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Research Paper

Relationship between Parental Conflict and Attachment Style in Young Adults

Arpita Khatri[1]*, Dr. Soni Kewalramani[2]

ABSTRACT

The present study focuses on a correlational analysis of parental conflict and attachment style among young adults. The main purpose of research was to examine the relationship of parental conflict on the attachment styles of young adults a total sample of 109 participants, aged between 18 to 25 years who were selected using random sampling. Data was collected using children perception of interparental conflict and Experiences in enclose relationship-short form. Finding revealed that there are no significant relationships between the given variables, and all the mentioned hypothesis were rejected. The study explores whether experiences of parental conflict leave lasting effects on how individuals seek closeness, security, and distance in their adult relationships through anxious and avoidant attachment patterns.

Keywords: *Attachment style, Parental Conflict, Young Adults, Correlation*

Human development takes place in the context of social relationships that shape emotional, cognitive, and interpersonal functioning throughout the lifespan. Among these relationships, the family context plays a crucial and significant role in governing early psychological development.

From early childhood through adolescence, family interactions provide the primary environment in which individuals learn emotional regulation, interpersonal communication, and expectations about close relationships. Parents, as primary caregivers and socializing agents, significantly influence how children understand emotional security, relational stability, and conflict.

One important dimension of the family environment is the quality of the parental relationship. While disagreement between parents is a normative feature of intimate relationships, extensive research indicates that frequent, intense, or poorly resolved parental conflict can have adverse consequences for offspring development.

Parental conflict refers to recurring disagreements, hostility, or maladaptive interaction patterns between parents, particularly when such conflict is characterized by verbal

[1]Student, AIBAS, Amity University, Uttar Pradesh, Lucknow Campus
[2]Assistant Professor, AIBAS, Amity University, Uttar Pradesh, Lucknow Campus
*Corresponding Author

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aggression, withdrawal, or lack of resolution. Research in developmental and family psychology consistently demonstrates that exposure to destructive interparental conflict is associated with emotional distress, behavioral difficulties, and impaired social functioning in children (Grych & Fincham, 1990; Cummings & Davies, 2010).

Importantly, the effects of parental conflict are not confined to childhood. Longitudinal and retrospective studies suggest that early exposure to parental conflict may have enduring implications for psychological functioning into adolescence and adulthood. There are several models of Parental conflict to examine both Interparental and Parent child dynamics to analyse how it is experienced, interpreted and managed, within the family.

One well-known framework is Emotional security theory**,** this theory prominently posits that interparental conflict threatens children's sense of safety and security within the family system, which is a major mechanism explaining the negative effects of marital discord on children. (Cummings & Davies,1996, 2010)**.**

Another framework for comprehending parental conflict is the Cognitive–Contextual Model, introduced by Patrick T. Davies and E. Mark Cummings. This model highlights that children are not just passive witnesses to parental conflict; they actively process it. They interpret the conflict by determining how much of a threat it presents, whether they bear any responsibility for it, and their capacity to deal with the situation. These interpretations directly affect children's emotional reactions and behavioral adjustments, influencing outcomes such as anxiety, withdrawal, or problematic conduct (Grych & Fincham, 1990; Davies & Cummings, 1994).

Another vital viewpoint is Triangulation, which comes from Family Systems Theory created by Murray Bowen. Triangulation happens when a child gets caught up in the conflicts between parents, often by choosing sides, mediating arguments, or providing emotional support to one of the parents. This involvement places the child in roles that are not suitable for their development and disturbs the emotional boundaries within the family, increasing the risk of anxiety, guilt, and long-term relationship issues (Bowen, 1978).

The Family Stress Model, developed by Rand D. Conger, dealing the parental conflict through the perspective of stress and its impact on parenting. External stressors, such as financial struggles or ongoing marital conflict, adversely influence parent's emotional well-being, which certainly diminishes the quality of their parenting. As parents become less responsive and consistent, children are increasingly prone to emotional and behavioural challenges, making ineffective parenting a crucial factor connecting conflict to children's adjustment issues (Conger et al., 1994; Conger et al., 2010). One theoretical framework that explains this continuity is attachment theory, which emphasizes the role of early relational experiences in shaping internal representations of self and others.

Attachment theory, originally proposed by Bowlby (1969/1982), imply that repeated interactions with caregivers lead to the formation of internal working models such as cognitive and emotional representations that guide expectations about availability, responsiveness, and trust in close relationships. These internal working models are relatively stable over time and influence emotional regulation and interpersonal behaviour throughout the lifespan. In adulthood, attachment is commonly conceptualized along two primary dimensions: attachment anxiety and attachment avoidance (Hazan & Shaver, 1987; Fraley et al., 2000).

Attachment anxiety is characterized by heightened concerns about abandonment, excessive need for reassurance, and hypervigilance to relational threats. Attachment avoidance, in contrast, involves discomfort with emotional closeness, reluctance to depend on others, and emotional distancing. These dimensions have been extensively validated in adult populations and are strongly associated with relationship satisfaction, emotional well-being, and mental health outcomes (Mikulincer & Shaver, 2007).

The family environment, particularly parental conflict, plays a significant role in shaping attachment orientations. Emotional Security Theory provides a complementary framework for understanding how parental conflict affects attachment development. According to this theory, children are motivated to maintain emotional security within the family system. Exposure to destructive interparental conflict undermines this sense of security, activating stress responses and maladaptive regulatory strategies (Davies & Cummings, 1994). Over time, repeated exposure to relational threat may lead children to develop insecure attachment representations that persist into adulthood.

Empirical research supports the association between parental conflict and attachment insecurity. Studies have shown that children exposed to high levels of interparental hostility are more likely to exhibit insecure attachment patterns, characterized by anxiety or avoidance in close relationships (Davies et al., 2002).

Prospective longitudinal research further indicates that parental conflict predicts declines in attachment security over time, even after controlling for other family risk factors such as socioeconomic stress and parenting quality (Laurent et al., 2008). These findings suggest that parental conflict functions as a distinct relational stressor with implications for attachment development.

Parental conflict also affects attachment indirectly through its impact on parenting behaviors. Research demonstrates that high levels of interparental conflict are associated with reduced parental warmth, responsiveness, and consistency which is core components of secure attachment formation (Davies et al., 2002). This spillover effect highlights how conflict between parents can disrupt the caregiving environment, thereby influencing children's internal working models of relationships.

Young adulthood represents a particularly important developmental period for examining attachment styles. This stage is characterized by increased autonomy from the family of origin, identity exploration, and the formation of intimate romantic relationships. Attachment orientations formed earlier in life become especially salient during this period, as romantic relationships activate attachment systems and require emotional closeness, trust, and regulation. Research indicates that adult attachment styles demonstrate moderate stability from adolescence into young adulthood, supporting the view that early relational experiences exert enduring influence (Fraley, 2002).

Empirical studies focusing on young adult populations have consistently found associations between perceived parental conflict and adult attachment orientations. Riggio (2004) reported that young adults who recalled higher levels of parental marital conflict exhibited significantly higher attachment anxiety and attachment avoidance. Similar findings have been observed across non-clinical samples, including college students, suggesting that the influence of parental conflict is not limited to extreme or clinical family environments.

The role of perception is particularly important in understanding the relationship between parental conflict and attachment. Research indicates that individual's subjective perceptions of parental conflict like in correspondence of perceived intensity, frequency, and threat are more predictive of psychological outcomes than objective measures alone (Grych et al., 1992). Retrospective reports of parental conflict, although subject to recall bias, have demonstrated meaningful associations with adult attachment orientations and relational functioning (Hardt & Rutter, 2004). Thus, perceived parental conflict remains a theoretically and empirically relevant construct in young adult research.

Cultural and contextual factors also influence how parental conflict is experienced and interpreted. While norms regarding emotional expression and family interdependence vary across cultures, destructive interparental conflict has been consistently associated with negative adjustment outcomes across diverse cultural contexts (Mesman et al., 2016). This cross-cultural consistency strengthens the generalizability of findings linking parental conflict to attachment insecurity.

Gender differences have also been examined in responses to parental conflict. Some studies suggest that females may be more likely to exhibit attachment anxiety, whereas males may show greater attachment avoidance in response to interparental conflict, although findings are mixed and context-dependent (Davies & Lindsay, 2004). While gender differences are not the primary focus of the present study, acknowledging these patterns is important for contextualizing attachment outcomes.

Despite so many researches presented on parental conflict and attachment independently, fewer studies have directly examined their correlation in young adult populations using clearly defined constructs and validated measures. Variability in operational definitions of parental conflict and differences in measurement approaches have contributed to inconsistent findings across studies. Consequently, there is a need for focused investigations that examine the association between perceived parental conflict and attachment styles in young adults using standardized instruments.

The present dissertation seeks to examine the correlation between perceived parental conflict and attachment styles in young adults. By focusing on attachment anxiety and attachment avoidance, the study aims to contribute empirically grounded evidence to the literature on family-of-origin influences on adult relational functioning. Understanding this association has important implications for developmental theory and for attachment-informed clinical and preventive interventions that address relational difficulties rooted in early family experiences.

REVIEW OF LITERATURE

Prior empirical investigations have contributed significantly to understanding the dynamics of the phenomenon examined in this research**.**

Stern, Rhee, and Whisman (2025) investigated the link between discord in interparental relationships (difficulties in parental relationship adjustment) and the presence of clinical levels of psychopathology in adolescents. The study found that the more disconnection in the parental bond and relationship the more will be the chances for, General psychopathology, Internalizing disorders, and Externalizing disorders.

Wan et al. (2024) explored the connection between interparental conflict and social anxiety in Chinese college students, focusing on how psychological resilience plays a mediating role and perceived social support serves as a moderator within a moderated mediation framework. The research indicates that interparental conflict impacts social anxiety both directly and indirectly by diminishing resilience, and it shows that social support operates in a nuanced way rather than simply acting as a protective shield. The results highlight the significance of enhancing psychological resilience and offering appropriately calibrated social support to alleviate social anxiety among college students.

Li et al. (2024) carried out a longitudinal study to explore how parental conflict can predict depression in adolescents during the COVID-19 pandemic. The research involved 655 Chinese adolescents who were evaluated at three different time points in 2020, during the outbreak, at the lowest point, and six months after the lowest point. Depression symptoms were evaluated using the PHQ-9, while perceived parental conflict was measured with the Children's Perception of Interparental Conflict Scale. Further examination showed that parental conflict influenced depression in both direct and indirect ways. In particular, diminished family support and heightened feelings of being a burden were found to mediate the association between parental conflict and depressive symptoms in adolescents. The research concluded that parental conflict is a significant family risk factor for adolescent depression, especially during extended periods of crisis, and highlighted the necessity of family-centered interventions to aid adolescent adaptation.

Holt et al. (2024) investigated the changes in interparental conflict over time across various child residence setups following separation, noting that child involvement in parental disputes varied based on these arrangements. The reduction in child involvement was significantly greater in shared residence situations (35–50% and 50/50 arrangements) compared to arrangements with lower sharing (1–34%). Additionally, in families facing high relational risk, child involvement showed consistency over time, regardless of the type of residence. In cases involving violent risk and low-sharing arrangements, both the frequency and intensity of conflict witnessed the most significant decline. The authors reached the conclusion that while interparental conflict tends to diminish over time after separation, specific high-risk family dynamics especially those associated with relational risk may keep children's exposure to conflict at a steady level, highlighting the necessity for focused interventions in these complicated scenarios.

Zhen et al. (2022) found that experiencing interparental conflict during childhood is strongly related to depressive symptoms in early adulthood, with this connection being facilitated through both independent and sequential mediation processes. The research indicates that the enduring influence of interparental conflict on depression is not solely direct, but is mostly attributed to reduced maternal care and unfulfilled psychological needs, highlighting the importance of family-centered and needs-oriented preventive measures.

Hess (2022) studied whether an increase in children's perception of the frequency of inter-parental conflict predicts variations in their social well-being, focusing on peer issues and prosocial behavior, and whether this association is influenced by the parenting behaviors of both mothers and fathers. The research comes out as an observed data for the spillover mechanism, showing that higher frequency of conflict between parents negatively affects children's social well-being by diminishing the quality of parenting.

Jose, Puar, & Pandey (2021) This research explored the connection between young adults' perceptions of inter-parental conflict, emotional intelligence, and self-esteem through a correlational methodology. Participants completed standardized assessments (CPIC, Emotional Intelligence Inventory, and Self-Esteem Inventory), and the resulting data were analyzed using Pearson correlation and regression techniques. The results indicate that young adults who perceive higher levels of parental conflict tend to have lower self-esteem, while those with greater emotional intelligence are associated with higher self-esteem. The study highlights the combined influential role of family dynamics and emotional factors in determining self-esteem of young adults.

Okur (2016) examined the impact of perceived parental conflict, various parenting styles, and attachment styles on romantic relationship attitudes (anxiety and avoidance) as well as life satisfaction among 595 adults aged 18 to 65. Through correlational and mediation analyses, the research indicated that a greater perception of parental conflict was linked to increased romantic relationship anxiety and avoidance. The emotional warmth of fathers was found to have a negative correlation with both anxiety and avoidance, while overprotection and rejection negatively affected life satisfaction. Secure attachment was associated with lower levels of anxiety and avoidance and higher life satisfaction, whereas fearful and preoccupied attachment styles showed a positive correlation with anxiety and avoidance. Mediation analyses indicated that perceived parenting styles and attachment styles played a mediating role in the connection between parental conflict and romantic relationship attitudes, which, along with relationship attitudes, also mediated.

Braithwaite et al. (2016) The Unique Influences of Parent explored how parental divorce and parental conflict impact the functioning of romantic relationships in emerging adults. By shifting the focus from childhood outcomes, the research examined premarital relationships and assessed whether commitment, conflict resolution, attitudes toward divorce, and attachment insecurity acted as mediators in these effects. The study indicates that unresolved conflicts within a stable marriage may diminish emerging adults' feelings of commitment more than conflicts that occur after a divorce. The results emphasize relational commitment as a significant factor in the intergenerational cycle of relationship instability.

Ozeren (2025) used a cross-sectional research design to examine the alignment between love orientations and attachment types among 335 undergraduate nursing students. Attachment theory, which holds that early internal Relational schemas of oneself and others influence adult relational patterns, served as the foundation for the study. The research findings indicate that young adults experience of romantic love are greatly influenced by their interpersonal attachment style. Healthy and stable love attitudes are associated with secure attachment, while possessive and emotionally dependent love patterns are linked to insecure attachment types, especially those that are obsessive and afraid.

Emslander, Holzberger, Ofstad, Fischbach, and Scherer (2025) performed a systematic second-order integrated analysis of findings examining the association between teacher student relationships (TSR) and student outcomes. By understanding the previously done meta-analyses, they provided a high levels integration of existing evidence across academic achievement, motivation, engagement, and socio-emotional adjustment. These findings showed that positive teacher student relationships were linked with better academic performance, higher engagement, stronger motivation, and fewer behavioral problems. While distant relationships were related with maladjustment and lower academic outcomes.

This Particular study is focused on the Strength and Resilience of relational quality as a important predictor across Academic Levels and cultural contexts.

Wang, Liu, and Xiao (2025) investigated the influence of attachment on Chinese college student's profession preferences, putting a chain mediation model forward that included social support and self-differentiation. This study, which was based on Bowen's family systems theory and attachment theory, made the case that emotional regulation patterns are shaped by attachment alignment, and that these patterns in turn affect psychological maturity and access to social resources in professional settings. A chain mediation system was approved using structural equation modelling, which goes like Career Decision-Making, Self-Differentiation, Social Support, Adult Attachment. Self-differentiation was greatly diminished by attachment insecurity, and decision-making was positively predicted by social support. By showing that attachment insecurity influences career choices both directly and indirectly through emotional maturity and social resource mobilisation, this study adds to the body of literature and emphasises the significance of incorporating social and emotional aspects into career counselling frameworks.

Kumari and Imran (2024) focused on the influence of attachment styles on relationship quality and codependent behaviour among 150 Indian married women. Grounded in attachment theory, this study explored whether secure, ambivalent, and avoidant attachment styles are different in terms of relationship satisfaction and co-dependency or not.

Eilert and Buchheim (2023) performed a systematic review to findthe relationship between adult attachment styles and emotion regulation through objective metrics such as brain activity, autonomic responses, hormones, and nonverbal behavior. Among 37 studies, the results indicated that secure attachment is related with effective and balanced emotion regulation, while insecure attachment is linked to dysregulated emotional responses. Individuals with a dismissing attachment style often suppress their emotions but still exhibit physiological stress, whereas those with a preoccupied attachment style demonstrate increased reactivity. With this, unresolved attachment is characterized by the most disorganized and dysfunctional emotional patterns. The review Focuses that attachment styles are closely connected to the biological and neural mechanisms involved into emotion regulation.

Lee et al. (2020) explained that insecure attachment styles, especially attachment anxiety, importantly predicted loneliness and psychological distress during the COVID-19 pandemic. Their findings note how attachment insecurity gets intensified vulnerability and distress during large scale stressors, reinforcing the regulatory function of secure attachment in buffering emotional distress.

Simpson and Rholes (2017) tried to find how adult attachment style affect individuals emotional and behavioral responses to different types of stress in romantic relationships. Moving to the attachment theory, the authors also proposed the Attachment Diathesis–Stress Process Model, which Formality attachment insecurity (anxiety and avoidance) as a vulnerability factor that becomes evident under stressed situations.

Mikulincer, Shaver, and Horesh (2015) investigated the role of adult attachment alignment in shaping emotion regulation processes within the adulthood. Their outcomes demonstrated that securely attached individuals tend to implement adaptive emotion regulation strategies and demonstrate more effective coping under stress. On the other hand,

individuals high in attachment anxiety or avoidance were more likely to depend on maladaptive regulatory strategies and plans, leading to heightened emotional disregulation. The study reinforces attachment theory by emphasizing how internal working models affect emotional functioning and stress responses all through the lifespan.

Feeney, Noller, and Callan (2013) highlighted hat adult attachment security estimated greater relationship satisfaction, communication quality, and emotional support in between partners, on the other hand attachment anxiety and avoidance were connected to conflict, poorer communication, and lower relationship satisfaction. This study tells how stable attachment patterns may affect the romantic relationship quality in adulthood.

Rationale

The literature review is a key part of my major project, which is required for completing my Bachelor's degree in Applied Psychology. The purpose for conducting the study was to examine whether perceived parental conflict is significantly related with attachment styles in young adults. Although researches shows that orientation and exposure to interparental conflicts affects children's emotional security and attachment development, much of this evidence is related on child and adolescent samples. There remains limited clarity regarding whether these early family experiences continue to meaningfully shape attachment orientations in emerging adulthood.

Moreover, to the best of the researcher's knowledge after reviewing present literature, a smaller number of empirical studies in the Indian context have directly examined the relation between parental conflict and attachment style in young adults. The cultural differences in family structure, parenting practices, and relational expectations of India, it was necessary to find this relationship within the Indian population.

Hence, this study was conducted to acknowledge this contextual gap and contribute evidence and proofs from an Indian young adult sample**.**

METHODOLOGY

Objective

To analyse the relationship and association between Parental conflict and Attachment Style.

Hypotheses

- **H1:** There will be a significant relationship between the interparental conflict and Anxious Attachment style.
- **H2:** There will be a significant relationship between the interparental conflict and Avoidant Attachment style.
- **H3**: There will be a significant relationship between the Threat and Avoidant Attachment style.
- **H4:** There will be a significant relationship between the Self-blame and Avoidant Attachment style.
- **H5:** There will be a significant relationship between the conflict and Avoidant Attachment style.
- **H6:** There will be a significant relationship between the Threat and Anxious Attachment style.
- **H7:** There will be a significant relationship between the interparental self-blame and Anxious Attachment style.

- **H8:** There will be a significant relationship between the interparental Conflict and Anxious Attachment style.

Variables

1. Parental conflict
2. Attachment Style

Tools

1. **Children's Perception of Interparental Conflict Scale (CPIC):** The CPIC was developed by Grych, Seid and Fincham in 1992 to assess children's cognitive and emotional responses to conflict between parents. The scale is grounded in the Cognitive-contextual framework, which proposes that children's interpretations of parental conflict influence their psychological adjustments. The CPIC measures multiple dimensions of perceived parental conflict, including the frequency, conflict, and resolution of conflict, perceived threat, self-blame, triangulation, as well as coping efficacy. It is a self-report tool which typically is rated on a Likert-type scale (e.g., true/false or 3-point format, depending on the version). Higher scores indicate greater perceived conflict and maladaptive appraisals. The CPIC has explained good internal consistency and construct validity within diverse samples.
2. **Experiences in Close Relationships - Short Form**: The Experiences in Close Relationships Short Form (ECR-S) is a short self-report measure developed by Wei, Russell, Mallinckrodt, and Vogel (2007) to find adult attachment patterns in close relationships. It is derived from the original Experiences in Close Relationships (ECR) scale by Brennan, Clark, and Shaver (1998). The ECR-S assesses attachment along two dimensions, namely Attachment Anxiety which reflects fear of rejection, excessive need for reassurance, and concerns about abandonment and Attachment Avoidance that reflects discomfort with emotional closeness, dependence, and intimacy. The scale consists of 12 items, with 6 items measuring anxiety and 6 items measuring avoidance. Responses are rated on a 7-point Likert scale ranging from strongly disagree to strongly agree. Higher scores on each subscale indicate higher levels of attachment insecurity in that specific dimension. The ECR-S has elaborated strong internal consistency, good construct validity, and adequate factorial structure across different cultural samples. Due to its brevity and strong psychometric properties, it is widely used in research examining attachment in romantic and close interpersonal relationships.

Sample

- Sample Population- Young adults (Age 18 to 25)
- Sample Size- 109
- Sampling Technique – Random sampling

Research Design

This study employs a quantitative, correlational research explore the relationship between perceived parental conflict and attachment style. This design is suitable for identifying patterns and relationship within a population, providing insight into how perceived parental conflict affect attachment styles in young adults.

Procedure

Participants were provided with a pen-paper questionnaire consisting of demographic details and the two standardized scales. The survey was administered in a structured setting, ensuring confidentiality and voluntary participation. Before filling out the questionnaire, participants were given a brief about the study's purpose and provided informed consent. Data was collected over a span of two weeks, and responses were manually recorded and entered MS Excel for further statistical analysis. The study followed ethical research guidelines, ensuring anonymity and the right to withdraw at any stage. Then the scoring was done by using SPSS to find the correlation among variables.

RESULTS

This chapter describes methodology employed to examine the link between the domains of perceived parental conflict and attachment styles in young adults. The present study utilizes a quantitative, correlational research design, which allows researchers to identity relationships between variables without directly changing them. To obtain an unbiased and representative sample, participants were randomly selected from educational institutions. The sample consists of 109 young adults aged 18 to 25, randomly selected from educational institutions. Data was gathered through surveys at a single point in time (cross- sectional), using standardized psychological measure such as Children's Perception of Interparental Conflict Scale (CPIC), experiences in Close Relationships Short Statistical methods, Pearson's correlation analysis, was used to analyze the data and examine correlation between perceived Parental conflict and attachment style among young adults. This methodological strategy was selected to promote statistical accuracy, reduce bias, and increase the applicability of the results, ultimately leading to a thorough understanding of parenting style affect aggression and emotional regulation in young adults.

Table 4.1 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Anxious Attachment style**		
Interparental conflict	'r'	Significant (2-tailed)	Remarks
	-.022	.818	Not Significant

Table 4.1 indicates no significant difference between Anxious Attachment style and Children's Perception of Interparental Conflict among young adults. Thus, hypothesis 1 is rejected since the p-value is greater than 0.05 level of significance.

Table 4.2 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Avoidant Attachment style**		
Interparental conflict	'r'	Significant (2-tailed)	Remarks
	-.059	.546	Not Significant

Table 4.2 indicates no significant difference between Avoidant Attachment style and Children's Perception of Interparental Conflict among young adults. Thus, hypothesis 2 is rejected.

Table 4.3 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Avoidant Attachment style**		
Threat	'r'	Significant (2-tailed)	Remarks
	-.034	.724	Not Significant

Table 4.3 indicates no significant difference between Avoidant Attachment style and Threat among young adults. Thus, hypothesis 3 is rejected.

Table 4.4 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Avoidant Attachment style**		
Self-blame	'r'	Significant (2-tailed)	Remarks
	.095	.327	Not Significant

Table 4.4 indicates no significant difference between Avoidant Attachment style and Self Blame among young adults. Thus, hypothesis 4 is rejected.

Table 4.5 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Avoidant Attachment style**		
Conflict	'r'	Significant (2-tailed)	Remarks
	-.092	.339	Not Significant

Table 4.5 indicates no significant difference between Avoidant Attachment style and Conflict among young adults. Thus, hypothesis 5 is rejected.

Table 4.6 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Anxious Attachment style**		
Threat	'r'	Significant (2-tailed)	Remarks
	-.031	.750	Not Significant

Table 4.6 indicates no significant difference between Anxious Attachment style and Threat among young adults. Thus, hypothesis 6 is rejected.

Table 4.7 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Anxious Attachment style**		
Self-blame	'r'	Significant (2-tailed)	Remarks
	.094	.333	Not Significant

Table 4.7 indicates no significant difference between Anxious Attachment style and self-blame among young adults. Thus, hypothesis 7 is rejected.

Table 4.8 showing product moment correlation co-efficient 'r' among Young Adults (N=109)

Variables	**Anxious Attachment style**		
Conflict	'r'	Significant (2-tailed)	Remarks
	-.049	.610	Not Significant

Table 4.8 indicates no significant difference between Anxious Attachment style and conflict among young adults. Thus, hypothesis 8 is rejected.

DISCUSSION

Current Investigation Explores the Relationship between Parental conflict and Attachment style among young adults. The findings provide non-significant insights into how these variables are Related within the population of young adults from the ages of 18 to 25.

The given Study confirms that there is no significant relationship between Anxious attachment style and Avoidant attachment style and Interparental conflict. The correlational results (Table 4.1 and 4.2) indicate that interparental conflict does not have a significant influence on the Attachment styles, be it, Avoidant or Anxious. This Aligns with the previous study (Wetchler, 2025). This supports the idea that interparental conflict may not directly related to attachment anxiety without additional mediating or moderating family processes. On going with the present findings, Smith-Etxeberria et al. (2022) explored how prolonged interparental conflict after divorce is related to adult children's attachment-related anxiety and avoidance. When controlling parenting behaviors and emotional dynamics, continued interparental conflict was not significantly associated with higher attachment anxiety or avoidance, suggesting that marital conflict alone may not directly shape attachment orientations in young adults.

Findings also confirms that Threat was not significantly associated with Anxious or Avoidant Attachment styles (Table 4.3 and 4.6). Even though attachment theory posits that caregiver threat may disrupt security, the present findings did not reveal a significant association between parental threat and anxious or avoidant attachment styles, which is in Line with the Research of Lyons-Ruth & Jacobvitz (2016). One possible explanation is that attachment patterns are shaped more by Generally caregiver responsiveness and emotional availability rather than isolated or perceived threatening behaviors. Also, it is possible that parental threat, unless chronic and accompanied by emotional inconsistency, may not be sufficient to alter internal working models. Moreover, individual differences in perception, coping mechanisms, and resilience may interrupt the impact of parental threat on attachment outcomes.

With this, the study also reveals the non-significant correlation Between Self-blame and Anxious attachment and Avoidant Attachment styles. With statistically non-significant results, Tables 4.4 and 4.7 demonstrates that young adults who experiencing self-blame in the context of parental conflict were not significantly associated with anxious or avoidant attachment styles. These results also suggest that self-blame arising from interparental conflict may not directly translate into attachment insecurity within the young adults, however more probing is required within this domain.

This study also reveals the statical evidence for non-significant relationship between Parental conflict and Avoidant and anxious attachment style among young adults (Table 4.8 and 4.5) which was not statistically significant. This indicates that perceived conflict was not meaningfully associated with anxious attachment Patterns in the present sample. Thus, the proposed hypothesis suggesting a significant relationship between conflict and anxious attachment style was not supported. Jones and Cassidy in 2014 investigated into parents adult attachment styles have failed to find direct associations with attachment behavior toward adolescents, indicating that the impact of parental conflict on attachment may be conditional or mediated by other factors (Jones et al., 2014). These findings support the present results, which did not find a statistically significant relationship between conflict and anxious or Avoidant attachment style among young adults.

Limitations and Future Implication

Although the study examined the relationship between attachment styles (avoidant and anxious) and interparental conflict, certain limitations must be acknowledged. First, the findings predicted non-significant correlations between attachment styles and perceived parental conflict. This shows that attachment patterns may not be directly influenced by conflict alone, but rather by a complex number of multiple factors such as temperament, personality traits, coping styles, emotional sensitivity, and previous relational experiences. Focusing solely on interparental conflict may provide a limited understanding of how attachment styles develop and function in young adults.

Second, the study relied on self-report measures, which may be affected by recall bias, social desirability, or subjective interpretation of parental conflict. Participants current emotional state or relationship experiences might also have shaped how they perceived and reported attachment tendencies.

Another limitation is that the study considered only anxious and avoidant attachment styles and did not examine secure attachment in depth. Including all attachment patterns could have provided a more comprehensive understanding of relational dynamics.

Additionally, the sample consisted of a specific population group (e.g., college students/young adults from a particular region), which limits the generalizability of the findings to broader or more diverse populations. Cultural factors may also influence both attachment formation and perceptions of parental conflict, but these were not independently examined.

Finally, since the study used a correlational design, causal relationships cannot be established. It cannot be concluded whether parental conflict influences attachment styles, or whether individuals with certain attachment patterns perceive conflict differently.
Future research should explore moderating and mediating variables such as emotional regulation, resilience, personality dimensions, coping mechanisms, and socio-cultural influences to better understand the complex relationship between attachment styles and interparental conflict.

CONCLUSION

All in all, the findings of the present study highlight the complexity of the relationship between attachment styles and interparental conflict among young adults. The absence of significant correlations suggests that attachment patterns are not entirely shaped by perceived parental conflict. Rather than suggesting weak associations, these findings point toward the multifaceted nature of attachment development.

Attachment styles appear to start from a broader interaction of factors, including personality traits, emotional regulation capacities, coping mechanisms, peer relationships, and individual interpretations of family experiences. Interparental conflict alone may not determine attachment tendencies; instead, it may interact with other psychological and environmental influences in shaping relational patterns.

These findings underscore the importance of adopting a holistic perspective when examining attachment development. Educational institutions, mental health professionals, and families should recognize that young adults' relational patterns are influenced by diverse internal and external factors. Preventive interventions focusing on emotional awareness, healthy coping

strategies, and constructive family communication may be more effective than targeting conflict alone.

Overall, this study contributes to the understanding that attachment is a dynamic and multidimensional construct. Further research incorporating additional mediating and moderating variables is essential to develop a more comprehensive model explaining how family dynamics influence attachment patterns in emerging adulthood.

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Conflict of Interest

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