

Influence of Emotional Maturity and Types of Attachment Styles on Adult Romantic Relationships

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ABSTRACT

The objective of the present study was to explore the influence of emotional maturity and types of attachment styles on adult romantic relationship. A total of 124 participants were taken through random sampling. The participants were given self-report questionnaires of emotional maturity, attachment styles and types of love. The findings revealed a negative correlation between romantic partnerships and emotional development, especially in terms of commitment, desire, and closeness. There were a variety of relationships between these components and close attachment style. However, there were no obvious gender differences in either romantic partnerships, attachment types, or emotional maturity. Emotional maturity had a significant impact on both intimacy and commitment, even though attachment patterns predominated in their influence.

Keywords: *Emotional Maturity, Attachment Styles, Romantic Relationship*

Emotions
Emotion, according to Britannica, is a complex experience of consciousness, bodily sensation, and behavior that expresses how something, an event, or a state of affairs personally affects the individual.

In the 1970s, a psychologist named Paul Eckman gave six basic emotions that he said were present in all human societies. He listed the emotions as fear, joy, fury, surprise, sadness, and disgust. Later, he included pride, humiliation, joy, and embarrassment to the list of fundamental emotions.

Emotional Maturity

Having the self-control to control your emotions and make an effort to understand them is a sign of emotional maturity. Because you have a strong emotional foundation, you don't view emotions as a weakness. You value them rather than trying to hide them. Even if you have trouble letting go of the past, showing emotional intelligence means being aware of your emotions and taking something positive away from them.

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Attachment Styles

An individual's attachment style, which is a particular pattern of behavior in and around relationships, is formed and developed during early childhood as a result of interactions with their primary caregivers.

Types of attachment styles:

1. Secure attachment:

"Secure attachment style" refers to the capacity for loving, secure relationships with others. Someone having a stable attachment will be able to love and, be loved, have trust in others and be trusted, and form close relationships with people. They aren't afraid of intimacy or scared when their partners need some time or space to themselves. They are totally dependent, but they can rely on others.

2. Insecure attachment

Anxious attachment:

A strong fear of abandonment is a defining trait of the anxious attachment style, an insecure attachment style. Insecure about their relationships and constantly seeking approval, people with anxious attachment style fear being abandoned by their spouse.

Avoidant attachment:

The avoidant attachment style is a form of insecure type of attachment, is characterized by an aversion to closeness. They frequently struggle with intimacy and trust in relationships because, in the end, they don't believe their needs can be met in a relationship.

Fearful-avoidant attachment (disorganized)

The fearful-avoidant attachment style consists of both anxious and avoidant attachment styles. They actively seek affection while simultaneously trying to avoid it. Although they are hesitant to commit to someone, they also have a strong desire that others should love them.

Romantic Relationship

According to the "triangular theory of love," there are three different aspects of love that, when united, can be compared to the vertices of a triangle. Rather of being an exact geometric model, the triangle is employed as a metaphor. Intimacy, desire, and decision/commitment are these three things. Each component combines to form a special statement of love.

Intimacy. Intimacy in a loving relationship refers to a person's sense of proximity, kinship, and connection. It therefore includes those feelings that, in essence, are the source of the warm sensation in any romantic relationship.

Passion. The motivating factors that underlie romance, sexual arousal, physical attraction etc is called passion. The motivational and other causes of arousal that result in the experience of passion in a romantic relationship are the responsibility of this element.

Decision/commitment. Decision/commitment refers to both the short-term choice to love a certain partner and the long-term commitment to preserve that love. These two decision/commitment component components don't usually go together. It is possible to choose to love someone over time while not being entirely devoted to the relationship, or to be fully dedicated to a relationship while keeping your feelings for the other person a secret. Three elements of love can result in eight different variations of love:

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When none of the components of love are present, the state is referred to as "**nonlove.**" Just the closeness component of love can be felt when the passion and commitment components are not present; this is when **liking** emerges. It is **Infatuated love** when only passion component of love is experienced. It is referred to as "**empty love**" when someone chooses to love someone and commits to that love. **Romantic love** is the result of the fusion of passion and closeness. **Companionate love** refers to the combination of the intimacy and choice/commitment aspects of love and when the passion and decision/commitment elements come together to form a **fatuous love**. **Consummate, or total love**, occurs when all the three components of love are present.

REVIEW OF LITERATURE

Lamia Sami Elias, Khansaa Sabri Mohammed Ali (2022) carried out research to determine the connection between emotional maturity and psychological pollution among scout leaders, Rusafa II education, the general emotional maturity of the scout leaders in Baghdad, the general level of psychological pollution among scout leaders in Baghdad, and both will be measured in this essay. Results showed that research sample's emotional maturity and psychological pollution are significantly inversely correlated, and leaders who are more psychologically polluted than the rest of their team are also less emotionally mature.

Sandra Segal, Ruth Sharabany, Yossi Maaravi (2021) studied the link between attachment styles, COVID-19 phobia, and adherence to COVID-19 recommendations was the main focus of the current study. Results indicated that Insecure attachment patterns were associated with lower adherence than secure attachment patterns, and fear and rule compliance were positively correlated.

Ana Westervelt, Meredith Gunlicks-Stoessel, Kristina Reigstad, Susanne Lee, and Laura Mufson (2019) studied the The association between attachment style and change in depression with interpersonal psychotherapy (IPT-A) as well as Adolescent depressed patients' descriptions of attachment anxiety and avoidance have changed. Attachment From the baseline to Week 16, anxiety and avoidance (ECR-R) dramatically diminished. Reduced anxiety and avoidance were also strongly correlated with lower CDRS-R scores when fluoxetine was taken into account. Even after correcting for fluoxetine, baseline avoidance significantly predicted higher drops in depression (CDRS-R).

Dr. Molly Joy and Ms. Asha Mathew (2018) carried out a correlational study to examine the connection between adolescents' general wellbeing and emotional development. The findings of this study revealed a substantial link between teenagers' general wellbeing and emotional development.

Mario Miniati, Antonio Callari & Stefano Pini (2017) conducted a study on ADULT ATTACHMENT STYLE AND SUICIDALITY. According to research, unresolved traumas, an insecure attachment style, and anxiety are linked to a higher chance of suicide. Although a small number of research prospectively investigated the clinical course, co-occurring mental illnesses, familial suicidality, or additional psychosocial components.

Sudarsan Behera & B. Rangaiah | Cornelia Duregger (2017) conducted a study that purposefully illustrates the correlation between study factors such as emotional development, self-esteem, and life satisfaction through SEM. The results show that, according to EFA and CFA, every factor loading variable is more than 0.40.

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Miriam Parise ORCID Icon, Claudia Manzi, Silvia Donato ORCID Icon & Raffaella Iafrate (2017) investigated how invasive parenting affects the quality of romantic relationships between young adult children. The quality of both couples' love relationships and changes in inclusion of the other in the self were negatively correlated with perceived intrusive parenting.

Rosario Ortega-Ruiz, Virginia Sánchez, Noelia Muñoz-Fernández (2017) aimed to investigate the relationship between online couple quality and romantic relationship satisfaction in young adult relationships as well as the effects of gender, age, and relationship length. The results demonstrate that while relationship satisfaction and online quality are linked, the effects of various online quality traits on relationship satisfaction vary depending on the participant's sex, age, and length of relationship.

Naphisabet Kharsati and Poornima Bholá (2017) aimed to investigate the connections between SIBs, attachment, and emotion control in college students. Results showed that the average age of onset for SIB was 15.9 years, and the results showed that 31.2% of participants had reported having it during the previous year. 19.8% of the sample admitted to cutting or burning as moderate-to-severe forms of self-injury. Youth who self-harm expressed a high level of nervous attachment, obsession of relationships along with the need of approval in them, as well as challenges in all areas of emotion regulation. Relationship obsession and issues with impulse control were found to be SIB predictors using logit regression analysis.

Lantagne, Ann Furman, Wyndol (2017) explored how relationship length and age affect the qualities of romantic relationships. Short relationships benefited more from age. Long-term adolescent relationships, in contrast, were remarkable for being both stormy and supportive, with high levels of negative interactions, support, jealousy and control. In long-term partnerships, support levels remained high even if negative interactions, control, and jealousy decreased with age.

Gordon B. Schmidt (2016) looked into the relationships of adult attachment type and affective organizational commitment and perceived psychological contract breach, researchers chose college students with prior work experience as their sample. The findings show that preoccupied and dismissive attachment styles significantly and negatively link to emotional organisational commitment, and persons with higher degrees of preoccupied attachment styles also reported experiencing higher levels of psychological contract breach. When compared to transactional contract dimensions, the link between attachment style and psychological contract dimensions was stronger for relational contract dimensions. There is evidence that the association between affective commitment and preoccupied attachment style is mediated by perceived psychological contract breakdown.

Dangwal, Kiran Lata; Srivastava and Shipra (2016) conducted a study on Internet Users's emotional maturity and investigated if there are any differences between the two based on gender. Results showed that young internet users lack emotional maturity. Findings indicated that the emotional stability, independence, and overall emotional maturity of the study's internet users varies significantly by gender. Compared to men, women who use email and chat are more emotionally stable.

Andy P. Field, Sarah Woodhouse and Susan Ayers b, (2015) explored how adult patterns of attachment and PTSD symptoms are related. The findings showed a moderate relationship between secure attachment and less symptoms of PTSD, and a moderate relationship between

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insecure attachment and more severe symptoms of PTSD. High levels of anxiety in attachment categories, with frightened attachment showing the strongest correlation with PTSD symptoms. PTSD symptoms and dismissing attachment were not significantly related. The kind of PTSD measurement (interview or questionnaire) and particular attachment category influenced the association between insecure attachment and PTSD (e.g. secure, fearful).

Ms. Sukriti Mondal, Mr. Aniket Sutradhar (2015) conducted a study to examine the Adolescents' home environment's impact on various emotional maturity dimensions. It has been discovered that the home environment has a substantial impact on all aspects of teenage emotional development.

Adam R. Nicholls, John L. Perry, and Andrew R. Levy (2015) carried out a study on Adolescent athletes' emotional development, dispositional coping, and effectiveness in coping where it was anticipated that emotional maturity would influence coping efficiency directly as well as indirectly through task, distraction, and disengagement-oriented coping. Emotional maturity did not significantly influence distraction- or disengagement-oriented coping, but there was a significant relationship of emotional maturity with task-oriented coping in particular.

Prof. Aejaz Masih and Mukhtar Ahmad Wani (2015) carried out a study Considering Emotional Maturity Across Gender and Education Level which aimed to measure the emotional maturity of college students and to discover the important variations between gender and educational level. The study's conclusions showed that the majority of the university's research scientists and graduate students are emotionally unstable. The personality disintegration factor of emotional maturity revealed that male students have lower emotional development than female pupils. Between postgraduates and research, a significant difference was also found in the personality disintegration dimension of emotional maturity. Males and females, postgraduates, and research researchers did not differ on other emotional maturity aspects. As college students are at the pinnacle of learning, they must be trained to assess their emotional maturity.

Mette Ranta, Julia Dietrich, and Katariina Salmela-Aro (2014) conducted a study that looked at the goals and struggles of emerging adults in the areas of romantic relationships and careers (including financial concerns, school, and work). Latent class analyses, which created goal and worry profiles with a strong career focus, showed that romantic relationships were less significant in people's goal and concern hierarchies. In particular, prioritising career goals and worries predicted being in school or working. Goals and concerns connected to romantic relationships and careers were associated to life status in both domains.

Ritu Singh, Kusha Pant & Laitonjam Valentina (2014) examined whether the family structure of senior school teenagers in Pantnagar affects their social and emotional development and determined the relationship of social maturity with emotional maturity. Findings showed that respondents from joint families were more socially mature than respondents from nuclear families in terms of their personal, interpersonal, and social competence. In terms of emotional stability, social adjustment, emotional progression, independence, personality integration, and they also performed significantly better than people from nuclear families. It was discovered that across different types of families, social and emotional maturity were strongly positively connected.

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Sara H. Konrath, Ed O'Brien, William J. Chopik, and Courtney K. Hsing (2014) studied the modifications to an adult attachment style measure across time. While the proportion of Insecure attachment styles students has risen recently, the proportion of Secure attachment styles students has fallen recently. Even after accounting for factors like publication status, gender, age, and race, the proportion of Dismissing attachment students has risen over time.

Dr. Pooja Pasrija & Dr. Manju Jain (2014) carried out a study to assess senior secondary school students' emotional maturity and level of adjustment in relation to their gender and type of school (public vs. private). As a result, it can be said that children in both private and public schools have equal levels of emotional maturity and adjustment. Boys and girls also have similar levels of emotional maturity and adjustment.

Koen Luyckx, Inge Seiffge-Krenke, Seth J. Schwartz, Elisabetta Crocetti, Theo A. Klimstra (2014) conducted a study on "Identity configurations across love and work in emerging adults in romantic relationships." Seven identity configurations were identified by combining identity clusters from the love and job domains. Some configurations included people who scored well on exploration and rumination but low on commitment, while other configurations included people who scored highly on both exploration and rumination and low on commitment. These configurations had distinct correlations with psychiatric symptoms, job stress and satisfaction, and family-work conflict both simultaneously and over time. The most positive comments on all outcomes came from people who shown high levels of devotion to both their career and their relationships.

Ioana A. Cionea, Bobbi J. Van Gilder, Carrisa S. Hoelscher & Deepa Anagondahalli (2014) investigated how Americans and Indians in the US perceive romance across cultures. The findings demonstrated that romantic partners from the two nations valued various expectations in different ways. Additionally, one's culture, relational models, sex, and gender roles were all successful predictors of expectations.

Sunil Kumar (2014) wanted to assess the emotional maturity of adolescent students in connection to familial relationships. The findings show that there is a big difference between adolescent boys and girls in terms of emotional development. The findings also show a strong connection between adolescent pupils' familial relationships and emotional development. This demonstrates how a student's familial interaction affects their emotional development as a teenager.

Julian A. Oldmeadow, Sally Quinn, Rachel Kowert (2013). Researchers investigated the links between attachment anxiety and avoidance and Facebook use by looking at it through the perspective of adult attachment theory. They discovered that those with high levels of attachment anxiety used Facebook more regularly, tended to use it more frequently when feeling unhappy, and were more concerned with how Facebook users evaluated them. Less Facebook use, less openness, and fewer positive sentiments of Facebook were all associated with high attachment avoidance. Even after social skills were mastered, these connections persisted.

Jennifer N. Morey, Amy L. Gentzler, Brian Creasy, Ann M. Oberhauser and David Westerman (2013) investigated the association between communication technology use in romantic relationships and attachment. SNS and texting usage increased in 2011 compared to 2009. Less frequent use of the phone and texting and more frequent use of email were both associated with attachment avoidance. Although phone and texting use were linked to favourable relationship traits, after attachment was taken into consideration, only mild

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impacts were discovered. For highly avoidant (but not less avoidant) people, interactions suggested that texting was associated with more favourable relationships. Likewise, those who avoided conflict to a high degree (but not less frequently) used email more frequently. Lastly, among those who rated higher on attachment anxiety (but not lower), greater SNS use was positively connected with closeness and support.

Jigisha Gala & Shagufa Kapadia (2013) conducted a study to examine the developmental perspective on romantic relationships in adolescence. Emerging adults thought these relationships were more satisfying than disappointing, according to a mixed method approach combining in-depth, open-ended interview techniques and rating scales. A person's development is significantly and permanently impacted by romantic relationships, according to data from both qualitative and quantitative methodologies. Both boys and girls expressed happier feelings and less negative emotions, such as despair and fury, as well as an improvement in their quality of life.

Mohammad S Jawarneh, Zohair H Al-Zoubi, Ahmad M Mahasneh, and Omar T Batayneh, (2013) conducted a study to examine how parenting practises and adult attachment patterns relate to one another. The findings showed that authoritative, negligent, and authoritarian parenting styles significantly correlated positively with secure, anxious-ambivalent, and avoidant attachment styles, while negligent, anxious-ambivalent, redundant protection, and secure parenting styles significantly correlated negatively. The findings also show that parenting styles predict two of the attachment styles' subdimensions whereas patterning styles explain attachment styles.

Susan Sprecher (2013) Information on how men and women with various attachment types may differ in sociosexuality and attitudes towards casual sex was examined using a sample of 4246 college students. A dismissive-avoidant attachment orientation was shown to be associated with higher scores on a sociosexuality scale created by Simpson and Gangestad in 1991 as well as a measure of sex acceptance in casual dating circumstances, according to this study's findings. However, there was no evidence to support a relationship between an anxious-preoccupied attachment style and women's increased sexual openness or acceptance of casual sex. Compared to women with other attachment patterns, securely attached women scored lower on sociosexuality.

Jesse Fox and Katie M. Warber (2013) undertook exploratory research on emerging adults' perceptions, motivations, and behaviours titled Romantic Relationship Development in the Age of Facebook. Findings included interpersonal and social motivations for posting the status on Facebook as well as general societal evaluations of its importance (in terms of commitment, intensity, and social response). In addition, it was shown that women saw this position as more strongly expressing dedication and passion than did men.

METHODOLOGY

Aim

To study the influence of emotional maturity and types of attachment styles on adult romantic relationships.

Objectives

To examine the influence of emotional maturity and types of attachment styles and their association with romantic relationship among adults.

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Hypothesis

- H1: There will be a significant relationship between emotional maturity and romantic relationship among adults
- H2: There will be a significant relationship between types of attachment styles and romantic relationship among adults
- H3: There will be significant gender difference in emotional maturity among adults in romantic relationships.
- H4: There will be significant gender difference in attachment styles among adults in romantic relationship.
- H5: There will be significant gender difference in romantic relationship among adults.
- H6: There is a significant influence of emotional maturity on romantic relationship among adults
- H7: There is a significant influence of attachment styles on romantic relationship among adults.

Sample: A sample of 124 adults between the age group of 20-40 (62 males and 62 females) who are currently in relationship or married were randomly selected for data collection.

Sampling design:

The data was collected through random sampling. Random sampling, also known as probability sampling, enables the randomization of sample selection, meaning that each sample has the same chance of being chosen to reflect the entire population.

Inclusion criteria:

- participants between the age of 20-40 years
- Graduate, postgraduate, working, married, unmarried
- committed to a monogamic relationship in present.

Exclusion criteria:

- Anyone who doesn't fall in the age criteria
- Not willing to participate.

Instruments

Three scales are used for the collection of data:

Adult Attachment Scale, (Read & Collins, 1990): The Adult Attachment Scale is a self-report questionnaire which consists of 18 questions to find out the type of attachment an individual has towards their romantic partner. The questions are answered in a 5-point summative scale in which 1 means "not at all characteristic of me" while 5 mean "very characteristic of me". It has three subscales i.e., close, depend and anxiety. Questions such as 2,3,8,9,15,16,17,18 are scored negatively.

- CLOSE: 17, 1, 7, 13, 9 and 15
- DEPEND: 18, 3, 8, 6, 16 and 14
- ANXIETY: 12, 2, 5, 4, 10 and 11

Emotional maturity scale by Dr. Y. Singh and Dr. M. Bhargava (1991): The EMS is a self-report questionnaire which consist of 48 items. The responses are given out of 5 alternatives; never, probably, undecided, much, very much. The items are scored in a 5-point summative scale i.e., never is scored as 1, probably is scored as 2, undecided is scored as 3, much is scored as 4 and very much is scored as 5. All the scores are added to find total

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emotional maturity score which will determine the emotional maturity level of the individual (extremely stable, moderately stable, unstable, extremely unstable)

- 50-80 (Extremely Stable)
- 81-88 (Moderately stable)
- 89-106 (Unstable)
- 107-240 (Extremely unstable)

Sternberg's Triangular Love Scale (STLS) by Sternberg, R. J. (1997): The Sternberg's Triangular Love Scale is a self-report questionnaire which consist of 45 questions. The items are answered from 1-9 where 1 represents “not at all”, 5 represents “moderately” and 9 represents “extremely”. The scale is divided into three subscales which are intimacy, passion and commitment. Each subscale consists of 15 questions i.e., 1-15 (intimacy), 16-30 (passion), 31-45 (commitment). The total scores obtained in each subscale can used to interpret the scores as (1) somewhat below average, (2) significantly below average, (3) Average, (4) somewhat above average, (5) significantly above average.

Procedure

The data collection was conducted using questionnaires with adults who are either married or are in a relationship. Each participant were given three scales (Sternberg Triangular Love Scale, Emotional maturity scale, Adult Attachment Scale). The participant were given instructions about the purpose of the study and how to fill the form. After obtaining the responses, individual scoring was done then it was analysed and interpreted.

Statistical Analysis

To determine the strength of the association between various variables, several statistical methods, including correlation, were utilised for analysis and interpretation. The association between the various factors was discovered using multiple correlation. To find the gender difference T-Test was used for emotional maturity and MANOVA was used for romantic relationship and attachment style. Multiple regression was used to see the impact of various independent variable on romantic relationship. SPSS was used to calculate the values.

ANALYSIS OF RESULTS

Hypothesis 1: There will be a significant relationship between emotional maturity and romantic relationship among adults.

Table 1: Relationship between emotional maturity and romantic relationship

	N		INTIMACY	PASSION	COMMITMENT
PEARSON CORRELATION	124	Emotional Maturity	-.220*	-.090	-.206*

**Correlation significant at 0.01
*Correlation significant at 0.05

The direction and strength of the relationship between adult romantic relationships and emotional development are shown in Table 1. A negative link exists between emotional maturity and closeness (-.220), passion (-.90), and commitment (-.206). It is possible to get the conclusion that there is a considerable association between emotional maturity and closeness and commitment based on values from the Pearson correlation. Passion and emotional development do not significantly correlate. Therefore, our hypothesis is rejected.

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Hypothesis 2: There will be a significant relationship between types of attachment styles and romantic relationship among adults.

Table 2: Relationship between attachment style and romantic relationship

PEARSON CORRELATION	N	ATTACHMENT STYLES	INTIMACY	PASSION	COMMITMENT
		124	CLOSE	-.012	.007
		DEPEND	.119	.098	.102
		ANXIOUS	-.239**	-.063	-.202*

** Correlation significant at 0.01
* Correlation significant at 0.05

The strength and direction of the association between attachment styles and romantic relationship among adults is shown table 2. The table represents, close attachment style has a negative correlation with intimacy (-.012) and positive correlation with passion (.007) and commitment (.036). Depend attachment style has a positive correlation with intimacy (.119), (.098) and (.102). Anxious attachment style has a negative correlation with intimacy (-.239), passion (-.063) and commitment (-.202). Therefore, our hypothesis is rejected.

Hypothesis 3: There will be significant gender difference in emotional maturity among adults in romantic.

Table 3: Gender difference in emotional maturity

GENDER	N	MEAN	SD	t-value	p-value
Female	62	117.1452	23.54128		
Male	62	115.8387	27.47887	.284	0.77

Table 1 indicates that mean score of females (117.1452) is greater than the mean score of males (115.8387). The obtained t-value 0.776664 is statistically insignificant at both 0.05 and 0.01. this mean that our hypothesis “There will be significant gender difference in emotional maturity among adults in romantic relationships” is rejected as there is no significant difference found.

Hypothesis 4: There will be significant gender difference in attachment styles among adults in romantic relationship.

Table 4: Gender difference in adult attachment style

GENDER	N	CLOSE	DEPENDENT	ANXIOUS	F	p-value
Female	62	Mean	18.9516	15.8871	15.1290	
		SD	4.93707	4.14928	5.25570	
Male	62	Mean	20.2097	16.9516	15.0806	1.614
		SD	4.02914	5.09074	4.43273	
F		2.416	1.629	.003		.139

Table 4 shows that the mean score of females for intimacy, passion, commitment 118.2419, 113.6935, 119.6774 respectively is less than the mean score of males in intimacy, passion, and commitment 118.7742, 115.0806, 122.6774 respectively. The obtained f value for all the variables [intimacy (.031), passion (.171), commitment (.832)] is 1.850 is insignificant at 0.05 and 0.01. Therefore, there is no significant difference between males and females. In

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light of this, our prediction that "There will be a significant gender difference in romantic relationship among adults" is rejected.

Hypothesis 5: There will be significant gender difference in romantic relationship among adults.

Table 5: Gender difference in romantic relationship

GENDER	N		INTIMACY	PASSION	COMITMENT	F	p-value
Female	62	Mean	118.2419	113.6935	119.6774	1.850	.085
		SD	17.75580	20.38690	20.11098		
Male	62	Mean	118.7742	115.0806	122.6774		
		SD	15.74741	16.80876	16.31129		
F			.031	.171	.832		

Table 4 shows that the mean score of females for intimacy, passion, commitment 118.2419, 113.6935, 119.6774 respectively is less than the mean score of males in intimacy, passion, and commitment 118.7742, 115.0806, 122.6774 respectively. The obtained f value for all the variables [intimacy (.031), passion (.171), commitment (.832)] is 1.850 is insignificant at 0.05 and 0.01. Therefore, there is no significant difference between males and females. In light of this, our prediction that "There will be a significant gender difference in romantic relationship among adults" is rejected.

Hypothesis 6: There is a significant influence of emotional maturity on romantic relationship among adults.

Table 6.1: Regression analysis of intimacy and emotional maturity

	r	R ²	Adjusted r square	Standard error of estimate
Intimacy	.220	.048	.040	16.37440

Predictor (constant): emotional maturity scale
Dependent variable: intimacy

Table 6.1 shows emotional maturity is the predictor of intimacy. The r square value is .048 which indicates that emotional maturity can account for 4.8% of the variation in intimacy.

Table 6.2: ANOVA

	Sum of squares	df	Mean square	F	Sig.
Regression	1656.238	1	1656.238	6.177	.014
Residual	32710.754	122	268.121		
Total	34366.992	123			

Predictor (constant): emotional maturity scale
Dependent variable: intimacy

Table 6.2 shows F value of 6.177 which means that emotional maturity has significant impact on intimacy.

Table 6.3: Regression analysis of passion and emotional maturity

	r	R²	Adjusted r square	Standard error of estimate
Passion	.090	.008	.000	18.62111

Predictor (constant): emotional maturity scale
 Dependent variable: passion

Table 6.3 shows emotional maturity is the predictor of passion. The r square value is .008 which indicates that emotional maturity can account for .8% of the variation in passion.

Table 6.4: ANOVA

	Sum of squares	df	Mean square	F	Sig.
Regression	344.436	1	344.436	.993	.321
Residual	42302.984	122	346.746		
Total	42647.419	123			

Predictor (constant): emotional maturity scale
 Dependent variable: passion

Table 6.4 shows F value of .993 which means that emotional maturity has insignificant impact on passion.

Table 6.5: Regression analysis of commitment and emotional maturity

	r	R²	Adjusted r square	Standard error of estimate
Commitment	.206	.042	.035	17.97819

Predictor (constant): emotional maturity scale
 Dependent variable: commitment

Table 6.5 shows emotional maturity is the predictor of commitment. The r square value is .035 which indicates that emotional maturity can account for 3.5% of the variation in commitment.

Table 6.6: ANOVA

	Sum of squares	df	Mean square	F	Sig.
Regression	1747.827	1	1747.827	5.408	.022
Residual	39432.270	122	323.215		
Total	41180.097	123			

Predictor (constant): emotional maturity scale
 Dependent variable: commitment

Table 6.6 shows F value of 5.408 which means that emotional maturity has significant influence on commitment.

Therefore, hypothesis 6 “There is a significant influence of emotional maturity on romantic relationship among adults” is rejected.

Hypothesis 7: There is a significant influence of attachment styles on romantic relationship among adults.

Table 7.1: Regression analysis of romantic relationship and attachment styles

	r	R²	Adjusted r square	Standard error of estimate
Intimacy	.254	.064	.041	16.36859

Predictor (constant): close, dependent, anxious
 Dependent variable: intimacy

Table 7.1 shows attachment styles is the predictor of intimacy. The r square value is .064 which indicates that attachment styles can account for 6.4% of the variation in intimacy.

Table 7.2: ANOVA

	Sum of squares	df	Mean square	F	Sig.
Regression	2215.309	3	738.436	2.756	.045
Residual	32151.683	120	267.931		
Total	34366.992	123			

Predictor (constant): close, dependent, anxious
 Dependent variable: intimacy

Table 7.2 shows F value of 2.756 which means that attachment styles have significant influence on intimacy.

Table 7.3: Regression analysis of passion and attachment styles

	r	R²	Adjusted r square	Standard error of estimate
Passion	.113	.013	-.012	18.73178

Predictor (constant): close, dependent, anxious
 Dependent variable: passion

Table 7.3 shows attachment styles is the predictor of passion. The r square value is .013 which indicates that attachment styles can account for 1.3% of the variation in passion.

Table 7.4: ANOVA

	Sum of squares	df	Mean square	F	Sig.
Regression	541.867	3	180.622	.515	.673
Residual	42105.553	120	350.880		
Total	42647.419	123			

Predictor (constant): close, dependent, anxious
 Dependent variable: passion

Table 7.4 shows F value of .515 which means that attachment styles have an insignificant influence on passion.

Table 7.5: Regression analysis of commitment and attachment styles

	r	R²	Adjusted r square	Standard error of estimate
Commitment	.209	.044	.020	18.11393

Predictor (constant): close, dependent, anxious
 Dependent variable: commitment

Table 7.5 shows attachment styles is the predictor of commitment. The r square value is .044 which indicates that attachment styles can account for 4.4% of the variation in commitment.

Table 7.6: ANOVA

	Sum of squares	df	Mean square	F	Sig.
Regression	1806.358	3	602.119	1.835	.144
Residual	39373.738	120	328.114		
Total	41180.097	123			

Predictor (constant): close, dependent, anxious
Dependent variable: commitment

Table 7.6 shows F value of 1.835 which means that attachment styles has an insignificant influence on commitment.

Therefore, hypothesis 7 “There is a significant influence of attachment styles on romantic relationship among adults” is rejected.

DISCUSSION

The aim, of this current research was to study the influence of emotional maturity and types of attachment styles on adult romantic relationships. Emotion, which is a complex experience of consciousness, body feeling, and activity, is one way that a person might communicate their own significance for something, an event, or a state of things. Examples of emotions include sadness, grief, excitement, rage, and others. So therefore, the ability to control your emotions and concentrate on understanding them is a sign of emotional maturity. A child's interactions with their original or primary carers during early childhood shape and develop their attachment style, which is a particular pattern of behaviour in and around relationships. There are two types of attachments styles i.e., secured and insecure. Insecure attachment style can be divided into anxious, avoidant and disorganized attachment styles. A triangle has been used to represent romantic relationships, with the three primary areas being intimacy, passion, and commitment. The term "consummate love" refers to a relationship in which all three elements are present.

For the research, 124 adults were taken (62 males and 62 females) who were either married or unmarried but are in a relationship. They were between 20-40 years old. Three scales were used in this study i.e., Sternberg’s triangular love scale (45 items), Emotional maturity scale (48 items) and adult attachment scale (18 items). The data was collected offline and online. After the data collection was completed, Microsoft excel and SPSS were used to calculate the values and interpret them.

H1: *There will be a significant relationship between emotional maturity and romantic relationship among adults.*

To study the strength and direction of the relationship between emotional maturity and romantic relationship, Pearson correlation was conducted and the results showed that emotional maturity was negatively correlated to romantic relationship i.e., intimacy (-.220), passion (-.090) and commitment (-.206). Intimacy and commitment had a significant relationship with emotional maturity. So therefore, hypothesis 1 is rejected.

H2: *There will be a significant relationship between types of attachment styles and romantic relationship among adults*

Pearson correlation was used to determine the direction and intensity of the link between attachment styles and romantic relationships. The results indicated that close attachment style has a negative correlation with intimacy (-.012) and a positive correlation with passion (.007)

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and commitment (.036). The dependent attachment styles had a positive correlation with intimacy (.119), passion (.098) and commitment (.102). close attachment style had a negative but a significant relationship with intimacy (-.239) and commitment (-.202) and only a negative relationship with passion (-.063). Therefore, the hypothesis 2 is rejected.

The results of hypothesis 2 is supported by a study conducted by Simpson, J. A. (1990) who studied how 144 dating couples' romantic relationships were affected by secure, anxious, and avoidant attachment patterns. The secure attachment style was associated with better levels of interpersonal interdependence, commitment, trust, and happiness in both men and women as compared to the anxious or avoidant attachment styles. In contrast to the anxious and avoidant styles, the secure style was associated with less frequent positive emotions and more frequent negative sentiments in the relationship. It was shown that avoidant males experienced much less post-dissolution emotional distress than other people in 6-month follow-up interviews. This research also supports the influence of attachment styles on romantic relationship among adults (hypothesis 7)

H3: *There will be significant gender difference in emotional maturity among adults in romantic relationship.*

To find the gender difference in emotional maturity among adults t-test was conducted. The results indicated that the t-value was .284 while the p-value was .077 which indicates that there is no significant difference found since the p-value is greater than .01 and .05. Hence the hypothesis 3 is rejected.

H4: *There will be significant gender difference in attachment styles among adults in romantic relationship.*

To study the gender difference in attachment styles among adults, multivariate analysis of variance (MANOVA) was used. The results indicated that f-value was 1.614 and the p-value was .139 which indicates that there is no significant difference because the p-value is > .01 and .05. therefore, the hypothesis 4 is rejected.

The results are supported by research conducted by Shi, L. (2003) who examined the association between adult attachment and behaviours associated with conflict resolution and relationship satisfaction. Conflict resolution habits (concern for others, self-care) and adult attachment style were both conceptualised in terms of two dimensions. The two adult attachment variables of avoidance and anxiety both predicted relationship satisfaction and methods for resolving conflicts. Attachment qualities were a better predictor of conflict resolution and relationship satisfaction despite gender differences in conflict resolution activities. There were no gender differences in attachment styles.

H5: *There will be significant gender difference in romantic relationship among adults.*

Multivariate analysis of variance (MANOVA) was performed to examine the gender difference in adult romantic relationships. The results showed that f-value was 1.850 while the p-value was .085 which indicate that there is no significant difference since the p-value is > .01 and .05. Therefore, our hypothesis was rejected.

H6: *There is a significant influence of emotional maturity on romantic relationship among adults.*

To examine the influence of EM (emotional maturity) on romantic relationship among adults, linear regression was conducted. The results showed that emotional maturity had a significant

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influence on intimacy and commitment as their F values were 6.177 and 5.408 respectively. Therefore, our hypothesis was rejected.

H7: There is a significant influence of attachment styles on romantic relationship among adults.

To study the influence of attachment styles on romantic relationships among adults, multiple regression was conducted which indicated that attachment styles have significant influence on only intimacy whose F value is 2.756. Therefore, our hypothesis was rejected.

CONCLUSION

The results showed a negative association between emotional maturity and romantic relationships, particularly in terms of commitment, passion, and intimacy. Variable connections existed between close attachment style and these elements. However, there were no discernible gender differences in emotional maturity, attachment styles, or romantic relationships. While attachment patterns predominantly influenced intimacy, emotional maturity had a major impact on both intimacy and commitment.

Limitations

- **Sample size:** The research is based on only 124 sample size which is small. The results could have been different if conducted on a larger population.
- **Questionnaire length:** The questionnaire was lengthy which makes the responses of the participants questionable. The participants might not have given genuine response as they may lose interest after some point.
- **Personal questions:** The questionnaires used in the study had a lot of personal questions asking for some sensitive information regarding their relationship which can cause biasness in the response due to discomfort or they would like to give desirable answers rather than what's true.
- **Lack of time:** There was time constraint in conducting the research study because of which limited sample size was chosen for the study.
- **Generalizability:** The study was done on only residents living in the urban area. Therefore, this study cannot be used to generalize for people in different socio-economic background.
- **Culture specific:** This study is conducted on Indian population so therefore the study cannot be used for other countries and culture because culture does play a crucial role in developing attachment style and their perception towards romantic relationship which in turn affect the kind of love every couple have between them.
- **Other factors:** Other factors such as socio-economic status, education, family type, siblings etc. can influence the form of romantic relationship an individual forms with their partners. These factors which influences our emotional maturity and attachment styles were not taken into account.

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Conflict of Interest

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