

## Study on Relationship Between Sense of Control and Attachment Styles among Young Adults

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### ABSTRACT

Human beings are social animals. Each individual is a thread inseparably woven into a larger social tapestry. Guiding this integration is the attachment style, the internal framework that defines characteristic ways in which individuals emotionally bond and relate to others in enclosed relationships. Fundamental to this internal framework is perceived control, which refers to an individual's belief about how much influence they have over their life circumstances and environment. Attachment styles can be used to understand how individuals connect with others, whereas perceived control helps us understand how individuals view themselves in relation to their surroundings and how they manage and regulate their environment. The present study examined the relationship between attachment styles, specifically avoidant and anxious attachment, and perceived control using Adult Attachment scale (AAS) and Sense of Control Scale (SOC). It aimed to investigate how levels of perceived control are associated with variations in attachment style. The study was conducted on a sample of (N = 60) adults between 18 to 30 years of age. The findings indicated that avoidant attachment style was not significantly related to perceived sense of control among adults. However, anxious attachment style showed a significant negative relationship with perceived control, suggesting that higher relational anxiety is associated with lower perceived agency.

**Keywords:** Attachment Style, Anxious Attachment, Avoidant Attachment, Sense of Control

Human beings are inherently social and cognitive organisms with a fundamental need to experience a sense of control over their lives. The perception that one can influence events, regulate outcomes, and shape personal experiences is central to psychological adjustment, motivation, and relational functioning. This notion is most systematically articulated in Julian B. Rotter's Social Learning Theory, which introduced the construct of locus of control. Rotter (1966) defined locus of control as a generalized expectancy concerning whether reinforcement is contingent on one's own behavior (internal) or on external forces (external). Over time, this expectancy becomes a core component of perceived control, influencing emotional regulation, coping strategies, academic achievement, and interpersonal relationships.

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Parallel to perceived control, the relational dimension of human functioning is extensively explained by attachment theory, pioneered by John Bowlby. Bowlby proposed that early interactions with caregivers form enduring cognitive-emotional representations known as internal working models. These models shape expectations about the self, others, and relationships, thereby influencing adult intimacy patterns, trust, dependency, and emotional regulation. Secure attachment emerges from consistent, responsive caregiving, whereas insecure patterns anxious, avoidant, and disorganized develop under inconsistent or unresponsive caregiving conditions.

At the global level, Galvano and Castiglione (2024) explored attachment styles and their influence on interpersonal dynamics, emphasizing behavioral analysis of nonverbal communication, findings demonstrate that attachment orientations are reflected not only in emotional experiences but also in subtle interpersonal behaviors, reinforcing Bowlby's proposition that early caregiving experiences shape enduring relational patterns. Within the Western context, Ginalska and Cichopek (2025) examined attachment styles, early maladaptive schemas, and romantic relationship satisfaction among heterosexual couples. Their multilevel analysis revealed that secure attachment was associated with fewer maladaptive cognitive schemas and higher relationship satisfaction, whereas avoidant and ambivalent styles were linked to greater maladaptive schemas such as abandonment, mistrust, emotional deprivation, and shame. These findings highlight how internal working models influence adult cognitive-emotional processing within intimate relationships and how attachment styles influence the overall sense of oneself. In the Asian context, Thargay and Giri (2024) investigated the mediating role of attachment styles between perceived partner responsiveness and marital satisfaction among Sikkimese couples. Their study underscores the cultural relevance of attachment theory and demonstrates that attachment orientations significantly mediate how individuals interpret partner responsiveness and relationship quality while also showcasing the human connections at regional level, which represents the dynamics of individual differences. Within the Indian context, Kumar and Imran (2024) examined the influence of attachment styles on relationship quality among Indian married women. Their findings contribute to the contextual applicability of attachment theory in Indian marital dynamics, highlighting the importance of understanding attachment patterns when addressing relational satisfaction and codependent behaviors. The findings also suggest that in Indian context attachment styles heavily impact individuals' interpersonal relationship, which includes marriages as the most prominent and publicly accepted form of interpersonal relationship in India. From a broader general theoretical perspective, recent work further reinforces that attachment styles significantly influence romantic relationships across adulthood. This literature consolidates the idea that early attachment experiences serve as a foundation for later relational patterns, emotional intimacy, and conflict resolution styles Lu,S. (2024). While attachment research has robustly examined relational dynamics, the cognitive dimension of perceived control also plays a crucial role. Perry, Chipperfield, and Stewart (2017) describe perceived control as central to human cognition, motivation, and well-being. Their work outlines the historical development, antecedents, and consequences of perceived control, emphasizing its domain-specific and lifespan variations. The perception of control influences resilience, stress response, academic persistence, and interpersonal adjustment.

The present study involves attachment style and perceived control as variables, which will showcase the individuals connection and autonomy. Understanding attachment styles and perceived control in a systematic manner to integrate impact and awareness promises a more comprehensive understanding of relationship quality, bridging emotional bonding patterns

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Therefore, examining attachment styles alongside perceived control offers a comprehensive understanding of relationship quality, bridging emotional bonding patterns with cognitive expectancy mechanisms.

### *Significance*

This study is important because it brings together two powerful ideas in psychology: how we form emotional bonds (attachment styles) and how much control we believe we have over our lives (perceived control). Although both areas have been studied separately for many years, very few studies have looked at how they are connected. By examining them together, this research helps us better understand how people balance relationships and personal independence. From a practical perspective, this study can be useful in counselling and therapy. If individuals with anxious attachment also experience low perceived control, therapists can focus on building both emotional security and a stronger sense of personal agency. It also helps professionals avoid misunderstanding avoidant behavior as confidence or strength when it may simply reflect emotional distancing.

The study is particularly relevant for young adults (18–30 years), as this stage of life involves forming close relationships, building careers, and developing identity. Understanding how attachment and perceived control interact during this period can help promote healthier emotional development and relationship stability. Overall, this research contributes to a deeper understanding of how people manage closeness and independence in their lives. It highlights the importance of balancing emotional connection with a healthy sense of personal control, which is essential for psychological well-being and stable relationships.

## REVIEW OF LITERATURE

A growing body of research investigates how fundamental personality-social constructs shape romantic partnership quality. Two strands dominate this inquiry: attachment styles, derived from Bowlby's attachment theory and operationalized through internal working models, and perceived control, rooted in Rotter's locus of control framework within Social Learning Theory. Recent empirical work across diverse cultural contexts has examined each construct separately, while emerging studies suggest that their interaction may offer a more comprehensive account of relationship satisfaction, stability, and conflict resolution. The following review summarizes the principal findings on each construct and then integrates them to outline a unified theoretical perspective.

### *Attachment-Based Relational Functioning*

There is an emerging scenario to understand human connection and building long term bond by individuals for necessary development, also a need to explore areas which can help in forming better societal diplomacy through individual's efforts. Bowlby (1969) described attachment as an inborn behavioral system that secures infant connection to caregivers. Repeated interactions between child and parents generate internal working models cognitive-affective schemas about the self (worthy versus unworthy of love), others (reliable versus unreliable), and relationships (safe versus threatening). Secure attachment emerges from consistent, responsive caregiving and promotes emotional regulation, trust, and adaptive relational patterns, whereas insecure styles arise under inconsistent, rejecting, or frightening care. Anxious (or ambivalent) attachment is characterized by fear of abandonment and heightened dependency; avoidant attachment involves emotional distancing and discomfort with intimacy; and disorganized attachment reflects contradictory or dysregulated relational responses. These early-formed models persist into adulthood,

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influencing the quality of romantic and marital partnerships. Cross-cultural evidence underscores the durability of these patterns: Galvano and Castiglione (2024) showed that attachment orientations manifest not only in emotional experiences but also in subtle non-verbal cues, confirming the durability of early caregiving effects on a global scale. In Western samples, Ginalska and Cichopek (2025) reported that secure attachment among heterosexual couples is linked to lower maladaptive schemas and higher relationship satisfaction, while avoidant and ambivalent styles correlate with schemas of abandonment, mistrust, and shame. Asian research by Thargay and Giri (2024) demonstrated that attachment styles mediate the relationship between perceived partner responsiveness and marital satisfaction in Sikkimese couples, and Kumar and Imran (2024) highlighted attachment as a decisive factor for relationship quality among Indian married women, emphasizing its relevance for addressing codependent dynamics. A synthesis of recent literature (Lecture Notes in Education Psychology and Public Media, 2024) confirms that attachment consistently predicts intimacy, conflict resolution, and emotional bonding across adulthood, acting as a robust predictor of relational outcomes and shaping how partners interpret, respond to, and negotiate relational challenges.

Across the reviewed studies, attachment style consistently emerged as a central predictor of emotional functioning, relationship quality, and psychological well-being. Sagone et al. (2023) demonstrated that secure attachment works as a psychological protective factor. Individuals who show stable close relationships were found to report higher psychological well-being. In contrast, insecure individuals—often characterized as avoidant or overtly approval-seeking tended to report reduced well-being. The analysis of this literature suggests that individuals who are in stable, close bonds show higher well-being, greater awareness, and emotional stability. On the other hand, insecure or avoidant patterns may create a seeking tendency, yet at the same time individuals struggle with acceptance of themselves and their environment, which influences how they engage in interpersonal relationships. Complementing this, Guo and Ash (2020) conducted a systematic review and found that insecure attachment especially anxious attachment was positively correlated with anxiety symptoms. Their findings clearly connect attachment patterns with anxiety, showing how insecure attachment styles can significantly affect an individual's emotional health and vulnerability to distress. Barbaro (2020) extended the understanding of attachment through a two-system framework distinguishing infant attachment from adult romantic attachment. He proposed that both systems influence adult relational patterns. This suggests that attachment is not limited to adulthood but begins in infancy, where developmental factors shape later relational behavior. Early caregiving experiences influence how individuals behave, perceive others, and interpret their environment, which ultimately affects their attachment style and relational responses. Sheinbaum et al. (2015) provided ecological validity to these patterns through experience sampling methodology. They found that anxious individuals exhibited higher negative affect, stress, and perceived rejection in daily life. Avoidant individuals showed emotional distancing and reduced desire for closeness. Both avoidant and anxious types may create lower levels of closeness and reduced desire to be together, though through different mechanisms hyperactivation in anxious attachment and emotional withdrawal or hyper-independence in avoidant attachment. These patterns can be understood as cognitive appraisals: individuals interpret social experiences in ways consistent with their attachment orientation, especially when they feel disconnected or unsupported. Zha (2024) examined the longitudinal consequences of early anxious and avoidant attachment into adulthood, linking them with personality development and later relational instability. The findings reinforced the enduring developmental trajectory of attachment patterns, showing how early attachment experiences influence long-term relational stability and personality

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outcomes. Kartal (2023) investigated the mediating role of interpersonal emotion regulation between attachment and well-being. Although interpersonal emotion regulation did not mediate the relationship as hypothesized, avoidant attachment remained negatively associated with well-being. Anxious attachment, interestingly, showed a positive correlation with well-being in certain contexts. Overall, avoidant attachment and hyper-independence appear to predict lower well-being, influencing developmental and relational trajectories over time. Taken together, these studies suggest that secure attachment supports emotional stability and well-being, whereas insecure patterns whether avoidant or anxious—can disrupt relational closeness, increase emotional vulnerability, and affect long-term psychological functioning.

### *Perceived Control and Relational Agency*

As attachment defines relational expectations, as human beings we are also shaped by individual differences in how we perceive control over our environment. The perception that we can control our circumstances or manage ourselves independently shapes how we interpret agency within relationships and broader social contexts. Rotter (1966) defined locus of control as a generalized expectancy about whether outcomes are contingent on one's own behavior (internal) or on external forces such as luck, fate, or powerful others (external). This expectancy constitutes perceived control, a core determinant of motivation, coping, and emotional regulation. Individuals with an internal locus of control tend to engage in proactive communication, constructive conflict resolution, and take responsibility for relational maintenance, whereas external controllers are more likely to experience helplessness, adopt passive coping strategies, and view relational events as beyond their influence. Perry, Chipperfield, and Stewart (2017) identified perceived control as a central predictor of cognition, motivation, and well-being across the lifespan. More recent meta-analytic work on autonomy support (2023) links higher perceived control to positive learning and relational outcomes, and a distance-construal study (2024) demonstrated that perceived control mediates the link between relational distance and satisfaction, with locus of control moderating this effect. Consequently, perceived control functions as a salient mechanism through which individuals manage relational stressors and sustain partnership quality. Perry, Chipperfield, and Stewart (2017) conceptualized perceived control as central to human cognition, motivation, and well-being. Their review outlines how perceived control influences adaptive functioning across the lifespan and identifies it as both an antecedent and a consequence of psychological outcomes. They position control perception as a fundamental motivational construct. Perceived control can be positive or negative. However, an excessive presence of control, like anything in excess, can disturb psychological balance. Literature discussing hyper-independence suggests that over-control of the self may create avoidance in relationships or increase anxious tendencies. Huang and Zhang (2023) demonstrated that perceived control mediates the relationship between psychological distance and construal level. Individuals who experience psychological distance report lower situational control, which alters cognitive processing. Psychological distance may involve distancing oneself emotionally or mentally, and when individuals perceive reduced control, their thinking patterns shift accordingly. This affects how they interpret situations and relationships. Mammadov and Schroeder's (2023) meta-analysis showed that autonomy support an external facilitator of perceived control strongly predicts autonomous motivation, engagement, and self-beliefs. Although academic performance showed weaker associations, the pathway analysis revealed mediation through motivation and engagement. This suggests that perceived control enhances functioning indirectly through motivational mechanisms. Perceived control can be beneficial for motivation, self-work, assertiveness, autonomy, and independence. However, when it comes to forming close

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bonds and expressing vulnerability, a balanced level of perceived control is important. Excessive rigidity or over-control may limit openness in relationships. Hadden et al. (2014) examined relationship autonomy within the framework of self-determination theory. Their findings revealed that relationship autonomy predicts greater support provision and reduced intrusiveness. Autonomy here reflects self-endorsed engagement rather than rigid independence, suggesting that perceived control within relationships can enhance adaptive relational behaviors. In this sense, perceived control contributes positively when it supports healthy autonomy rather than emotional detachment. Righetti et al. (2022) emphasized self-regulation processes in close relationships, identifying standards, monitoring, capacity, and motivation as central components. Perceived control implicitly underlies these components, particularly in monitoring and goal pursuit. Effective self-regulation supports relationship maintenance and commitment. Balanced self-regulation allows individuals to remain aware of their own stance while maintaining connection. Walls and Marrington (2024) integrated perceived control into intimate relationship dynamics by linking insecure attachment, emotion dysregulation, and shame-proneness to controlling behavior. Insecure attachment predicted greater relational control, mediated by emotional dysregulation and shame. This highlights how compromised internal control may manifest as external attempts to control a partner. If individuals struggle with regulating themselves, they may attempt to regain control through dominance or controlling behaviors in relationships. Hyper-independence can create avoidance, but anxious attachment can also lead to control-seeking tendencies. When individuals cannot regulate themselves internally, they may attempt to regulate others externally. Overall, perceived control is adaptive when balanced it supports autonomy, motivation, and emotional regulation. However, when extreme, it may contribute to avoidance, relational distance, or controlling tendencies. The interaction between attachment style and perceived control helps explain how individuals navigate intimacy, autonomy, vulnerability, and emotional stability within relationships.

Taken together, the reviewed literature indicates that attachment and perceived control are not isolated constructs but dynamically interconnected processes shaping interpersonal functioning. Barbaro (2020) extended attachment theory by distinguishing between infant and adult attachment systems, emphasizing that attachment should not be viewed only in adult romantic contexts but through a developmental lens that traces relational patterns from infancy to adulthood. This developmental continuity helps explain why relational tendencies persist across time. Sheinbaum et al. (2015) further demonstrated how anxious attachment is characterized by hyperactivation—heightened stress, negative affect, and perceived rejection—while avoidant attachment reflects emotional withdrawal or hyper-independence. These patterns represent distinct cognitive appraisals of social situations, influencing how individuals interpret closeness and threat.

### ***Developmental Attachment and Perceived Control Dynamics***

When viewed alongside Walls and Marrington (2024), these attachment-based patterns connect strongly with perceived control. Their findings suggest that insecure attachment, particularly anxious attachment, may lead to control-seeking tendencies mediated by emotional dysregulation and shame. In other words, when internal regulation feels unstable, individuals may attempt to restore control externally within relationships. This highlights how compromised internal control can manifest as relational dominance or over-monitoring. However, perceived control is not inherently maladaptive. Hadden et al. (2014) demonstrated that balanced relationship autonomy reflecting self-endorsed engagement rather than rigid independence predicts greater support provision and reduced intrusiveness. Thus, a balanced level of perceived control contributes positively to interpersonal

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relationships by promoting autonomy without emotional detachment. Overall, the integration of these findings suggests that attachment provides the emotional template, while perceived control shapes how individuals regulate themselves within that template. Hyperactivation in anxious attachment and withdrawal in avoidant attachment may reflect attempts to manage perceived control deficits. Yet when perceived control is balanced neither over-controlled nor externally imposed—it enhances relational stability, mutual support, and psychological well-being. This interplay underscores the importance of examining attachment and perceived control together to understand the full complexity of interpersonal functioning across development.

### *Rationale*

Attachment style and perceived control have both been widely examined in psychological research. Attachment literature has consistently demonstrated how secure, anxious, and avoidant patterns influence emotional functioning, relational stability, and psychological well-being. Similarly, perceived control has been conceptualized as a central motivational construct associated with adaptive functioning, autonomy, and positive psychological outcomes. However, perceived control is often interpreted primarily as a beneficial factor enhancing motivation, self-regulation, and independence. What remains less examined is the possibility that excessive or rigid forms of perceived control may manifest as hyper-independence, emotional distancing, or relational withdrawal. Such tendencies may overlap with avoidant attachment patterns or interact with anxious attachment through control-seeking behaviors. Despite substantial research on attachment styles and on perceived control independently, there remains a significant gap in understanding how perceived control relates to the availability and expression of attachment styles among individuals. Specifically, the interplay between perceived control and insecure attachment patterns avoidant and anxious has not been sufficiently integrated within empirical research. Therefore, the present study aims to bridge this gap by examining the relationship between attachment styles and perceived control, focusing particularly on avoidant and anxious attachment orientations.

## **METHODOLOGY**

### *Objectives-*

1. To examine the relationship between avoidant attachment style and perceived control.
2. To examine the relationship between anxious attachment style and perceived control.

### *Hypotheses-*

- H<sub>1</sub>: There will be a significant relationship between avoidant attachment style and perceived control.
- H<sub>2</sub>: There will be a significant relationship between anxious attachment style and perceived control.

### *Research Design*

The present study employed a quantitative, correlational research design to examine the relationship between adult attachment styles (anxious and avoidant) and perceived control among adults. The study aimed to assess naturally occurring differences in these variables without any manipulation or experimental intervention. A correlational design was considered appropriate as the objective was to determine whether significant relationships exist between attachment patterns and perceived control rather than to establish causation. One of the variables (V1) were adult attachment styles, specifically anxious attachment and

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avoidant attachment. Other variable (V2) was perceived control. Attachment styles were measured to determine their association with individuals' perceived sense of control over life events and circumstances.

### *Sample*

The study consisted of a total sample of 60 adults selected through a random sampling technique to reduce selection bias and enhance representativeness. Participants were aged 18 years and above and were capable of understanding and responding to English-language questionnaires. Data was obtained from educational institutions, where individuals aged 18 years and above who voluntarily agreed to participate and provided informed consent were included in the study. Individuals below 18 years of age and those with severe psychological conditions that could interfere with comprehension or accurate self-reporting were excluded from the study. The sample size of 60 participants was considered adequate for conducting correlational statistical analysis within the scope of this research.

### *Tools*

- **Adult Attachment Scale (AAS)**- The Adult Attachment Scale (AAS), developed by Collins and Read (1990), was used to assess adult attachment patterns across three dimensions: Close, Depend, and Anxiety. The scale consists of 18 items rated on a 5-point Likert scale ranging from 1 (Not at all characteristic of me) to 5 (Very characteristic of me). Higher scores on the Anxiety subscale indicate stronger anxious attachment tendencies, while lower scores on the Close and Depend subscales indicate avoidant attachment tendencies. Collins and Read (1990) reported Cronbach's alpha coefficients of .69 for Close, .75 for Depend, and .72 for Anxiety, demonstrating acceptable internal consistency. The scale also shows adequate test-retest reliability and construct validity.
- **Sense of Control Scale**- The Sense of Control Scale, developed by Lachman and Weaver (1998), measures an individual's perceived control over life circumstances. The scale consists of 12 items divided into two components: Personal Mastery and Perceived Constraints. Responses are recorded on a 7-point Likert scale ranging from 1 (Strongly Disagree) to 7 (Strongly Agree). Personal mastery items are scored directly, whereas perceived constraints items are reverse scored. Higher total scores indicate greater perceived control, reflecting stronger beliefs in personal agency and fewer perceived limitations, while lower scores indicate reduced perceived control. The scale has demonstrated satisfactory internal consistency, with Cronbach's alpha coefficients ranging approximately from .70 to .86, and has established construct validity in adult populations.

### *Procedure*

Permission to conduct the study was obtained prior to data collection. Participants were informed about the purpose of the research and assured of confidentiality and voluntary participation. After obtaining informed consent, the Adult Attachment Scale and the Sense of Control Scale were administered to the participants. Clear instructions were provided to ensure accurate responses. The collected data were then scored and prepared for statistical analysis.

## RESULTS

*Table 1 showing product moment correlation co-efficient 'r' among Adults (N=60)*

Variables	Perceived Sense of Control		
	Avoidant Attachment Style	'r'	Significant (2-tailed)
	-.125	.340	Not Significant

**Table 1** indicates that no significant difference between Perceived Sense of Control and Avoidant Attachment Style among adults. Thus, in this case, hypothesis 1 is rejected at both 0.01 and 0.05 level of significance.

*Table 2 showing product moment correlation co-efficient 'r' among Adults (N=60)*

Variables	Perceived Sense of Control		
	Anxious Attachment Style	'r'	Significant (2-tailed)
	-.316*	.014	Significant
* Significant at the 0.05 level (two tailed), **Significant at the 0.01 level (two tailed)			

**Table 2** indicates a significant difference between Perceived Sense of Control and Anxious Attachment Style among adults. Therefore, hypothesis 2 is accepted at 0.05 level of significance.

## DISCUSSION

The present study examined the relationship between adult attachment styles (avoidant and anxious) and perceived sense of control among adults (N = 60). Based on attachment theory and prior literature, two hypotheses were formulated and tested using Pearson's Product Moment Correlation.

The first hypothesis stated that there would be a significant relationship between avoidant attachment style and perceived sense of control. However, the results revealed a weak and non-significant negative correlation ( $r = -.125$ ,  $p = .340$ ). Therefore, Hypothesis 1 was rejected at both the 0.05 and 0.01 levels of significance. Attachment theory, originally proposed by Bowlby and later extended into adulthood by researchers such as Collins and Read (1990), conceptualizes avoidant attachment as characterized by emotional distancing, discomfort with intimacy, and a preference for self-reliance. It was theoretically plausible that individuals high in avoidant attachment might report higher perceived control due to their emphasis on autonomy and independence. However, the findings suggest that avoidant attachment may not be strongly associated with generalized control beliefs. One possible explanation is that perceived control, as conceptualized by Lachman and Weaver (1998), reflects global beliefs about personal mastery and environmental constraints rather than relational detachment. Avoidant attachment primarily affects interpersonal closeness and emotional regulation in relationships, whereas perceived control represents broader cognitive appraisals of agency. Thus, the lack of significant association may indicate that avoidant relational strategies do not necessarily translate into heightened or diminished global control perceptions. The second hypothesis stated that there would be a significant relationship between anxious attachment style and perceived sense of control. The findings supported this hypothesis, revealing a statistically significant negative correlation ( $r = -.316$ ,  $p = .014$ ), significant at the 0.05 level. Anxious attachment, as described by Collins and Read (1990), involves fear of abandonment, heightened emotional reactivity, and dependency on reassurance from others. Such relational insecurity may undermine individuals' perceptions of agency and mastery. The significant negative relationship

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observed in this study indicates that higher anxious attachment tendencies are associated with lower perceived control.

This finding contributes to theoretical refinement by suggesting that defensive self-reliance in avoidant attachment does not automatically equate to elevated perceived control. The constructs, although conceptually related through autonomy themes, may function within partially independent psychological systems. Result aligns with theoretical expectations and prior research suggesting that insecure attachment is linked with vulnerability in self-regulation and coping. Individuals high in anxious attachment often experience uncertainty about relational stability, which may generalize to broader beliefs about life control and environmental influence. From a cognitive perspective, chronic relational anxiety may heighten perceived constraints and reduce personal mastery, thereby lowering overall perceived control.

### CONCLUSION

The findings indicate that perceived sense of control is more strongly associated with anxious attachment than with avoidant attachment. This suggests that perceived control may be particularly sensitive to emotional insecurity and dependency patterns rather than emotional distancing. From an integrative perspective, attachment theory explains how early relational experiences shape internal working models of self and others, while perceived control reflects cognitive evaluations of personal agency within environmental contexts. The present findings suggest that when internal working models are characterized by anxiety and relational instability, individuals may internalize diminished beliefs about their ability to influence outcomes. However, when attachment is characterized by avoidance, relational detachment may not significantly impact generalized perceptions of control. These results highlight the nuanced interplay between relational security and cognitive agency. Rather than assuming that hyper-independence necessarily reflects high perceived control, the findings suggest that insecurity, particularly anxious attachment, plays a more pronounced role in shaping individuals' sense of mastery and constraint. Overall, the study contributes to the growing body of literature linking attachment processes with broader psychological functioning and offers empirical support for the integration of relational and cognitive frameworks in understanding adult development.

### *Implications of the Study*

The findings of the present study may contribute to a deeper understanding of how attachment styles interact with perceived control in adulthood. From a theoretical perspective, the study extends attachment theory by exploring how internal working models of relationships may influence individuals' perceptions of agency and control over life circumstances. Understanding this association may help clarify whether high perceived control reflects adaptive autonomy or, in certain cases, defensive hyper-independence linked to avoidant attachment tendencies. Clinically, these findings may have implications for interpersonal and relationship-based therapies. Therapists working within attachment-informed frameworks may benefit from recognizing how perceived control operates within relational dynamics. Integrating insights about perceived control into therapeutic interventions may support the development of healthier relational balance and psychological homeostasis between autonomy and connection. Furthermore, the study contributes to building an understanding of how individuals can maintain equilibrium between personal agency and relational interdependence. This balance is essential for adaptive functioning in interpersonal relationships and may inform psychoeducational programs aimed at promoting emotional maturity and relational resilience.

### ***Limitations of the Study***

Despite its contributions, the study has certain limitations. The sample size was limited to statistically small, which may restrict the generalization of the findings. Additionally, the use of self-report measures introduces the possibility of response bias, including social desirability and subjective interpretation of items. The correlational design also limits causal inference; therefore, the study cannot determine whether attachment styles influence perceived control or vice versa. Moreover, the sample may not fully represent diverse cultural, socioeconomic, or developmental backgrounds, which may influence both attachment patterns and perceived control beliefs. The cross-sectional nature of the study further limits the ability to examine changes across time or developmental stages.

### ***Suggestions for Future Research***

Future research may expand upon the present findings by using larger and more diverse samples to enhance generalizability and reduce cultural bias. Longitudinal studies could examine how attachment styles and perceived control evolve across the developmental lifespan, providing insight into whether these constructs remain stable or shift over time. Further research may also explore the integration of theoretical and practical applications by examining how attachment-informed interventions influence perceived control in therapeutic settings. Experimental or mixed-method designs could help bridge foundational theoretical frameworks with applied psychological practice. Additionally, future researchers may investigate cross-cultural comparisons to better understand how societal norms and relational structures influence the relationship between attachment styles and perceived control. Expanding databases and incorporating diverse populations would strengthen the empirical foundation of this field and contribute to a more inclusive psychological understanding.

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### **Conflict of Interest**

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