

Research Paper

Attachment Style, Coping Strategies and Resilience among Paying Guest Girls

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ABSTRACT

The present study aimed to examine the relationship between attachment style, coping strategies, and resilience among paying guest girls. Living away from family for education or employment often exposes young women to various emotional and social challenges, including homesickness, loneliness, stress, and difficulties in adjusting to a new environment. In this context, understanding the psychological factors that influence their adjustment and overall well-being becomes crucial. The study specifically explored how attachment patterns are associated with coping mechanisms and resilience. A sample of 300 paying guest girls aged between 18 and 25 years was selected using purposive and snowball sampling techniques. Standardized psychological tools were employed for data collection, including the Adult Attachment Scale (AAS), Brief COPE Scale, and Connor-Davidson Resilience Scale (CD- RISC). The collected data were analyzed using descriptive statistics, reliability analysis, and Pearson's correlation method. The findings indicated that all the scales used demonstrated satisfactory to high reliability. The results revealed a significant positive relationship between attachment style and coping strategies ($r = .679, p < .01$), attachment style and resilience ($r = .382, p < .01$), and coping strategies and resilience ($r = .509, p < .01$). These findings suggest that healthier attachment styles are associated with more effective coping strategies and higher resilience. The study concludes that attachment style, coping strategies, and resilience are closely interconnected and play a vital role in the psychological adjustment of paying guest girls. The results may assist counsellors, educators, and mental health professionals in developing interventions to enhance emotional well-being and resilience among young women living away from home.

Keywords: *Attachment Style, Coping Strategies, Resilience, Paying Guest Girls, Psychological Adjustment*

In contemporary society, a large number of young women move away from their families for the purpose of higher education, employment, and career development, often choosing to live in paying guest (PG) accommodations. Although this transition provides opportunities for independence, self-growth, and exposure to new experiences, it also presents various emotional, social, and psychological challenges. Living away from home may lead to feelings of homesickness, loneliness, insecurity, academic or work stress,

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Received: April 23, 2026; Revision Received: June 25, 2026; Accepted: June 29, 2026

and adjustment difficulties, all of which can affect mental well-being. In such circumstances, understanding the psychological factors that influence how paying guest girls manage stress and adapt to independent living becomes highly important.

Among the important psychological variables associated with emotional adjustment are attachment style, coping strategies, and resilience. Attachment style refers to the emotional bond formed during early interactions with caregivers, which later influences a person's ability to trust others, seek support, regulate emotions, and maintain close relationships. Individuals with secure attachment usually feel more comfortable with intimacy and emotional closeness, whereas those with anxious or avoidant attachment styles may experience difficulties in emotional expression, trust, and stress management. Since attachment patterns continue to influence behavior and relationships throughout life, they may play a significant role in how paying guest girls deal with the challenges of living away from their families.

Another important factor in psychological adjustment is coping strategies, which refer to the cognitive and behavioral efforts individuals use to manage stressful or demanding situations. Coping may take various forms, such as problem-focused coping, which involves directly addressing the source of stress, or emotion-focused coping, which aims to regulate emotional reactions. Adaptive coping strategies such as planning, acceptance, seeking support, and positive reframing can help individuals deal with stress more effectively, while maladaptive strategies such as denial, avoidance, and disengagement may increase emotional difficulties. For paying guest girls, coping strategies are especially important because they often need to handle academic, occupational, financial, and interpersonal stressors on their own.

Resilience is another crucial psychological construct that refers to the ability to adapt positively, recover from adversity, and maintain emotional stability during difficult situations. It enables individuals to “bounce back” from stress and continue functioning effectively even when faced with hardship or change. In the context of paying guest girls, resilience becomes particularly important because living independently often requires emotional strength, flexibility, confidence, and the ability to adjust to unfamiliar environments and responsibilities. Resilience not only supports psychological well-being but also helps individuals manage stress in a healthier and more constructive way.

Previous research has shown that these three variables are closely interconnected. Studies suggest that secure attachment is generally associated with healthier coping strategies and higher resilience, whereas insecure attachment is often linked with emotional distress, ineffective coping, and lower psychological well-being. Similarly, adaptive coping strategies are known to enhance resilience and improve emotional adjustment. However, despite the increasing number of young women living in PG accommodations, limited research has focused specifically on paying guest girls, especially in the Indian context. This creates a need to explore the relationship among these variables in order to better understand the emotional and psychological experiences of this population.

Therefore, the present study was undertaken to examine these important psychological factors among paying guest girls. The specific objectives of the study were: (1) to examine the relationship between attachment styles and coping strategies among paying guest girls, (2) to explore how coping strategies impact resilience in paying guest girls, and (3) to study the association between attachment styles, coping strategies, and resilience among paying

guest girls. By addressing these objectives, the study aims to contribute to a deeper understanding of the mental health, stress management, and adjustment patterns of young women living away from home, and to provide useful insights for counsellors, educators, and mental health professionals working with this population.

METHODOLOGY

Statement of the Problem

To Find out interrelations in Attachment Style, Coping Strategies and Resilience Among Paying Guest Girls.

Objectives

1. To examine the relationship between attachment styles and coping strategies among paying guest girls.
2. To examine the relationship between coping strategies and resilience among paying guest girls.
3. To study the association between attachment styles, coping strategies, and resilience among paying guest girls.

Hypotheses

1. There will be a significant relationship between attachment style and coping strategies among paying guest girls.
2. There will be a significant relationship between attachment style and resilience among paying guest girls.
3. There will be a significant relationship between coping strategies and resilience among paying guest girls.

Participants

For conducting a pilot study, a sample of 300 Paying Guest girls was selected by convenience sampling. Participants were between ages 18 to 25 years. They were living in different PG accommodations in the city. All participants were women students or working women who live away from their families. Informed consent was obtained prior to participation.

Throughout the research, confidentiality and anonymity were kept. Sampling Method used Snowball Sampling and Purposive Sampling.

Measure

In the present study, three main measures were used to assess the constructs of interest, namely Adult Attachment Scale, Brief Cope Scale and Connor-Davidson Resilience Scale.

The *Adult Attachment Scale (AAS)* was used to measure attachment style among paying guest girls. This scale was developed based on the work of Hazen and Shaver (1987) and later expanded in 1990. It consists of 18 items and is measured on a 5-point Likert scale. The scale assesses three attachment dimensions: Secure, Anxious, and Avoidant attachment. The reported reliability of the scale is Cronbach's alpha ranging from .72 to .79, which indicates acceptable to good reliability. The *Brief COPE Scale* developed by Charles Carver (1997) was used to assess coping strategies. This scale contains 28 items, with each coping strategy represented by two items. It uses a 4-point Likert scale to measure different coping responses such as active coping, planning, emotional support, denial, self-blame, and others. The reliability of the scale is reported to be above .70, showing that it is a reliable tool for

measuring coping strategies. The *Connor-Davidson Resilience Scale (CD-RISC)* developed by Connor and Davidson (2003) was used to measure resilience. The scale includes 25 items and is rated on a 5-point Likert scale. It measures important aspects of resilience such as adaptability, confidence, self-control, and ability to recover from stress. The scale has a high reliability with Cronbach's alpha of .89, indicating strong internal consistency.

Statistical Analyses

IBM SPSS Software (version 25) was used for statistical analysis. The mean, standard deviation, skewness and kurtosis were calculated and displayed in a descriptive table in the study. The relationship of attachment with coping strategies and resilience was assessed through Pearson's Product-Moment Correlation, whose result has been presented in a correlation matrix. All analyses employed a significance level of $p < .05$

Procedure

The researcher contacted PG accommodations and sought permission to collect data from willing participants. Participants were briefed about the purpose of the pilot study and instructed on how to fill the questionnaires. The three tools (ASQ, Coping Scale, Resilience Scale) were administered in a group setting, taking approximately 15-20 minutes to complete. The responses were collected, scored, and analyzed to check for clarity of questions and consistency in responses.

RESULTS

Table No.1 Correlation for all Variables

	Attachment Style	Coping Strategies	Resilience
Attachment Style	1		
Coping Strategies	.679**	1	
Resilience	.382**	.509**	1

Note: **. Correlation is significant at the 0.01 level (2-tailed)

The results of the study revealed significant positive relationships among all three variables. There was a strong positive correlation between attachment style and coping strategies ($r = .679$, $p < .01$), indicating that healthier attachment is associated with better coping mechanisms. A moderate positive relationship was found between attachment style and resilience ($r = .382$, $p < .01$), suggesting that secure attachment contributes to higher resilience. Additionally, coping strategies showed a significant positive correlation with resilience ($r = .509$, $p < .01$), indicating that effective coping enhances resilience.

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	Correlations																			
	Attachment Style	Coping Strategies	Resilience	Secure	Anxious	Avoidant	Self-distraction	Active coping	Denial	Substance use	Use of emotional	Use of instrumental support	Behavioral disengagement	Venting	Positive reframing	Planning	Humor	Acceptance	Religion	Self-blame
Attachment Style	1																			
Coping Strategies	.679**	1																		
Resilience	.382**	.509**	1																	
Secure	.846**	.586**	.304**	1																
Anxious	.868**	.582**	.267**	.612**	1															
Avoidant	.830**	.561**	.405**	.547**	.578**	1														
Self-distraction	.383**	.606**	.426**	.328**	.277**	.374**	1													
Active coping	.368**	.546**	.419**	.313**	.253**	.374**	.478**	1												
Denial	.499**	.604**	.187**	.440**	.457**	.371**	.256**	.252**	1											
Substance use	.408**	.478**	0.044	.361**	.398**	.276**	0.052	0.036	.350**	1										
Use of emotional support	.406**	.629**	.305**	.362**	.342**	.329**	.283**	.224**	.363**	.295**	1									
Use of instrumental support	.457**	.632**	.299**	.403**	.409**	.350**	.311**	.253**	.369**	.230**	.423**	1								
Behavioral disengagement	.397**	.616**	.184**	.335**	.365**	.308**	.287**	.249**	.413**	.396**	.378**	.265**	1							
Venting	.471**	.603**	.296**	.419**	.401**	.379**	.316**	.263**	.298**	.339**	.369**	.416**	.254**	1						
Positive reframing	.325**	.592**	.455**	.310**	.243**	.277**	.445**	.368**	.290**	.163**	.276**	.304**	.284**	.312**	1					
Planning	.388**	.652**	.419**	.289**	.334**	.364**	.364**	.394**	.361**	.133*	.330**	.361**	.291**	.332**	.410**	1				
Humor	.392**	.584**	.239**	.357**	.373**	.263**	.283**	.223**	.301**	.255**	.363**	.324**	.341**	.289**	.203**	.303**	1			
Acceptance	.420**	.629**	.463**	.369**	.350**	.350**	.383**	.342**	.202**	.154**	.349**	.358**	.281**	.356**	.368**	.453**	.379**	1		
Religion	.377**	.613**	.354**	.306**	.282**	.375**	.373**	.290**	.275**	.247**	.291**	.330**	.319**	.295**	.368**	.408**	.242**	.376**	1	
Self-blame	.411**	.613**	.208**	.333**	.393**	.317**	.253**	.252**	.372**	.273**	.370**	.390**	.383**	.240**	.194**	.358**	.417**	.313**	.294**	1

** . Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

DISCUSSION

The present study was conducted to examine the relationship between attachment style, coping strategies, and resilience among paying guest girls. The findings of the study showed that all three variables were significantly and positively related to each other. This means that girls with healthier attachment styles tend to use better coping strategies and also show higher resilience.

The study found a significant positive relationship between attachment style and coping strategies ($r = .679$, $p < .01$). This suggests that paying guest girls who have more secure and healthy attachment patterns are more likely to deal with stress in effective ways. They may use positive coping methods such as planning, seeking support, and acceptance, which help them manage the emotional challenges of living away from home.

A significant positive relationship was also found between attachment style and resilience ($r = .382$, $p < .01$). This indicates that girls with healthier attachment styles are more likely to adjust better and recover from stressful situations. Secure attachment may help them feel emotionally stronger, more confident, and better able to face difficulties.

The results also showed a significant positive relationship between coping strategies and resilience ($r = .509$, $p < .01$). This means that girls who use effective coping strategies are more likely to be resilient. Adaptive coping helps them manage stress, solve problems, and adjust to the challenges of PG life more successfully.

Overall, the findings suggest that attachment style, coping strategies, and resilience are closely connected and play an important role in the psychological well-being of paying guest girls. The study highlights the need to promote emotional support, healthy coping, and resilience- building programs for young women living away from home.

Implications of the Study

The present study has important psychological, practical, and educational implications. It shows that attachment style, coping strategies, and resilience are significantly related among

paying guest girls. This means that girls with healthier attachment styles are more likely to use effective coping strategies and show higher resilience while facing stress and adjustment difficulties. The findings are useful for counselors, psychologists, teachers, and hostel or PG authorities in understanding the emotional needs of girls living away from home. The study suggests that emotional support, healthy relationships, and adaptive coping skills are important for better adjustment and mental well-being. The results also indicate the need for stress management programs, counseling services, emotional support groups, and resilience-building activities for paying guest girls. Such efforts can help them manage homesickness, loneliness, academic or work pressure, and social adjustment more effectively. In addition, the study contributes to the field of psychology and mental health research by providing useful information about the emotional and adjustment-related experiences of paying guest girls. It can also serve as a base for future research on similar populations and related psychological variables.

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Acknowledgment

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

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Pawar, S.S. & Walke, S. (2026). Attachment Style, Coping Strategies and Resilience among Paying Guest Girls. *International Journal of Indian Psychology*, 14(2), 3314-3321. DIP:18.01.301.20261402, DOI:10.25215/1402.301