

Emotional Attachment and Perceived Support and Their Impact on the Wellbeing among Young Adults

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ABSTRACT

A person's emotional relationship or connection to another person, thing, or circumstance is referred to as emotional attachment. A person's subjective sense or belief that they can get assistance from their social network, including family, friends, and other important individuals in their lives, is known as perceived social support. An individual is said to be in a state of one's well being if they feel satisfied, joyous, and generally satisfied with their life. It includes a variety of aspects of life, such as one's bodily well-being, emotional and psychological well-being, social connections, and individual accomplishments. The study's objective investigates the relationship between emotional attachment, perceived social support, and well-being in young adults, and also how these factors affect young adults' well-being. The emotional attachment and perceived social support are hypothesised to be important predictors of young adults' psychological well-being. The study consisted of a sample size of 162 college students (81 females & 81 males) within the age group of 18-23 years. For this study, Adult Attachment Scale, Multidimensional Scale of Perceived Social Support, Psychological Well-being Scale were utilised and the data that was gathered was analysed by correlation and regression. According to the study's findings, there is a significant relationship among emotional attachment as well as well-being and that both the variables have a negative relationship with each other, while perceived social support and well-being are not statistically correlated.

Keywords: *Emotional Attachment, Perceived Social Support, Well-Being, Young Adults*

EMOTIONAL ATTACHMENT

Attachment is referred to as the emotional connectedness amongst human beings. It is thought to be a strong emotional bond that spans time and space and is both long-lasting and profound. A human being's first attachments are frequently made with the primary caretaker (typically the mother) during the infant stage, nevertheless, attachment is not unique to only the relationship shared by infant and caregiver, but may also be present in other forms of social relationships.

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There are various characteristics of attachment as per Bowlby-

- Safe haven: When a youngster feels threatened or in danger, they turn to their attachment figure for consolation and security.
- Separation distress: Anxiety brought on by being separated from or without the attachment character.
- Proximity maintenance: An urge to remain close to those to whom one is bonded.
- Secure base: The figure of attachment provides the child with a safe platform from which to explore their environment.

Emotional attachment is the sense of connection and affection with others around whom one may be close with. It is considered to be the basic human need. An individual always has a tendency of developing emotions for others and feeling close to others. It is the emotional bond that results from attachment, just as people become attached to other individuals, animals, acquaintances, locations, things, and even dates because of the special connection that particular events, people, or items, like a relationship, a certain place like a childhood residence, a certain date like a wedding anniversary, or a commodity like a flower, provide. One experiences feelings of safety, protection, belongingness, comfort, dependability, and positivity due to an emotional connection. It has been found that emotional attachment is a necessary component of growth. Nonetheless, if one person finds it difficult to emotionally connect with others, it can become unhealthy because it can make the other person tense, rigid, and fearful of being loved or connected. There are various studies which disclosed that a lack of attachment might cause susceptibility to arise many illnesses, including anxiety, depression, borderline personality disorder, and exacerbated post-traumatic stress disorder.

According to **John Bowlby (1969)**, attachment is an all-or-nothing procedure. Anxious (also known as obsessed in adults), avoidant (also known as dismissive in adults), disorganised (also known as fearful-avoidant in adults), plus secure are the four main attachment styles. According to definitions, an individual's relationship with others is characterised by their attachment style. Adult attachment types explain an individual's confidence and ease with intimate relationships, their desire for closeness and their dread of rejection, as well as their preference for independence or distance from one another. They include thoughts about the self (such as "Am I deserving of affection") and about others (such as "Can I rely on other individuals during times of distress"). One of four adult attachment styles may come from the people's beliefs about themselves and other people, which can be either beneficial or detrimental. Different methods of interacting and responding in connections are traits of attachment styles. These attachment patterns are based on how parents and their kids connect in the early years. However, in maturity, attachment styles are employed to define the types of connection that occur in intimate relationships.

The attachment styles are explained as follows-

1. **Secure attachment:** It is the ideal standard for relationships and implies the capacity to develop safe and loving interactions with others. The stable attachment type makes it simple for a person to become attached to others, have faith in others and to be trusted in return, as well as to love and be loved. They are not afraid of closeness, and they also don't become anxious when their spouses need some time or distance to themselves. They can count on others without totally relying on them.
2. **Anxious attachment:** This kind of attachment style is characterised by a profound fear of abandonment. People who have an anxious attachment style frequently worry

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that their significant other will leave them alone, which makes them highly uneasy about their relationships. As a result, they constantly look to their partners for approval. In partnerships, anxious attachment is linked to "neediness" or clingy behaviour, such as being very upset when the other spouse doesn't reply to messages as swiftly as one would like and continually thinking the other isn't concerned enough. Children frequently exhibit the anxious-ambivalent attachment style, also known as the anxious-resistant attachment style, or anxious attachment, which is also referred to as anxious-preoccupied attachment.

- 3. Avoidant attachment:** It is an additional insecure attachment style typified by a reluctance to provide intimate details. Persons with an avoidant attachment style usually suffer with closeness and trusting in relationships because they don't believe their needs can be met in a relationship. In partnerships, avoidant individuals typically keep a certain amount of emotional distance from their partners. They may even completely avoid relationships since they find them to be claustrophobic because they value their independence and self-reliance more than that of others. Avoidant attachment, also known as dismissive-avoidant attachment, is comparable to the anxious-avoidant attachment kind that is common in early children.
- 4. Fearful-avoidant attachment (or disorganised attachment):** It combines anxious attachment style and avoidant attachment type. People who exhibit fearful-avoidant attachment simultaneously exhibit a strong yearning for love and an intense need to avoid it. They are averse to getting into a committed relationship, yet they also have a great urge to be loved by someone else. Fearful-avoidant attachment can be referred to as disorganised attachment since the attachment habits exhibited by these individuals may seem uneven and oscillate between two extremes of avoidance and anxiety.

PERCEIVED SOCIAL SUPPORT

Social support is "support made accessible to someone via social connections to other individuals, organisations, and the community as a whole." Social support can be assessed in a variety of ways, but because it is the easiest to measure and the best predictor of mental health, perceived social support is the greatest frequently used index of social support.

Social support is defined as having a sense of being taken into consideration by people and having a solid support system when one requires it. Families, companions, and partners are the three main types of social support. Social support can be interpreted as the subjective experience of being supported because it is also known as the extent of support activities that are given by others. Various forms of social support exist as well, and they are described as follows:

- 1. Emotional:** Emotional support is derived from the expressions of empathy, trust, caring, hope and love. Close family and friends often return emotional support to each other. Sharing one's vulnerabilities while listening to another person's troubles can foster emotions of emotional safety and connection as well as a sense of solidarity and connection.
- 2. Informational:** Informational support is referred to as any advice, suggestions or facts that can help a person overcome a challenge or an obstacle. Consider a person who conquered a health issue and is sharing their story with someone who has just received a diagnosis.
- 3. Instrumental:** It is often referred to as concrete assistance. It occurs when somebody else relieves another individual of their burdens. For instance, someone offering

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practical support at a period of illness or difficulty might deliver meals to a buddy. In addition to financial donations, instrumental help can also take the form of assistance with household tasks or other duties.

4. **Appraisal:** It is also known as esteem support, and it manifests as encouragement and self-assurance. An individual who receives this kind of social support has the fortitude to face difficulties and obstacles. It typically happens when a relative or close friend speaks to the person and reminds them of the traits that will help them get through the difficulties.

Perceived social support is referred to in order to determine how far an individual possesses the belief that social relationships which are required to them are available. The requirements of having a social relationship are generally gratified by loved ones, close friends, and partners. Parental support provides children with the crucial social support they require (Brehaut et al., 2004). Support from family is the most important factor in teens' lives. Teenagers' experiences of growth require their parents' support, motivation, and guidance. The loss of one of their parents causes this support structure to collapse.

A crucial network of social support from others is essential for both the most robust and vulnerable families to endure challenges that are greater than what can be managed by a single parent (Barnes, 2010). While parental death and disputes between families are detrimental to children's psychological health (Weitoft, Hjern, Haglund, & Rosen, 2003), children who have close family ties and have a lot of social support report feeling happier and having higher subjective well-being.

Social support is vital for prolonging physical as well as psychological health. The support received from friends, on the other hand, also makes a substantial contribution to youths' wellbeing (Rodriguez, Mira, Myers, Morris, & Cardoza, 2003). This helps an individual to deal with adversities of life as they feel connected with someone who would help them and will be there for them. Sometimes, when there are discrepancies between the relationship of children shared with their parents, especially teenagers, friend's support is necessary for them as during this stage, teenagers tend to have conflicts with their parents and different mind-sets but similarities with their friends group.

According to numerous studies (Siedlecki et al., 2014; Kostak et al., 2019; Shensa et al., 2020), Positive emotions and life satisfaction are significantly predicted by perceived social support. Emotional support has a number of significant benefits for mental health. Perceived social support alongside connections with others are favourably related to both mental and physical health. In accordance to studies, perceived social support as well as psychological well-being have a strong correlation, allowing for its meaning as an important protective procedure that can improve psychological well-being by maintaining states of happiness and lowering stress (Chu et al., 2010; Thoits, 2011; Liu et al., 2014). Different dimensions of perceived social support can affect the various aspects of hedonic well-being (such as satisfaction with life, both negative and positive effects). Furthermore, it has been found that perceived social support mediates the link between stress and wellbeing (Poots and Cassidy, 2020).

WELL-BEING

Well-being experiencing good health, happiness, and prosperity. It entails being in good mental health, experiencing high levels of life satisfaction, finding meaning or purpose in

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one's life, and being able to handle stressful events. Sinha and Verma (1992) assert that psychological well-being can be described as a multi-faceted notion that includes playfulness, joy, toughness, optimism and restraint that people from every background should exhibit. According to McCulloch (1991), psychological well-being includes social support, self-esteem, good feelings, including happiness for people of all ages.

There are two types of well-being, hedonic and eudaimonic well-being, which are explained as below-

1. Hedonic Well-being: It is described as the presence of good feelings and the absence of bad feelings. It is achieved via the experience of pleasure and enjoyment. Overall, hedonic well being is about feeling good.
2. Eudaimonic Well-being: The existence of social and private talents and skills, a sense of meaning and purpose in life, as well as a sense of continuous personal development and societal contribution, are all referred to as factors that influence good psychosocial functioning. Overall, eudaimonic well being is about functioning well and how meaningful and worthwhile life is.

The PERMA Model was developed by American psychologist and professor Martin Seligman and covers the essential elements of happiness and wellbeing. Positive Emotion, Engagement, Relationships, Meaning, and Accomplishments are referred to as PERMA. In Martin Seligman's research, humans require the five fundamental PERMA Model elements in order to feel sufficiently content, successful, and satisfied in life, which can help them find the purpose of life. The five components of the PERMA model are as follows:

1. Positive emotion: It is regarding experiencing pleasant feelings since feeling great makes one feel optimistic.
2. Engagement: It refers to something that can pique someone's attention or absorb them. It is regarded as being extremely beneficial for a person's talents, sentiments, and intellect. Doing something that an individual gets totally engrossed in also brings happiness.
3. Relationships: It is in our nature to desire to fit in with a group, whether it be a clique, a club at educational institutions, or a community of friends. Humans continuously require affection, devotion, attention, and engagement in addition to wanting it. Therefore, people build ties with their family, friends, coworkers, and peers because it is through these communities that they can acquire emotional assistance when circumstances get difficult and stressful.
4. Meaning: It is the reason and the purpose an individual finds in their lives to want to live fully.
5. Accomplishments: It speaks of a task or accomplishment that a person has completed. These successes serve to boost one's sense of worthiness, self-confidence, and self-esteem. When a person achieves something, he/she feels good and wants to perform more and achieve more.

Furthermore, Achieving subjective wellbeing (SWB) is the definition of happiness according to the hedonic theory. It is considered to be the way that individuals evaluate their own lives through the lens of cognitive and emotive reasons, which can be modelled as follows:

Subjective well being = COGNITIVE + AFFECT

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Life satisfaction is an example of the first, "cognitive," component of subjective well-being. Life satisfaction reflects how one feels about their own life. According to Veenhoven, 1991, It signifies a difference between what is thought of as an ideal or worthy standard condition and the existing condition. The "affect" section, which comes next, shows the psychological side of SWB. Affect includes both happy and negative moods as well as emotions associated with daily encounters and passing events.

Positive and negative emotions should be experienced in balance, and the variance in the occurrence and strength of positive emotions should be recognised (Diener et al., 1991).

Lastly, Those who report greater amounts of SWB typically exhibit larger capacities of innovation, raised task determination, performing multiple tasks, being systematic, optimistic, and attention to pertinent negative information. They also tend to be more long-lived, sociable, trustworthy, less prone to illness, helpful, and less hostile.

Psychological well-being:

A person's total emotional and mental health, which includes their sentiments of happiness, life satisfaction, and sense of purpose, is referred to as psychological well-being. It is a multifaceted idea that encompasses different elements like satisfying relationships, individual development, self-acceptance, and a feeling of being in charge of one's life.

Rather than just the absence of mental illness, good mental health constitutes psychological well-being. The ability to manage the stresses and challenges of daily life, develop resilience, and live a satisfying life depend on people maintaining good psychological health. Self-care, reaching out for social support, mindfulness training, and participating in meaningful activities are all tactics that can help improve psychological well-being.

A person's general sense of subjective well-being and life satisfaction they are mentioned to as psychological wellness. It contains a number of components, including contentment and enjoyment, a sense of meaning and a reason for being, good connections among others, and a sense of a person's growth and fulfilment. It has a close connection to mental health and is susceptible to a number of influences, including individual experiences, social support, and environmental circumstances. Promoting psychological well-being is a crucial objective for people, groups, and societies as a whole since it can result in a happier and more satisfying life.

Psychological well-being is a multifaceted concept that encompasses elements like happy feelings, a sense of fulfilment in life, self-worth, a sense of meaning, autonomy, personal development, and good interpersonal relationships. It might be described as the lack of psychological anguish and the presence of healthy psychological functioning. Research shows that psychological well-being is associated with a range of positive outcomes, such as better physical health, more social support, and greater achievement in both interpersonal and social undertakings. It is also seen as a crucial element of general well-being, which also encompasses mental, physical, and social well-being.

REVIEW OF LITERATURE

Si Yu, Zhang,*et al* (2022) explored how anxious attachment and perceived social support affected the relationship between parental neglect and maladjustment in Chinese college students (N=391) who had experienced being left behind (LBE). It was done using two

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waves of longitudinal data with a three-month lag. The results showed a direct link between wave one maladjustment (depression, anxiety, and tension) and wave two prenatal neglect. Additionally, it was seen that wave two's perceived social support and anxious attachment both independently moderated the connection between parental neglect in wave one and maladjustment in wave two. In wave two, anxious attachment and perceived social support were found to modulate the progression from parental neglect to later depression.

Lien Huang, Kuang-Hui Yeh (2022) examined if dispositional mindfulness and filial piety were mediators of the links between attachment anxieties (such attachment anxiety and attachment avoidance) and psychological discomfort (like depression, anxiety, and stress). Taiwanese emerging adults took part in the study. The level of psychological pain that an individual experiences as a result of attachment variations was found to be directly influenced by both dispositional mindfulness and filial piety. The survey was completed by 302 adults. The results demonstrated that, in contrast to attachment avoidance, attachment anxiety continued to properly predict higher levels of melancholy, anxiety, and felt stress.

Yael Bar-Shachar, Sagi Lopata, et al (2022) examined the interaction between a person's attachment insecurity and how they perceive their partner's COVID-related actions (such as positive and negative behaviours), in order to predict how happy they will be in their relationship. Couples' happiness with their present relationships and perceptions of their partners' supportive and unsupportive actions in the face of stress due to COVID were reported by 239 participants. The findings indicated a correlation between higher levels of relationship satisfaction and lower levels of unfavourable behaviour. Agonistically attached people, on the other hand, demonstrated greater sensitivity to their spouses' encouragement, whilst avoidantly attached people showed decreased reaction to their partners' behaviours that are detrimental.

Julia F. Klausli, Carrie Caudill (2021) explored the routes between attachment and depression to evaluate the interaction of mediating factors, namely social support and concurrent use of both positive and negative religious coping mechanisms. A total of 190 college students took part in the study. The findings showed that the relationships between attachment and social support perceptions also predicted bad religious coping and depression.

Myzembo, Wada et al. (2021) explored the link between psychological distress and satisfaction and perceived social support. 249 Nepalese people who self-administered online questionnaires that included tools including the Multidimensional scale of perceived social support, the General Health Questionnaire, and the Satisfaction with Life Scale were included as study participants. In terms of statistics, descriptive analysis, multiple linear regression, and Pearson's correlation were performed. Finally, the findings showed that the multidimensional scale of perceived social support's subscales measuring family, friends, and close relationships were favourably connected with life satisfaction but negatively correlated with psychological discomfort.

Gonneke W.J.M. Stevens, Shanshan Bi, (2021) wanted to determine how closely social support and life satisfaction are related in early adolescence. An analysis using the Health Behaviour in School-aged Children (HBSC) and multiple regression revealed a beneficial relationship between support from various sources and life satisfaction. The results also

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showed that support from families had the most associations, then support from teachers and fellow students, and help from friends had the fewest.

Rubia Cobo-Rendón, Yaranay López-Angulo (2020) sought to determine how changes in hedonic and eudaimonic well-being were influenced by perceived social support. 205 Chilean university students who were in the middle of their first and second academic years were chosen to participate. Tools like the PERMA-profiler for well-being and the Perceived Social Support Questionnaire to measure perceived social support were used. The findings showed that the pupils' perception of social support held steady throughout time. The two types of well-being are related to how people perceive social support. Additionally, it was shown that groups with both a positive growth in attachments and a low balance of affections rated general social support as being lower than students with an elevated balance of affections.

Anju Poudel, Bishnu Gurung (2020) Based on the mediating effect of self-esteem, the relationship among perceived social support (PSS) and psychological well-being (PWB) was evaluated. Self-administered forms of the General Health Questionnaire (GHQ-12), Rosenberg Self-Esteem Scale, and Multidimensional Scale of Perceived Social Support (MSPSS) were completed by 348 Nepalese participants in the study. Descriptive statistics, regression, correlation, and mediation analyses were all used for the statistical analysis. The findings demonstrated that social support perception has an indirect impact on psychological health. In addition, adults who perceive good social support were seen to have higher self-esteem, which in turn contributed to their psychological well-being.

Lorenzo Moccia, Delfina Janiri, *et al.* (2020) analysed the affective temperament along with adult attachment types as potential mediators to assess the psychological suffering as experienced by the general Italian population during the early phase of the COVID-19 pandemic. The Temperament Evaluation of Memphis, Pisa, Paris and San Diego-Auto Questionnaire short version (TEMPS-A) and the Attachment Style Questionnaire (ASQ) were used in online questionnaires to gather the data. The results indicated that the COVID-19 outbreak may have caused a sizable number of persons to feel psychological distress, and specific affective temperament and attachment traits indicated the degree of mental health burden.

Anik Debrot, Jennifer E. Stella, *et.al* (2020) Hypotheses regarding how attachment avoidance affects the connection between physical touch and psychological wellbeing in romantic relationships. Further, it was examined if higher attachment avoidance is linked to a diminished relationship between touch and well-being or whether lower touch mediates the association between attachment avoidance and a reduced feeling of well-being. The findings showed that touch and well-being were positively correlated, while attachment avoidance was linked to reduced well-being as well as less frequent touch. Furthermore, regardless of the degree of attachment avoidance, touch was linked to improved well-being; however, less touch was used to mediate the inverse relationship between attachment avoidance and wellbeing.

Argyroula Kalaitzaki, George Tsouvelas, *et al.* (2020) explored the link between endurance and happiness throughout life and if online and offline social capital plus offline social support are connected with decreased perceived stress amongst 403 undergraduate Greek college students. Gender roles were also explored with the help of multi-group analysis and

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the relationships among the study variables were explored using path analysis. The findings demonstrated that resilience and life satisfaction from offline social capital as well as online bonding were both directly and indirectly related to perceived stress. However, social assistance was related to higher levels of both, whereas offline bonding was linked to lower levels of resilience and life satisfaction.

Hannah L. Schacter, Gayla Margolin (2019) evaluated the role that parental and perceived friend support played in the wellbeing of teenagers. The diary reports had to be completed over the course of two weeks by a varied group of 119 teenagers. The findings showed that teenagers' happiness and social connectedness increased on days when they felt more support from their peers or parents.

Grace McMahon, Ann-Marie Creaven, *et al.* (2019) studied the role of perceived affectionate support as a mediating factor in the association between particular attachment bonds (such as those with a parent, a partner, or a close mate) and cardiovascular reactivity (CVR). The sample consisted of 138 young adults who completed questionnaires on attachment and social support in addition to constant measurements of their heart rates using the Finometer Pro cardiovascular monitor. According to the findings, felt emotional support acted as a mediator in the association between anxious and avoidant attachment and reactivity; insecure attachment is linked to lower levels of perceived social support, which was found to be connected with lower CVR.

Estefanía Mónaco, Konstanze Schoeps, *et al.* (2019) examined the role of emotional competence in modulating the link between adolescent well-being and attachment to parents while taking gender into account. The sample contained 1276 Spanish teenagers between the ages of 12 and 15. The somatic complaints, strain, happiness with life, affectivity, mother-and-father connections (trust, interactions, and alienation), emotional skills (perceive and comprehend feelings determine and express sentiments, control and manage emotions), and emotional capabilities were used to measure the well-being of adolescents in the study. The link between attachment to parents and well-being characteristics was found to be somewhat mediated by emotional competences, according to descriptive analyses, Pearson correlations, and a multi-group path analysis. Further research revealed the importance of emotional development and parental attachment for teenagers' wellbeing.

Marianne Tevik Singstad, Jan Lance Wallander, *et al.* (2019) uses a condensed version of the Social Support Questionnaire to explore how teenagers in Norwegian RYC (N = 304) perceive social support. The findings showed that teenagers in RYC showed a lower percentage of support individuals compared with the general community when the results were compared to adolescents in the wider community. Except for females in RYC, both demographics reported a decline in the number of support people as they aged. The adolescents in the two groups were seen to be content with the help they felt.

Anna Trejnowska, Karen Goodall, *et al.* (2019) a paradigm based on attachment theory was used to explore how cancer patients deal with their diagnoses. According to the theory, fighting spirit and fatalism are negatively correlated with attachment anxiety and attachment avoidance, while helplessness/hopelessness, anxious preoccupation, and cognitive avoidance are positively correlated with both of these traits. 480 individuals filled out the Experiences in Close Relationships Questionnaire-Revised (ECR-R), the Mini-Mental Adjustment to Cancer Scale (Mini-MAC), and the updated Medical Outcomes Study-Social Support Scale

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(mMOS-SSS) online. The results demonstrated a positive association between higher measures of attachment anxiety and avoidance as well as greater rates of helpless/hopeless coping. This relationship was mediated by lower perceived social support. Additionally, it was discovered that attachment anxiety had a favourable correlation with anxious preoccupation. Perceived social support was not a mediator in this relationship, though.

Gadi Zerach, Ask Elklit (2019) examined how attachment orientations and perceived social support work as intermediaries in the relationships between early adolescent psychiatric disorders, PTSD symptoms, and a number of traumatic experiences (polyvictimization). Self-report questionnaires were completed by 390 Danish teenagers. According to the data, polyvictimization is associated with elevated PTSS and mental symptoms. It was demonstrated that high levels of PTSS, poor degrees of perceived social support, significant degrees of attachment anxiety, and psychiatric symptoms were all explicitly linked to polyvictimization. It was found that having significant attachment anxiety may be linked to feeling as though one has limited social support, which should be taken into account as a potential psychological suffering in adolescents.

David Kealy, Simon M. Rice *et al.* (2019) explored the interaction between individuation difficulties and perceived social support as moderators of the connection among early adversity exposure and signs of depression. 119 young adults self-reported on their experiences with adversity as children, depressive symptoms, individuation difficulties, and perceived social support. The statistics were computed using regression analyses. The results showed that adolescents who had grown up in challenging circumstances showed severe depressive symptoms and more individuation issues. Adversity and depressive symptoms were correlated with a range of social support levels, ranging from low to average to high, when individual obstacles were high.

Mark Corcoran, Muireann McNulty (2018) took a sample of university students (N=190) who were required to complete the self-report measures such as the Adverse Childhood Experiences scale, Depression, Anxiety, and Stress scales, Experiences in Close Relationships-Relationship Structures scale, and measures of subjective well-being, it was examined the mediating function of relationship-specific attachment (specifically, avoidance and anxiety) in the ties between childhood adversity, as well as both psychological distress and subjective well-being. The findings showed that nearly all pupils had at least one negative childhood experience. Additionally, it was discovered that adverse childhood experiences were linked to signs of psychological discomfort and subjective well-being.

Yossi Levi-Belz and Lilac Lev-Ari's (2018) theory, Self-disclosure and social support serve as mediators in the connection underlying attachment style and PTG. 108 female suicide survivors between the ages of 18 and 70 made up the sample. They were required to self-report their attachment style, self-disclosure, social support, alongside PTG. The findings showed that compared to other attachment patterns, securely attached people performed best on PTG. Self-disclosure and social support were also supported by a structural equation model as mediating elements in the link between attachment and PTG. Therefore, compared to suicide-loss victims with insecure attachment, those with secure attachment tended to self-disclose stronger and perceive more support from others, increasing their likelihood of PTG.

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Aliza Werner-Seidler, Mohammad H. Afzali *et. al* (2017) evaluated the relationship between depression and the social connectedness variables of contact frequency and social connection quality. A survey with 8841 people between the ages of 16 and 85 was undertaken for the study. Using logistic regression, the sample population was divided into three major age groups: young people (16–34 years), middle-aged people (35–54 years), and senior citizens (55+ years) to look at the connection between social connectivity factors and the 12-month occurrence of Major Depressive Disorder. With the sole exception of the older group, where fewer than one friendship interaction per month was associated with a two-fold greater probability of the past year depression, the results showed that greater relationship excellence was significantly frequently correlated with a smaller probability of the past calendar year depression, relative to the degree of social interaction.

Cronin, Pepping *et al.* (2017) looked at whether interactions with friends were mediated by emotion control and whether these connections were related to interpersonal functioning and mental health. Online questionnaires measuring connection to friends, emotion control, mental health, and social functioning were completed by 243 persons who made up the sample. The findings showed that emotion dysregulation was a mediator of links between attachment anxiety and interpersonal distress as well as depression, anxiety, and stress. It was also discovered that interpersonal distress and anxiety symptoms were directly impacted by attachment anxiety.

Ciarrochi, J. Morin, *et al.* (2017) studied the effects on developing teenagers of various combinations of social support. On a sample of 2034 adolescents, several aspects of social support, mental health, and wellbeing were measured. Results demonstrated that there were majorly two profiles of the adolescents, namely, socially rich and socially poor. It was seen that socially rich corresponded to high social social support whereas, socially poor was the classification of the isolated ones. Moreover, the socially poor section reported more wellbeing problems.

Michèle D. Birtel, Lisa Wood, *et al.* (2017) The relationship between social support and improved mental health and also well-being and the impact of perceived stigma on those getting treatment for drug abuse were also explored. 64 people in treatment for drug and alcohol misuse, ranging in age from 18 to 64, made up the sample size. They were required to complete a digital survey that evaluated their psychological well-being (self-esteem, anxiety, depression, and sleep), perceptions of social support, and internalised and externalised stigma. The findings showed a correlation between perceived stigma and worse self-esteem, higher levels of melancholy and anxiety, and less quality sleep. On the other side, perceptions of social support were linked to improved sleep, lower levels of anxiety and sadness, and higher levels of self-esteem.

Sonia Alvarez-Fernandez, Hallie R. Brown, *et al.* (2017) examined self-report assessments on the multidimensional scale of Perceived social support (MSPSS), using age- and IQ-matched groups of adults (18-58 years) having intellectually functioning well ASD (N = 41), attention-deficit/hyperactivity disorder (N = 69), and neurotypical norms (N = 69). Machine learning random forest (RF) studies were utilised to look at the predictors among a variety of psychopathological and socioemotional characteristics. Results indicated that adults with ASD had lower MSPSS scores overall, and specifically for the friends subscale (MSPSS-f). Interindividual variations in autistic severity, affective empathy, social anxiety symptoms,

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hyperactivity/impulsivity, and somatization were the greatest predictors of MSPSS-f across ASD and ADHD.

Joel A. Lane, Todd W. Leibert, et al. (2017) compared (N = 378) a model of emerging people in transition with one of emerging adults who are not in transition in terms of attachment, social support, as well as overall well-being. Comparing the transition sample to the non-transition sample, it was found that the latter reported less life satisfaction, less environmental mastery, and a higher level of attachment avoidance. Additionally, the transition sample revealed diminished social support mediation effects.

Konstantinos Kafetsios, Georgios D. Sideridis (2016) The relationship between attachment, social support, and wellbeing in both young and elderly persons was examined. The study's findings showed that anxious attachment with well-being have an inverse relationship that is higher in younger than older age groups, in contrast avoidant attachment was found to have a negative relationship with perceived support in older age groups exclusively.

Nekane Balluerka, Arantxa Gorostiaga (2016) used a multilevel strategy to examine if gender, age, peer attachment, and emotional intelligence at the class level were able to forecast adolescents' psychological well-being. There were 2182 teenagers in the sample, ranging in age from 12 to 18. The findings showed that while overall well-being declines as adolescents age, peer attachment-related well-being increases. Additionally, it was discovered that emotional intelligence at the class level positively correlated with students' wellbeing.

Catarina Medeiros, Maria João Gouveia, et al. (2016) investigated if the attentive parenting of both parents is related to the wellbeing of newborns through their attachment to their parents along with examining the moderating effect of a child's age on such correlations, researchers. The study used 243 family triads as its sample, including both parents as well as children. Parents were required to complete the Hospital Anxiety and Depression Scale and the Interpersonal Mindfulness in Parenting Scale, while kids had to complete the KIDSCREEN-10 and the People in My Life questionnaires. The results revealed that moms reported more mindful parenting than fathers did, and that the kid's perception of safety in their relationship with their parents mediated the association between both parents' thoughtful parenting and their children's wellness. The age of the child has no impact on these connections.

Mohr, Jonathan J. (2016) tested young lesbian, gay, and bisexual adults' daily heterosexism experiences and well-being were examined within individuals, as well as the theory that attachment insecurity intensifies the detrimental effects of heterosexism on wellbeing . 82 lesbian, gay, and bisexual youthful people made up the sample for the study. They first completed an assessment of attachment style, which was tracked by reporting on experiences with heterosexism and aspects of well-being in online surveys at the end of each day for a time frame of 7–10 days in a row (a total of 706 days in the sample). Multiple regression was used to examine the relationship between the presence of everyday heterosexism experiences and the attachment variables (anxiety and avoidance) in predicting three aspects of everyday well-being (self-assurance, anger, and fear). The results demonstrated that the attachment variables altered the intrapersonal connection among regular heterosexism encounters and wellbeing for anger and fear but not for self-assurance. The hypothesis was also supported by the finding that daily heterosexism had a positive

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association with daily fear and rage for those with a higher degree of avoidance rather than for those with fewer instances of avoidance.

Pallav Pokhrel, Pebbles Fagan (2016) explored the connections between recent cigarette smoking and social network attributes (such size and structure), perceived social support, and young individuals' ages 18 to 35 (N=435). The findings demonstrated a substantial correlation between more perceived social support and reduced recent smoking rates and a bigger network size. On the other hand, less recent smoking was linked to increased felt social support.

Tehetna Alemu Caserta, Raija-Leena Punamäki, et al. (2016) examined the relationship between sources of perceived social support (PSS) (relatives, community, adults, and peers), working social support (emotional/informational/instrumental and social), and orphan-related characteristics (such as abandoned circumstance, such as unmarried, maternal or paternal, and their living environments, such as on the street, in an orphanage, or in a foster home). There were 430 kids and young adults in the study's sample. The findings indicated that although children living in alternative environments displayed lower PSS levels, those living in orphanages exhibited higher PSS levels across all spheres of social support. Additionally, it was shown that only adult support was associated with low levels of mental distress, whereas higher PSS from family, communities, and adults was related to growing levels of emotional well-being.

METHODOLOGY

Research Problem

The study seeks to determine whether there is a relationship between emotional attachment, perceived social support, and well-being in young adults as well as how these factors affect that well-being.

Objective

To research the effects of perceived social support and emotional attachment on young adults' psychological health.

To investigate the connection between psychological health, perceived social support, as well as emotional attachment.

Hypotheses

Emotional attachment significantly predicts psychological well-being among young adults.

Perceived social support significantly predicts psychological well-being among young adults.

Research design

For this study, a correlational research design was adopted.

Sample-

In this investigation, a random sample technique was employed. The sample was made up of 162 participants (81- males & 81- females) who are the students of Amity University, Noida belonging to the age group of 18-23 years.

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Research tools-

- **Adult Attachment Scale:** Collins & Read (1996) created the scale. Test-retest correlations for a two-month period were .68 for Close, .71 for Depend, and .52 for Anxiety on the scale, with Cronbach's alpha coefficients of .69 for Close, .75 for Depend, and .72 for Anxiety. Each of the three subscales has six items in total. The three subscales are referred to as close, depend, and anxiety. The near scale determines how at ease a person is with proximity and closeness. The depend scale measures the extent to which a person believes they can rely on others to support them in times of need. The anxiety subscale measures a person's level of worry about being overlooked or unloved. The participant must rate each of the 18 items on the scale from 1 to 5, where 1 represents "not at all characteristic of me" and 5 represents "very characteristic of me."
- **Multidimensional Scale of Perceived Social Support:** The creators of this scale are Zimet, Dahle, Zimet, and Farley (1988). The scale has an intraclass correlation value (ICC) of 0.84 and a Cronbach's alpha of 0.91. It gauges how well someone feels supported by three different groups: family, friends, and a significant other. Participants are required to reply to 12 items on this questionnaire on a scale of 1 to 7, with 1 denoting "very strongly disagree" and 7 denoting "very strongly agree."
- **Psychological Well-being Scale:** Carol Ryff (1995) created this scale. The reliability coefficient between tests is 0.82. There are 18 items on the scale, and responses range from "strongly agree" to "strongly disagree" on a likert scale from "1" to "7". Each of the six well-being dimensions—self-acceptance, autonomy, environmental mastery, purpose in life, positive connections with others, and personal progress—is represented by three items. Higher scores are correlated with higher levels of psychological well-being.

Procedure

The respondents were asked for consent before they were presented with the research form. Then, instructions were given to the participants to answer the questionnaire. The confidentiality was ensured to the participants. The questionnaire had some demographic details in the beginning followed by three different parts for the three scales. Scoring was completed following the data gathering.

Data Analysis

A questionnaire was prepared with the help of all the three scales (Adult Attachment Scale, Multidimensional Scale of Perceived Social Support, Psychological Well-being Scale) which was shared with the participants. As the data was collected, it was arranged into an excel sheet in a desired manner which was followed by entering the data in the statistical software for further analysis. Correlational analysis and regression were the statistical techniques employed in the investigation. The relationship between the variables emotional attachment, perceived social support, and psychological well-being was specifically examined using correlational analysis, and the relationship between well-being and emotional attachment and perceived social support was examined using regression.

RESULT

The purpose of the study is to better understand the relationship between young adults' psychological well-being, perceived social support, and emotional attachment as well as how these factors interact to affect that relationship. The results are as follows-

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Emotional Attachment & Psychological Well-being-Correlations

		EMOTIONAL ATTACHMENT	PSYCHOLOGICAL WELL-BEING
EMOTIONAL ATTACHMENT	Pearson Correlation	1	-.240**
	Sig. (2-tailed)		.002
	N	162	162
PSYCHOLOGICAL WELL-BEING	Pearson Correlation	-.240**	1
	Sig. (2-tailed)	.002	
	N	162	162

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

Table 1 shows the significant relationship between emotional attachment and psychological well-being since $p(.002) < 0.05$ and both the variables share a negative relationship with each other.

Regression

ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1517.974	1	1517.974	9.778	.002 ^b
	Residual	24839.804	160	155.249		
	Total	26357.778	161			

a. Dependent Variable: PSYCHOLOGICAL WELL-BEING

b. Predictors: (Constant): EMOTIONAL ATTACHMENT

Table 2: As $p(0.002) < 0.05$, the regression model is significant.

Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	105.370	8.290		12.711	<.001
	EMOTIONAL ATTACHMENT	-.475	.152	-.240	-3.127	.002

a. Dependent Variable: PSYCHOLOGICAL WELL-BEING

Table 3 states that emotional attachment significantly predicts psychological well-being as $p(0.002) < 0.05$

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Perceived Social Support & Psychological Well-being Correlations

		PSYCHOLOGICAL WELL-BEING	Perceived Social Support
PSYCHOLOGICAL WELL-BEING	Pearson Correlation	1	-.076
	Sig. (2-tailed)		.336
	N	162	162
Perceived Social Support	Pearson Correlation	-.076	1
	Sig. (2-tailed)	.336	
	N	162	162

Table 4: Since $p(.336) > 0.05$, the table suggests there is no significant link between psychological well-being and perceived social support.

DISCUSSION

The current research, *Emotional attachment & Perceived social support and their impact on Well-being among young adults*, inspected the relationship between emotional attachment, perceived social support, and psychological well-being among young adults. The objectives of the study included examining the influence of emotional attachment and perceived social support on well-being among young adults and the relationship among emotional attachment, perceived social support and psychological well-being. For this research, 162 people between the ages of 18 and 23 made up the sample size. A questionnaire was created which included Adult Attachment Scale, Multidimensional Scale of Perceived Social Support, Psychological Well-being Scale and was distributed among the participants after the consent of the participant. Statistical procedures like correlation and regression were used to analyse the data that had been gathered.

The study's first hypothesis is that young adults' psychological well-being is significantly predicted by emotional attachment. This is supported with the result shown in table 1 that there is a significant relationship between emotional attachment and psychological well-being amongst young adults as $p(0.002) < 0.05$ and emotional attachment significantly predicts psychological well-being among young adults as shown in table 2 & table 3. Hence, the hypothesis is proved right. However, both the variables are negatively correlated with each other, which means as the level of emotional attachment increases, the level of psychological well-being decreases amongst the young adults and vice-versa.

Furthermore, the second hypothesis is that perceived social support significantly predicts psychological well-being among young adults. Nevertheless, in table 4, it was seen that $p(0.336) > 0.05$. As a result, the hypothesis is proved wrong. This study's data analysis was limited to Pearson's correlation, which does not account for all possible correlations between the variables of perceived social support and psychological well-being.

Joel A. Lane (2015) examined the link between social support satisfaction, attachment, and wellbeing in emerging adults. 123 adults who had at least one typical life event were included in the sample size. The idea was that social support satisfaction would operate as a moderator, reducing the impact of each attachment characteristic on wellbeing. Structural equation modelling was utilised. The findings demonstrated that social support satisfaction, but not attachment avoidance, mediated the connection between attachment anxiety and

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well-being. This indicates that whereas attachment avoidance has a direct connection to wellbeing, attachment anxiety is partially related to social support satisfaction.

CONCLUSION

It can be concluded that emotional attachment and psychological well-being share a significant relationship where both are negatively correlated. This indicates that individuals who report higher degrees of emotional attachment may report lower degrees of psychological well-being. On the contrary, perceived social support and psychological well-being are not correlated.

Limitations & Further Suggestions

This study was conducted online which could have played a role in predicting the results. Apart from this, more sample size could have been taken to have more reliable results. Moreover, the sample chosen was young adults (18-23 years), which can be changed to adults (above 25 years) since emotional attachment is perceived more efficiently in the adults phase.

Hence, for further research, it is suggested to conduct the research in an offline setting and consider a slightly larger number of participants of age 25 years or more than that.

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Conflict of Interest

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