

The Relationship between Attachment Styles and Relationship Satisfaction among Young Adults

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ABSTRACT

The objective of this study was to examine the relationship between attachment styles within romantic relationships and relationship satisfaction among young adults. A sample of 100 participants was recruited from various cities including Noida, Delhi, Gurugram and Ghaziabad out of which, 50 participants were males and 50 were females, aged 18 to 39 years. They completed various self-report assessments measuring their attachment style in close as well as romantic relationships, satisfaction in their current romantic relationships, and their overall experience in close relationships. The scales utilized to test these variables were: The Adult Attachment Scale-Revised (AAS), Relationship Assessment Scale (RAS), and Experience in Close Relationship Scale (ECR-S). Data collection involved utilizing a blend of methods, encompassing online surveys via Google Forms and the distribution of hard copies of questionnaires to the participants. Individuals who exhibited secure attachment styles or intimate attachment tendencies were more likely to be currently involved in romantic partnerships and reported higher levels of satisfaction with their relationships compared to those with insecure attachment styles. Correlation analysis revealed a notable link between close attachment style and relationship satisfaction. However, there was no significant connection found between anxious attachment or dependent attachment and relationship satisfaction. The study's limitations, including reliance on self-report measures and theoretical considerations such as variability in attachment research approaches, were discussed. Suggestions for future research included employing longitudinal studies to better understand how attachment styles and close relationships influence later relationship dynamics.

Keywords: Attachment Styles, Romantic Relationships, Relationship Satisfaction, Young Adults, Self-Report Measures, Correlation

Understanding the dynamics of romantic relationships has long been a focal point in psychological research. Among the myriad of factors that influence relationship satisfaction, attachment styles have emerged as a significant contributor. First formulated by John Bowlby in the 1950s and later expanded upon by Mary Ainsworth and subsequent scholars, attachment theory provides a structure for understanding how early

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interactions with caregivers, shape individuals' expectations and actions within intimate relationships throughout their lives.

Attachment theory posits that individuals form internal working models of relationships based on their interactions with primary caregivers during infancy and childhood. These models shape individuals' perceptions of themselves, their partners, and relationships overall. Consequently, individuals develop one of four main attachment styles: secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant, as a result of these early experiences.

Securely attached individuals generally hold favorable opinions about themselves and their partners, feel at ease with both intimacy and independence, and possess adept communication and conflict-resolution abilities. Conversely, those with anxious-preoccupied attachment styles often display excessive reliance on their partners, harbor concerns regarding rejection or abandonment, and might demonstrate clinginess or controlling tendencies. Dismissive-avoidant individuals prioritize self-reliance, suppress emotions, and could encounter challenges with intimacy. Individuals with a fearful-avoidant attachment style often experience contradictory urges for both intimacy and autonomy, which can result in feelings of uncertainty and difficulties in trusting others.

The relationship between attachment styles and relationship satisfaction among young adults has garnered considerable attention due to the transitional nature of this life stage. Young adulthood is characterized by significant changes in social, educational, and occupational domains, making it a critical period for the development and maintenance of romantic relationships. Understanding how attachment styles influence relationship satisfaction during this formative period can offer valuable perspectives on the elements that play a role in creating satisfying and enriching relationships.

Research exploring the association between attachment styles and relationship satisfaction among young adults has yielded diverse findings. While certain studies suggest a positive link between secure attachment and relationship satisfaction, suggesting that individuals with secure attachment styles typically express greater satisfaction and happiness in their romantic relationships, others have demonstrated that insecure attachment styles, such as anxious-preoccupied, dismissive-avoidant, and fearful-avoidant, are linked with lower levels of relationship satisfaction, increased conflict, and reduced intimacy.

However, the relationship between attachment styles and relationship satisfaction is complex and involves multiple factors. External elements like the length of the relationship, qualities of the partner, and personal coping mechanisms can influence and moderate the connection between attachment styles and relationship results. Additionally, cultural norms and societal expectations may influence how individuals perceive and express attachment-related behaviors within romantic relationships.

Moreover, research suggests that attachment styles are not static but can evolve over time in response to new relational experiences and individual growth. For instance, individuals might cultivate more secure attachment patterns through therapy, nurturing relationships, or self-examination. Conversely, traumatic experiences or repeated relational failures may exacerbate insecure attachment tendencies, leading to greater relationship dissatisfaction and distress.

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Understanding the mechanisms that explain the link between attachment styles and relationship satisfaction among young adults is crucial, given the importance of romantic relationships for overall well-being and psychological adjustment. Identifying factors that promote healthy attachment dynamics and interpersonal functioning can inform interventions aimed at improving relationship outcomes and reducing the prevalence of relational distress and dysfunction. Through the utilization of a thorough methodology that combines quantitative and qualitative methods, this research endeavors to uncover the intricate mechanisms by which attachment styles influence relational experiences and outcomes during this crucial phase of life. Through a deeper understanding of these processes, interventions can be developed to support the cultivation of secure attachment patterns and enhance the quality of romantic relationships among young adults.

One notable study on relationship satisfaction is the research conducted by Simpson, Rholes, and Phillips (1996), titled "Conflict in Close Relationships: An Attachment Perspective". The aim of this study was to investigate the role of attachment styles in predicting both relationship satisfaction and conflict resolution strategies employed by couples. The researchers recruited a sample of married couples and assessed their attachment styles using self-report measures. They also collected data on relationship satisfaction and conflict resolution strategies through questionnaires and observational methods. Findings from the research indicated notable correlations between attachment styles and relationship satisfaction. Particularly, individuals exhibiting secure attachment styles expressed greater relationship satisfaction in contrast to those demonstrating anxious or avoidant attachment styles. Additionally, couples sharing similar attachment styles tended to encounter reduced conflict levels and demonstrated more constructive approaches to resolving conflicts. This study underscores the significance of considering attachment styles when examining relationship satisfaction and conflict dynamics within romantic relationships. It underscores the role of individual differences in shaping relational outcomes and emphasizes the potential implications of attachment theory for couples therapy and intervention programs aimed at improving relationship quality.

VARIABLES

Attachment Styles

Attachment styles, as defined in attachment theory, denote the emotional and behavioral patterns individuals develop in intimate relationships stemming from their early interactions with caregivers. These styles influence individuals' outlooks, convictions, and actions in relationships across their lifespan.

Types of Attachment Styles

- 1. Secure Attachment:** Secure Attachment, also referred to as Close attachment, is characterized by individuals having favorable self-perceptions and perceptions of their partners. They feel at ease with both intimacy and independence, demonstrate proficient communication and conflict-resolution abilities, and possess adept emotional regulation skills. Securely attached individuals typically have trust in their partners, feel secure within their relationships, and hold confidence in seeking support when necessary. They are attentive to their partners' needs and can offer assistance and reassurance during challenging times. Secure attachment correlates with increased relationship satisfaction, intimacy, and overall psychological well-being.
- 2. Anxious-Preoccupied Attachment:** Individuals characterized by an anxious-preoccupied attachment style commonly encounter elevated levels of anxiety and uncertainty within relationships. They often harbour fears of rejection or abandonment

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and tend to excessively fret over their partner's availability and dedication. Those with an anxious-preoccupied attachment style frequently seek continual reassurance and validation from their partners, display clinginess or demanding behaviors, and find it challenging to trust their partners' intentions. Despite their longing for closeness, they may encounter difficulties with intimacy due to their apprehension of rejection. Anxious-preoccupied attachment is linked with heightened levels of relationship discontent, jealousy, and emotional instability.

3. **Dismissive-Avoidant Attachment:** Individuals exhibiting a dismissive-avoidant attachment style prioritize independence and self-sufficiency within their relationships. They commonly suppress their emotions, evade intimacy, and uphold emotional detachment from their partners. Those with dismissive-avoidant attachment tendencies may struggle to articulate their needs and vulnerabilities, opting to minimize the significance of close relationships. Commitment avoidance and dependence on self-reliance as a coping mechanism for managing emotional turmoil are typical traits observed in dismissively attached individuals. Dismissive-avoidant attachment is correlated with diminished levels of relationship satisfaction, intimacy, and emotional openness.
4. **Fearful-Avoidant Attachment:** Referred to as disorganized attachment, individuals exhibiting a fearful-avoidant attachment style struggle with conflicting desires for both intimacy and independence within relationships. They may yearn for intimacy but harbor fears of potential hurt or rejection from their partners. Fearful-avoidant individuals commonly encounter challenges with trust and may display ambivalent or erratic behaviors in relationships. They often oscillate between seeking closeness and pushing their partners away, resulting in instability and uncertainty in the relationship dynamic. Fearful-avoidant attachment is linked with heightened levels of relationship insecurity, emotional unpredictability, and struggles in sustaining long-term relationships.

Relationship Satisfaction

Relationship satisfaction is a multifaceted and intricate concept crucial for individuals' overall happiness and quality of life within romantic partnerships. It encompasses individuals' feelings of contentment, fulfillment, and happiness with their romantic relationship, including factors such as emotional closeness, effective communication, trust, support, and overall harmony. Comprehending relationship satisfaction involves analyzing its factors, associations, and consequences across various populations and situations.

At its essence, relationship satisfaction reflects individuals' personal assessments of their romantic partnerships, which are influenced by various factors, including personal traits, relational dynamics, and external pressures. Extensive research consistently demonstrates that high levels of relationship satisfaction correspond with numerous positive outcomes, such as enhanced mental and physical well-being, elevated self-esteem, greater life contentment, and heightened relationship durability.

An essential element influencing relationship satisfaction is its association with attachment styles. Attachment theory, pioneered by John Bowlby, suggests that early interactions with caregivers' shape individuals' internal models of relationships, thus influencing their attachment styles in adulthood. These styles typically categorize into four groups: secure, anxious, avoidant, and disorganized.

Secure attachment entails a positive self-image and outlook on others, comfort with both intimacy and independence, and adept emotional regulation. Individuals with secure

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attachment tend to report greater relationship satisfaction, attributed to their capacity for forming trusting, supportive, and emotionally enriching bonds.

Conversely, anxious attachment manifests as an excessive focus on relationships, fear of abandonment, and a tendency to seek validation from partners. Avoidant attachment involves discomfort with intimacy, reluctance to depend on others, and emotional detachment to maintain autonomy. Both anxious and avoidant attachment styles are linked with diminished relationship satisfaction, as individuals may grapple with trust, intimacy, and effective communication.

Dependent attachment, also known as enmeshed or anxious-preoccupied attachment, involves an excessive reliance on the partner for emotional support and validation, often at the expense of individual autonomy and boundaries. Individuals with dependent attachment styles may experience high levels of relationship satisfaction initially, but it may become contingent on their partner's availability and responsiveness, leading to instability and dissatisfaction in the long run.

Anxiety attachment, characterized by fear of rejection and abandonment, is closely linked to relationship dissatisfaction due to constant worry, jealousy, and insecurity. These individuals may engage in behaviors such as clinginess, possessiveness, and emotional manipulation, which can strain the relationship and undermine satisfaction.

Understanding the dynamics of relationship satisfaction requires consideration of both individual and relational factors. Individual characteristics, such as personality traits, attachment styles, self-esteem, and emotional intelligence, can significantly influence how individuals perceive and experience satisfaction in their relationships. For example, individuals with high self-esteem and emotional intelligence may be better equipped to navigate conflicts, communicate effectively, and maintain intimacy, leading to higher levels of satisfaction.

Furthermore, relational factors such as communication patterns, conflict resolution strategies, emotional support, and shared goals and values also play a critical role in shaping relationship satisfaction. Couples who engage in open and honest communication, demonstrate empathy and understanding, and prioritize mutual respect and support are more likely to experience greater satisfaction in their relationships.

External factors, including cultural norms, socioeconomic status, family dynamics, and life stressors, can also impact relationship satisfaction. Cultural expectations regarding gender roles, marriage, and family obligations may influence individuals' attitudes and behaviors within relationships. Socioeconomic disparities and financial stressors can strain relationships and diminish satisfaction, while supportive social networks and resources can enhance relationship quality and resilience.

Research on relationship satisfaction has utilized various methodologies, including longitudinal studies, cross-sectional surveys, experimental designs, and qualitative interviews, to explore its predictors, correlates, and outcomes across diverse populations and contexts. Longitudinal studies have provided valuable insights into the trajectories of relationship satisfaction over time and the factors that contribute to its stability or decline.

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Data collected from cross-sectional surveys have revealed demographic factors, including age, gender, educational attainment, and marital status, alongside psychological elements such as attachment styles, personality traits, and coping mechanisms, as crucial indicators of relationship satisfaction. Experimental designs have examined the effects of interventions, such as couples therapy, communication skills training, and mindfulness-based interventions, on enhancing relationship satisfaction and improving overall relationship functioning.

Qualitative research has provided rich descriptions of individuals' subjective experiences of relationship satisfaction, capturing the nuances of emotional intimacy, trust, commitment, and fulfillment within romantic relationships. Qualitative observations provide valuable supplementary insights to quantitative results by providing a more profound comprehension of the real-life experiences and interpersonal dynamics that influence relationship satisfaction.

In conclusion, relationship satisfaction is a multidimensional construct that encompasses individuals' subjective evaluations of their romantic relationships, reflecting the quality of emotional intimacy, communication, trust, and overall compatibility. Attachment styles, including secure, anxious, avoidant, dependent, play a crucial role in shaping relationship satisfaction by influencing individuals' perceptions, behaviors, and relational dynamics. Understanding the determinants, correlates, and implications of relationship satisfaction requires a comprehensive approach that integrates individual, relational, and contextual factors across diverse populations and contexts.

THEORETICAL FRAMEWORKS

Attachment Styles

Attachment theory, initially conceptualized by John Bowlby and further elaborated by Mary Ainsworth and subsequent researchers, provides a framework for comprehending the development and influence of attachment styles. Within attachment theory, several theories and concepts contribute to our understanding of attachment styles:

1. **Secure Attachment Theory:** This theory proposes that infants develop a secure attachment style when caregivers consistently meet their needs and provide a secure base for exploration. Securely attached individuals typically have positive self-perceptions and perceptions of others, feel at ease with intimacy, and can regulate their emotions effectively. They trust their partners and feel confident in seeking support when necessary.
2. **Anxious Attachment Theory:** Anxious attachment theory suggests that infants develop an anxious attachment style when caregivers are inconsistently responsive or unavailable, leading to feelings of insecurity. Anxiously attached individuals often fear rejection and abandonment, seek excessive reassurance from their partners, and may display clingy behavior in relationships.
3. **Avoidant Attachment Theory:** Avoidant attachment theory proposes that infants develop an avoidant attachment style when caregivers are consistently unresponsive or intrusive, prompting the infant to suppress their attachment needs. Avoidantly attached individuals may prioritize independence, struggle with intimacy and vulnerability, and may withdraw emotionally in relationships.
4. **Disorganized Attachment Theory:** Disorganized Attachment Theory posits that infants develop a disorganized attachment style when caregivers are abusive or neglectful, leading to an absence of coherent attachment strategies. Individuals with disorganized attachment may display conflicting behaviors and encounter difficulties in regulating emotions and sustaining stable relationships.

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5. **Attachment System Activation and Regulation:** Attachment System Activation and Regulation, as emphasized in attachment theory, plays a crucial role in regulating emotions, behavior, and proximity-seeking in response to various stimuli. Activation of the attachment system prompts behaviors aimed at seeking closeness and reassurance from attachment figures, while regulation involves managing distress and maintaining a sense of security either independently or with support from others. By understanding attachment theory, researchers, therapists, and policymakers can develop interventions and strategies aimed at promoting secure attachment, enhancing relationship quality, and supporting individuals' mental health and relational resilience.

Relationship Satisfaction

Several theories contribute to our understanding of relationship satisfaction, each offering unique perspectives on the factors that influence individuals' experiences in romantic relationships. Here are some prominent theories:

1. **Social Exchange Theory:** Social Exchange Theory proposes that individuals assess relationships by weighing the perceived costs and benefits they receive from being part of the relationship. According to this theory, people aim to maximize the advantages they gain, such as companionship, emotional support, and intimacy, while minimizing the drawbacks, such as conflict, stress, and sacrifices. Relationship satisfaction is therefore determined by the equilibrium between rewards and costs, with individuals feeling more content when they believe that the benefits surpass the drawbacks.
2. **Interdependence Theory:** Building upon social exchange theory, interdependence theory emphasizes the mutual influence and interconnection between partners in a relationship. It suggests that relationship satisfaction is determined by the degree of interdependence between partners, including their level of commitment, investment, and perceived alternatives.
3. **Investment Model:** The Investment Model combines components of social exchange theory and interdependence theory to elucidate relationship satisfaction and commitment. In this model, relationship satisfaction is shaped by three key factors: rewards (positive experiences and benefits derived from the relationship), costs (negative experiences and sacrifices incurred), and investments (resources, time, and effort dedicated to the relationship). Individuals who perceive a high level of rewards, low costs, and substantial investments are more inclined to experience satisfaction and commitment in their relationships.
4. **Self-Determination Theory:** Self-determination theory focuses on individuals' intrinsic motivation and psychological needs, including autonomy, competence, and relatedness. Regarding romantic relationships, according to self-determination theory, satisfaction within these partnerships is associated with the fulfillment of fundamental psychological needs. Partners who feel respected, supported, and valued within the relationship are more likely to experience higher levels of satisfaction due to feelings of autonomy, competence, and connectedness.
5. **Social Cognitive Theory:** Social Cognitive Theory emphasizes the importance of cognitive functions, including perceptions, beliefs, and attributions, in shaping individuals' behaviors and experiences within relationships. According to this theory, relationship satisfaction is influenced by how individuals interpret and evaluate their partners' actions, as well as their own efficacy in navigating relationship challenges. Positive attributions, effective communication, and adaptive problem-solving strategies contribute to greater satisfaction and relationship success.

REVIEW OF LITERATURE

E. Mónaco (2022) conducted a study focusing on the role of emotional competencies as mediators between attachment styles and satisfaction in relationships of young adults. The research aimed to explore the connection between attachment styles and satisfaction within romantic relationships while considering how emotional competencies may influence this association. Additionally, the study investigated the potential effects of gender, age, and relationship duration on these dynamics. The sample comprised 265 Spanish young adults, with approximately 59.2% being women, aged between 18 and 36, all currently involved in romantic relationships. The findings revealed that individuals exhibiting a dismissive avoidant attachment style tended to report diminished levels of relationship satisfaction. Moreover, those with a fearful attachment style demonstrated poorer emotional competencies. Both attachment anxiety and avoidance were negatively linked to relationship satisfaction, with emotional regulation identified as a mediating factor. The study emphasized the significance of implementing emotional education programs for young adults as a potential strategy to mitigate the adverse effects of insecure attachment styles on relationship satisfaction.

Demircioğlu, Z. I., & Göncü Köse, A. (2021) conducted a study that looked at social media addiction (SMA) and how it relates to romantic relationships. The researchers noted that excessive internet and social media use can be harmful, like other addictions. It can cause difficulties in academic, professional, and romantic settings. They investigated how attachment styles, sensitivity to rejection, and personality traits (including Machiavellianism, narcissism, and psychopathy) influence social media addiction. They also looked at how these factors affect relationship satisfaction, which in turn could affect social media addiction. The study involved 237 university students in romantic relationships. The research findings indicated that individuals characterized by secure attachment styles experienced elevated levels of satisfaction in their relationships, while those with fearful or preoccupied attachment styles reported diminished levels of relationship satisfaction. Fearful attachment and feeling sensitive to rejection were linked to more social media addiction. Machiavellianism and psychopathy were linked to lower relationship satisfaction and higher social media addiction. The researchers proposed that social media use might be affected by how satisfied people are in their relationships. The researchers mentioned that most studies on this topic use data from a single point in time.

Altınok, A., & Kılıç, N. (2020) explored the rising narcissism and its impact on romantic relationships. This study focused on "normal narcissism," measured by a common questionnaire, in Turkish university students. The study involved 407 students, with 184 in romantic relationships. Participants were mostly young adults with a slight majority of women. Researchers examined two main questions: Is there a link between narcissism, intentions to cheat (infidelity), and relationship satisfaction? Do attachment styles influence how narcissism is linked to infidelity? The research indicated that elevated levels of narcissism were correlated with diminished relationship satisfaction, which in turn appeared to increase the likelihood of engaging in infidelity. In other words, narcissistic individuals were less happy in their relationships and more likely to consider cheating. The analysis of how attachment styles influence narcissism and infidelity is not discussed in this excerpt. The study suggests that narcissism can negatively impact romantic relationships. People high in narcissism may be less satisfied with their partners and more prone to infidelity.

Tepeli Temiz and Tarı Cömert (2018) conducted a study investigating the connection between attachment styles, life satisfaction, and psychological resilience among university

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students. The research included 425 participants, with around half of them demonstrating either an avoidant or anxious attachment style. Secure attachment, characterized by low scores on both anxiety and avoidance dimensions, was observed in 31.7% of the participants. The results revealed a negative correlation between anxious and avoidant attachment styles and life satisfaction, suggesting that students with higher scores in these attachment styles reported lower levels of life satisfaction. Interestingly, attachment style did not predict psychological resilience. However, life satisfaction did vary depending on resilience levels. Students with high resilience reported greater satisfaction with life compared to those with lower resilience. These findings support the idea that attachment styles are a major factor influencing well-being. The research implies that secure attachment correlates with increased life satisfaction, a fundamental aspect of positive development. This suggests that interventions aimed at improving attachment styles and strengthening resilience could be beneficial in increasing overall life satisfaction for students.

Kumar, S. A., & Mattanah, J. F., (2016) examined how attachment styles learned from parents affect young adults' romantic relationships and overall well-being. The researchers recruited 188 students in relationships for at least a month. Participants reported on their attachment to parents, romantic relationship satisfaction, and general well-being. The study found that secure attachment to both parents (feeling loved and supported) was linked to better emotional adjustment in young adulthood. Interestingly, secure attachment with mothers seemed to be more influential than secure attachment with fathers. The researchers also assessed participants' romantic competence, which is basically the ability to navigate romantic relationships in a healthy way. They found that romantic competence predicted better well-being even after accounting for attachment style. Overall, the study suggests that having secure attachments with parents, especially mothers, gives young adults a good foundation for healthy romantic relationships and overall well-being. Additionally, developing romantic competence can further improve young adults' emotional adjustment, regardless of their attachment style. This suggests that therapists could help young adults struggling with insecure attachment by focusing on developing their romantic competence skills. Focusing on managing the attachment style might be more helpful than attempting a complete overhaul, since these styles develop early in life.

Gleeson, G., & Fitzgerald, A., (2014) Investigated the interconnections among the experiences of young adults (aged 18-39) with their parents, their attachment styles within romantic relationships, and their levels of relationship satisfaction. Attachment theory posits that parental responsiveness to children's needs influences their perceptions of relationships in adulthood. Consistent and caring caregivers lead to secure attachment, while inconsistent caregivers lead to insecure attachment. Researchers enlisted participants via social media platforms and requested them to complete questionnaires regarding their childhood interactions with parents, attachment style (anxious or avoidant) within romantic relationships, and levels of relationship satisfaction. The study identified a correlation between perceptions of childhood experiences and attachment styles in romantic relationships. People who felt their parents were supportive were more likely to have secure attachment styles. There weren't significant gender differences in attachment styles, even though there were more females in the study. Surprisingly, the study found fewer secure attachment styles than expected in both males and females, compared to previous research on young adults. This highlights the need for more research on how early experiences and attachment styles influence young adults' relationships.

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Hasanvand & Merati (2014) conducted a study investigating the relationship between attachment styles, intimacy, and marital satisfaction among couples. Recognizing the family as a fundamental social unit with couples playing a central role throughout its developmental stages, the research aimed to examine how attachment styles contribute to marital intimacy and satisfaction. The study focused on employees at Hospital 525 in Khorramabad from 2013 to 2014. Using the Cochran formula, a sample of 65 participants was determined, with simple random sampling employed as the sampling technique. Data collection included administering the Enrich marital satisfaction questionnaire, as well as the Hazan and Shaver attachment styles questionnaire, and the Thompson and Walker intimacy questionnaire. Descriptive statistics (mean and standard deviation) along with the Pearson correlation method were utilized for data analysis. The findings revealed a positive and significant correlation between secure and ambivalent attachment styles and marital satisfaction among both male and female staff members. Conversely, avoidant attachment styles demonstrated a significant negative correlation with marital satisfaction among both genders. Furthermore, secure attachment styles showed a positive and significant correlation with intimacy, while avoidant attachment styles displayed a negative and significant correlation with intimacy, for both male and female staff members.

Larson (2014) conducted a study focusing on the influence of attachment styles on relationship satisfaction. Attachment styles formed during childhood can persist into adulthood, impacting romantic relationships. It's crucial for therapists dealing with couples undergoing separation or divorce to understand attachment theory. This research explored three attachment styles: secure, anxious-ambivalent, and avoidant, examining their correlation with relationship satisfaction. The study involved 271 participants aged 18 to 64, who completed the Adult Attachment Questionnaire (AAQ) and the Relationship Scales Questionnaire (RSQ) to assess attachment style and relationship satisfaction. The results affirmed that individuals with a secure attachment style typically experience higher levels of happiness in their relationships, whereas those with insecure attachment styles tend to report lower satisfaction levels.

McWalter, C. (2012) studied how attachment styles, love styles, religiosity, and gender influence relationship satisfaction. Researchers recruited 102 participants (mostly males) in romantic relationships. Respondents completed surveys to assess attachment style, love style, religiosity, and relationship satisfaction. Findings indicated that attachment style, love style, and religiosity were all associated with levels of relationship satisfaction. Interestingly, gender wasn't related to relationship satisfaction. There was also a connection between attachment style and the type of love people preferred. However, religiosity wasn't directly connected to either attachment style or love style. The study's findings suggest that how we form attachments, the kind of love we seek, and our religious beliefs can all influence how happy we are in our relationships.

Radulovic, S., (2012) investigated the links between attachment styles, mental well-being, and romantic relationship satisfaction. They argued that happiness research might be misleading because personality traits, like attachment styles, heavily influence happiness. Since attachment styles are linked to relationship satisfaction, it's important to understand this connection. The study involved 118 college students (50.5% female and 49.5% male) in relationships lasting at least 3 months. Participants reported on their attachment style (anxious, avoidant, secure), mental well-being, and relationship satisfaction through questionnaires. The results confirmed initial assumptions: People with higher mental well-being were more satisfied in their relationships. This study is one of the first to consider

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mental well-being alongside attachment styles in romantic relationships. The findings highlight the significant impact of attachment styles on relationship satisfaction. This research opens doors for future studies on how factors like socioeconomic status and education might influence attachment and mental well-being.

Teeruthroy, V. T., & Bhowon, U. (2012) conducted a study on romantic relationships in young adults. This study looked at how young adults in romantic relationships deal with conflict and view themselves, based on their attachment styles (anxious, fearful, etc.). Researchers surveyed 377 college students using questionnaires. A modified version of the Multidimensional Relationship Questionnaire (MRQ; Snell et al., 2002) was utilized to evaluate how individuals perceive themselves within romantic relationships. Additionally, an adjusted form of the Multidimensional Romantic Coping Questionnaire (MRCQ; Snell, 2002) was employed to investigate coping strategies within intimate relationships. The surveys measured how people see themselves in relationships and their coping strategies for conflict. The results supported the idea that attachment styles influence behavior: Anxious people tended to use an "ambivalent" coping style, meaning they might be both positive and negative during conflict. Fearful people seemed more likely to experience health problems like depression.

Celenk, O., et al., (2011) conducted research to investigate the factors that impact relationship satisfaction among adults in both British and Turkish populations. The researchers focused on three areas: attachment styles, self-construal's (how independent or interdependent people see themselves), and gender roles. Participants (170 in Turkey, 150 in Britain) were in romantic relationships and filled out questionnaires measuring these factors and relationship satisfaction. The researchers first checked if the questionnaires measured the same concepts in both cultures. They found strong evidence that the questions meant the same things to Turkish and British participants. Then, they looked at how attachment styles, self-construal's, and gender roles influenced relationship satisfaction. They found that for both cultures, anxiety (fear of abandonment), low relatedness (feeling connected to partner), and femininity (traditional female qualities) were linked to lower relationship satisfaction. Interestingly, there were also cultural differences. Turks reported higher avoidance (discomfort with closeness) and lower autonomy (importance of independence) than Britons. Additionally, relatedness and satisfaction were higher for Turks. Overall, the study showed that attachment styles, self-construals, and gender roles all play a role in relationship satisfaction, and these factors can be influenced by culture.

Ho, M. Y., Chen, S., (2011) aimed to explore the link between adult attachment styles and satisfaction in relationships across cultures (US, Hong Kong). People from both cultures reported being in romantic relationships for at least 3 months. They filled out questionnaires measuring attachment anxiety, avoidance, and relationship commitment. The results showed that for both Americans and Hong Kong Chinese, people with higher anxiety or avoidance (insecure attachment) were less satisfied with their relationships. This suggests a similar model where attachment styles influence relationship satisfaction across cultures. The study also found cultural differences in average attachment levels, with Hong Kong participants scoring slightly higher on anxiety. However, regardless of these differences, insecure attachment seems to be linked to lower relationship satisfaction everywhere.

Madey, S. F., & Rodgers, L. (2009) examined how attachment styles influence relationship satisfaction. The research focused on Sternberg's Triangular Theory of Love, which suggests that intimacy, passion, and commitment are essential components of love. Investigators

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recruited 55 college students who were involved in romantic relationships for the study. Participants completed surveys assessing their attachment style, intimacy, passion, commitment, and relationship satisfaction. The results indicated that individuals characterized by secure attachment styles typically report greater relationship satisfaction, with factors such as feelings of intimacy and commitment partially explaining this association. Notably, passion also plays a direct role in relationship satisfaction, even after accounting for attachment style. These findings support Sternberg's theory, suggesting that all three aspects (intimacy, passion, and commitment) play a role in relationship satisfaction. They also highlight the importance of secure attachment for fostering intimacy and commitment, which in turn contributes to a happy relationship.

Butzer & Campbell (2008) conducted a study exploring the impact of adult attachment styles on sexual satisfaction within married couples. Unlike previous research that focused on younger samples, this study involved 116 married couples in Canada. The results showed that people with higher anxiety or avoidance (insecure attachment) reported lower sexual satisfaction themselves. Additionally, having an avoidant spouse was linked to lower sexual satisfaction for the other partner. Interestingly, the connection between sexual and marital satisfaction was stronger for people high in anxiety or with anxious spouses. This study highlights two limitations of past research on adult attachment and sexuality. First, prior studies often focused on individuals, neglecting the interdependent nature of sexual experiences in couples. Second, they typically involved younger participants who might not have established long-term relationships. The findings support predictions based on attachment theory. However, the reasons behind this connection remain unclear.

Adnams, K. A., & Karantzas, G., (2006) conducted a study investigating the dynamics of attachment, intimacy, and coping strategies concerning relationship satisfaction among young adults. While acknowledging the substantial influence of relationship difficulties on mental health during the early adult years, there is a scarcity of research investigating the fundamental elements that contribute to these difficulties. However, prior research has highlighted three primary elements affecting the satisfaction of relationships among young adults: attachment patterns, the developmental progression of intimacy, and the strategies employed to cope with relationship challenges. Nonetheless, there remains a gap in comprehending how young adults navigate the stress linked with forming new relationships and how this impacts the development of attachment and intimacy, consequently shaping relationship satisfaction. The study aimed to fill this void by investigating how coping strategies mediate the connection between attachment, the development of intimacy, and relationship satisfaction among young adults. Utilizing an online survey, the study engaged 106 participants (20 males, 86 females) aged between 18 and 27, all currently engaged in romantic relationships lasting from six to 18 months. These participants completed various study measures. The results unveiled a structural model wherein attachment exhibited both direct and indirect effects on intimacy readiness, coping strategies, and relationship satisfaction. As predicted, the developmental advancement of intimacy and coping mechanisms emerged as mediators, elucidating the link between attachment and relationship satisfaction among young adults.

Banse, R. (2004) conducted research on attachment styles and their impact on relationship satisfaction among married couples. Scholars have been intrigued by how attachment styles, which reflect how we form close relationships, affect relationship satisfaction. While previous studies have indicated some connections, the findings have not always been conclusive. This study aimed to gain a clearer understanding of this relationship. The

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researchers enlisted 333 married couples in Berlin. Both partners completed questionnaires regarding their attachment style and their perception of their partner's attachment style. They also assessed their level of satisfaction in the relationship. This study stood out in several respects. Firstly, it was one of the largest investigations to explore attachment styles and relationships in married couples. Secondly, it utilized a more comprehensive method of measuring attachment styles compared to prior studies. The results indicated that husbands and wives generally shared similar attachment styles, with most couples exhibiting secure or predominantly secure styles. Couples with more secure attachment styles reported higher levels of relationship satisfaction. Additionally, the study revealed intriguing interactions between partners' attachment styles. For instance, a wife's anxious attachment appeared to have a more detrimental effect on relationship satisfaction if her husband also had an anxious attachment style. Conversely, a husband's dismissive attachment seemed to have less of a negative impact if his wife had a secure attachment style. Overall, this study provides compelling evidence that attachment styles significantly influence relationship satisfaction in married couples. The findings underscore that not only our own attachment style but also our partner's style and the interaction between the two play a crucial role in determining our happiness in the relationship.

Fricker & Moore (2002) conducted a study examining how adult attachment styles and love styles influence both sexual and relationship satisfaction. They categorized adult attachment into secure, avoidant, and anxious/resistant styles, and love styles into Eros, Ludus, Storge, Mania, Pragma, and Agape. The study involved 111 participants, consisting of 64 women, 46 men, and one unspecified gender, all currently or recently engaged in relationships lasting at least three months. Through regression analyses, the researchers investigated a mediational model, aiming to understand the impact of sexual satisfaction on relationship satisfaction. The findings revealed that the Eros love style positively affected relationship satisfaction directly and indirectly through sexual satisfaction. Conversely, Ludus and avoidant attachment styles had direct negative effects on relationship satisfaction, as well as indirect negative effects mediated by sexual satisfaction.

Funk, J. L. & Rogge, R. D. (2007) aimed to improve how relationship satisfaction is measured in couples research. Researchers examined eight existing measures, including popular ones like the MAT and DAS. They found that these measures, while established, were not very precise in capturing satisfaction levels. To address this, the study used a larger pool of potential satisfaction questions and statistical techniques to develop new scales called the Couples Satisfaction Index (CSI). Compared to the older measures, CSI showed greater accuracy (less random errors) in assessing satisfaction. Additionally, CSI demonstrated strong alignment with existing satisfaction measures and other relevant concepts, suggesting it effectively captures the intended concept of relationship satisfaction. These findings hold promise for more precise and reliable measurement of relationship satisfaction in future research.

Li et al. (2021) investigated how attachment styles and financial management affect happiness in newly married couples. They followed over 1,000 couples for three years and identified four types of couple attachments based on both partners' anxiety and independence. The study found these attachment styles to be potential risk factors for marital problems. However, the key finding was that only the perception of a partner's poor financial management (meaning bad communication and habits) illustrated the connection between attachment styles and marital satisfaction one year later. This suggests that how couples

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handle finances together acts as a shield, protecting them from the negative effects of insecure attachment styles on their happiness as a couple.

METHODOLOGY

Aim

This study seeks to explore the correlation between attachment styles and relationship satisfaction among young adults.

Objective

To comprehend the impact of different attachment styles among young adults on their overall satisfaction in romantic and close relationships.

Hypothesis

1. Attachment styles demonstrate a positive association with relationship satisfaction, particularly in terms of close attachment.
2. Young adults displaying close attachment styles within romantic relationships are likely to express greater relationship satisfaction in contrast to individuals exhibiting anxious or dependent attachment styles.

Description of Sample

Inclusion criteria

- Age: Participants should be aged between 18 and 39 years old.
- Education Level: Participants should be currently enrolled or have completed undergraduate, graduate, or post-graduate education.
- Currently in a relationship or having prior experience of being in one.

Exclusion criteria

- Age: Participants outside the age range of 18 to 39 years.
- Education Level: Participants who have not pursued or completed undergraduate, graduate, or post-graduate education.
- Individuals with pre-existing mental health conditions or receiving ongoing treatment for mood or anxiety disorders.
- Individuals are unable to provide informed consent or participate in the study due to cognitive impairments, language barriers, or other factors affecting comprehension and communication.

Sample details:

A group of 100 participants was selected, comprising an equal distribution of 50 males and 50 females, all falling within the age bracket of 18 to 39 years.

Sample Selection:

Random sampling is a technique where each member of a population has an identical opportunity of being chosen and incorporated into the sample.

Research Design

The study will utilize a quantitative data collection method.

Tools Used:

1. Informed consent form
2. Demographic details sheet

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3. Adult Attachment Scale-Revised (AAS-R): The Adult Attachment Scale-Revised (AAS-R) is a commonly utilized psychological evaluation instrument crafted to assess three separate categories of attachment patterns:
 - Secure
 - Anxious
 - Avoidant

Attachment theory, pioneered by John Bowlby and elaborated on by Mary Ainsworth, delineates the process by which individuals forge emotional connections with caregivers during infancy and how these initial attachment patterns shape their relationships over time. The theory identifies three primary attachment styles: secure, anxious (or anxious-preoccupied), and avoidant (or dismissive-avoidant). While initially observed within the dynamics of infant-caregiver relationships, these attachment styles can also be extrapolated to adult romantic relationships.

- Secure Attachment Style: Securely attached individuals possess a strong sense of self-esteem and trust in others, feeling at ease with emotional closeness and relying on their partners. They harbor confidence that their needs will be met within their relationships and adeptly articulate their emotions and desires. This attachment style typically originates from consistent caregiving in childhood, characterized by responsive and emotionally available caregivers, fostering a foundation of trust and security in relationships.
 - Anxious Attachment Style: Individuals with an anxious attachment style often harbor self-doubt but maintain a positive perception of others, frequently fretting over their partner's emotions and the depth of their affection. They may grapple with fears of rejection or abandonment and may display clingy or demanding behaviors in their relationships. This attachment pattern often arises from inconsistent caregiving during childhood, where caregivers were intermittently present or responsive, instilling a sense of uncertainty regarding the fulfilment of their needs.
 - Avoidant Attachment Style: Those exhibiting an avoidant attachment style typically hold a favourable self-image but possess a negative outlook on others, prioritizing independence and struggling with emotional closeness or the expression of their own feelings. They may retreat from relationships when they perceive emotional vulnerability or intimacy. Avoidant attachment tendencies frequently stem from caregivers who were emotionally distant or dismissive of their needs during upbringing, leading to the suppression of their emotions and a reliance on self-sufficiency.
4. The Experience in Close Relationships Scale (ECR-S) is a self-report questionnaire consisting of 12 items, designed to evaluate adult attachment styles specifically within romantic relationships. Inspired by Mary Ainsworth's studies on infant attachment, this scale aims to pinpoint dysfunctional attachment patterns in adults. It assesses two primary dimensions crucial to adult attachment:
 - Attachment avoidance: This dimension encompasses a fear of intimacy and dependence in relationships, a strong inclination towards self-reliance, and hesitancy in disclosing personal information to others.
 - Attachment anxiety: This dimension involves a fear of rejection or abandonment in relationships, an excessive need for validation from others, and distress when one's partner appears distant or unavailable.

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The ECR-S serves to capture a comprehensive "trait" profile of adult attachment, offering insights into individuals' emotional responses within close relationships. Its application within therapeutic settings can facilitate a collaborative exploration of attachment dynamics between therapists and clients, leading to more targeted intervention strategies aimed at resolving relationship challenges.

5. **Relationship Assessment Scale (RAS):** The Relationship Assessment Scale (RAS) is a tool utilized to gauge overall relationship contentment. Suitable for individuals in various intimate relationship contexts, including married, cohabiting, engaged, or dating couples, the RAS comprises seven questions. Its succinct nature enhances its practicality in clinical environments. Research indicates that this scale correlates with assessments of love, marital contentment, sexual attitudes, openness, dedication, and emotional investment within a relationship. Higher scores on the scale correspond to greater satisfaction levels among participants in their respective relationships.

Procedure

The research will begin by enlisting individuals aged 18 to 39 from nearby educational institutions, workplaces, and through personal networks. Following their consent, participants will be asked to provide demographic information. Subsequently, participants will be requested to complete three self-report assessments: the Adult Attachment Scale-Revised (AAS-R), the Experience in Close Relationships Scale (ECR-S), and the Relationship Assessment Scale (RAS). Upon completion of data collection, the gathered data will be scored according to the respective scoring protocols for each scale. Subsequently, statistical and correlation analyses will be conducted to investigate the association between attachment styles and relationship satisfaction.

Statistical Analysis

Pearson's correlation coefficient was utilized to evaluate the relationship between attachment styles and relationship satisfaction.

RESULTS

Preparation of Data

This study aims to investigate the influence of attachment styles in close as well as romantic relationships and satisfaction in a young adult's life. To achieve this, the research will explore whether attachment styles have a positive or negative correlation with relationship satisfaction. A sample of 100 young adults aged 18-39 will be recruited. Participants will fill out a Google form or hard copies of the questionnaire. The Adult Attachment Scale-Revised (AAS-R) questionnaire will measure the type of attachment styles. The Experience in Close Relationships Scale (ECR-S) will measure the experience an individual has in a close relationship (avoidance or anxiety). The Relationship Assessment Scale (RAS) will measure how satisfied the participants are in their relationships. Higher scores on the RAS represent a higher satisfaction whereas low scores represent low satisfaction. By analyzing the data from all the scales, the research seeks to understand how attachment styles may influence the relationship and help to achieve a long-lasting and healthy relationship.

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Descriptive Statistics

Table 1 presents the descriptive statistics for the study variables

		Mean	Standard Deviation
1	Avoidance experience	15.78	5.18
2	Anxiety experience	23.83	5.88
3	Relationship satisfaction	26.05	5.24
4	Close attachment	17.92	3.62
5	Dependent attachment	18.13	3.45
6	Anxiety attachment	18.75	5.68

Table 1 displays the descriptive statistics, including the mean and standard deviation, for the study variables – experience in close relationship (Avoidance experience, Anxiety experience), Relationship satisfaction, attachment (Close attachment, Dependent attachment, Anxiety attachment).

Correlation Analysis

Correlation analysis is a statistical method employed to measure the extent and direction of the relationship between multiple variables. It assesses the strength and direction of the linear association between variables, indicating the degree to which changes in one variable coincide with changes in another. The outcome of correlation analysis is represented by a correlation coefficient, which can range from -1 to 1.

Table 2 Pearson's correlation between experience in close relationship, relationship satisfaction, and attachment

		1	2	3	4	5
1	Avoidance experience	-				
2	Anxiety experience	.06	-			
3	Relationship satisfaction	-.64**	-.14	-		
4	Close attachment	-.09	.19*	.26**	-	
5	Dependent attachment	.09	.10	-.07	.43**	-
6	Anxiety attachment	.07	.58**	-.04	.37**	.53**

**Correlation is significant at 0.01 level * Correlation is significant at 0.05 level

Table 2 represents the coefficient of correlation between experience in close relationship (Avoidance experience, Anxiety experience), Relationship satisfaction, attachment (Close attachment, Dependent attachment, Anxiety attachment).

- The correlation between Relationship satisfaction and Close attachment was significant and positive.
- The correlation between Relationship satisfaction and Dependent attachment was not significant and negative.
- The correlation between Relationship satisfaction and Anxiety attachment was not significant and negative.
- The correlation between Relationship satisfaction and Avoidance experience was significant and negative.
- The correlation between Relationship satisfaction and Anxiety experience was not significant and negative.
- The correlation between Avoidance experience and Close attachment was not significant and negative.

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- The correlation between Avoidance experience and Dependent attachment was not significant and positive.
- The correlation between Avoidance experience and Anxiety attachment was not significant and positive.
- The correlation between Anxiety experience and Close attachment was significant and positive.
- The correlation between Anxiety experience and Dependent attachment was not significant and positive.
- The correlation between Anxiety experience and Anxiety attachment was significant and positive.

DISCUSSION

This study sought to examine the relationship between attachment styles, encompassing secure, anxious, and avoidant attachments, and the general satisfaction experienced within both close and romantic relationships. The data collection process primarily utilized questionnaires, focusing on the Adult Attachment Scale-Revised (AAS-R), the Experience in Close Relationships Scale (ECR-S), and the Relationship Assessment Scale (RAS). The sample, drawn from major cities like Delhi, Noida, Gurugram, and Ghaziabad consisted of young adults 18 to 39 years, with notable participation of individuals in healthy romantic relationships. By providing light on the nuanced ways that attachment styles influence satisfaction in close and romantic relationships, this study aims to provide methods and practices that might promote healthy relationship practices, hence boosting the development of strong, long-lasting relationships. It is anticipated that the findings will contribute to the expanding corpus of research on relationship satisfaction.

The study will commence with the recruitment of participants through local colleges, workplaces, and mutual connections on social platforms like LinkedIn, where individuals aged 18 to 39 will be approached for their willingness to participate. Informed consent will be obtained from all the individuals and permission will be sought from them before their inclusion in the study. After obtaining ethical approval, participants will be required to complete demographic questionnaires to provide essential background information. Subsequently, a sample of 100 individuals, evenly distributed with 50 males and 50 females, will be selected. These participants will then proceed to engage with three primary assessment instruments: the Adult Attachment Scale-Revised (AAS-R), the Experience in Close Relationships Scale (ECR-S), and the Relationship Assessment Scale (RAS). The administration of these assessment tools will be facilitated through the distribution of structured Google forms, meticulously prepared following extensive research and investigation. Additionally, hard copies of the same forms will be provided to participants within close proximity.

The collected data will then undergo rigorous statistical analysis, employing correlation analyses, to explore the relationships and patterns within the data. This comprehensive procedure aims to illuminate the intricate dynamics between attachment styles and discern their impact on close as well as romantic relationships.

The demographic details reflected a higher participation from Noida, followed by Delhi, Ghaziabad, and Gurugram, indicating regional variations in the sample distribution. The inclusion of major cities enhances the possible generalization of the results of the research to urban contexts. The age range of 18 to 39 years aligns with the optimal stage where

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Individuals indulge in romantic relationships and have formed strong close relationships as well. Young adults in relationships experience a variety of dynamics, challenges, and joys as they navigate romantic connections during a crucial stage of personal and social development. Here are some key aspects to consider:

1. **Identity Formation:** Young adulthood is a time when individuals are still solidifying their sense of self. Relationships play a significant role in this process as they provide opportunities for self-discovery, and understanding personal preferences, values, and boundaries.
2. **Emotional Development:** Being in a relationship allows young adults to explore and understand their emotions in a context that involves intimacy, trust, and vulnerability. They learn to manage feelings like love, jealousy, and insecurity, which are essential for emotional growth.
3. **Interdependence vs. Independence:** Young adults often grapple with balancing their desire for independence with the need for emotional connection and support from a partner. Negotiating this balance is a key aspect of healthy relationship development during this stage.
4. **Communication Skills:** Developing effective communication skills is crucial for maintaining healthy relationships. Young adults learn to express their needs, desires, and concerns openly and honestly while also learning to listen empathetically to their partner's perspective.
5. **Conflict Resolution:** Disagreements and conflicts are bound to occur in every relationship as they are an unavoidable aspect of human interaction. Young adults in relationships learn to navigate these challenges by developing conflict resolution skills, compromising, and finding mutually satisfactory solutions.
6. **Personal Growth:** Relationships provide opportunities for personal growth and development as individuals learn from their experiences, challenges, and interactions with their partners. They may discover new perspectives, interests, and abilities through their relationship.
7. **Intimacy and Sexuality:** Exploring intimacy and sexuality is a significant aspect of young adult relationships. This includes physical intimacy as well as emotional intimacy, which involves deepening trust, connection, and vulnerability with a partner.
8. **Future Planning:** Many young adults in relationships begin to consider their future together, discussing long-term goals, such as career aspirations, family planning, and shared values. These conversations help solidify commitment and strengthen the bond between partners.
9. **Social Support and Influence:** Relationships provide social support and companionship, which are essential for emotional well-being during young adulthood. Additionally, peer relationships and societal norms can influence the dynamics and expectations within a relationship.
10. **Challenges and Growth Opportunities:** While relationships can bring immense joy and fulfillment, they also present challenges that require resilience, patience, and understanding. Facing these challenges together can lead to personal and relational growth.

Overall, young adults in relationships navigate a complex journey of self-discovery, emotional development, and interpersonal connection as they explore the intricacies of love, commitment, and partnership during this transformative stage of life.

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Hypothesis Testing

Hypothesis 1: Attachment styles demonstrate a positive association with relationship satisfaction, particularly in terms of close attachment.

Table 2 represents the coefficient of correlation between experience in close relationship (Avoidance experience, Anxiety experience), Relationship satisfaction, attachment (Close attachment, Dependent attachment, Anxiety attachment), revealing a significant and positive correlation between relationship satisfaction and close attachment. However, the correlation between relationship satisfaction and dependent attachment was found to be not significant and negative, as was the correlation between relationship satisfaction and anxiety attachment. Thus, based on these findings, it can be concluded that this hypothesis is partially supported by the data.

Hypothesis 2: Young adults displaying close attachment styles within romantic relationships are likely to express greater relationship satisfaction in contrast to individuals exhibiting anxious or dependent attachment styles.

The table primarily emphasizes the correlation between attachment styles and relationship satisfaction, rather than directly delving into the nature of those relationships. However, the significant difference found in scores of participants with close attachment style suggests that they may indeed experience higher levels of relationship satisfaction in comparison to participants with anxious or dependent attachment styles. Additionally, while not directly measured, individuals with close attachment are estimated to have healthy long-lasting relationships in comparison to anxious or dependent attachment. However, individual difference also comes into play in relationships and attachment style plays a secondary role and is not permanent. With work and efforts from both partners, relationships can be long-lasting and healthy regardless of the attachment style of both individuals.

In conclusion, the hypotheses related to attachment styles and relationship satisfaction are partially supported by the data. The findings suggest people with close attachment styles have higher relationship satisfaction if compared to other attachment styles. However, additional research may be warranted to thoroughly investigate these relationships.

CONCLUSION

Exploring the correlation between attachment styles in romantic relationships and relationship satisfaction among young adults is crucial for understanding the intricacies of intimate connections. This study sought to examine this correlation within a diverse sample of 100 participants across different cities in India, including both males and females aged 18 to 39 years. Through the utilization of self-report measures such as the Adult Attachment Scale-Revised (AAS), Relationship Assessment Scale (RAS), and Experience in Close Relationship Scale (ECR-S), the research delved into attachment styles, relationship satisfaction, and overall experiences within close relationships.

The results of this study provide valuable insights into various facets of attachment styles and their effects on relationship satisfaction among young adults. One notable observation was the prevalence of avoidant-fearful attachment styles among males, contrasting with a more varied distribution among females, who exhibited tendencies towards both avoidant-fearful and secure attachment styles. This gender difference in attachment styles reflects broader patterns observed in attachment research, highlighting the complex interplay between individual characteristics and social factors.

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Furthermore, the research revealed a noteworthy association between attachment style and relationship satisfaction, highlighting the significance of secure attachment in promoting heightened levels of satisfaction within romantic relationships. Individuals exhibiting secure attachment patterns, marked by their capacity to establish trusting and supportive connections with their partners, expressed greater contentment with their present romantic relationships in contrast to those with insecure attachment styles. This discovery underscores the pivotal role of emotional assurance and consistency in cultivating robust and gratifying romantic bonds.

Moreover, the lack of a substantial correlation between anxious attachment and dependent attachment with relationship satisfaction indicates nuanced variations within attachment theory. While anxious and dependent attachment styles may manifest in different interpersonal behaviors and tendencies, their impact on relationship satisfaction may vary, highlighting the need for a more nuanced understanding of attachment dynamics in romantic relationships.

Nevertheless, it's crucial to recognize the constraints of this research, which include the dependence on self-reported measures and the inherent subjectivity and potential prejudices linked with such evaluations. Furthermore, the theoretical considerations raised, such as the variability in attachment research approaches, underscore the complexity of studying attachment phenomena and its implications for relationship dynamics.

In light of these limitations, several suggestions for future research emerge. Longitudinal studies could provide valuable insights into the developmental trajectories of attachment styles and their implications for later relationship outcomes. By examining attachment patterns over time, researchers can better understand how early attachment experiences shape individuals' relational behaviors and experiences in adulthood.

Moreover, incorporating a broader range of measures, including observational and physiological assessments, could offer a more comprehensive understanding of attachment processes and their impact on relationship satisfaction. By employing triangulation, researchers can alleviate the constraints related to self-report instruments and bolster the credibility and consistency of their results.

Additionally, exploring cultural influences on attachment styles and relationship dynamics represents a fruitful avenue for future research. Cultural norms, values, and customs influence individuals' attachment encounters and expectations within relationships, underscoring the significance of acknowledging cultural diversity when examining attachment dynamics.

In summary, this research enhances our comprehension of the relationship between attachment styles in romantic relationships and relationship satisfaction among young adults. By elucidating the role of secure attachment in fostering greater relationship satisfaction, the findings underscore the significance of emotional security and interpersonal trust in nurturing healthy and fulfilling romantic connections. However, further research is warranted to address the study's limitations and advance our understanding of attachment processes and their implications for relationship dynamics in diverse cultural contexts.

Limitations

This study offers valuable insights but has limitations to consider. Firstly, the reliance on self-reported measures introduces potential bias. Participants might under-report negative aspects of attachment styles or relationship satisfaction. Secondly, the sample size of 100

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participants, although drawn from diverse geographical locations, may not be fully representative of the broader young adult population. Thirdly, the cross-sectional design captures a single snapshot in time. Longitudinal studies tracking participants over time could provide stronger evidence for how attachment styles influence relationship development and satisfaction. Fourthly, the study combined avoidant and anxious attachment into a single "avoidant-fearful" category. Distinguishing between these could reveal more nuanced relationships with satisfaction. Finally, focusing solely on romantic relationships might overlook the influence of broader close relationship experiences on attachment styles. Including friendships and family dynamics could provide a more comprehensive picture.

Future Implications

The results of this study carry significant implications for both future research endeavours and practical interventions in the domains of psychology and relationship counselling.

The finding that individuals with secure attachment styles tend to experience greater relationship satisfaction highlights the importance of implementing relationship education programs that prioritize the cultivation of healthy attachment patterns and effective communication strategies. Such programs could be integrated into the school curriculum or offered through community-based initiatives to promote healthier relationship dynamics from an early age.

Secondly, the lack of significant associations between anxious attachment and dependent attachment with relationship satisfaction highlights the complexity of attachment dynamics and the need for further exploration of contextual factors that may moderate these relationships. Future research could explore the role of factors such as cultural norms, family dynamics, and individual differences in shaping attachment patterns and relationship outcomes.

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Conflict of Interest

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