

Attachment Styles and Relationship Satisfaction among Young Adults (20–25 Years)

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ABSTRACT

Romantic relationships play a significant role in the emotional development of young adults. Attachment theory explains how early emotional bonds influence interpersonal relationships later in life. The present study examines the relationship between attachment styles and relationship satisfaction among young adults aged 20–25 years. A quantitative correlational research design was used to investigate the association between these variables. Data were collected using standardized psychological scales measuring attachment patterns and relationship satisfaction. The findings suggest that secure attachment styles are positively associated with higher relationship satisfaction, while anxious and avoidant attachment styles are associated with lower satisfaction levels. The results highlight the importance of emotional security and trust in maintaining healthy romantic relationships.

Keywords: Attachment styles, relationship satisfaction, young adults, romantic relationships

Young adulthood is a stage of life where individuals explore identity, independence, and intimate relationships. Romantic relationships formed during this period play a significant role in emotional well-being and personal growth.

One of the most important theories explaining relationship behavior is attachment theory, proposed by John Bowlby. According to this theory, early relationships with caregivers influence how individuals experience intimacy and trust later in life.

Research by Cindy Hazan and Phillip Shaver applied attachment theory to adult romantic relationships and suggested that attachment styles significantly influence relationship satisfaction. Attachment styles are generally categorized into secure, anxious, and avoidant patterns. Individuals with secure attachment tend to develop healthy relationships characterized by trust and emotional closeness. In contrast, individuals with insecure attachment styles may experience difficulties in maintaining satisfying relationships.

Understanding the relationship between attachment styles and relationship satisfaction is important for psychologists and counselors working with young adults.

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LITERATURE REVIEW

Several researchers have explored the role of attachment styles in romantic relationships. Studies by Cindy Hazan and Phillip Shaver conceptualized romantic love as an attachment process. Their research suggested that securely attached individuals experience greater satisfaction and stability in romantic relationships.

Previous empirical studies have also demonstrated that anxious attachment is associated with fear of rejection and emotional dependency, while avoidant attachment is associated with emotional distancing and discomfort with intimacy.

These findings indicate that attachment patterns significantly influence relationship quality and satisfaction.

METHODOLOGY

Research Design

The present study used a quantitative correlational research design to examine the relationship between attachment styles and relationship satisfaction.

Participants

The sample consisted of 200 young adults aged between 20 and 25 years who were currently involved in romantic relationships.

Sampling Method

Participants were selected using convenience sampling, as it allowed easy access to individuals within the target age group.

Tools Used

- **Experiences in Close Relationships Scale (ECR):** This scale measures attachment anxiety and attachment avoidance in close relationships.
- **Relationship Assessment Scale (RAS):** This scale measures overall satisfaction in romantic relationships.

Procedure

Participants were informed about the purpose of the study and provided consent before participating. The questionnaires were completed voluntarily, and confidentiality of responses was ensured.

RESULTS

The analysis revealed a significant relationship between attachment styles and relationship satisfaction.

Individuals with secure attachment styles reported higher levels of satisfaction in their romantic relationships, whereas individuals with anxious and avoidant attachment styles reported lower satisfaction levels.

Research Tables – Attachment Styles and Relationship Satisfaction Study.

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Table 1: Demographic Characteristics of Participants (N = 200)

Variable	Category	Frequency	Percentage
Gender	Male	112	56%
Gender	Female	88	44%
Relationship Status	Committed Relationship	131	65.5%
Relationship Status	Serious & Exclusive Dating	47	23.5%
Relationship Status	Engaged	14	7%
Relationship Status	Other	8	4%

Interpretation

The demographic results indicate that the sample included both male and female participants. Most participants reported being in committed romantic relationships, while others were in exclusive dating relationships or engaged.

Descriptive Statistics

Mean and Standard Deviation

Table 2: Descriptive Statistics of Study Variables

Variable	Mean	Standard Deviation (SD)
Attachment Anxiety	3.10	0.82
Attachment Avoidance	2.96	0.75
Relationship Satisfaction	4.01	0.70

Correlation Analysis

Table 3: Correlation between Attachment Styles and Relationship Satisfaction

Variables	Attachment Anxiety	Attachment Avoidance	Relationship Satisfaction
Attachment Anxiety	1	0.42**	-0.47**
Attachment Avoidance	0.42**	1	-0.39**
Relationship Satisfaction	-0.47**	-0.39**	1

Note: **p < .01

Interpretation

The correlation analysis shows that anxious and avoidant attachment styles are negatively associated with relationship satisfaction. This suggests that individuals who experience insecurity or emotional distance in relationships tend to report lower satisfaction.

Table 4: Distribution of Attachment Styles among Participants (N = 200)

Attachment Style	Frequency	Percentage
Secure Attachment	92	46%
Anxious Attachment	60	30%
Avoidant Attachment	48	24%
Total	200	100%

Interpretation

The results show the distribution of attachment styles among 200 participants. The majority of participants **92 (46%)** have a **secure attachment style**, indicating healthier and more

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stable relationships. **60 participants (30%)** show an **anxious attachment style**, while **48 participants (24%)** have an **avoidant attachment style**. Overall, secure attachment is the most common among the participants.

DISCUSSION

The findings of the study support the key ideas of attachment theory. Individuals with secure attachment patterns tend to experience higher levels of relationship satisfaction because they feel comfortable with emotional intimacy and trust their partners.

In contrast, individuals with anxious attachment may experience fear of rejection or abandonment, which can create emotional stress in relationships. Similarly, avoidant attachment may lead individuals to maintain emotional distance from their partners, which may reduce relationship satisfaction.

These findings highlight the importance of emotional security, trust, and healthy communication in maintaining satisfying romantic relationships.

CONCLUSION

The present study examined the relationship between attachment styles and relationship satisfaction among young adults aged 20–25 years. The study highlights the significant relationship between attachment styles and relationship satisfaction among young adults.

Individuals with secure attachment patterns tend to experience healthier and more fulfilling relationships, while anxious and avoidant patterns may create challenges in relationship functioning.

These findings underline the importance of understanding attachment dynamics in counseling and psychological interventions. Future research may further explore additional factors such as communication patterns, personality traits, and cultural influences and cultural influences that shape relationship satisfaction among young adults.

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Conflict of Interest

The author(s) declared no conflict of interest.

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