachment Styles, Personality Traits and Fear of Missing Out

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ABSTRACT

In the early years of life, attachment is the most dominant aspect of one's psyche which plays a major role in the development of personality of an individual later in life which in turn influences how different individuals engage in various social interactions with others. In present times, when the world has come closer, a desire to be acknowledged and validated has become crucial to young adults to define themselves which has led to various psychological problems in them. Fear of missing out has emerged as one of the reasons for distress for many. The present study aims to explore the dynamic relationship between attachment styles (closed, dependent and anxious), Big Five personality traits and fear of missing out as its variables. Based on a quantitative research design, a sample of 281 participants between the age group of 18-25 are chosen and three standardised scales; the Revised Adult Attachment Scale (RAAS), Neuroticism Extraversion Openness Five Factor Inventory (NEO-FFI) and Fear of Missing Out scale are administered through an online questionnaire. Pearson Product Moment correlation method is used for data analysis and additionally the stepwise regression is also employed. Results suggest that extraversion and agreeableness share a significant positive relationship with closed and dependent attachment style. In addition, neuroticism is significantly negative with closed and dependent attachment. Findings also suggests that conscientiousness, extraversion and agreeableness are negatively correlated with anxious attachment style. Additionally, neuroticism is positively significant with anxious attachment. Moreover, agreeableness and conscientiousness are found to have a significant negative correlation with fear of missing out, whereas, neuroticism is significantly positive. In addition, fear of missing out is found to be positively related with anxious attachment style. Furthermore, the step-wise multiple regression indicates that agreeableness is the most dominant trait in dependent attachment style, extraversion being the highest predictor of closed attachment style and neuroticism being the most dominant trait in anxious attachment style. Additionally, neuroticism and anxious attachment style make the highest contribution to fear of missing out.

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Every aspect of one's psyche has various influencing factors some of which can be clearly traced back to childhood. Attachment being one of most significant factors, was the first variable inculcated in this study is defined by American Psychological Association (APA, 2007) as "the emotional bond between a human infant or a young nonhuman animal and its parent figure or caregiver; it is developed as a step in establishing a feeling of security and demonstrated by calmness while in the parent's or caregiver's presence."

According to Freud, all the later relationships are based on the foundation of an infant's emotional tie to the mother. It has also been indicated by contemporary research that in later development, continuing the quality of parent-child relationship is equally important to the early attachment experiences the child has.

Attachment theory in psychology originates from the work of John Bowlby whose early career has been directly influenced by Freud and other psychoanalytic thinkers and is most widely welcomed due to its acknowledgement of the infant's emotional tie to the caregiver, it being an evolved response that promotes survival and additionally viewing safety and competence as being of utmost importance for attachment. As a result, the concept of 4 attachment phases was introduced; the first phase is the pre-attachment phase (birth to 6 weeks), "attachment-in-the-making" phase (6 weeks to 6 to 8 months), the "clear-cut" attachment stage (6 to 8 months to 18 months to 2 years) and the formation of a reciprocal relationship (18 months to 2 years and on).

Mary Ainsworth on other hand expanded upon Bowlby's original work and contributed to the concept of the attachment figure as a secure base from which an infant can explore the world. In order to study attachment styles between 1 and 2 years of age, Mary and her colleagues (1978) devised Strange-situation which is a widely used laboratory technique and conceptualised the four attachment styles. The first type of attachment is the secure attachment in which infants use their parents as a secure base. The second style is characterised by avoidant attachment in which infants seem unresponsive to the parent they are around; they are not usually distressed in parents' absence and react to the stranger in the same manner as to the parent. During reunion, they usually avoid or are slow to greet the parent, and when picked up, they often fail to cling. The third attachment style is of resistant attachment in which infants seek closeness to the parent before separation, however they often fail to explore. They are usually distressed in their parents' absence and on their return they combine clinginess with angry, resistive behaviour. Many continue to cry and cling after being picked up and cannot be comforted easily. The last attachment style is that of disorganized/disoriented attachment in which children display greatest insecurity. At reunion, they show confused, contradictory behaviours like flat or depressed emotion and mostly display a dazed facial expression; others cry out unexpectedly after having calmed down or display odd, frozen postures.

It has also been found that by the second half of the first year, infants become attached to familiar people who have responded to their needs.

There have been various factors which are considered to be crucial in determining one's attachment style during their significant stages which include the availability of a consistent

caregiver, quality of caregiving, infant characteristics, family circumstances and parents' internal working models.

Evidence indicates that continuity of caregiving determines whether attachment security is linked to later development (Lamb et al., 1985; Thompson, 2006). Children whose parents respond sensitively not just in infancy but also in later years are likely to develop favourably. In contrast, children whose parents react insensitively tend to establish lasting patterns of avoidant, resistant, or disorganized behaviour and are at greater risk for developmental difficulties.

Personality traits also play a significant role in influencing one's experiences and the psyche as a whole. Personality is defined by the American Psychological Association (2007) as "individual differences in characteristic patterns of thinking, feeling and behaving".

One of the most important and dominant theories to understand personality is the trait theory/approach of personality. This approach assumes that personality is understood in terms of internal characteristics that in turn, determine an individual's behaviour. The trait theorists consider "trait" to be the building block of personality and is defined by American Psychological Association (2007) as "a relatively stable, consistent, and enduring internal characteristic that is inferred from a pattern of behaviours, attitudes, feelings, and habits in the individual". Three of the most dominant trait theories were given by Gordon Allport (Allport & Odbert, 1936), Hans Jurgen Eysenck (1952, 1967, 1982) and Raymond Cattell. However, in the late 1970s and early 1980s, McCrae and Costa made efforts to examine the stability and structure of personality. They initially focused on two dimensions of neuroticism and extraversion and immediately after discovering N and E factors, they identified a third factor, that was openness to experience. Most of the work of Costa and McCrae was focused and continued to work upon these three dimensions but in the year 1981, Lewis Goldberg coined the term "Big Five". In the year 1985, they introduced two other factors of conscientiousness and agreeableness and this theory came to be known as the Big Five Personality theory which inculcated five personality factors which were neuroticism, extraversion, openness, conscientiousness and agreeableness.

The first domain of this personality theory is the neuroticism. High scorers on neuroticism have more anxiety tendencies, are more temperamental, self-pitying, experience negative emotions easily and are generally more prone to suffer from stress related disorders. On the other hand, individuals on the other side of the pole tend to be calm, even-tempered and unemotional.

The second domain is extraversion. High scorers on the extraversion domain tend to be affectionate, jovial, talkative, outgoing and fun-loving, while low scorers are characterised by being reserved, quiet and experience a lack of ability to express strong emotions. The third domain is the openness to experience. Individuals who have a preference for variety and consistently seek out different and varied experiences belong to the group of high scorers on the openness to experiences domain. In contrast, individuals who have a preference for closure and comfort in their familiar associations are low scorers in this domain.

In addition, there is the agreeableness domain. High scorers in this domain are characterised to be more trusting, generous, acceptant and good natured. Polar to the high scorers are low

scorers on this domain who tend to be more suspicious, stingy, unfriendly and critical of others.

The last factor is the conscientiousness domain which is concerned with the tendencies of being ordered, controlled, organised and self-disciplined of individuals. The individuals who obtain a high score in the conscientiousness domain are characterised to be organised, punctual and hard working. Contrasting to these individuals are the low scorers who tend to be more disorganised, negligent, lazy and aimless. Together these dimensions make up the personality traits of the five-factor model, often referred to as the “Big Five” (Goldberg, 1981)

In order to understand how attachment styles and personality impact our life experiences and fear of missing out being one of the most crucial aspects, was chosen as the third variable of the study which is described as the feeling of irritability, anxiety, and of inadequacy which tends to worsen when social media is logged into (Wortham, 2011). The textbook definition of Fear of missing out is “a pervasive apprehension that others might be having rewarding experiences from which one is absent.”

A recent survey conducted by JWT Intelligence (2012) suggested that individuals tend to enjoy being “in the know” and 83% of participants experience an overdrive that is, the sense that they have much to do, read, buy, and watch which is overwhelming.

Miller (2012) suggested that constant interaction with social networking and having a sense of missing out in turn generates feelings of extreme dissatisfaction, anxiety, and unworthiness. It has also been revealed that experiencing feelings of inadequacy and temporarily lower self-esteem, anxiety and irritability get escalated while using social media. (JWT Intelligence, 2012).

As far as the vulnerability of the individuals is concerned, it has been found through research that fear of missing out is more likely to be experienced by young individuals than older ones as their desire to explore and experience what life has to offer is more.

Fear of missing out, for some, might be interpreted as a motivating psychological force, however, research has revealed that it can negatively influence one’s mood and level of life satisfaction. It also has been identified as an antecedent to what researchers call “problematic smartphone use.”

Therefore, it can be said that in the present times, fear of missing out has become an overwhelming urge to be at multiple places at one time and when failed to do so, individuals feel that it might put a dent in their happiness. (JWT Intelligence, 2012).

Attachment and personality

Noftle and Shaver (2005) suggested that attachment style dimensions are better predictors of relationship quality than the Big Five. Another research was conducted by Dr Crawford et al. (2007) which revealed that neuroticism and anxious attachment do not have a simple linear correlation; rather, it is more complex and dynamic which reflects an interpersonally derived strategy for affect regulation. In addition, conscientiousness moderates the relationship between neuroticism and anxious attachment. Another study by Sarvghad S, et al., (2012) revealed a significant positive correlation between anxiety attachment styles and

anxiety. In addition, a significant positive correlation was also found between extroversion, conscientiousness, and agreeableness and anxiety.

Personality and fear of missing out

In a study conducted by Stead and Bibby (2017) results revealed that subjective well-being was positively correlated to conscientiousness, extraversion, emotional stability and agreeableness. In addition, fear of missing out and problematic internet use was negatively correlated with emotional well-being and personal relationships. Additionally, a meta-analysis by Azucar et al. (2018) was revealed that the correlational upper limit for behaviour to predict personality is significant which ranges from 0.29 for agreeableness to 0.40 for extraversion and it is consistent with the predictive power of digital footprints. In the consistent notion, Arora and Kaur (2019) suggest that there is no significant difference between fear of missing out and Neuroticism and Conscientiousness. In addition, it was also suggested that there is a significant difference between fear of missing out and Extraversion, Agreeableness and Openness to Experience.

Attachment styles, personality and fear of missing out

Blackwell et al (2017) investigated whether extraversion, neuroticism, attachment style and fear of missing out predicted social media use and addiction using their brief survey measures. Social media addiction was only predicted by the fear of missing out. In addition, social media addiction was also predicted by attachment anxiety and avoidance, however, post the addition of fear of missing out, no significant relationship was found between them.

Attachment and fear of missing out

In a study conducted by Holte and Ferraro (2020), findings indicated that boredom proneness predicts fear of missing out is affected by anxiety attachment. Additionally, boredom proneness was also found to regulate the activation of anxiety attachment by mediating anxiety and depression severity. Along with this, it was also revealed that the relations between anxiety and depression severity with fear of missing out are mediated by boredom.

The purpose of the study is described in six objectives, which includes: studying the relationships between various attachment styles (closed, anxious and dependent) and Big Five Personality traits; Big Five Personality traits and Fear of Missing Out; and attachment styles (closed, anxious and dependent) and fear of missing out; examining attachment variables as predictors of personality traits; personality factors as predictors of fear of missing out; and attachment variables as predictors of fear of missing out.

METHODOLOGY

The aim of our research is to explore the relationship between various attachment styles, the big five personality traits and fear of missing out.

In the present research, the quantitative method approach is adopted. A quantitative research method can be defined as a systematic investigation which involves quantifying data and further performing statistical, mathematical, or computational techniques.

Sample

A sample of 281 participants was selected through the convenient sampling technique. It is also known as accidental/opportunity sampling, this type of non-probability sampling

involves the drawing of samples of individuals which are convenient sources of data collection.

Inclusion criteria

In the present study, the chosen participants (males, females and others) were between the age group of 18-25 years belonging to upper socioeconomic strata.

Demographic information	Inclusion criteria
Age	18-25 years
Gender	Males, females and others
Socioeconomic background	Upper SES

Tools

In order to collect the quantitative data, three standardised scales were used which were the Revised Adult Attachment Scale, NEO-FFI (Neuroticism Extraversion Openness Five Factor Inventory) and fear of missing out scale.

- 1. Revised Adult Attachment Scale (RAAS) (Collins, 1996)** The Revised Adult Attachment Scale is an 18-item standardised assessment measure which assesses individuals based on three attachment styles that are closed, anxious and dependent attachment styles. The reliability of the scale was calculated through a preliminary test and real test. The results of preliminary test revealed that the reliability coefficient value for each dimension fulfilled the standard ($p > .70$).
- 2. NEO-FFI (Neuroticism Extraversion Openness Five Factor Inventory) (McCrae & Costa, 1992)** In order to measure the reliability of the Neuroticism Extraversion Openness Five Factor Inventory, a sample of 630 college students was chosen as a part of a correlative study. Through Pearson's correlation test, the data was interpreted and it was found that the reliability on the subscales of neuroticism and conscientiousness was 0.80 and 0.83. The subscales of agreeableness and extraversion were reliable at 0.60 and 0.50.
- 3. FOMO scale (Przybylski, Murayama, DeHann & Gladwell, 2013)** Confirmatory factor analysis through the first study revealed that the one-dimensional structure of the Turkish version of the fear of missing out scale was verified. Measurement analysis results relying upon the sample of study 1 indicated that configural and metric invariances were developed across Facebook and social media users. Cronbach alpha value of 0.79 from study 1 and 0.78 from study 2 revealed internal consistency at an acceptable level, in addition, test-retest reliability post 4 weeks was calculated as 0.86.

Procedure

The aim of the present study was to explore the relationship between various attachment styles, the big five personality traits and fear of missing out. Since the sample was chosen through convenient sampling, rapport was already formed with the participants and instructions were given. Before the participant became a part of the study, proper informed consent was taken through the google form.

The present study inculcated the quantitative data collection through a google form which was circulated to the chosen participants over different social media platforms. The first scale administered was the Revised Adult Attachment Scale (Collins, 1996), the second standardised scale that was administered was the Neuroticism Extraversion Openness Five Factor Inventory (McCrae & Costa, 1992), and the scale that was administered was the Fear

of Missing Out Scale (Przybylski, Murayama, DeHann & Gladwell, 2013), instructions for which were put in the google form through the manual.

Administration

For the present study, the participants were selected through the convenient sampling method post their informed consent. In order to collect enriched data, a google form comprising three sections each pertaining to attachment style (Revised Adult Attachment Scale), personality type (Neuroticism Extraversion Openness Five Factor Inventory) and FOMO (Fear of Missing Out) scale respectively was prepared. The sample of 281 participants was collected. Once the data was collected, all the participants were thanked for their participation and were ensured about the confidentiality of the results.

Data analysis

The data generated from the study were analysed using appropriate quantitative methods. The data was organised in Microsoft excel. Then, for analysis, SPSS 20.0 version was used. To investigate the relationship between attachment styles (closed, dependent and anxious), Big Five Personality traits and Fear of Missing out, Pearson Product Moment correlation method was used. Step-wise multiple regression analysis was carried out to find out the influence of different predictors in fear of missing out and personality in the research participants.

RESULT

The Pearson Product Moment Correlation shows the relationship between the attachment styles, personality traits and fear of missing out.

Table 1 Correlation coefficients between various attachment styles and Big Five Personality Traits

	Closed	Dependent	Anxious
Neuroticism	-0.132**	-0.282**	0.538**
Extraversion	0.293**	0.315**	-0.282**
Openness	0.030	0.020	0.045
Agreeableness	0.125*	0.316**	-0.208**
Conscientiousness	0.079	0.002	-0.175**

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

**. Correlation is significant at the 0.05 level (2-tailed).*

Table 2 Correlation coefficients between the Big Five Personality Traits and Fear of missing out (FoMO)

Personality variables	FoMO
Neuroticism	0.426**
Extraversion	0.051
Openness	-0.062
Agreeableness	-0.241**
Conscientiousness	-0.265**

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

**. Correlation is significant at the 0.05 level (2-tailed).*

Table 3 Correlation coefficients between various attachment styles and Fear of Missing Out

	Closed	Dependent	Anxious
FoMO	0.008	-0.091	0.387**

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

* Correlation is significant at the 0.05 level (2-tailed).

Table 4 Results of stepwise regression analysis for predicting anxious attachment style

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.538a	.290	.287	4.76510	.290	113.762	1	279	.000
2	.552b	.304	.299	4.72422	.015	5.850	1	278	.016

a. Predictors: (Constant), neuroticism

b. Predictors: (Constant), neuroticism, agreeableness

c. Dependent Variable: anxiety

Table 5 Correlation Matrix, the correlation between attachment styles, personality traits and fear of missing out

	Openness	Conscientiousness	Extraversion	Agreeableness	Neuroticism	Fomo	Closed	Dependent	Anxiety
Openness	1								
Conscientiousness	.098	1							
Extraversion	-.032	.280**	1						
Agreeableness	.090	.095	.081	1					
Neuroticism	.040	-.213**	-.375**	-.165**	1				
Fomo	-.062	-.265**	.051	-.241**	.426**	1			
Closed	.030	.079	.293**	.125*	-.132*	.008	1		
Dependent	.020	.002	.315**	.316**	-.282**	-.091	.272**	1	
Anxiety	.045	-.175**	-.282**	-.208**	.538**	.387**	-.119*	-.398**	1

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

* Correlation is significant at the 0.05 level (2-tailed).

Table 6 Results of stepwise regression analysis for predicting dependent attachment style

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.316a	.100	.097	4.16364	.100	30.961	1	279	.000
2	.429b	.184	.178	3.97063	.084	28.782	1	278	.000
3	.450c	.203	.194	3.93278	.018	6.377	1	277	.012
4	.468d	.219	.208	3.89940	.016	5.763	1	276	.017

a. Predictors: (Constant), agreeableness

b. Predictors: (Constant), agreeableness, extraversion

c. Predictors: (Constant), agreeableness, extraversion, neuroticism

d. Predictors: (Constant), agreeableness, extraversion, neuroticism, conscientiousness

e. Dependent Variable: dependent

Table 7 Results of stepwise regression analysis for predicting closed attachment style

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. Change
1	.293a	.086	.082	3.06669	.086	26.133	1	279	.000

a. Predictors: (Constant), extraversion

b. Dependent Variable: closed

Table 8 Results of stepwise regression analysis for predicting fear of missing out

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. Change
1	.426a	.181	.178	7.36828	.181	61.807	1	279	.000
2	.483b	.233	.227	7.14531	.052	18.684	1	278	.000
3	.536c	.287	.280	6.89883	.055	21.219	1	277	.000
4	.561d	.314	.304	6.77994	.027	10.800	1	276	.001

a. Predictors: (Constant), neuroticism

b. Predictors: (Constant), neuroticism, extraversion

c. Predictors: (Constant), neuroticism, extraversion, conscientiousness

d. Predictors: (Constant), neuroticism, extraversion, conscientiousness, agreeableness

e. Dependent Variable: fear of missing out

Table 9 Results of stepwise regression analysis for predicting fear of missing out

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. Change
1	.387a	.150	.147	.50984	.150	49.079	1	279	.000

a. Predictors: (Constant), anxiety

b. Dependent Variable: fear of missing out

DISCUSSION

The present study aimed to explore the dynamic relationship between various attachment styles, different personality traits and fear of missing out. In order to understand the relationship between different aspects, three standardised scales i.e. the Revised Adult Attachment Scale (Collins, 1996), Neuroticism Extraversion Openness Five Factor Inventory (Costa & McCrae, 1992), Fear of Missing Out Scale (Przybylski et al, 2013) was used and a quantitative research design was adopted in which 281 participants, post informed consent, were chosen as a sample between the age group of 18-25 years, and the data was collected and analysed using appropriate techniques.

The data analysis showed that there is a significant correlation between attachment styles and personality and anxious attachment style being the highest predictor of neuroticism. A significant relationship was also found between attachment styles and fear of missing out (FoMO). In addition, personality traits were also found to be significantly correlated with fear of missing out.

The results are discussed in accordance with the objectives of the study:

Objective 1: explore the relationship between attachment styles (closed, dependent and anxious) and personality factors (Big Five Personality Traits)

Pearson Product Moment correlation values from result table 1 reveal that there exists a significant positive relationship between the personality trait of extraversion with closed attachment style ($p < 0.01$) and between agreeableness and closed attachment style ($p < 0.05$). In addition, closed attachment style was also found to have a significant negative correlation with the trait of neuroticism ($p < 0.05$) which implies that attachment styles of an individual contribute to his/her/their personality dynamics and a more detailed explanation is given below:

As evident from the result table 1 showing the relationship between the big five personality traits and attachment styles, extraversion was found to have a significant positive correlation of .293 with closed attachment style ($p < 0.01$) which implies that individuals who have a tendency to work in large groups, prefer to be outgoing, are talkative, energetic and cheerful tend to be securely attached with other individuals. This indicates that extroverts do not reappraise while getting close with others and are comfortable having relationships with significant others. It can also be inferred that individuals who have a secure attachment style generally are more talkative, active and enjoy being the centre of attention while being a part of a group.

As evident from the same result table, agreeableness was found to be positively related to close attachment style with the correlation value of .125 ($p < 0.05$). Individuals who are agreeable are found to be fundamentally altruistic and who actively engage in prosocial behaviour, they have sympathy for others and believe that others will also be sympathetic towards them. Agreeable individuals are comfortable developing close relationships with other people as they are securely attached and tend to view others and bond with them in a positive light.

As evident from result table 1, a significant negative correlation was found between neuroticism and closed attachment style having a correlation value of $-.132$ ($p < 0.05$). The negative correlation signifies that people who are less emotionally stable, experience emotional distress easily along with feelings of fear, embarrassment, guilt, anger and disgust generally attach themselves with significant others insecurely which indicates that they are not comfortable forming and keeping intimate bonds with them.

A study conducted by Young et al (2017) revealed similar results as children who were securely attached in early childhood were found to have three of the big 5 traits as they were high on agreeableness and conscientiousness and lower on neuroticism in adulthood. Contrasting to this, insecurely attached individuals were found to score lower on agreeableness and conscientiousness and higher on neuroticism.

The result table also indicates that there is a significant positive correlation between extraversion and dependent attachment style having a correlation value of .315 ($p < 0.01$). Individuals who experience comfort in depending on others and believing that others will be there when you need them tend to be more assertive, prefer large groups and gatherings and seek excitement and stimulation in presence of other individuals. They are more upbeat, energetic and cheerful. It can also be inferred that extroverts tend to easily depend on others to seek excitement and psychological stimulation.

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A correlation value of $-.282$ ($p < 0.01$) was also calculated between neuroticism and dependent attachment style which is evident from the result table implying that individuals who put a negative spin on experiencing sadness, anxiety, fear, irritability, hostility and anger tend to avoid dependence on others as much as possible and attach themselves insecurely with significant others. It also implies that individuals who have an insecure parenting style tend to be more neurotic and less emotionally stable as they experience negative emotions at a faster pace in comparison with those who are less neurotic.

The result table also displayed a significant positive correlation of $.316$ ($p < 0.01$) between agreeableness and dependent attachment style implying that individuals who are more agreeable in terms of being trustworthy, trusting, moral, cooperative, modest and sympathetic tend to depend on others easily indicating a secure attachment style. It can also be inferred that individuals who have a dependent parenting style tend to be more altruistic, open to others views and understanding when it comes to the needs and feelings of significant others.

Similar results were found in a research conducted by Carver (1997) which implies that the secure attachment style is associated positively with the Big Five Factors of extraversion and agreeableness but generally unrelated with neuroticism. Results of another research which are consistent with our conclusions are those suggested by Deniz (2011). He suggested that that secure attachment style acts as the most significant predictor of the Big Five Traits of extraversion and agreeableness.

As far as the anxious attachment style is concerned result table 1 indicates that there exists a significant negative relationship between conscientiousness and anxious attachment style with the correlation value of $-.175$ ($p < 0.01$) implying that individuals who are more conscientious in terms of being active planners, organisers, carriers of important tasks while being purposeful, strong willed and determined tend to be less anxious while developing and keeping close relationships with significant others. It also indicates that individuals who have an anxious parenting style become more conscientious as they grow.

The result table 1 also indicates that there exists a significant negative correlation of $-.206$ ($p < 0.01$) between agreeableness and anxious attachment style implying that individuals who are trusting, honest, well intentioned, compliant, modest and tender minded tend to be less anxious while attaching themselves with other individuals. It can also be inferred those individuals who have an anxious parenting style tend to be less agreeable as compared to individuals who are securely attached.

The results of the present study are in line with the research conducted by Hansen et al, (2011) on prison inmates which revealed that there exists a significant negative correlation between agreeableness and anxious style of attachment.

Extraversion was also to be significantly negative with anxious attachment style having a correlation value of $-.282$ ($p < 0.01$) implying that individuals who are warm, friendly, outgoing, assertive, high excitement seekers and prefer external stimulation do not tend to be insecurely attached with other individuals due to the constant stimulation which they get from those people. It also indicates that individuals who do not have an anxious attachment style tend to be more extroverted than individuals who are insecurely attached.

Exploring the Relationship between Attachment Styles, Personality Traits and Fear of Missing Out

As evident from result table 2, neuroticism was found to have a significant positive correlation of .538 ($p < 0.01$) with anxious attachment style implying that individuals who are more fearful, nervous, hostile, less emotionally stable, experience shame and embarrassment and are impulsive, tend to attach themselves insecurely with significant others. This happens because they are more vulnerable to experience anxiety and other negative emotions as they have a constant fear that their significant others will abandon them.

A study conducted by Guarnieri et al (2007) on 617 emerging adults to investigate the interrelation between one's attachment style, personality traits, interpersonal competence and Facebook usage using structural equation modelling yielded similar results. It was suggested that there exists a direct and positive relationship between insecure attachment and neuroticism, direct and a negative correlation between insecure attachment. In the consistent notion, it was also found by Jenkins-Guarnieri, Wright and Johnson (2013) that there is a significant direct positive relationship between insecure attachment and neuroticism. In addition, there exists a significant direct negative relationship between extraversion and insecure attachment.

In a study conducted by Belsky (1996), it has been revealed that there is the prevalence of traits of extraversion and agreeableness in fathers of infants who are securely attached. They were found to have a positive inclination in their married life and suggested positive emotional spillover between work and family. In addition, insecurely attached sons who had an avoidant attachment style were rated to have a more positive temperament in comparison to sons who had a resistant attachment style.

Objective 2: explore the relationship between personality factors (Big Five Personality Traits) and fear of missing out

Result table 3 reveals that conscientiousness was found to be significantly negative with fear of missing out having a correlation value of -.265 ($p < 0.01$) implying that individuals who are competent, prefer order, in terms of being neat and tidy, are dutiful, have high achievement seeking motivation and are self-disciplined tend to experience less fear of missing out in terms of experiencing anxiety associated with experiences of other people when one is not present there due to their ability to exercise self-discipline and control and they don't really bother about others' rewarding experiences since they are more focused on themselves and prioritize their own experiences.

As evident from the result table 3, agreeableness was found to be negatively correlated with fear of missing out with the correlation value of -.241 ($p < 0.01$) implying that individuals who are honest, well intentioned, less sceptical, straightforward, sincere, compliant and modest experience less fear of missing out tendencies as they do not view others as being dangerous or dishonest. In addition, since they are more socially and emotionally intelligent, they see social situations and experiences of other people even if they are not part of it, in a positive light and as a result do not get much influenced by the rewarding experiences of others.

It was also found from the result table 3 that neuroticism was positively related to fear of missing out with the correlation value of .426 ($p < 0.01$) implying that individuals who easily experience fear, apprehension, anger, hostility, guilt and hopelessness, shame and embarrassment and are unable to control cravings and urges, tend to experience more fear of missing out tendencies because they easily feel rejected and inferior when others have more rewarding experiences than them. In addition, their magnified self-doubt and poor emotional

stability might make them question their self-worth frequently and it gets validated when they are not a part of experiences that are as rewarding as other individuals.

The results of the present study were congruent with another research conducted by Rozgonjuk et al, (2021). They suggested that the Big Five personality trait of neuroticism is positively significant with FoMO. In addition, the traits of Openness to Experience, Agreeableness and Conscientiousness were negatively linked with FoMO.

Objective 3: to explore the relationship between attachment styles (closed, dependent and anxious) and fear of missing out

A significant positive correlation was also found between attachment styles and fear of missing out as shown in result table 4, anxious attachment style had the highest correlation coefficient with fear of missing out with the value of .387 ($p < 0.01$) implying that individuals who have an anxious parenting style tend to experience more fear of missing out tendencies. This happens because when an individual is anxiously attached he/she/they constantly fears that other people will abandon the person which results in them requiring constant reassurance. Additionally, they have a very high tendency to crave closeness and intimacy and when not fulfilled they go into a cycle of extensive self-doubt thereby questioning their self-worth and consequently, they are more prone to experience anxiety when others have more rewarding experiences than them.

Consistent with the results of the present study, a study conducted by Liu and Ma (2019) suggested that one's higher level of attachment anxiety is more likely to predict FOMO experience.

Objective 4: to examine the personality factors (Big Five Personality Traits) as predictors of attachment styles (closed, dependent and anxious)

It is found from result table 5 that anxious attachment style has positive predictive value in personality factors which indicates that neuroticism is the strongest predictor of anxious attachment style making a significant contribution of 29% in predicting anxious attachment style implying that individuals who are less emotionally stable, vulnerable to experience negative emotions like stress, anxiety, fear, apprehension, hopelessness, tense and jittery are most likely to attach themselves insecurely to their significant others while having constant anxious thoughts about it.

The result table 6 shows that dependent attachment style has positive predictive value in personality factors which reveals that agreeableness is the strongest predictor of dependent attachment style making a significant contribution of 10% in the dependent attachment variable which indicates that individuals who are trusting, trustworthy, assertive, cooperative and view others in a positive light tend to easily depend on their significant others without having anxious thoughts about it. In addition, extraversion, neuroticism and conscientiousness make a significant contribution of 8.4%, 1.8% and 1.6% respectively to the dependent attachment style.

As evident from result table 7 the stepwise multiple regression value between personality and attachment indicated that closed attachment style has a positive predicted value in personality factors. It suggests that extraversion is the strongest predictor of closed attachment style having a significant contribution of 8.6% which implies that individuals who are social, dependable, outgoing, talkative and active are most likely to have a secure attachment style.

Objective 5: to examine the personality factors (Big Five Personality Traits) as predictors of fear of missing out

As evident from result table 8 it was found that fear of missing out has a positive predictive value in Big Five Personality factors. It was found that neuroticism is the strongest predictor of fear of missing out having a significant contribution of 18.1% in predicting fear of missing out which indicates that individuals who are more neurotic, prone to negative emotions, more likely to experience guilt and sadness are more likely to experience anxiety when others have more rewarding experiences as they start losing control on their emotions.

Objective 6: to examine the attachment styles (closed, dependent and anxious) as predictors of fear of missing out

As evident from the result table 9 it was found that fear of missing out has a positive predictive value in attachment styles. It was found that anxious attachment style is the most dominant predictor of fear of missing out making a significant contribution of 15% in predicting fear of missing out which implies that individuals who have an insecure attachment style and have constant anxious thoughts about their partners leaving them are more likely to experience fear of missing out when others have more rewarding experiences.

CONCLUSION

Through this study, the relationship between various attachment styles (closed, dependent and anxious), Big Five Personality traits and fear of missing out was explored using a quantitative research design. It can be concluded from the discussion that there exists a significant relationship between attachment styles (closed, dependent and anxious) and Big Five personality traits, Big Five personality traits and fear of missing out and attachment styles and fear of missing out. It is suggested that neuroticism is the highest predictor of anxious attachment style, agreeableness being the highest predictor of dependent attachment style and in case of closed attachment style, extraversion is the most dominant trait. Additionally, stepwise regression analysis also revealed that neuroticism and anxious attachment style are the highest predictors of fear of missing out.

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Conflict of Interest

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