

Attachment Styles, Coping Mechanisms and Resilience: A Correlational Study

Noopur^{1*}

ABSTRACT

Attachment theory proposes that early relational experiences shape one's internal models of self and others, influencing how individuals respond to stress and form connections throughout life. In this study, 166 diverse sample of young adults (M age = 21.3 years, 62% female; extreme age range: 18.0–31.1 years) were examined with respect to their relations to attachment styles, psychological resilience and strategies of coping. The Attachment Style Questionnaire–Short Form (ASQ-SF), the Connor and Davidson Resilience Scale (CD-RISC) and Brief COPE Inventory were completed by the participants. Correlations between secure attachment (confidence in Interpersonal Interactions) and resilience ($r = .455$, $p < .001$) as well as both overall adaptive coping ($r = .421$, $p < .001$) were strong and positively correlated. On the contrary, avoidant ($r = -.352$, $p < .001$) and anxious dimensions ($r = -.327$, $p < .001$) of attachment were negatively correlated with resilience, however, they had distinct coping patterns: avoidant features involved a lower coping engagement ($r = -.297$, $p < .001$), whereas anxious features associated with higher but perhaps less effective coping endeavours ($r = .402$, $p < .001$). In addition, resilience and coping were somewhat reciprocal ($r = .301$, $p = .001$), and resilience and coping have some resilience and coping showed moderate overlap ($r = .301$, $p = .001$). These results demonstrate the importance of attachment security for resilience and upshot in the emerging profile of coping in young adulthood. In addition to attachment-informed targets (i.e., improving interpersonal confidence and emotion regulation capacities), they offer evidence to demonstrate intervention targets that will strengthen psychological adaptation.

Keywords: Attachment styles, psychological resilience, coping mechanisms, young adults, interpersonal relationship

Human development arises from the relational nature of the existence of all beings. Attachment is core to this relational aspect of life. The family members or caregivers that accompany early development provide the needed emotional security through proximity and bonding. While John Bowlby (1969, 1982) originally introduced attachment theory, and studied emotional attachments of infants with mothers and primary caregivers, the theory is based on the fact that the attachment patterns formed through early experience with the primary caregivers acts as the basis for how a person first interprets, experiences, and responds to stress, whether interpersonal stress or intrapersonal

¹Student

*Corresponding Author

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stress, throughout lifetime. The attachment styles are not a mere psychological construction, but profound internal working models that explain how a person learns to navigate their behavioral responses, emotional regulation, and cognitive processing, most especially in situations of adversity - which can be mistaken for responses of attachment style.

In recent years, there has been growing interest in understanding how these internalized attachment orientations influence psychological resilience—the ability to successfully adapt to challenges, including difficult situations, and recover from stressful events—and coping mechanisms defined as cognitive and behavioral efforts to manage stress (Lazarus & Folkman, 1984). When we merge the two fields of study, attachment theory and resilience science, we approach a useful theoretical framework to understand how people differ in their capacity for psychological adaptation, especially in periods of crisis or developmental transition, yet while ample research has shown that attachment security is positively related to beneficial outcomes, such as emotional health and well-being, and to stress management, the mechanisms whereby attachment styles influence resilience and coping are still under investigation and conceptually complex.

At this point, there is a substantial body of empirical literature confirming that secure attachment is a characteristic that is associated with a comfort level in intimacy, trust in other people, and capacity for emotional expressions, such an attachment style is positively associated with higher resilience levels and the adaptive coping strategies of seeking social support, reappraising their negative thoughts, and engaging in problem-focused coping (Terzi, 2015; Tang, 2024; Bender & Ingram, 2018). In fact, the self-regulatory abilities, perceived self-efficacy, and self-coherence along with resilient psychological advantages possessed by securely attached individuals all moderate their ability to endure psychological stress and recover from adversity (Holmes, 2017; Kurilova, 2015). On the other hand, insecure attachment (i.e., anxious and avoidant styles) has been identified in a variety of contexts as having vulnerabilities related to both resilience and coping. Individuals that are identified as anxious in their attachment style tend to utilize hyperactivation strategies, characterized by emotional hyper-reactivity, ruminative thinking, and excessive reliance on others for validation (Kural & Kovacs, 2021; Prosen & Vitulić, 2016). On the other hand, those who have avoidant attachment are more likely to suppress emotional needs, mistrust closeness with others, and use emotional distancing or avoidant coping strategies that may create obstacles for one's ability to emotionally adjust over the long-term (Jenkins, 2016; Perlman et al., 2016). Compared to anxious attachment styles, both of these insecure attachment styles have received support as precursors to lower levels of psychological resilience and higher levels of maladaptive coping strategies, including emotional disengagement, denial, and behavioral withdrawal (Komorowska-Pudło, 2016; Desai & Balasubramanian, 2021).

Moreover, studies with very different populations have demonstrated the important role of attachment styles in influencing our emotional reactions to stress and adversity, including primary school students (Godor et al., 2023), trauma advisors (Agarwal & Pereira, 2019), cancer patients (Basal et al., 2020), and university students (Özbay & Çelik, 2024). For example, Godor et al. (2023) found that in children, anxious attachment predicted all three aspects of resilience— sense of mastery, sense of relatedness, and emotional reactivity— with these aspects eventually affecting the use of both adaptive and avoidant coping strategies. Additionally, Bender and Ingram (2018) found that self-efficacy and self-care were significant mediators between adult attachment and resilience in college students. This

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highlights possible factors that can be targeted for intervention efforts with a person exhibiting insecure attachment styles.

These findings are consistent with larger theoretical frameworks that make the case for attachment orientations determining cognitive-emotional schemas that shape the appraisal of stressful events, beliefs about support, and choice of coping efforts. When discussing their challenges, individuals with secure attachment dynamics are more likely to appraise adverse experiences as manageable, to expect support from others as possible, and to consider their coping efforts effective. Conversely, individuals with insecure attachment styles perceive challenges in their lives as often threatening, others as unreliable, and themselves as immobilized by their experiences that compromise healthy coping and resilience. While literature is voluminous and diverse, we still only have a practical understanding of how attachment styles shape resilience and coping processes. First, the field of attachment and resilience lacks a unified, integrated model that demonstrates exactly how the pathways between appraisals of attachment and resilience include mediating and moderating pathways from attachment to resilience via coping behaviours. Although some studies have looked at correlational relationships and endorsed possible mediating variables like self-efficacy, emotion regulation, or maladaptive cognitive distortions between attachment and resilience (Kaya et al., 2023), they are often not tested model with path analyses of longitudinal designs that allow for the establishment of directionality and cause and effect.

Second, a large portion of the research is constrained by a narrow demographic sample - quite often based on college students or specific clinical populations - often from Western environments, which may restrict the generalizability of the findings (Tang, 2024; Holmes, 2017). We know very little about how sociocultural factors - or cultural beliefs about emotion, relational norms, or community support systems - may play a role. While these sociocultural factors will not account for the totality of variation in the relations between attachment and coping, these variables can mediate or moderate the relations between attachment and coping behaviors (Schenck et al., 2015).

Third, there is a significant amount of research that remains to be done on how specific coping behaviors that have been defined as cognitive reappraisal, planful problem solving, and emotion- focused disengagement relates occupying attachment frameworks of education. In addition, there are still plenty of studies done with broad category coping, which may not capture the intricate nature of the relationship between attachment-related tendencies and context-specific behaviors. Finally, attachment-informed resilience has not been explored across the lifespan in relation to temporarily in relational development, transitional processes, and consequential changes for many individuals.

This research makes several important contributions to existing knowledge regarding attachment, resilience, and coping. From a theoretical perspective, this research offers a framework to derive an integrated model that merges attachment theory with resilience frameworks, extending our understanding of the use of internal working models in psychosocial adaptations. On a practical level the implications of this research could be worked into the design of targeted, attachment- informed interventions which could increase resilience capacities, including self-efficacy, adaptive coping, and insecurity vulnerabilities. Contextually, this research engaged a diverse sample that spanned developmental periods and psychosocial contexts—especially regarding early adversity, caregiving burden, or chronic health conditions—that can be related to attachment-resilience models across various population contexts and life stages. While much is made of the existing research that

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assuredly demonstrates that attachment styles help determine resilience and coping ability, little work is provided to draw the intervening psychological processes that account for these relationships. This research will attempt to fill this gap by investigating the relationship between attachment styles, emotion regulation, coping, and resilience to provide a better, intervention-driven understanding of the attachment-resilience relationship.

Rationale of the study: This study investigates the interaction between attachment styles, psychological resilience, and coping strategies in young adults. Attachment theory suggests that early social experiences influence internal working models that organize emotional regulation and stress response throughout the lifespan. Although previous research has established that secure attachment is associated with resilience and adaptive coping, the specific mechanisms through which different attachment styles are associated with coping strategies and resilience are not well elucidated, particularly in diverse young adult populations.

By an analysis of these relationships in an integrated framework, this study fills gaps in the current body of knowledge and attempts to clarify how secure, anxious, and avoidant attachment styles affect coping and resilience differently. The results attempt to contribute to theoretical knowledge and guide the formulation of attachment-based interventions to promote psychological adaptation during emerging adulthood.

REVIEW OF LITERATURE

In a study by Liu et al. (2025), researchers explored how positive coping styles and psychological resilience relate to fear of falling (FoF) among older adults. The study, conducted in Beijing between July and December 2023, involved 202 participants aged 60 and above who completed standardized measures including the Simplified Coping Style Questionnaire, the Chinese version of the Connor-Davidson Resilience Scale, and the Falls Efficacy Scale-International. Results showed that 53% of the participants reported experiencing FoF, with higher levels of fear particularly prevalent among those with a previous history of falls or fractures. The analysis indicated that both psychological resilience and positive coping styles were negatively associated with FoF, while resilience was positively linked with adaptive coping strategies. Importantly, the study found that psychological resilience fully mediated the connection between positive coping styles and FoF, highlighting its significant role in reducing fear through the enhancement of coping mechanisms. These outcomes suggest that interventions focusing on resilience-building and adaptive coping may be effective in decreasing FoF in older populations. (Liu et al. 2025),

The purpose of this study by Gałazka et al (2024) was to inquire whether the types of interpersonal relationship entering display differences according to various types of perfectionism and attachment styles. The sample consisted of 169 adults (96 women, 73 men). The three key tools used to collect data were the Interpersonal Adjective Scales (IAS-R) designed by Wiggins to determine interpersonal behavior, Plopa's Attachment Styles Questionnaire to examine attachment patterns, followed by the Big Three Perfectionism Scale (BTSP) to measure self-critical, rigid and narcissistic perfectionism. The interpersonal relationship styles were found to be influenced by different perfectionism dimensions to the extent of 18 to 30 percent variation. Surprisingly, secure attachment styles made no difference in not using adaptive methods to cope with relationships, as people with non-secure attachment styles did not predict ways of coping with relationships in less adaptive ways. These results indicate that attachment style should not be prioritized over perfectionism in determining the methods through which people connect with one another.

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The fact that perfectionistic tendencies are an insight that indicates that these ideas are particularly pertinent when you are examining relational difficulties in therapeutic or counseling settings. (Gałazka et al 2024)

In a recent study, Kaya et al. (2024) examined how resilience functions as a mediator in the association between codependent behaviors in young adults and childhood emotional trauma, particularly emotional abuse and neglect. 401 people between the ages of 18 and 45 made up the study sample; most of them were female. The Adult Resilience Measure, a few subscales from the Childhood Trauma Questionnaire, and the Spann–Fischer Codependency Scale were among the tests that participants finished. The results showed a negative correlation with resilience but a positive correlation with codependency for both emotional abuse and neglect. Resilience was found to somewhat moderate the relationship between codependency and emotional abuse, which is noteworthy because it suggests that those who are more resilient may be less prone to develop codependent qualities after experiencing emotional abuse. On the other hand, this connection was not substantially impacted by emotional neglect. In addition to highlighting resilience as a protective element in forming adult relational patterns, these insights underscore the long-term psychological effects of emotional maltreatment in childhood. In order to lessen the long-term effects of early emotional trauma and limit codependent behaviors in maturity, the research emphasizes the therapeutic usefulness of enhancing resilience.

The current study by Özbay et al. (2024) looked at psychological resilience, hostility, and rage as possible mediators in the association between life satisfaction and attachment styles among Turkish university students. With an average age of 21.4 years ($SD = 2.7$), the sample comprised 326 participants, 218 of whom were female (66.9%) and 108 of whom were male (33.1%). First year (28.2%), second year (46.6%), third year (14.1%), and fourth year (11.1%) were the academic year-specific categories for the participants. The Three Dimensions Attachment Styles Scale, the Brief Psychological Resilience Scale, the Satisfaction with Life Scale, and the Screening List of Symptoms were used to collect data. Anger, aggression, psychological resilience, and secure and anxious attachment types were all found to be important determinants of life satisfaction. The associations between attachment patterns and life satisfaction were found to be somewhat mediated by psychological resilience and antagonism, according to bootstrapping analysis. According to the results, lowering animosity may mitigate the negative effects of anxious attachment on life satisfaction, especially if intervention programs emphasize building psychological resilience. On the other hand, increasing resilience and reducing animosity may amplify the beneficial impact of stable attachment on people's life happiness. (Özbay and others, 2024)

Shaban et al. (2024) conducted a cross-sectional study to examine the association between 200 Arab elders with chronic pain and their religious coping style and pain endurance. The participants completed demographic and medical history questionnaires, the WHOQOL-BREF, the Brief Arab Religious Coping Scale, and the Numeric Pain Rating Scale. There was a substantial positive correlation between positive religious reappraisal and self-reported pain endurance for active spiritual coping ($p < .05$). Conversely, there was no correlation between higher pain tolerance and poor religious coping strategies. We verified, even after adjusting for pertinent factors, the distinct impact of positive religious coping strategies on the capacity to manage pain by the use of multiple regression analysis. These results are consistent with the notion that religious coping, particularly positive faith-based resources, are neurocognitive, emotional, and psychosocial multidimensional benefits in the use of chronic pain in these older adults. The study is a call for the inclusion of positive religious

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coping into biopsychosocial models of pain management. Future research will examine causal pathways and contextual factors that affect the effectiveness of religious coping among different subgroups of older adults. (Shaban et al 2024)

(Tang, 2024) Attachment styles are deemed as determinants of psychological resilience and emotion regulation and therefore were the focus of a literature review from a social personality perspective. Based on the analysis of existing empirical research by (Tang, 2024), the study succinctly combined results to present how different attachment styles influence the capacities of emotion regulation and resilience. It was found that secure attachment always allows healthy development of resilience, and its use on adaptive emotion regulation strategies. On the other hand, it is demonstrated that less effective emotional coping is associated with insecure attachment styles. The message is that emotions and the way we respond to stress when young determine how we relate to others and our emotions later in life. The reviewed studies were acknowledged to have limitations including narrow scope of samples of participants as well as encouraged to broaden populations for more generalizable findings. In addition, this involved considering the development of attachment-based interventions for infants aimed at promoting resilience and emotional wellbeing. Overall, this review provides an overall perspective of how attachment styles are related with psychological adaptation.

Bijani et al. (2023) investigated the relationship between coping strategies and attachment styles and marital instability, focusing on the mediating function of resilience in conflict-affected couples. They used voluntary sampling in their 2019 study, which involved 300 individuals from Tehran police counseling clinics. The Connor-Davidson Resilience Scale (Connor & Davidson, 2003), the Coping Styles Questionnaire (Lazarus & Folkman, 1985), and the Marital Stability–Instability Scale (Edwards et al., 1987) were among the tools that participants filled out. The findings showed that marital instability is significantly influenced by coping mechanisms. The association between emotional and problem-focused coping and marital instability was found to be mediated by resilience. Additionally, the relationship between secure and insecure avoidant attachment patterns and marital instability was mediated by resilience. Resilience, however, did not seem to mitigate the relationship between instability and ambivalent (or bisexual) attachment type. These results underline the significance of therapies that foster resilience and adaptive coping because they may enhance marital outcomes by reducing the detrimental impacts of attachment-related difficulties.

Godor et al (2023) The purpose of this study was to investigate the relationships among primary school-aged children between coping mechanisms, resilience, and attachment types. 390 participants between the ages of 9 and 12 were enlisted, and they answered paper-based surveys such as the Brief-COPE Inventory, the Resiliency Scales for Children and Adolescents (RSCA), and the Experiences in Close Relationships – Revised Child Version (ECR-RC-12). Three resilience domains—feeling of mastery, sense of relatedness, and emotional reactivity—as well as two attachment subscales—*anxious* and *avoidant attachment*—were the major focus of the assessment. Four characteristics were used to categorize coping strategies: *avoidance*, *problem solving*, *positive thinking*, and *social support*. The study examined whether these resilience domains affected coping behaviors after testing the associations between attachment dimensions and resilience outcomes using AMOS (v25). The results showed that *avoidant attachment* was linked to both emotional reactivity and a sense of mastery, but *anxious attachment* predicted all three resilience characteristics. Furthermore, it was discovered that all three adaptive coping strategies—

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social support, optimistic thinking, and problem solving—had a positive correlation with feelings of relatedness and mastery. Both adaptive and avoidant coping mechanisms were strongly correlated with emotional reactivity, which is known to be a risk factor. The findings point to a nuanced, multifaceted connection between coping strategies, resilience building, and early attachment styles. Additionally, children participated in educational sessions that used reflective activities, like the stop light model, to increase awareness of their coping mechanisms as part of the study intervention. All things considered, these results highlight how crucial it is to incorporate attachment-informed resilience and coping skill development into early intervention programs.

Kaya et al (2023) This study is to investigate the mediating impact of interpersonal cognitive distortions between attachment anxiety and relational patterns, as well as the predicting influence of interpersonal cognitive distortions and attachment anxiety on interpersonal relationship styles. Of the 342 adult women in the sample, 41.2% were single and 58.8% were married. A correlational study approach was used to gather data using the Experiences in Close Relationships Scale, the Interpersonal Relations Styles Scale, and the Interpersonal Cognitive Distortions Scale. According to mediation research, interpersonal cognitive distortions were partially mediated by attachment anxiety, which in turn affected interpersonal interaction styles. This implies that people who experience high levels of attachment anxiety often adopt maladaptive thought processes that have a detrimental impact on their social connections. The results highlight how crucial it is to address and rectify skewed interpersonal cognitions in therapeutic contexts to enhance relationship functioning in individuals with attachment anxiety. (Kaya and others, 2023)

The relationship between childhood maltreatment and depressive symptoms is mediated by adult attachment, and Jiang et al. (2022) investigated the moderating effect of physical exercise on this mediation process in college students. 3,662 Chinese college students participated in the six-month data collection process, which was divided into three waves. Demographics (age, gender, race, education, and marital status), childhood victimization, adult attachment, physical activity levels, depressive symptoms, and past pedometer use were all evaluated by anonymous surveys that participants filled out. The findings showed that, through its effect on adult attachment, childhood maltreatment was substantially linked to depressed symptoms. Additionally, this mediation pathway was regulated by physical activity, indicating that a higher level of physical activity may mitigate the impact of attachment anxiety on depressive symptoms. These findings emphasize the crucial roles of early life stressors, social-psychological factors, and protective behaviors like physical activity in understanding and reducing the development of depression symptoms, despite the fact that dependence on self-report measures is a major constraint. People who have experienced maltreatment as children may benefit most from interventions that increase attachment security or encourage physical activity.

METHODOLOGY

Aim

The purpose of this study is to examine the effects of the four main attachment styles—secure, anxious, avoidant, and disorganized—on young adults' coping mechanisms and psychological resilience. Additionally, it aims to comprehend how different attachment styles influence how people react to stress and difficulties in interpersonal interactions (Bowlby, 1982; Mikulincer & Shaver, 2007).

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Objective

The goal is to investigate the relationship between attachment types and the growth of resilience and coping strategies. The study will also evaluate the degree to which various attachment types predict the ability to retain resilience in social and relational contexts, as well as the adoption of adaptive or maladaptive coping mechanisms.

Hypotheses

1. It is hypothesized that individuals exhibiting secure attachment will show higher levels of psychological resilience and are more likely to employ healthy coping mechanisms.
2. Insecure attachment styles will result in a negative relationship (anxious, avoidant) with resilience and a positive relationship for insecure attachment style(s) with coping strategy.
3. Different attachment styles will have significantly different relationships to coping strategies (e.g., avoidant attachment with coping, anxious attachment with coping).

Variables

Independent Variable:

- Attachment Style (secure, anxious, avoidant)

Dependent Variables:

- Psychological resilience
- Coping mechanisms

Sampling Procedure

The study will recruit approximately 150 to 200 participants aged 18 to 25 years, using either stratified random sampling or convenience sampling methods, depending on accessibility. Participants will primarily be drawn from undergraduate student populations and young professionals through a combination of online and offline recruitment strategies.

Inclusion Criteria

- Individuals between 18 and 25 years of age
- Ability to read and comprehend English
- Willingness to provide informed consent

Exclusion Criteria

- Individuals younger than 18 or older than 25 years
 - Participants who fail to complete the questionnaires or provide incomplete responses
- *Individuals will be free to leave the study at any time without incurring any fees, and participation will be completely voluntary.*

Tools Employed

1. **The Short Form Attachment Style Questionnaire (ASQ-SF):** Adult attachment traits include trust in others, discomfort with intimacy, need for approval, reliance on emotional ties, and a propensity to value relationships less are all assessed by the ASQ-SF (Feeney et al., 2014).
2. **The 10-item Connor-Davidson Resilience Scale (CD-RISC):** Focusing on traits including adaptation, tenacity, and emotional endurance, the 10-item CD-RISC is a robust and well-researched tool for measuring psychological resilience (Connor & Davidson, 2003).

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3. **A concise COPE inventory:** The Brief COPE scale, created by Carver (1997), looks at a variety of coping mechanisms and can be broadly divided into three categories: problem-focused, emotion-focused, and avoidant techniques.

RESULT AND DISCUSSION

Table 1: Resilience, Coping Mechanism & Discomfort with Closeness

	Resilience	Coping Mechanism	Discomfort with Closeness
Resilience	1	.281**	-.352**
		.001	.000
Coping Mechanism	.281**	1	-.297**
	.001		.000
Discomfort with Closeness	-.352**	-.297**	1
	.000	.000	
N	166	166	166

Table 2: Resilience, Coping Mechanism & Relationships as Secondary

	Resilience	Coping mechanism	Relationships as Secondary
Resilience	1	.281**	-.284**
		.001	.000
Coping mechanism	.281**	1	-.251**
	.001		.002
Relationships as Secondary	-.284**	-.251**	1
	.000	.002	
N	166	166	166

Table 3: Resilience, Coping Mechanism & Preoccupation with Relationships

	Resilience	Coping mechanism	Preoccupation with Relationships
Resilience	1	.281**	-.327**
		.001	.000
Coping mechanism	.281**	1	.402**
	.001		.000
Preoccupation with Relationships	-.327**	.402**	1
	.000	.000	
N	166	166	166

Table 4: Resilience, Coping Mechanism & Need for Approval

	Resilience	Coping mechanism	Need for Approval
Resilience	1	.281**	-.291**
		.001	.000
Coping mechanism	.281**	1	.361**
	.001		.000
Need for Approval	-.291**	.361**	1
	.000	.000	
N	166	166	166

Table 5: Resilience, Coping Mechanism & Confidence in Interpersonal interactions.

	Resilience	Coping mechanism	Confidence in Interpersonal interactions
Resilience	1	.281**	.455**
		.001	.000
Coping mechanism	.281**	1	.421**
	.001		.000
Confidence in Interpersonal interactions	.455**	.421**	1
	.000	.000	
N	166	166	166

Table 6: Resilience vs Coping Mechanism (General)

	Resilience	Coping mechanism
Resilience	1	.301**
		.001
Coping mechanism	.301**	1
	.001	
N	166	166

INTERPRETATION

Attachment Styles and Resilience

The data strongly supports the hypothesis that attachment styles significantly influence psychological resilience. The strongest correlation in the dataset is between Confidence in Interpersonal Interactions (a marker of secure attachment) and resilience ($r = .455$), which aligns with attachment theory's proposition that secure attachment provides a foundation for effective stress management and recovery from adversity.

The negative correlations between resilience and dimensions of insecure attachment (both anxious and avoidant features) further validate the theoretical framework. Specifically:

- 1. Avoidant Attachment Features and Resilience:** Both Discomfort with Closeness ($r = -.352$) and Relationships as Secondary ($r = -.284$) show moderate negative correlations with resilience. This suggests that individuals who tend to avoid intimacy and downplay the importance of relationships demonstrate lower resilience levels. This finding aligns with theoretical understanding that avoidant individuals often lack access to social support resources and may have compromised emotional regulation strategies due to their tendency to suppress emotional needs.
- 2. Anxious Attachment Features and Resilience:** Preoccupation with Relationships ($r = -.327$) and Need for Approval ($r = -.291$) also show negative correlations with resilience. This supports the notion that anxious attachment, characterized by hyperactivation strategies and excessive worry about relationships, undermines resilience by depleting cognitive resources and heightening emotional reactivity to stressors.

The strength of these correlations suggests that attachment orientation plays a substantial role in determining an individual's capacity for resilience, accounting for approximately 10-20% of the variance in resilience scores (based on r^2 values ranging from .08 to .21).

Attachment Styles and Coping Mechanisms

The correlation patterns between attachment dimensions and coping mechanisms reveal nuanced relationships that extend our understanding beyond simple associations:

- 1. Secure Attachment and Coping:** The strong positive correlation between Confidence in Interpersonal Interactions and coping mechanisms ($r = .421$) suggests that securely attached individuals employ more effective coping strategies overall. This aligns with the Theoretical expectation that secure attachment fosters adaptive emotional regulation and stress management skills.
- 2. Differential Patterns for Anxious versus Avoidant Attachment:** Perhaps the most intriguing finding is the differential relationship between coping mechanisms and the two forms of insecure attachment:
 - **Avoidant Dimensions** (Discomfort with Closeness and Relationships as Secondary) show negative correlations with coping mechanisms ($r = -.297$ and $r = -.251$, respectively). This suggests that avoidantly attached individuals may be less likely to engage in active coping strategies overall, consistent with their tendency toward emotional and behavioral disengagement.
 - **Anxious Dimensions** (Preoccupation with Relationships and Need for Approval) show positive correlations with coping mechanisms ($r = .402$ and $r = .361$, respectively). This initially counterintuitive finding may reflect the hyperactivating tendencies of anxiously attached individuals who engage in considerable coping efforts, though these efforts may not always be adaptive or effective.

The opposing directions of these correlations suggest that different insecure attachment orientations may lead to qualitatively different, rather than simply less effective, coping strategies. While the data doesn't specify which specific coping strategies are being measured, the literature suggests anxiously attached individuals often engage in emotion-focused and support-seeking strategies (sometimes excessively), while avoidantly attached individuals tend toward avoidance and distancing strategies.

Resilience and Coping Mechanisms

The moderate positive correlation between resilience and coping mechanisms ($r = .281$ to $.301$) across all tables indicates that individuals with higher resilience tend to employ more effective coping strategies. This bidirectional relationship likely reflects a virtuous cycle wherein effective coping enhances resilience, which in turn facilitates better coping.

However, the moderate strength of this correlation suggests that resilience and coping, while related, are distinct constructs. Resilience encompasses broader adaptive capacities beyond specific stress management strategies, including factors such as optimism, sense of mastery, and positive self-concept.

Theoretical Implications

The findings strongly support and extend the integrated theoretical framework of attachment, resilience, and coping outlined in the introduction:

- 1. Internal Working Models and Stress Response:** The significant correlations between attachment dimensions and both resilience and coping mechanisms validate the proposition that early formed attachment patterns create internal working models that influence how individuals appraise and respond to stress throughout life. The data suggests these models shape both one's general capacity for resilience and the specific strategies employed when facing adversity.

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- 2. Hyperactivation vs. Deactivation Strategies:** The differential patterns observed for anxious versus avoidant attachment dimensions align with theoretical models suggesting these orientations lead to distinct stress response patterns—hyperactivation for anxious attachment and deactivation for avoidant attachment. The positive correlation between anxious attachment and coping mechanisms, alongside negative correlations with resilience, suggests these individuals engage in considerable but potentially ineffective coping efforts.
- 3. Secure Base and Exploration:** The strong positive correlations between Confidence in Interpersonal Interactions and both resilience and coping mechanisms reinforce the concept that secure attachment provides a psychological foundation that enables effective exploration of challenging environments and adaptive responses to stress.

Limitations and Future Directions

- 1. Specific Coping Strategies:** The current data doesn't differentiate between types of coping strategies. Future research should examine how attachment dimensions relate to specific adaptive and maladaptive coping strategies, particularly distinguishing between problem-focused, emotion-focused, and avoidant coping.
- 2. Mediating Mechanisms:** While the correlational patterns are consistent with theoretical mediators such as self-efficacy and emotion regulation, direct assessment of these variables is needed to confirm their mediating roles. Future studies should employ path analysis or structural equation modeling to test comprehensive mediation models.
- 3. Contextual Factors:** The current analysis doesn't account for contextual factors such as current relationship status, family environment, or specific stressors that may moderate the relationships between attachment, resilience, and coping. Future research should examine how these relationships function across different contexts and in response to different types of stressors.
- 4. Developmental Trajectories:** Longitudinal research is needed to understand how the relationships between attachment, resilience, and coping evolve over time, particularly during key developmental transitions and in response to significant life events.
- 5. Intervention Studies:** Experimental studies testing attachment-informed interventions for enhancing resilience and adaptive coping would provide stronger evidence for causal relationships and inform evidence-based practice.

CONCLUSION

The correlation data provides robust support for the theoretical framework linking attachment styles to resilience and coping mechanisms. Findings highlight that individual with secure attachment patterns—especially those comfortable in interpersonal settings—tend to be more resilient and adopt healthier coping mechanisms. Insecure attachment dimensions show significant negative correlations with resilience, though with intriguing differential patterns for anxious versus avoidant features regarding coping mechanisms.

These findings enhance our understanding of how early relational experiences shape psychological adaptation throughout life and point to promising avenues for intervention to promote resilience, particularly among young adults with insecure attachment orientations. They underscore the importance of interpersonal confidence and secure relational representations as foundations for psychological resilience and effective stress management. Future research should focus on identifying specific mediating mechanisms, examining contextual influences, and testing interventions designed to enhance attachment security and

adaptive coping skills. By building on these findings, researchers and practitioners can develop more targeted and effective approaches to fostering resilience across diverse populations and contexts.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Noopur (2025). Attachment Styles, Coping Mechanisms and Resilience: A Correlational Study. *International Journal of Indian Psychology*, 13(2), 2074-2088. DIP:18.01.189.20251302, DOI:10.25215/1302.189