

Research Paper

Examining the Role of Attachment Styles in Romantic Relationships and It's Impact on the Mental Well-being of Young Adults

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ABSTRACT

This paper is based on examining the role of attachment styles in romantic relationships and their influence on the mental well-being of young adults. Taking the variables, Attachment styles as the independent variable along with quality of romantic relationship and mental well-being as dependent variables, of this study into consideration, three scales were picked for the psychometric testing. Adult Attachment Scale for the attachment styles, Warwick-Edinburg Mental Well-being Scale for Mental Health, and Relationship Assessment Scale for the quality of the romantic relationships. Sample (n=81) used for this paper was non-probable purposive sampling technique, consisting of 52 females and 29 males, who were all eligible to take the form under the criteria of being in a romantic relationship and falling under the age range of 18-24. Using correlation analysis to analyze the relationship between attachment styles and mental well-being in a romantic relationship, the data was examined and totaled. According to the correlation, results and conclusion, it was established that there is a significant relationship between adult attachment styles and mental well-being of the young adults involved in romantic relationships. This paper tells us how individuals form and maintain attachments with their partners influencing their overall psychological health. Understanding these dynamics can help identify potential areas for intervention and support to promote healthier relationship functioning and enhance the well-being of individuals in romantic partnerships.

Keywords: Attachment Styles, Romantic Relationship, Mental Well-Being, Correlation, Sample

A vital component of human contact, romantic relationships have a profound impact on people's emotional experiences and general well-being. Attachment styles—which have their roots in early experiences with caregivers—have become essential for comprehending interpersonal dynamics and psychological functioning in the context of romantic partnerships. The attachment link, also known as attachment, is the emotional bond you developed as a baby with your primary carer, most likely your mother. The degree of the bonding you had in your initial relationship, according to attachment theory, typically

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impacts how well you relate to other people and handle intimacy in subsequent relationships. (Bowlby and Ainsworth, 1950s)

Attachment Styles

Early interpersonal interaction patterns with our primary caregivers can have a lasting impact on how we react to people in the future. (PsychologyToday)

A unique way that individuals behave with each other in intimate relationships, heavily influenced by self-worth and interpersonal trust. Theoretically, a person's degree of attachment security as an adult is directly tied to how well they bonded with people as children. (APA Dictionary)

Adult attachment styles are commonly classified into four main categories: dismissive attachment, terrified attachment, preoccupied attachment, and secure attachment. *Dismissive attachment* is an adult attachment style that blends a negative internal working model of attachment to others, defined by the belief that others are unreliable or untrustworthy, with a positive internal working model of attachment to oneself, defined by the belief that one is competent and worthy of love. People who exhibit dismissive attachment are assumed to uphold strict self-sufficiency and to minimize the value of intimate relationships.

A negative internal working model of connection to oneself and others is the hallmark of *fearful attachment*, an adult attachment style. Fearful attachment makes people distrust the skill and effectiveness of others as well as their own, and they are assumed to avoid asking for assistance from others in times of need.

A combination of a negative internal working model of attachment to oneself, defined by self-doubt, and a positive internal working model of attachment to others, defined by one's confidence in their competence and dependability, characterizes *preoccupied attachment*, an adult attachment style. People with preoccupied attachment are said to seek out support from others when they are sad. The adult attachment type described as *secure attachment* combines an internal working model of attachment to others—defined as the conviction that people are generally accepting and receptive—with an internal working model of attachment to oneself, which is defined as the conviction that one is worthy of affection. (APA Dictionary)

Attachment Theory

The notion that a kid will form a close emotional bond with a caregiver during the first six months of life provided the caregiver is open to receiving them. People are wired to require close emotional connections with those who look after them. It was developed by British psychologist John Bowlby.

As per Bowlby and other scholars, the attachment system serves two primary functions: firstly, it protects susceptible individuals from injury or threats; and secondly, it regulates negative emotions that emerge following threatening or upsetting events. The normative aspect of attachment theory characterizes the circumstances and stimuli that frequently initiate and terminate different kinds of emotions as well as the emotional sequence that is usually experienced following specific relational events. The individual-difference component focuses on the ways in which people's unique histories of receiving care and

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support from attachment figures affect their goals, expectations, and cognitive schemas. It also examines how these factors affect people's coping strategies when confronted with relationship events that arouse intense emotions. A person's attachment style during infancy and childhood is influenced by their caregivers' responsiveness and availability, as per attachment theory. These attachment styles—secure, anxious, and avoidant—have a lasting impact on people's relationship habits and emotional control.

Attachment styles and romantic relationship

John Bowlby developed attachment theory in the 1950s, which sheds light on how people establish and preserve relationships based on their early experiences with caregivers. Individuals' attachment styles, which are shaped by their interactions with main caregivers during infancy and childhood, have a lasting impact on how they approach relationships in their daily lives. *Anxious*, *avoidant*, and *secure* attachment styles are the three primary types. The hallmark of an *anxious attachment style* is an increased susceptibility to imagined risks of rejection or desertion. People who have this type of connection are frequently insecure and are always looking to their partners for confirmation and assurance. They could act needy or clinging out of fear of being rejected or abandoned. The most common cause of this attachment style is uneven childrearing, when parents were occasionally present and helpful but occasionally unresponsive or careless.

Conversely, an *avoidant attachment style* is characterized by a great need for closeness and connection as well as a reluctance to give a relationship their whole emotional commitment. Although they may come across as independent and self-sufficient, people with this attachment type have difficulty with closeness and vulnerability. They could shy away from emotional intimacy and cling to their independence as a safety net against being offended or rejected. When caregivers are habitually absent or insensitive to the child's needs, avoidant attachment frequently results, teaching the child to repress their feelings and grow independent.

The most healthy attachment pattern is the secure one, which is defined by comfort, trust, and a sense of security in intimate relationships. The *secure attachment style* allows people to freely offer and receive love without worrying about being rejected or abandoned. It also allows individuals to feel confident in themselves and their relationships. They are at ease in intimate and independent situations, and they have a positive outlook on both themselves and other people. When caregivers are responsive and constant during childhood, they provide a safe and secure environment for children to explore and grow. This is often how secure attachments are formed. (Columbia University, Dept of Psychiatry)

Attachment Styles and mental health

People who are insecure often have excessive self-criticism, struggle with self-doubt, or resort to harmful perfectionism as a coping mechanism for feelings of hopelessness and unworthiness. The likelihood of mental diseases arising in insecure individuals is increased by these dysfunctional self-beliefs.

Additionally, studies on attachment have demonstrated a link between pathological narcissism and attachment insecurities. Anxious attachment is linked to covert narcissism, which is typified by self-focused attention, hypersensitivity to other people's opinions, and an exaggerated sense of entitlement. In contrast, avoidant attachment is linked to overt narcissism or grandiosity, which includes both self-praise and denial of weaknesses.

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The sensation of attachment security that results from interacting with available attachment figures, according to attachment theory, offers both concrete and symbolic support for the acquisition of healthy emotion-regulation techniques. Such interactions, for instance, offer a setting in which a child can learn that it is helpful and socially acceptable to express, explore, and attempt to comprehend one's feelings, and that acknowledging and displaying emotions is a crucial first step toward regaining emotional equilibrium.

Avoidant persons, in contrast to those who are more secure, frequently favor isolating emotions from their ideas and behaviors. Because of this, individuals frequently put on a front of stability and calmness while harboring repressed anxiety that hinders their capacity to handle life's inevitable setbacks. This impairment is more likely to occur during extended, demanding, stressful situations that call for the mobilization of outside resources for assistance and active problem-solving.

On the other hand, people with high attachment anxiety scores frequently see unpleasant emotions as consistent with their hyperactivation of the attachment system. For them, "emotion regulation" can include exaggerating emotions and fears, depressive reactions to past or present setbacks and losses, and symptoms of intrusion from PTSD after traumas. Additionally, impulsive, demanding behavior toward relationship partners—including, occasionally, violent outbursts of anger—and socially damaging behavioral patterns are linked to attachment anxiety. (International Psychiatry, Mikulincer and Shaver,)

The attachment theory states that a child's bond with their primary caregiver can seriously disrupt their development of social skills and cause problems in their interactions with other people. Previous research discovered a broad correlation between attachment anxiety and a higher incidence of interpersonal issues. Anxious persons had issues with emotionality (such as being overly expressive), while avoidant people typically had issues with nurturing (such as being cold, introverted, or competitive). Secure people did not exhibit any discernible elevations in any specific areas of the difficulties circle. These issues appear to be the root cause of insecure people's self-reported social isolation and loneliness as well as their comparatively low relationship satisfaction, higher frequency of breakups, and increased likelihood of confrontations and violence. (Bartholomew and Horowitz)

REVIEW OF LITERATURE

Marshall, et al, (2012) conducted two studies where they focused on jealousy and surveillance through social media in romantic relationships. Over the past five years, Facebook has grown widely used; nevertheless, not many research have looked at its impact on love relationships. In two experiments, the predictors of Facebook-related jealousy and surveillance (i.e., seeing a love partner's Facebook page) were examined for attachment anxiety and avoidance. Research 1 found a negative association between avoidance and Facebook jealousy and surveillance, but a positive correlation between anxiety and these traits. The association between anxiety and Facebook jealousy was partially mediated by lower trust. Study 2 supported this conclusion by showing that daily journal entries over a one-week period showed that Facebook monitoring was positively correlated with anxiety and negatively associated with avoidance. A partial mediating component in the relationship between anxiety and heightened surveillance was daily jealousy episodes.

Morey et al. (2013) used an online survey to gather data from two cohorts of undergraduates who were dating (2009 and 2011) in order to examine the relationship between

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communication technology use and attachment in romantic relationships. Participants provided information about their attachment style, how often they communicated in person, and how often they used email, text messaging, social media, and phone calls with their partners. 2011 saw an increase in texting and SNS communication over 2009. Avoiding attachments was linked to higher email usage and less frequent messaging and phone use. Positive relationship traits were associated with electronic communication channels (texting and phone calls); however, these effects were only mitigated when attachment was taken into consideration. Conversations revealed that among extremely avoidant (but not less avoidant) participants, texting was associated with more favorable connections. Furthermore, for participants who were extremely avoidant (but not less avoidant), email use was associated with higher levels of conflict. In conclusion, increased usage of social networking sites was linked to intimacy and support for people with higher levels of attachment anxiety, but not lower ones. This study shows how attachment can help explain why different people may find different meanings in different contexts when using different technology-based communication channels in romantic relationships, and why some channels may be particularly useful for addressing the needs of those who are insecurely attached.

Borhani, (2013) conducted a research Researching an individual's attachment types throughout their formative years can have an impact on the kinds of relationships they establish as adults. Studies have indicated a connection between insecure attachment styles and issues connected to emotional suffering, substance misuse, and interpersonal problems. This study focuses more particularly on the relationship between substance abuse and insecure attachment types. Nine male and 10 female subjects, ranging in age from 18 to 32, were chosen for the study. A 20-question assessment measuring attachment styles and substance dependence was given to participants. The differences between participants who abuse substances and those who do not, as well as their attachment styles, were compared using a t-test. These results imply that substance abuse and insecure attachment types are related.

Shaver, et al, (2014) conducted a study based on attachment styles, which are characterized by comparatively consistent and coherent patterns of behavior and emotion in close relationships, is predicated on the idea that relational orientations are a product of, or perhaps even a component of, internal working models of the self and others. That is to say, because it developed from psychoanalytic object relations theory, attachment theory is really a social-cognitive theory. It uses both conscious and partially unconscious cognitive models to explain why attachment patterns remain throughout life, from the emotional bonds between adult lovers to the attachment between infants and their caregivers. The working-models component of attachment theory is examined in this chapter along with its relevance to Bowlby and other attachment theorists, as well as how it differs and compares to other theories of social-cognitive structures and future directions.

Hinojosa, et al, (2014) conducted a study in which they claimed that those with stable relationships are more likely to display genuine leadership and followership. They examined empirical research suggesting a favorable relationship between secure attachment and all four aspects of authentic leadership/followership: internalized moral viewpoint, balanced processing, relational transparency, and self-awareness. Next, create an attachment-based typology that highlights connections including an insecurely attached party in order to account for variances in genuine leader-follower relationships. Lastly, they make recommendations for interventions to support the growth of authentic leadership and

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followership, thus increasing authentic leader-follower interactions, drawing on the attachment and authentic leadership literatures.

Konrath, et al, (2014) conducted a study that studied variations over time in a widely-used adult attachment style measure. Using 94 samples of American college students who selected the most representative response on the Relationship Questionnaire for each of the four potential attachment styles—Secure, Dismissive, Preoccupied, and Fearful—a cross-temporal meta-analysis was carried out. In contrast to the rise in the percentage of kids with insecure attachment styles (the total of dismissing, preoccupied, and fearful), the percentage of students with secure attachment styles has declined in recent years. Even after adjusting for age, gender, color, and publication status, the proportion of students with dismissing attachment patterns has risen over time. Over the same time period, positive opinions of others have decreased. We talk about the ramifications and reasons that might exist for these developments.

Besharat, et al, (2014) conducted a study with primarily looking at how cognitive emotion management techniques mediate the link between attachment styles and alexithymia. In this study, 536 undergraduate students from Tehran's public universities—282 females and 254 boys—participated. The AAI, the CERQ, and the FTAS-20 were administered to the participants. The findings showed a statistically significant inverse relationship between alexithymia and secure attachment style. Furthermore, a strong positive association between avoidant and ambivalent attachment patterns and alexithymia was found in the results. The association between attachment patterns and alexithymia is mediated by both maladaptive and adaptive cognitive emotion regulation techniques, according to regression analysis. Changes in alexithymia were predicted by both insecure and secure attachment patterns using different adaptive and maladaptive cognitive emotion management techniques. These results suggest that cognitive emotion management techniques have a partial mediation function in the association between attachment types and alexithymia.

Valikhani, et al, (2014) conducted a research that aimed to look into the connection between death anxiety and attachment styles in patients with cardiovascular disease. The descriptive-correlational research design was employed. All patients with cardiovascular diseases who reside in Shahriar, Iran, make up the research population. Additionally, 120 participants were chosen from three private clinics using a purposive sampling technique for the statistical samples. The Adult Attachment Style Questionnaire by Hazan and Shaver and the Templer's Death Anxiety Scale (1970) were used to collect research data. Based on data research, there is a prevalence of severe, moderate, and mild death fear among patients with cardiovascular disease. Furthermore, a noteworthy positive correlation was observed between death anxiety and insecure avoidant and ambivalent attachment styles. Individuals with avoidant and ambivalent insecure attachment styles were more common in this study than those with secure attachment styles. Accordingly, research findings indicate that among adult cardiovascular patients, attachment patterns and death anxiety are significantly correlated.

Leiter, et al, (2015) conducted a study using a survey of 1624 Canadian healthcare providers, where they looked at the degree to which social relationship quality and attachment types at work were related. They discovered support for a novel work-related attachment style measure that distinguished between avoidance and anxious attachment. Avoidance had a negative correlation with the efficacy component of burnout as well as with positive social

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constructs including trust, psychological safety, and civility. All things considered, attachment anxiety was more highly connected with fatigue, cynicism, and experienced and induced workplace incivility than attachment avoidance. The efficacy dimension of burnout and positive social dimensions including psychological safety, trust, and politeness were adversely connected with attachment avoidance. A model of burnout as a function of workload, value congruence, and incivility among coworkers was greatly enhanced in fit by the addition of these two attachment factors.

Honari, et al, (2015) conducted a study aiming to examine the connection between college students' obsessive love behaviours and attachment types. 306 graduate students from the University of Nyshaboor in Iran were included in the samples; they were chosen using a proportionate random assignment approach. The AAQ and LAS Questionnaires were used to gather the data. The data were analysed using multiple variable regression and the Pearson correlation coefficient using SPSS software. Thus, it may be inferred that Obsessive Love Style is influenced by Ambivalent Insecure Attachment Style. The outcomes of various analyses demonstrated a strong correlation between attachment styles and obsessive love styles.

Monteoliva, et al, (2016) conducted a study with the purpose is to investigate if the ideas of young individuals with varying attachment styles are consistent with the internal working models linked to their attachment style, and to examine how they view the costs and advantages of spending as much time as possible with their partner. A survey concerning behavioral views (perceived advantages and costs) and the Relationship Questionnaire were completed by 1,539 university students. The findings indicate that young people with varying attachment patterns have differing opinions on the repercussions of acting in a particular way in romantic relationships. These findings verify that the internal working models connected with each adult attachment style and the beliefs linked to the conduct under study are congruent.

Konok, et al, (2016) proposed that young people develop attachments to their phones, and that those who experience higher levels of attachment anxiety are more likely to utilise their phones as compensatory attachment targets. They developed a scale to measure the degree of connection individuals have to their mobile phones as well as their interpersonal attachment style. This exploratory study revealed that young people easily become attached to their phones, desiring to have them close by and becoming upset when they are separated from them. Higher attachment anxiety in individuals was associated with a higher propensity to display attachment-like traits when using a mobile device. More specifically, those with anxious attachment styles found that constant phone contact was more significant than proximity to the phone, even though those with different attachment styles found it to be equally important. We suggest that the attachment mechanism may have been appropriated by culture to explain attachment to newly invented artificial items like mobile phones. The continual interaction and affirmation that computer-mediated communication provides may make people with anxious attachment styles more reliant on other people, which presents difficulties.

Ebrahimi, et al, (2017) conducted a study that aims to examine the connection between students' depression and their attachment types as well as their parents' parenting approaches. A total of 845 graduate students at Zanzan University were divided into 122 random samples, and these individuals were then administered the BDI-II, the Diana Baumrind Parenting Style and RAAS questionnaires. The study's findings showed a strong, inverse link between

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students' depression and parents' authoritative parenting style; a similar trend was observed between students' sadness and parents' secure and ambivalent attachment styles. Conversely, there was a strong and positive correlation between students' depression and parents' authoritarian and permissive parenting styles. Additionally, there was a strong and positive correlation between students' depression and their parents' avoidant attachment.

Bradstreet, Dodd, and Jones (2018) conducted a study in which they examined Using an online survey, Researchers looked at how adult attachment style might have affected internalization in a transdiagnostic sample of people (n = 122) who had recently sought mental health services. We looked into any connections between perceived public stigma and internalized stigma. They also examined whether anxious and avoidant (insecure) attachment styles moderated the relationship between internalized stigma and perceived public stigma, and whether they were positively associated with a significant amount of variance in internalized stigma when controlling for other variables. They found that there was a positive link between internalized stigma and perceived public stigma, and that reports of internalized stigma, perceived public stigma, and insecure attachment were common. They did not find a moderating influence on the connection between perceived public stigma and internalized stigma for insecure attachment, and neither anxious nor avoidant attachment was related with a significant amount of variance in internalized stigma. Notwithstanding the inconclusive findings, the degree of correlation between anxious attachment and internalized stigma implies that additional investigation is necessary to resolve certain constraints of the present study.

Japutra, et al, (2018) conducted a study to investigate the connections between consumers' good and bad behaviors and brand attachment. Additionally, the moderating effects of attachment styles on these associations are investigated in this study. The 432 respondents to the survey that served as the basis for the study's analysis of the data used the structural equation modeling method. The findings of this study provide empirical evidence for the distinction between brand attachment and attachment types, such as avoidance attachment and anxiety attachment. The study's conclusions imply that the only attachment type that modifies the links between brand attachment and these consumer behaviors is avoidance attachment style. For consumers that exhibit significant attachment avoidance, the relationship between brand attachment and brand loyalty is lessened. On the other hand, there is more evidence connecting brand connection to schadenfreude, trash-talking, and anti-brand behavior. Marketing managers can learn from this study that having a strong commitment to a brand might lead to unfavorable behaviors that damage the reputation of the organization. As a result, cultivating a close bond with customers won't always be advantageous. Businesses need to understand the repercussions of establishing ties with customers who exhibit severe avoidance or attachment anxiety.

Moccia, et al, (2020) conducted a study that looked at the psychological suffering that the general Italian community experienced in the early stages of the COVID-19 epidemic, and examined adult attachment styles and affective temperament as possible moderators. We gathered lockdown-related and sociodemographic data via an online survey, and we used the ASQ, TEMPS-A short version, and K10 Scale to assess attachment, temperament, and distress. Of the people in our sample (n = 500), 62% said there was no chance they would experience psychological anguish, while 19.4% and 18.6% said there was a moderate to severe chance, respectively. When compared to mild psychological distress, cyclothymic and depressed moods were found to be risk factors in subjects with moderate-to-severe

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psychological distress, but the ASQ items "Confidence" and "Discomfort with closeness" (OR: 0.94; $p = 0.023$) were protective.

METHODOLOGY

Aim

To examine the role of attachment styles in romantic relationships and it's impact on the mental well-being of young adults.

Hypothesis

- H1: There's a significant relationship between *adult attachment styles* and *quality of the romantic relationship* individuals are involved in.
- H2: There's a significant relationship between *adult attachment styles* and *mental well-being* of young adults.

Objective

To analyze the relationship between attachment styles and mental well-being.

Sample

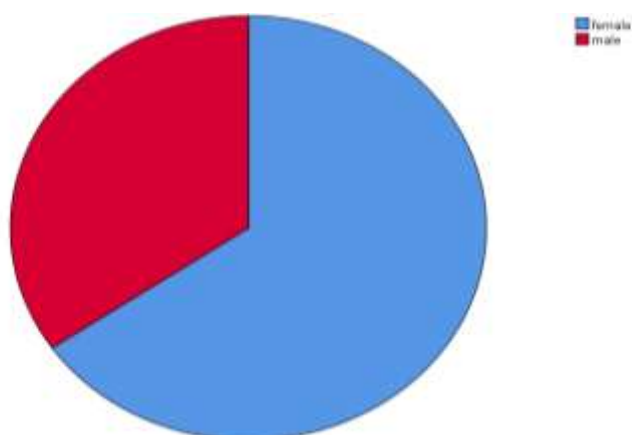
Sample ($n=81$) taken for this study is 52 females and 29 males of urban metropolitan city. The purposive sample holds eligibility of being in a romantic relationship and falling under the age range of 18-24. The participants consisted of friends, fellow students, and acquaintances.

Table 1. descriptive analysis of gender of the sample.

Gender			
	Frequency	Percent	
Valid	Female	53	65.4
	Male	28	34.6
	Total	81	100.0

Gender

Figure 1. Pie chart representing gender division.



Note. 52 females, 28 males, making a total sample of 80 individuals.

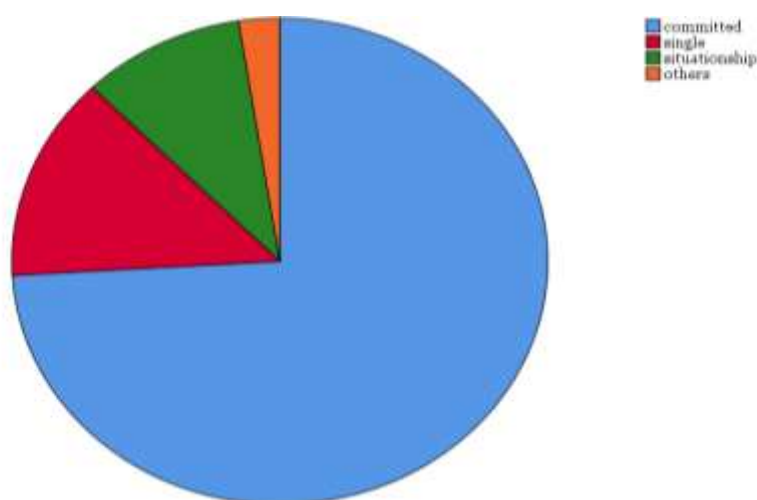
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Table 2. Descriptive analysis of relationship status of the sample.

Relationship Status		Frequency	Percent
Valid	Committed	60	74.1
	Single	11	13.6
	Situationship	8	9.9
	Others	2	2.5
	Total	81	100.0

Relationship Status

Figure 2. pie chart representing division of sample based on relationship status.



Note. Out of the whole sample; 60 people were in a committed relationship, 11 were single, 8 were in a complicated relationship or 'situationship', while 2 individuals picked the alternative of others.

Research Design

This paper is a quantitative primary research, aiming to provide insights into the potential mechanisms through which attachment styles may affect mental well-being in the context of romantic relationships. Using non-probability purposive sampling, 82 participants contributed to this study. The independent variable, attachment styles in romantic relationship, and the dependant variables, quality of romantic relationship and mental well-being of young adults, were then studied and measured using correlational analysis.

Measures

The Adult Attachment Scale (AAS), created in 1990 by Collins and Read, was utilized for the IV, Attachment styles in romantic relationships. The instrument comprises eighteen items that assess many aspects of adult attachment, such as ease of intimacy and closeness (Close sub-scale), ease of reliance on others (Depend sub-scale), and anxiety over rejection or unlove (Anxiety sub-scale). The Likert scale has five points, with 1 denoting not at all characteristic and 5 denoting very characteristic.

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Next, the Relationship Assessment Scale (RAS), developed in 1988 by S.S. Hendrick, was used to quantify the quality of romantic relationships, which is the DV. Use of this seven-item measure is suitable for people in intimate relationships of any kind, including cohabiting, dating, married, and engaged couples.

The Warwick-Edinburg Mental Well-Being Scale (WEMWBS), which is used to measure the second DV, or the mental health of young people, is the third and last scale in this study. The 14-item WEMWBS self-report questionnaire addresses both the feeling and functioning facets of mental health. On a five-point Likert scale, respondents score their experiences during the previous two weeks. It evaluates positive affect, life satisfaction, and functioning, among other aspects of positive mental health.

RESULTS

Frequency Table

Table 3. descriptive statistics of variables.

VARIABLES	RAS	WEMWBS	C-AAS	D-AAS	A-AAS
Mean	28.27	47.90	17.00	17.16	18.52
Std.deviation	5.020	9.736	3.332	2.973	4.181
Skewness	-.829	-.365	.455	-.810	-.198

Note. RAS: Relationship Assessment Scale, WEMWBS: Warwick-Edinburg Mental Well-Being Scale, three sub-scales of Adult Attachment Scale: Close(C-AAS), Depend(D-AAS), and Anxiety(A-AAS).

Table 4: representation of correlation analysis of the final results.

Correlation Analysis

	WEMWBS	C-AAS	D-AAS	A-AAS
RAS	.512	.102	.155	-.189
WEMWBS		0.87	.152	-.423
C-AAS			.334**	.184
D-AAS				0.63

Note. RAS: Relationship Assessment Scale, WEMWBS: Warwick-Edinburg Mental Well-Being Scale, three sub-scales of Adult Attachment Scale: Close(C-AAS), Depend(D-AAS), and Anxiety(A-AAS). $p < 0.01$, two tailed.

DISCUSSION

The aim of this primary research was to examine the role of attachment styles in romantic relationships and its impact on the mental well-being of young adults. The independent variable, Adult attachment styles, refer to patterns of relating to others that develop in early childhood and persist into adulthood. The concept was initially introduced by John Bowlby, a British psychologist, who highlighted the significance of early caregiver-child relationships in shaping later interpersonal dynamics. These attachment styles impact various aspects of adult relationships, including communication, trust, and emotional regulation. The first dependant variable, quality of romantic relationships, refers to the

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overall satisfaction, fulfilment, and stability experienced by individuals within their intimate partnerships. It encompasses various dimensions such as communication, trust, emotional support, and conflict resolution. The second and last dependant variable of this research being, mental well-being of the individuals involved, pertains to the psychological health and stability of individuals within the context of their intimate partnerships. High levels of mental well-being in relationships are associated with lower levels of stress, anxiety, and depression, as well as greater overall life satisfaction.

As shown in table 3, descriptive statistics provide a summary of the characteristics of this paper's dataset. Relationship Assessment Scale (Mean: 28.27; Standard Deviation: 5.020; Skewness: -0.829). The RAS measures the quality of romantic relationships. A higher mean score indicates greater satisfaction within the relationship. The negative skewness suggests that the majority of participants may report relatively high levels of relationship satisfaction. The second scale, Warwick-Edinburgh Mental Well-Being Scale (Mean: 47.90; Standard Deviation: 9.736; Skewness: -0.365). The WEMWBS assesses mental well-being. A higher mean score indicates better mental well-being. The negative skewness suggests that the distribution may be slightly skewed to the right, indicating that most participants may report relatively high levels of mental well-being. Our last scale, Adult Attachment Scale, has three sub-scales to help divide the different attachment styles. Close Attachment Style (Mean: 17.00; Standard Deviation: 3.332; Skewness: 0.455). The C-AAS measures the degree of closeness individuals feel in relationships. A higher mean score indicates a greater sense of closeness. The positive skewness suggests that the distribution may be slightly skewed to the right, indicating that most participants may report relatively high levels of closeness in relationships. Depend Attachment Style (Mean: 17.16; Standard Deviation: 2.973; Skewness: -0.810). The D-AAS assesses the degree of dependence individuals feel in relationships. A higher mean score indicates a greater sense of dependence. The negative skewness suggests that the majority of participants may report relatively low levels of dependence in relationships. Anxiety Attachment Style (Mean: 18.52; Standard Deviation: 4.181; Skewness: -0.198). The A-AAS measures anxiety in relationships. A higher mean score indicates higher levels of anxiety. The skewness close to zero suggests that the distribution may be approximately symmetrical, with a fairly even spread of responses regarding anxiety in relationships.

To measure the responses and get an accurate analysis along with results, this primary paper uses correlation analysis to prove the hypothesis. The table 4 displays correlations between different variables: Relationship Assessment Scale (RAS), Warwick-Edinburgh Mental Well-Being Scale (WEMWBS), and three sub-scales of the Adult Attachment Scale: Close (C-AAS), Depend (D-AAS), and Anxiety (A-AAS).

The correlation between RAS and WEMWBS is positive and significant ($r = .512$, $p < .01$), indicating that higher levels of relationship satisfaction are associated with greater mental well-being. This suggests that individuals who report higher relationship satisfaction tend to also report higher levels of mental well-being.

There is a positive but weaker correlation between RAS and C-AAS ($r = .102$, $p > .05$), suggesting a small association between relationship satisfaction and feelings of closeness in attachment relationships. Similarly, the correlation between RAS and D-AAS ($r = .155$, $p > .05$) is positive but not statistically significant, indicating a modest relationship between relationship satisfaction and dependency in attachment relationships. The correlation

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between RAS and A-AAS ($r = -.189$, $p > .05$) is negative but not statistically significant, suggesting a weak association between relationship satisfaction and attachment anxiety.

Moving to the correlations within the WEMWBS and AAS sub-scales, there is a positive and significant correlation between WEMWBS and C-AAS ($r = .334$, $p < .01$), indicating that higher levels of mental well-being are associated with feelings of closeness in attachment relationships. Additionally, there is a positive and significant correlation between WEMWBS and D-AAS ($r = .184$, $p < .01$), suggesting that higher levels of mental well-being are associated with feelings of dependency in attachment relationships. However, there is a negative and significant correlation between WEMWBS and A-AAS ($r = -.423$, $p < .01$), indicating that higher levels of mental well-being are associated with lower levels of attachment anxiety.

According to both the hypothesis; H1 and H2; H2 was proven true, whereas, H1 was proven non-conclusive due to the limitations of the sample size.

CONCLUSION

This paper was conducted on individuals that fall between the age range of 18-24, and those who were in a romantic relationship, irrespective of sexual preferences. The sample ($n=81$) consisted of urban metropolitan residents of Delhi-NCR region of India. According to the results, there is a significant relationship between adult attachment styles and mental well-being of young adults.

Limitations of this paper, were many, just like any research study conducted. It was an issue getting couples to fill forms, as well as, making sure they were comfortable while revealing their relationship. Unawareness among the youth regarding impact of their childhood on their present relationships. Constrictions due to location and availability of the sample. Future studies that are conducted on this topic, must make sure they have the time and the right location of the conduction.

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Conflict of Interest

The author(s) declared no conflict of interest.

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