

Research Paper

Peer Pressure and Attachment Style Among Romantic Couple: A Correlational Study

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ABSTRACT

A closer look at young couples reveals subtle links between social influence and emotional bonds. From a targeted group of people aged 18 to 25 currently in love relationships, numbers began to tell a story. Instead of casual guesses, measurements stepped in - one from Clasen and Brown dating back to 1985, another shaped later by Brennan, Clark, and Shaver. While those scales mapped out pressure from friends and patterns in intimacy, basic facts like years lived and identity markers sat quietly on the side. Later, behind screens where figures meet logic, SPSS moved each piece into place. Patterns emerged not because they shouted, but because silence was allowed to speak. For those in romantic partnerships, how much social nudging they get might tie into their closeness habits - specifically worries about being abandoned or tendencies to pull away. Even though friends and networks often nudge behavior, feelings toward a partner can still differ based on inner connection styles. Findings here showed little meaningful link between outside group influence and these attachment traits in couples. So, it seems bonds formed with lovers may grow without strong guidance from friend circles. Notably, intimacy routines tend to form through shared moments together, not through demands whispered at parties or texts after midnight.

Keywords: *Romantic couples, Peer pressure, Attachment style*

Life begins with quick bonds, yet behavior changes based on nearby faces. Growing older, direction arrives via parents, schoolmates, or now and then a romantic partner. Early attachments - paired with regular peer interaction - influence approaches to affection, emotional control, strength during decisions. The urge to fit in - and hold relationships firm - guides conduct within circles. Moving into adulthood, such factors gain weight, tied tightly to identity search, role experiments, long-term commitments. Before birth, emotional patterns already begin to grow. Hidden within each decision lies a trace of early, silent pulses. Though peers guide actions today, older influences remain, unseen. People from younger years imprint deeply - later bonds fail to overwrite them. Feelings from

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the past mix quietly with advice we receive. Between people, something takes shape - shaped by two hidden currents together. While one force gathers over time, the other appears in jokes and ordinary moments. Where these paths cross, meaning begins to form. When known patterns connect with fresh insight, trust can appear. What feels correct often grows not from guidelines, but from personal pasts fitting together. Familiarity formed early sets what we anticipate; shared moments later guide how we move through connections.

Peer Pressure

Fitting in stays hard, long after youth, despite common belief. Presence of others shapes choices - not by speaking, but by simply being near. Weight hides in glances, subtle and quick. Routine actions echo louder than statements sometimes. Belonging matters most when self-view wobbles. New life stages introduce unfamiliar circles. Quiet moments speak volumes now and then. Hidden patterns still linger beneath the surface. Actions form quietly, guided less by choice and more by quiet repetition. Where some stand, motion shifts - subtle, almost imperceptible. Rhythm changes ahead of thought when another body enters near.

Following shared norms may gently reshape actions, thoughts, or views over time, simply to fit in. Through school routines, repeated choices, relationships - subtle pressures quietly reshape behavior. A close circle acting in unison carries weight, for better or worse. Nearby people respond based on both the model offered and their inner strength. Lasting balance rarely springs from refusal; it grows from awareness of unseen tugs.

Buddies often take the fall, it is true. Still, external nudges can tilt outcomes higher. Now and then, friends alter behavior - quietly, merely by acting. Picture students helping each other survive late-night sessions, no pressure, just shared motion. A single individual keeping up consistent habits tends to pull peers along, even if nobody says a thing. Quiet persistence in a team aiming to support others cuts through chaos better than loud efforts ever could. Resistance grows stronger when those nearby act with purpose, each step matching the next. Progress slips through gaps more smoothly when shared aims guide movement, not isolated pushes. Actions that show dedication - without needing to speak - carry weight further than speeches ever do. Yet resistance fades when pressure builds. Some reach for substances, others leap into danger, skip class with lies, or retreat from those who care. Shame tangles with fear. Tension rises without warning. Hidden struggles deepen unseen. Needing to belong, fearing loneliness, or clinging to fragile connections - these keep movement forward even when trust wavers.

A shift in a close friend's behavior could signal quiet pressure from their surroundings. When together with others, something feels off - hard to name, harder to ignore. Choices conflicting with personal beliefs sometimes stem from invisible pushes. In time, regret emerges, soft but certain, after giving in just to fit in. A change happens - after that, clarity follows. When small details stand out early, bigger issues tend to fade down the line.

A person who understands themselves responds differently to pressure from others. With attention steady, resistance becomes easier - quiet strength sometimes outweighs loud insistence. At first unclear, a quiet feeling inside can guide well when allowed space, particularly as voices around grow louder. Once outcomes show up, personal understanding usually weighs heavier than following what everyone else thinks. Plain speaking grows clearer over time, especially once phrases start feeling honest. Because quiet agreement on values builds confidence, noise fades into background. Once personal conviction takes root,

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approval cravings begin to loosen. Pressure slips away easily under such calm - like fog vanishing with morning light. Actions carry shared beliefs best, far beyond what statements manage.

Attachment Style

Later connections often carry traces of infant-caregiver bonds, shaped by subtle recurring interactions. Because early moments matter, beliefs about safety in relationships grow without notice. How young people are treated writes quiet scripts influencing self-view and views of others. Over time, repeated exchanges with grown-ups shape what feels normal in closeness. Confidence tends to grow when attention remains steady; uncertainty creeps in where focus wavers unpredictably. With repetition, small instances accumulate, quietly guiding whether trust, need, or unease settles into place. These unnoticed templates surface again and again, especially when bonds develop or comfort is sought. Early experiences - often long before memory forms - typically shape one's instinct to draw near or keep distance.

Four main ways people form emotional ties came to light: secure, anxious, avoidant, disorganized. Early life plays a role in shaping these patterns, later seen in handling emotions, weighing trust, growing closeness. Each one moves at its own rhythm within relationships, though clearly different from the rest.

Comfort often grows from early years - those raised with steady support usually handle closeness well as adults. When caregivers respond reliably, trusting people later seems natural. Emotions flow more easily under such conditions, needing little control. Smooth exchanges continue over time, especially where talk stays clear and moods stay balanced. This calm confidence shows quietly, not shouting for attention, but seen clearly through routine moments.

Worry over being left behind shapes how those with anxious attachment behave - sometimes called anxious-preoccupied. Self-uncertainty tends to run high in these individuals; negative feedback hits harder. Because bonds mean so much emotionally, attention locks onto what a partner feels or thinks. When consistent comfort fades, dependence may rise, fueled by ongoing doubts about whether love will last. A slight change in closeness can suddenly make safety feel thin. For those with an avoidant attachment pattern, deep emotional bonds may bring unease. Independence matters most - getting by alone keeps life steady. Rather than sharing feelings openly, they tend toward quiet, using stillness as cover. Distance operates quietly, holding people apart without needing speech. Where closeness is expected, confidence builds slowly - sometimes it does not appear at all.

Early uncertainty in caregiving lays groundwork for disorganized attachment, sometimes called fearful-avoidant - marked by tension between seeking nearness and pulling back. Close contact brings comfort, still, retreat follows when another draws too near. This hesitation takes shape over time, shaped by histories where trust lacked stability. When stress rises, emotions surge without waiting for thought to respond, making dependence feel risky. Relationships shift unpredictably, reshaped beneath layers unseen.

A single year might quietly alter how feelings unfold, particularly as fresh moments arise through connections or personal growth. Built over time, trust can emerge alongside repeated gestures of care, stronger bonds forming without force. Romantic links grow richer, sometimes guiding actions toward consistency in attachment styles. Professional support

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enters the picture now and then, aiding such transformations. Recognition of familiar cycles allows emotions within partnerships to seem less confusing. Understanding arrives hand in hand with awareness, although progress may appear slow at the start.

Peer Pressure and Attachment Styles in Romantic Couples

Starting out on their own defines much of young adulthood, where figuring out who you are becomes central. Because social circles matter so deeply at this point, connections with others steer personal growth in quiet but powerful ways. Sometimes it's through love, other times through close friendships - these bonds influence how emotions unfold, how choices take shape. Attachment styles formed earlier begin showing up clearly now, guiding interactions without drawing attention to themselves. What people value, how they react under pressure, even small daily habits - many trace back to these evolving relationships.

People who struggle with insecurity in relationships often give in to group influence because they crave validation, dread being left out, or find it hard to say no. Take those with anxious tendencies - they might go along with what others want just to stay included, driven by a deep worry about being dropped. On another note, someone leaning toward emotional distance could silence their true thoughts, sidestepping disagreements or closeness altogether.

Yet those who have a secure attachment tend to show calm assurance, steady emotions, and strength under pressure from peers. Often, they hold firm to their own views - choosing paths on their terms without cutting ties or shutting people out. Though shaped by connection, they stand apart when it counts.

Young adults' social and emotional lives often shift based on how peer influence interacts with their attachment tendencies. Because early bonds shape reactions to group dynamics, these connections affect choices people make when surrounded by friends. When trust forms easily in childhood, later interactions with peers tend to feel less stressful. Where anxiety or avoidance marks a person's close ties, pressure from others might weigh more heavily. Insights into such links open paths for tailored support strategies. These approaches could nurture steadier relationships during formative years. Emotional balance in adulthood sometimes traces back to how belonging was experienced earlier. Recognizing subtle patterns now helps guide future wellbeing efforts.

Need for Study

Peer pressure often links to teens, yet fades only in form - not presence. Shaped differently later on, it threads through adult decisions without notice. Love relationships, assumed mature and rational, carry traces just the same. Friends' views slip into judgment, despite beliefs in personal independence. Peer approval often steers couple dynamics without clear warning. Though we think we act independently, beliefs about adulthood might hide social nudges. Silence carries weight - conformity slips in quietly via shared expectations. Even grown individuals bend behaviour to match their circle. Young adulthood brings busy social lives, yet choices about romance or conflict may bend without notice due to group influence. Closeness in relationships often echoes patterns laid down years earlier, during moments with parents or guardians. Shaped by past routines, feelings still respond - to subtle pushes from classmates, coworkers, even strangers online. Early ties leave marks; what happens each day among equals adds quiet layers on top. Heavy pressure from peers, combined with fragile trust, usually sparks confusion in intimate partnerships. Unresolved past hurts gain strength when surrounded by strong group opinions. Because friendships subtly guide

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romantic behaviour, examining these links brings understanding. Social networks reshape love connections - without announcing it. Tension builds silently under such influence.

REVIEW OF LITERATURE

Young folks shaped by those around them - that caught Sharma and team's attention in 2024. Instead of running fresh tests, they combed through two decades' worth of past research. Their work, titled "Peer Pressure: A Comprehensive Literature Review of the Last Two Decades", stitched together what others had already uncovered. Schools, neighbourhoods, varied backdrops - these filled their scope. Insights emerged not from lab setups but from linking threads across older reports. Patterns bubbled up when behaviours met group forces in reviewed literature. Looking across different studies, trial results, and tests of behaviour models, certain trends start to appear. Noticing who shifts their decisions most reveals a mix - private thinking blends with fitting into groups, cultural expectations, then layers on digital connections among friends. Peer influence grows stronger when risk-related choices come up; however, moral development and curiosity about new knowledge feel those same ripples too. Guidance that sticks around over time, especially from trusted adults, paired with balanced friendships, helps reduce negative paths. School-based support systems exist now, combined with web-based resources, offering ways for youth to hold firm under weight of pushy situations while building clearer personal views. Young folks change bit by bit when friends nudge them - moods shift, ties form, choices bend. Spotting those hidden pushes makes it easier to build real help for teens finding balance between belonging and staying true.

A clear trend emerges when emotions stay steady - stronger connections often form between parents and grown-up kids. Looking back at Bowlby's attachment theory alongside Baumrind's parenting styles, Singh and Pandey examined how caregiving memories shape family ties in a 2025 analysis. Rather than tracking visible behaviours, they paid attention to how warmth felt during youth influences later relationships. Even though participants were limited to Indian young adults, what surfaced matched wider findings across psychology studies. A quiet force appears within established theories, yet emphasis shifts toward individual perception rather than fixed guidelines. Calmer, warmer care tended to spark close bonds without much effort. When focus wandered or felt cold, ties between people often frayed, drifted, or tangled. Data from numerous questionnaires focused less on what kids did, more on how they made sense of their world. Since emotional tones guide attachment styles, subtle early cues held weight - faint as they might be. Not only actions count, rather the slow build of understanding inside a young mind, shaping trust from the start. Slowly, quiet consistency builds impact. Studies showed one clear pattern: young people raised with calm, caring guidance usually managed feelings better, carried healthier confidence, stayed connected in stable ways past their early years. Approaches missing emotional support - strict rule enforcement, too much freedom, or distant involvement - commonly led to shifting moods, difficulty reading social cues. Within environments such as conventional Indian families, common beliefs quietly shape child-rearing habits, forming first models of attachment. Meaning arose from perception; it was not just what parents did, but how children understood those actions that built private blueprints for relating. Far back in childhood, subtle currents began guiding emotional paths long ahead. Healing methods linked to family roots held weight - especially once thought patterns started firming through the twenties.

METHODOLOGY

Problem Statement:

This study was attempted to find the relationship between peer pressure and attachment styles.

Aim:

The purpose of this study is to explore the correlation between peer pressure and attachment styles among young romantic couples.

Objectives:

- To assess the level of peer pressure faced by people in romantic relationships.
- To assess the attachment styles of romantic relationships.
- To investigate the link between peer pressure and attachment types in romantic couples.

Hypothesis:

1. **H1:** There will be no significant correlation between peer pressure and anxiety attachment among romantic couples.
2. **H2:** There will be no significant correlation between peer pressure and avoidance attachment among romantic couples.
3. **H3:** There will be no significant correlation between peer pressure and attachment styles among romantic couples.

Variables:

1. **Independent Variable:** Peer Pressure
2. **Dependent Variable:** Attachment Styles

Research Design:

This study introduces a method linking social influence with emotional bonding patterns. Through established tools - the Peer Pressure Inventory (PPI) and the Experiences in Close Relationships Scale–Revised (ECR-R) - measurements take place on both factors. Analysis relies on averages and proportions, visualized via bar graphs and circular charts. To uncover links, statistical dependence is examined using Pearson's Correlation Coefficient. Though separate in function, these methods together trace how one variable shifts with another.

Sample size and sampling technique:

Among those studied, 150 young adults in committed partnerships fall within the 18-to-25 age range. Recruitment relies on purposive methods, selecting only persons matching specific conditions tied to examining how peer influence interacts with patterns of emotional bonding.

Tools used:

1. Peer Pressure Inventory (PPI)
2. Experiences in Close Relationships Scale – Revised (ECR-R)

1. Peer Pressure Inventory: Emerging from Broadman's view of social influence among teenagers, the Peer Pressure Inventory (PPI) examines various ways young people affect each other. Composed of twenty items answered privately, it explores behaviours linked to blending in, persuading peers, decisions at school, emotional regulation, and risky or daring acts. While certain prompts address obvious pushes - like strong encouragement from

friends - others uncover softer signals, including seeking acceptance or making quiet comparisons. Shaped by Broadman's framework, the tool divides peer impact into open pressures alongside quieter, underlying forces. Though developed through structured design, its questions mirror real moments teens face when navigating group dynamics. One step at a time, scoring climbs from flat refusal to total agreement through five stages. Built in four parts - voice-driven pushes, silent attractions, moments shaping study choices, actions tied to risk or shared routines - it echoes slices of Broadman's layout. Every angle of peer effect appears, left nowhere hidden by intent. More points usually come with sharper responses when others apply influence. Mainly shaped for near-adults and youth stepping into grown-up roles, it fits research that leans academic but stays outside medical settings.

2. Experiences in Close Relationships Scale – Revised (ECR-R): A different way to look at adult bonds begins with the ECR-R - short for Experiences in Close Relationships Scale-Revised. This method draws from attachment theory, yet focuses on emotional patterns rather than labels. Instead of just naming styles, it measures two distinct dimensions: one reveals how much someone fears rejection, the other shows resistance to dependency. When people worry constantly about being left, that falls under the first dimension. On the opposite end, keeping others at arm's length signals avoidance. Feelings like discomfort sharing emotions or hesitating to rely on partners feed into this second score. The complete form includes thirty-six items - equally split between signs of yearning for reassurance and actions meant to maintain distance. Seven levels shape how answers form, stretching from deep doubt to complete alignment. What stands out most is strength, not how often someone feels it - higher scores show intense anxious or distant tendencies. Personal background quietly influences how questions are understood, even within fixed design. One person's pattern may mix high caution with low withdrawal, another the reverse; connections between them stay loose. Labels do not lock anyone in place here - instead, shifts in emotion find their shades. Not every reaction fits clear categories, yet movement along spectrums reveals underlying rhythm. Built for spotting contrasts between populations, yet still respecting personal ways of responding. First shaped by long-term study, today it shows up in therapy rooms and global surveys alike. Even when translated or adjusted locally, key ideas hold steady to their original roots. After revision, small edits sharpened wording - structure stayed unchanged. Given truthfully, answers often mirror stable patterns within a person across months. Even so, feelings, setting, and where two people stand together can shift responses just a bit. In the end, the picture that forms mixes long-held views with what's happening right now.

Inclusive Criteria

- People able to comprehend written English can take part, since the surveys are delivered in English.
- Individuals choosing to engage in studies out of personal decision. Those offering their time freely when contributing to scientific inquiry.

Exclusive Criteria

- Singles make up a portion of the population without romantic partners.
- Under eighteen or past twenty-five, people beyond standard teenage years usually encounter altered qualification rules.
- Focusing on people identified with intense mental health disorders that could affect their ability to describe experiences clearly.
- Folks taking part in similar research recently tend to lessen biased results.

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- If someone decides against joining - or leaves mid-study - they still receive full respect at all times. That choice holds firm, unchanged by what comes before or after.

Statistical Analysis:

Descriptive statistics will be utilized to summarize demographic data as well as overall scores for peer pressure and attachment patterns. Pearson's correlation coefficient will be used to investigate the link between peer pressure and attachment types in romantic partnerships. The collected data will be examined using the Statistical Package for Social Sciences (SPSS).

Procedure:

The purpose of this study is to examine the link between peer pressure and attachment types in couples. The Peer Pressure Inventory and the Experiences in Close Relationships Scale - Revised (ECR-R) will serve as study tools. There will be scales and demographic questions in the questionnaire. The participants will be selected using purposive sampling. The data shall be generated from people between the ages of 18 and 25 who are in romantic relationships. After receiving informed consent, questionnaires will be distributed to participants. After data collection, the data will be coded and analysed by SPSS.

RESULTS

This chapter presents the statistical analysis and interpretation of the findings obtained from the study examining the relationship between peer pressure and attachment styles among romantic couples. The data were collected from 150 participants aged between 18 and 25 years. Pearson's correlation analysis was used to examine the relationships among the variables.

Table 1 Correlation between Peer Pressure and Anxiety Attachment

Variables	Pearson Correlation (r)	Significance Value (p)
Peer Pressure	1	
Anxiety Attachment	-0.039	.639

A closer look at how peer pressure ties to anxiety attachment shows almost no link, with a correlation of minus 0.039. Since the p-value sits at .639, any observed pattern could easily be due to chance alone. This finding hints at how social influence might play a minor role in shaping anxious bonding patterns within young adult relationships. Though often assumed impactful, group dynamics appear less relevant when examining emotional reliance in partners from ages 18 to 25. Instead of conforming due to external pressures, individuals in this range show attachment behaviours that stem more from personal history than peer-driven cues. Emotional closeness fears seem rooted elsewhere - perhaps past experiences rather than current friendship circles. While outside opinions matter during youth, their effect on intimate insecurity appears limited here.

Table 2 Correlation between Peer Pressure and Avoidance Attachment

Variables	Pearson Correlation (r)	Significance Value (p)
Peer Pressure	1	
Avoidance Attachment	-0.069	.402

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A connection between peer influence and distant emotional bonds was examined using Pearson's method. Even with varied techniques, the data pattern remained a focus across each stage of analysis. A small decline appeared in the data, yet the correlation value ($r = -0.069$) showed almost no strength. Even so, the pattern noticed did not reach significance, since the test yielded a p-value of .402 - far beyond standard cutoffs. Because of this, there is little support for any real connection between the factors under study. Early adulthood - ages 18 to 25 - shows minimal effect of peer pressure on avoidant patterns within love relationships. Though connections matter, their sway fades when attachment stays distant by design.

Table 3 Correlation between Peer Pressure, Anxiety Attachment, and Avoidance Attachment

Variables	Peer Pressure	Anxiety Attachment	Avoidance Attachment
Peer Pressure	1	-0.039	-0.069
Anxiety Attachment	-0.039	1	.803**
Avoidance Attachment	-0.069	.803**	1

A closer look at how peer pressure ties to attachment patterns unfolded within romantic pairings. Though expected, the link between social influence from peers and anxious bonding turned out almost flat - slightly tilting downward ($r = -0.039$). This slight dip suggests outside pressures barely nudge those prone to worry in relationships. When viewed overall, peer dynamics appear to hold little power over emotional dependency traits. A slight negative link appeared between peer pressure and avoidant attachment ($r = -0.069$), much like earlier patterns. Notably, this connection shows little power in forecasting how people act in romantic bonds when they tend to withdraw emotionally. A notable link emerged between anxiety-related attachment and avoidance patterns, with a correlation coefficient reaching 0.803 (p less than 0.01). When one increases, so tends the other - people reporting greater relationship anxiety often show stronger withdrawal behaviours too.

Table 4 Correlation between Peer Pressure, Anxiety Attachment, Avoidance Attachment, and Age

Variables	Peer Pressure	Anxiety Attachment	Avoidance Attachment	Age
Peer Pressure	1	-0.039	-0.069	.019
Anxiety Attachment	-0.039	1	.803**	-0.139
Avoidance Attachment	-0.069	.803**	1	-0.240**
Age	.019	-0.139	-0.240**	1

Looking closer at ages eighteen to twenty-five reveals how friendships shape feelings and personal growth. Not every path follows the trend - some lean on peers, while past ties often steer autonomy. Across early adult phases, behaviour shifts become noticeable despite surface-level chaos. Wide-ranging reactions mean environment matters just as much as inner change over time. Zeroing in on the data, peer pressure hardly shifts across ages - correlation sits at $r = 0.019$. When factoring in anxious attachment, older individuals report slightly less influence, $r = -0.139$, yet such a dip might just reflect random noise. Despite trends, age barely alters susceptibility. Though not dramatic, the trend reveals older individuals lean toward lower attachment-related avoidance. Each slight increase in age connects to a subtle decrease in such tendencies. A consistent pattern emerges when reviewing results -

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avoidance fades a little with advancing years. This relationship gains support statistically ($r = -0.240$, $p < 0.01$), showing it isn't random noise. With time comes a gentle shift away from distancing behaviours in relationships.

DISCUSSION

Looking into young adult couples, this research explored links between peer influence and emotional bonding patterns. Social circles tend to shape choices when people form intimate connections early in life. Given that context, outside pressures might guide how someone handles dependence or long-term promises. Influences from friends could quietly shift attitudes toward intimacy during these years. Still, the data revealed little connection between peer pressure and how people form emotional bonds. Though slight, the link between social influence and anxious attachment barely registered - almost flat at $r = -0.039$, with $p = .639$. In much the same way, avoidance tendencies showed nearly no response to peer dynamics: $r = -0.069$, $p = .402$. So across these measures, pressure from peers appears unrelated to whether someone leans toward worry or distance in love. Early bonds with caregivers shape how people attach to others, a pattern set young and often lasting. Though friends' expectations can shift some relational actions, deep-seated ways of attaching resist quick shifts. Stability in these emotional blueprints means outside pushes rarely rewrite internal scripts. A close link appeared between anxious and avoidant attachment styles, with a correlation of $.803$ ($p < .01$). When one increases, so does the other - people reporting more anxiety often described withdrawing emotionally too. Within the 18 to 25 age bracket, researchers looked closely at how age plays a role. Anxiety-related attachment showed no meaningful link to age during these years. Instead of increasing, avoidance behaviours tended to drop a little with each passing year. This pattern came through clearly: as people moved from late teens into mid-twenties, emotional distancing grew less common. The data revealed a modest but clear decline - older participants in this span were somewhat more open than younger ones. Though peers play a role, deeper patterns emerge from personal emotional growth. What shapes bonds most comes from within - early experiences matter more than social nudges. Instead of outside influence, individual history steers how people connect. Inner dynamics weigh heavier than group expectations. Development paths set the tone long before romance appears.

Summary

What people feel in their early twenties isn't shaped only by two partners. Around age eighteen, friendships begin affecting how romantic relationships unfold. Unwritten codes within peer circles alter intimacy, sometimes without notice. Pressures from those nearby subtly shape choices lovers make together. A child's way of bonding with others takes shape not alone, but within a web of influences. Quietly, almost unseen, classmates' expectations seep into early romantic feelings, shifting patterns before awareness arrives.

A total of 150 individuals participated in the research. To examine how social influence affects emotional bonds - particularly concerns about rejection alongside tendencies to withdraw - scientists applied uniform survey tools. Patterns in conduct emerged through mean values and occurrence rates. With correlation analysis, links across factors started taking shape. Broader ties linking individual traits came into view once scoring movements were examined.

Looking at peer pressure together with anxious attachment revealed almost no link - statistics did not back it up ($r = -0.039$, $p > 0.01$). With avoidant patterns, findings looked

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much the same: slight negative trend, yet too weak to be meaningful ($r = -0.069$, $p > 0.01$). Still, how close couples felt stayed mostly separate from what friends thought or pushed.

Oddly enough, data reveal a close link between anxious and detached connection styles ($r = .803$, $p < 0.01$). Because fear of abandonment grows stronger, people often pull away emotionally - though that may seem opposite to expectation. Rather than balancing one another, these behaviours move in tandem across relationships. What once looked like contrasts weakens once pressure takes hold. Responses in actual moments blur assumed gaps.

Even as years pass, the tendency to avoid closeness dips just a bit. With progression through different phases of life, pulling away from others tends to ease somewhat ($r = -0.240$, $p < 0.01$). Patterns tied to anxiety in relationships remain steady across ages. Over time, keeping feelings at arm's length appears less often. Concerns about being rejected hardly shift with growing older. Though rarely acknowledged, lasting habits shape partner connections more deeply than pressure from peers. Because lived lessons stick, they steer intimacy further than group norms manage. Echoes of childhood feelings travel into later years, sounding clearer than any tip from a friend. Instead of matching others' molds, individuals follow quiet templates made early in life. Years pass. These silent routines grow stronger, rising above temporary trends that mark younger days. When shared habits fail, a deeper current steps forward. It fills spaces others cannot reach.

CONCLUSION

Young couples reacted differently under external stress, yet their bond strength stayed independent of friend influence. Rather than supporting common beliefs, data showed nearly zero connection - social pushes had little effect on whether people drew closer or drifted apart silently. Expected trends failed to appear; signals from peers hardly altered how intimacy unfolded. Unexpectedly, every form of attachment behavior linked only faintly to pressure from friends. Here's how it unfolds: belief spreads that little real link exists. A pattern forms - avoidance follows anxiety, rising together. As discomfort nears closeness, retreat surges just as fast, yet longing stays nearby. Moving ahead while pulling back stretches the tie, frozen in place. Want appears alongside cold distance, neither giving way. One person may feel close through comfort, although a quiet distance still lingers. Such experiences often exist together instead of canceling one another. What became visible was this: with age, younger adults relied more lightly on emotional avoidance. During the years spanning twenty to thirty, pushing feelings aside gradually weakened. Self-awareness might have had something to do with it. Later, people usually experience more exposure to deep relationships. Over months, subtle shifts in how intimacy feels can appear without notice. Quietly at first, these altered views take hold.. Change usually sneaks in slowly, not through dramatic moments. Though solitude has value, depth grows from what happens across years. Personal shifts tend to reframe how close relationships are seen. Feelings rooted in individual journeys shape romantic connections more than peer influence shows. Though social circles might shift certain choices in relationships, the fundamental patterns of emotional attachment often remain steady across years. Because repeated conduct becomes visible, experts in human behaviour can shape advice more accurately, rooted in actual teenage experiences with romance. As emotions unfold along predictable routes, support strategies evolve to reflect real-life relationship rhythms. This clearer insight allows for tools that seem fairer and more authentic when fostering connection. Gradually, subtle differences appear in how guides interact with youth managing intimate ties.

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Conflict of Interest

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