

Research Paper

The Influence of Insecure Attachment Style on Risk Taking Behavior and Burnout among Young Professionals

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ABSTRACT

The present study investigates the influence of insecure attachment style on burnout and risk-taking behaviour (impulsiveness) among young professionals. Grounded in attachment theory, the research explores how early relational patterns may impact psychological outcomes in professional settings. A sample of 100 young professionals from Delhi NCR, aged between 21–40 years, was assessed using the Adult Attachment Questionnaire, Burnout Assessment Tool, and Barratt Impulsiveness Scale. A correlational design was employed, and data were analyzed using descriptive statistics and multiple regression analysis. Results revealed significant correlations between insecure attachment style, burnout, and risk-taking behaviour. Moreover, insecure attachment style significantly influenced both burnout and impulsiveness among participants. These findings suggest that insecure attachment may serve as a vulnerability factor for psychological strain and impulsive tendencies in work environments. The study highlights the need for workplace interventions and mental health programs targeting attachment-based vulnerabilities. Limitations include a restricted geographic sample and the absence of specific insecure attachment subtypes. Future research may benefit from longitudinal methods and larger, more diverse samples.

Keywords: *Insecure Attachment Style, Risk Taking Behavior, Burnout, Young Professionals*

Attachment issues often make it challenging for people to build and sustain healthy relationships. They can also have a big impact on a person's mood and behavior. These difficulties usually start early in life, during childhood, and if they aren't recognized and worked through, they can continue to affect someone well into adulthood (Bowlby, 1988).

Attachment issues are not formally recognized as a diagnosis; however, the term is often used to describe insecure attachment styles in adults. Individuals with insecure attachment may exhibit avoidance or uncertainty in their relationships or display behaviors that are inconsistent or disorganized (Mikulincer & Shaver, 2016).

Most infants develop a healthy attachment style to their caregivers because they receive proper care. They show healthy anxiety in the absence of their caregivers and feel relief

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Received: May 12, 2025; Revision Received: August 28, 2026; Accepted: September 03, 2026

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when reunited with them. However, some infants develop unhealthy attachment styles because their caregivers do not meet their needs, making it difficult for them to bond with their caregivers or develop emotional attachments (Ainsworth, Blehar, Waters, & Wall, 1978).

Attachment disorders represent a severe form of attachment issues that can disrupt a person's ability to function in daily life. Individuals with attachment disorders often display socially inappropriate behaviors or may avoid social events because they struggle to understand what a healthy relationship looks like (Zeanah & Gleason, 2015).

Secure vs. Insecure Attachment: Signs and Causes of Attachment Issues

When children have nurturing and positive experiences with their caregivers, they are more likely to grow up feeling secure and form healthy attachment patterns. Positive experiences include feeding, changing, or providing comfort when the baby cries. Through these interactions, the baby learns that the caregiver will take care of them, keep them safe, and fulfill their needs (Bowlby, 1988). Children with a strong secure attachment style tend to form healthy relationships with others and solve problems more readily. They also exhibit fewer extreme responses to stressful situations, are more open to trying new things, and explore their surroundings more independently than others (Ainsworth, Blehar, Waters, & Wall, 1978).

Meanwhile, children who experience negative interactions or inconsistent responses from their caregivers may develop an insecure attachment style. These children often struggle with trusting others and may perceive people as unreliable (Mikulincer & Shaver, 2016). Children with insecure attachment may exhibit avoidance of others, heightened expressions of distress, and feelings of anger, fear, or anxiety. They may also resist interacting or forming connections with people, leading to difficulties in developing healthy social relationships (Cassidy & Shaver, 2016).

People with attachment issues may face difficulty forming a healthy relationship with others, trusting other people, difficulty forming boundaries and they may also engage in risk taking or impulsive behaviours. They can't trust other people easily and may think of them as unreliable because of which they experience a great deal of anxiety in their relationships. When in a relationship, they require a lot of reassurance and also may push their partners away in the fear that they might get too attached.

Theoretical framework

Bowlby (1950). gave the attachment theory thinking about the importance of proper caregiving to infants in human development. After World War II, Bowlby studied orphaned and homeless children, leading him to propose that a close, warm, and consistent relationship with a primary caregiver is essential for a child's mental well-being. This idea became known as "attachment theory."

Bowlby suggested that attachment is built on a few key ideas. To begin with, every human being is naturally driven to form close and secure bonds with others. He also believed that the way caregivers interact with a child plays a major role in shaping the child's social and cognitive growth. Finally, those early attachment experiences leave a lasting impact, influencing how individuals build and maintain relationships later in life.

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When a child lacks a warm, consistent, and close connection with their caregiver, attachment difficulties may arise. Additionally, if a child experiences abuse, neglect, or has their emotional needs repeatedly unmet by their primary caregiver, they may develop an emotional attachment disorder.

Risk taking behaviour

Risk-taking involves making choices or engaging in actions that could lead to danger, harm, or loss, but are motivated by the belief that the possible rewards are greater than the potential risks. This behavior can manifest in various aspects of life, including social risks like challenging a friend's opinion or questioning someone's religious beliefs; financial risks such as making impulsive purchases or investing in unfamiliar ventures; recreational risks like engaging in extreme sports; health-related risks such as avoiding medical checkups or sharing needles; ethical risks like dishonesty in relationships or theft; and an overall tendency to take risks across different areas. (Saleme & Moustafa, 2020).

A risk-taking behavior is defined as any behavior that puts an individual or others around them at an increased chance of harm, where the individual weighs up the possible outcomes of their actions (Sitkin & Pablo, 1992).

Theoretical framework

Zuckerman (1979, 1994), Sensation Seeking Theory, explains sensation seeking as a personality trait marked by a strong desire for new, exciting, and intense experiences, often paired with a willingness to take risks to achieve them. People who score high in sensation seeking are naturally drawn to activities that provide a rush of excitement or arousal, which can include things like extreme sports, substance use, gambling, and other high-risk behaviors. Zuckerman also identified four key aspects of sensation seeking: Thrill and Adventure Seeking (TAS), Experience Seeking (ES), Disinhibition (DIS), and Boredom Susceptibility (BS). Sensation Seeking Theory is widely used to explain various forms of risk-taking behavior, including reckless driving, financial gambling, risky sexual behavior, and substance abuse (Roberti, 2004). Research suggests that high sensation seekers are more prone to engage in such behaviors due to their biological predisposition toward dopamine-driven reward-seeking mechanisms (Zuckerman, 2007).

Types of Risk-Taking Behavior

- Instrumental Risk-Taking- Involves calculated, deliberate risks taken to achieve a specific goal, often with an evaluation of potential benefits and consequences (Weber, Blais, & Betz, 2002).
- Impulsive or Affective Risk-Taking- Involves spontaneous, emotion-driven actions with little forethought about potential consequences (Zuckerman, 2007).
- Social Risk-Taking- Involves actions that could potentially damage one's social standing, reputation, or relationships (Goma-i-Freixanet, 2004).
- Financial Risk-Taking- Involves decisions related to money and financial investments that carry potential monetary loss (Kahneman & Tversky, 1979).
- Recreational Risk-Taking-Engaging in high-adrenaline activities that involve physical danger for excitement or personal challenge (Franken, Gibson, & Rowland, 1992).
- Health-Related Risk-Taking- Engaging in behaviors that may compromise physical or mental health (Gerrard et al., 2008).

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- Ethical or Moral Risk-Taking- Involves actions that may violate ethical or moral principles (Rest, 1986).
- Legal or Criminal Risk-Taking- Engaging in behaviors that break laws or societal rules (Moffitt, 1993).

Burnout

Burnout is a psychological syndrome that results from prolonged exposure to chronic workplace stress and is characterized by emotional exhaustion, depersonalization, and reduced personal accomplishment (Maslach & Leiter, 2016). It is commonly observed in high-pressure environments where individuals experience overwhelming job demands with insufficient resources to cope effectively (Schaufeli et al., 2009). The World Health Organization (WHO, 2019) classifies burnout as an "occupational phenomenon" that arises due to unmanaged workplace stress, affecting both mental and physical health. This condition can lead to decreased productivity, job dissatisfaction, and severe emotional distress (Demerouti et al., 2001). Burnout is distinct from general work-related stress, as it involves a persistent state of emotional depletion and disengagement from work responsibilities (Hobfoll & Freedy, 1993).

Symptoms of Burnout

Burnout symptoms can be categorized into three main dimensions (Maslach & Leiter, 2016):

- Emotional Exhaustion – A sense of being emotionally drained, overwhelmed, and unable to cope with work demands (Schaufeli et al., 2009).
- Depersonalization (Cynicism) – Developing a detached, negative, or indifferent attitude toward work, colleagues, or clients (Demerouti et al., 2001).
- Reduced Personal Accomplishment – A decline in self-efficacy and work performance, leading to feelings of ineffectiveness and dissatisfaction (Maslach et al., 2001).

Stages of Burnout

Freudenberger (1974) and later researchers proposed that burnout progresses in distinct stages:

- Honeymoon Phase – High enthusiasm and motivation, with occasional stress that seems manageable.
- Onset of Stress – Increasing work-related stress, with declining job satisfaction and occasional emotional exhaustion.
- Chronic Stress – Persistent fatigue, irritability, and reduced productivity, often accompanied by emotional detachment.
- Burnout – Severe exhaustion, cynicism, and feelings of inadequacy, often leading to absenteeism or withdrawal from work.
- Habitual Burnout – Burnout becomes deeply embedded, causing long-term psychological and physical health issues (Maslach & Leiter, 2016).

Theoretical framework

Job Demands-Resources (JD-R) Model

- Demerouti et al. (2001), The Job Demands-Resources (JD-R) Model, is one of the most commonly used frameworks for understanding burnout in the workplace. According to this model, different aspects of a job can either support employee well-being or contribute to stress, depending on how they are categorized. Job demands refer to the physical, psychological, social, or organizational aspects of work that

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require sustained effort and are often linked to physical or mental strain. When job demands—such as heavy workloads, tight deadlines, and emotional demands—are too high, they can significantly increase the risk of burnout (Bakker & Demerouti, 2017).

- Job resources are the aspects of a job that help employees accomplish their work goals, ease the pressure of job demands, and support their personal and professional development. Examples of job resources include having supportive colleagues, the ability to make independent decisions (autonomy), and receiving constructive feedback on performance. These resources not only help in reducing the negative effects of high job demands but also boost employees' engagement and motivation at work (Schaufeli & Taris, 2014).

The Relationship Between Insecure Attachment Style, Burnout, and Risk-Taking Behavior

Attachment style has a significant influence on how a person manages their emotions, responds to stress, and behaves in different situations, including how vulnerable they might be to burnout or engaging in risk-taking behaviors. Individuals with secure attachment styles generally exhibit better coping mechanisms, lower stress levels, and healthier interpersonal relationships, reducing their likelihood of experiencing burnout or engaging in impulsive risk-taking (Mikulincer & Shaver, 2016). In contrast, those with insecure attachment styles—such as anxious or avoidant attachment—tend to struggle with emotional regulation, leading to higher levels of workplace stress and burnout (Puig et al., 2012). Anxiously attached individuals may exhibit hyper-reactivity to stress and overextend themselves emotionally, making them prone to emotional exhaustion (Schmidt et al., 2019). Meanwhile, avoidantly attached individuals may use detachment as a coping mechanism, leading to disengagement and depersonalization—key symptoms of burnout (Reizer, 2019).

The connection between attachment style and risk-taking behavior is also widely recognized. Individuals with insecure attachment styles often display higher impulsivity and sensation-seeking tendencies, increasing their likelihood of engaging in risk-taking behaviors, such as reckless financial decisions, substance use, or unsafe social interactions (Shaver & Mikulincer, 2007). Fearful-avoidant individuals may take risks as a means of escaping distress, whereas anxious-preoccupied individuals may engage in impulsive behaviors to seek validation or emotional connection (Miller et al., 2014).

Furthermore, risk-taking behavior itself can contribute to burnout by increasing stress levels, poor decision-making, and job dissatisfaction. Engaging in impulsive behaviors may lead to adverse consequences, such as job instability or interpersonal conflicts, which in turn heighten emotional exhaustion and depersonalization (Paloş et al., 2019). As a result, the relationship between attachment style, burnout, and risk-taking behavior creates a complex psychological cycle. Insecure attachment can make individuals more prone to taking risks and experiencing emotional exhaustion, which in turn can worsen symptoms of burnout.

Rationale

In today's fast-paced and high-pressure work environments, young professionals are facing increasing psychological stressors that can affect their mental health and behavior at work. Two significant psychological outcomes often seen in this group are burnout—a state of emotional, physical, and mental exhaustion due to prolonged stress—and risk-taking behavior (impulsivity), which can show up in both personal and professional aspects of their lives.

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Attachment theory, originally developed by Bowlby, offers a crucial framework for understanding how early relationships influence an individual's behavior and emotional regulation throughout life. Those with insecure attachment styles (such as anxious, avoidant, or disorganized) often struggle with emotional regulation, experience heightened stress sensitivity, and rely on ineffective coping strategies. These patterns can significantly impact how young professionals handle challenges in the workplace.

While prior research has linked insecure attachment with internalizing symptoms such as anxiety and depression, there remains a notable gap in understanding its influence on occupational outcomes, specifically burnout and impulsive risk-taking behaviors among young professionals. Given that early-career professionals are at a transitional stage, often marked by high demands and low control, it is crucial to explore the underlying psychological factors that may contribute to maladaptive outcomes.

This study seeks to explore how insecure attachment styles influence burnout and risk-taking behavior, aiming to provide a deeper understanding of how attachment patterns shape workplace experiences and behavioral tendencies. Gaining this insight is crucial for developing preventative mental health strategies, improving employee well-being, and fostering healthier work environments for young professionals.

REVIEW OF LITERATURE

Agarwal and Sethi (2024) conducted a study exploring the relationship between attachment styles, impulsivity, and psychological distress in individuals with recent substance use. The sample consisted of 117 participants who reported using various substances in the past three months. ANOVA results indicated significant differences in impulsivity ($F(2,114) = 8.185, p < 0.001$) and psychological distress ($F(2,114) = 14.359, p < 0.001$) across different adjustment groups. However, no substantial differences were found in attachment style subscales. These results enhance the understanding of factors contributing to substance use in young adults and highlight the importance of customized interventions tailored to the severity of substance use.

Ali et al. (2024). This study reviewed scholarly publications, reports, and case studies across various sectors to examine the link between burnout and employee performance. Findings indicated a negative correlation, with emotional exhaustion, depersonalization, and reduced personal accomplishment lowering productivity. Burnout also affected team dynamics and overall organizational efficiency. Contextual factors like job demands, workplace support, and organizational culture played a key role in this relationship. The study emphasizes the need for proactive strategies at individual, team, and organizational levels to manage burnout effectively. Addressing both symptoms and root causes through supportive environments and adequate resources is crucial for employee well-being and long-term success.

Sharma and Kaushik (2024) investigated the link between attachment styles and relationship satisfaction among young adults. The study involved 100 participants (50 males and 50 females) aged 18 to 39, recruited from Noida, Delhi, Gurugram, and Ghaziabad. Data were collected through both online surveys and paper-based questionnaires. The results indicated that individuals with secure attachment styles reported higher levels of relationship satisfaction and were more likely to be in committed relationships. However, no significant

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association was found between anxious or dependent attachment styles and relationship satisfaction.

Ahuja and Singh (2023) explored the differences in burnout, work-life balance, and job satisfaction among employees working in Indian firms and multinational companies (MNCs), along with their interrelationships. The study involved 200 participants (100 from each sector), aged 25 to 40. Standardized scales were used to measure these variables, and the data were analyzed using Pearson's correlation and ANOVA. The findings revealed a significant difference in burnout levels between the two groups, but no substantial differences in work-life balance or job satisfaction. Work-life balance was found to be significantly related to both burnout and job satisfaction, while no direct correlation was observed between burnout and job satisfaction. These results highlight the influence of organizational settings on employee well-being.

Iuga et al. (2023) investigated the influence of attachment security and emotion regulation strategies on student burnout among 602 Romanian children and adolescents (55% female, aged 8–16). The study also explored gender differences in burnout symptoms. The results indicated that secure attachment helped reduce the risk of burnout and promoted the use of adaptive emotion regulation strategies, which in turn further alleviated burnout symptoms. Emotion regulation was found to mediate the relationship between attachment and burnout, with no significant gender differences observed. These findings underscore the importance of secure attachment in fostering emotional resilience and highlight its role in preventing burnout and supporting students' mental well-being.

Motwani (2023) examined the relationship between attachment styles and fear of commitment in young adults, focusing on how childhood attachment influences commitment issues in adulthood. Using the Fear of Commitment Questionnaire (Parvez, 2022) and the Adult Attachment Scale (Collins, 1996), the study found a significant positive correlation, suggesting that early attachment patterns have an impact on adult relationship behaviors. These findings highlight the importance of understanding attachment styles in order to address commitment-related challenges in young adults.

Sagone et al. (2023) explored the relationship between attachment style, psychological well-being, and relationship status in young adults and adults. The results showed that individuals in stable relationships reported higher psychological well-being compared to those who were single, who tended to exhibit greater avoidance and discomfort with closeness. Secure attachment was found to have a positive influence on well-being, while attachment styles characterized by a need for approval negatively predicted well-being in both groups. The authors suggest that future research should use longitudinal studies to investigate how attachment styles affect well-being over time, taking into account cultural and interpersonal factors.

Gong (2022) examined the relationship between adult attachment style and burnout, with resilience serving as a mediating factor. The results revealed that resilience fully mediated the relationship between secure attachment (compared to avoidant attachment) and burnout, suggesting that individuals with secure attachment experienced lower levels of burnout due to higher resilience. However, no significant associations were found between anxious or avoidant attachment styles and burnout.

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Rai (2022). This study explored burnout, workplace stress, and job satisfaction among government and private school teachers in India. Data from 62 teachers (31 from each group) revealed a positive correlation between workplace stress and burnout subscales, while job satisfaction showed a negative correlation with both stress and burnout. No significant differences were found between government and private school teachers across these variables, suggesting similar work-related challenges. Further research is needed to examine potential differences between the two groups.

Roy (2022) investigated the impact of workplace stress on burnout among mental health professionals (MHPs), including clinical psychologists, psychotherapists, and counselors aged 25 to 35. Following the COVID-19 pandemic, the increased demand for tele-counseling has heightened work pressures for these professionals. Using standardized scales, the study found a strong correlation between workplace stress, occupational exhaustion, and depersonalization. Regression analysis confirmed that workplace stress is a significant predictor of burnout. To mitigate burnout, the study recommends strategies such as mindfulness, self-care, structured schedules, and professional supervision. These findings underline the importance of implementing stress management interventions to support the well-being of MHPs.

Satan and Kaplaner (2022) explored the impact of attachment styles and peer pressure on risk-taking behavior in adolescents. The study involved 340 high school students from Istanbul (191 females and 149 males), and data were collected using standardized scales. Pearson's correlation and hierarchical regression analyses revealed that peer pressure was the strongest predictor of risk-taking behavior, explaining 16% of the variance. In contrast, secure and obsessive attachment styles accounted for an additional 3% and 2%, respectively. These findings suggest that peer pressure plays a more significant role in predicting adolescent risk-taking behaviors than attachment styles.

Desai and Balasubramanian (2021) investigated the relationship between attachment styles and resilience, highlighting their interconnected nature. The study involved 127 participants aged 18 to 29 and focused on secure and insecure-ambivalent attachment styles and their impact on resilience. Using Pearson's correlation and multiple regression analysis, the results indicated that secure attachment was positively correlated with resilience, while insecure-ambivalent attachment had a negative association. Both attachment styles were found to be significant predictors of resilience, with insecure-ambivalent attachment having a stronger influence. These findings emphasize the role of attachment in shaping psychological well-being and adaptability.

Estevez et al. (2021) examined the role of attachment and maladaptive schemas in impulsive behavior among adolescents. The results showed that factors such as safety, parental authority, permissiveness, self-sufficiency, resentment toward parents, childhood trauma, and negative schemas predicted impulsive behavior. Moreover, early maladaptive schemas were found to mediate the relationship between attachment and impulsivity. These findings underscore the importance of attachment and maladaptive schemas as risk factors for impulsivity, highlighting the need for preventive strategies and targeted interventions in adolescents.

Kumar (2021). This systematic review explored attachment pattern variations in Indian studies through evolutionary and attachment theories, which link secure attachment to

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cultures with lower risks and greater resources. Using Scopus and Sodhganga databases, content analysis revealed that secure attachment was more prevalent, supporting the normative hypothesis. Most studies focused on middle-income adolescents and adults, highlighting a research gap in older and lower-income populations. The review contributes to discussions on attachment evolution and calls for more inclusive research across diverse socioeconomic groups.

Li et al. (2021) examined the influence of risk situations and attachment style on helping behavior, specifically how attachment styles affect helping behavior in high-risk scenarios through attentional processing. The study found that individuals with secure attachment were more likely to help in high-risk situations, while no significant differences were observed in low-risk situations. Additionally, attachment styles were found to influence attentional biases toward negative emotional cues. Securely attached individuals focused on maintaining attention, avoidant individuals oriented their attention, and anxious individuals exhibited a tendency to focus on both. These findings highlight the role of attachment in shaping prosocial behavior and cognitive processing, particularly through attentional biases in response to helping cues in risky contexts.

Lawrence et al. (2019) explored the relationship between early attachment relationships and later child development, focusing specifically on the impact of attachment insecurity on adolescent anxiety. While previous research has generally examined childhood attachment and internalizing symptoms, this systematic review focused on the role of attachment insecurity in the development of anxiety. Following PRISMA guidelines, the authors reviewed 11 longitudinal and prospective studies, with four meeting all selection criteria. The findings suggested a significant, potentially causal relationship between early attachment insecurity and increased anxiety in adolescence. The study emphasizes the importance of early attachment in shaping mental health and underscores the need for preventive interventions.

Qazi and Srivastava (2016) investigated the relationship between adolescent attachment to parents and peers and their involvement in risk-taking behaviors. A review of previous studies revealed that poor parenting and strong peer influence contribute to substance use and sexual activity among adolescents. However, limited research has addressed this issue within the Indian context. The results indicated that females had stronger attachments to both their parents and peers compared to males. Males were more likely to engage in risk-taking behaviors, such as substance use and sexual activities, and reported experiencing peer pressure to partake in these behaviors. Interestingly, the initial involvement in these behaviors often occurred in the presence of peers due to external influences. However, positive peer pressure was found to play a protective role, especially for females.

Uzaina and Srivastava (2016) investigated the relationship between adolescents' attachment to parents and peers and their engagement in risk-taking behaviors, such as substance use and sexual activity. Results showing that females had stronger attachments to both their parents and peers than males. Risk-taking behaviors were more common among males, who also experienced peer pressure to avoid such behaviors. The initial engagement in these behaviors was often influenced by peers, but positive peer pressure was found to help deter females from engaging in risky activities.

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Objectives

1. To assess the correlation between Insecure attachment Style and risk-taking behaviours among young professionals.
2. To assess the correlation between Insecure attachment style and burnout among young professionals
3. To assess correlation between risk-taking behaviour and burnout among young professionals.
4. To assess whether Insecure attachment style significantly influence burnout among young professionals.
5. To assess whether Insecure attachment style significantly influence risk taking behaviour among young professionals.

Hypothesis

- **H-1** There will be a significant correlation between Insecure attachment style and risk-taking behaviours among young professionals.
- **H-2** There will be a significant correlation between Insecure attachment style and burnout among young professionals
- **H-3** There will be a significant correlation between risk-taking behaviour and burnout among young professionals.
- **H-4** There will be significant influence of Insecure attachment style on burnout among young professionals.
- **H-5** There will be a significant influence of Insecure attachment style on risk taking behaviour among young professionals.

METHOD

Aim

To investigate the influence of Insecure Attachment Style on risk taking behavior and burnout among young professionals.

Variables

Independent Variables

IV: Insecure Attachment style, it is defined as a pattern of relating to others that involves fear of abandonment, anxiety in close relationships, or discomfort with intimacy, typically developed from early caregiving experiences and assessed through self-report measures. It includes anxious, avoidant, or fearful tendencies in interpersonal bonds (Mikulincer & Shaver, 2007).

Dependent Variables

DV1: Risk-Taking Behaviours, refers to the tendency to engage in actions that involve potential negative outcomes in pursuit of a perceived reward or benefit. It includes behaviours such as impulsivity, sensation-seeking, and disregard for potential harm, and is assessed through standardized questionnaires (Zuckerman, 2007).

DV2: Burnout, refers to as a psychological syndrome resulting from prolonged exposure to work-related stress, characterized by emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment. It is measured through self-report scales assessing these dimensions (Maslach & Jackson, 1981).

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Measures

Adult Attachment Questionnaire

Simpson et al. (1996) developed the Adult Attachment Questionnaire (AAQ), a self-report tool designed to assess adult attachment styles. The AAQ consists of 17 items, each rated on a 7-point Likert scale, with certain items requiring reverse scoring. The scale is used to measure attachment security, with reliability testing showing good internal consistency, with Cronbach's alpha coefficients typically ranging from 0.72 to 0.79 across its subscales. Additionally, the AAQ demonstrates strong test-retest reliability, indicating stability over time. In terms of validity, the scale shows strong construct validity, supported by factor analysis, and correlates positively with related constructs such as relationship satisfaction and interpersonal trust (convergent validity). It also shows low correlations with unrelated constructs, confirming its discriminant validity.

Burnout Assessment Scale

Schaufeli et al. (2020) developed the Burnout Assessment Tool (BAT), a self-report questionnaire designed to measure burnout. The BAT focuses solely on measuring burnout complaints, without addressing the causes or consequences of burnout. The general version of the BAT includes 22 items, which are rated on a 5-point Likert scale, while the work-related version contains 23 items assessing core symptoms and 10 items for secondary symptoms, also rated on a 5-point Likert scale. The BAT has demonstrated strong validity, with its four-factor structure—exhaustion, mental distance, emotional impairment, and cognitive impairment—supported by factor analysis. The tool also shows good convergent validity, evidenced by strong correlations with other established burnout measures such as the MBI, and demonstrates discriminant validity by showing low correlations with unrelated constructs. Reliability testing reveals high internal consistency, with Cronbach's alpha values exceeding 0.85 across the subscales, and the BAT has good test-retest reliability, ensuring stability over time.

Barratt Impulsiveness Scale

Patton et al. (1995) introduced the Barratt Impulsiveness Scale-11 (BIS-11), a 30-item self-report tool aimed at evaluating impulsivity (Barratt, 1985). Respondents answer each item using a 4-point scale (Rarely/Never, Occasionally, Often, Almost Always/Always), with higher scores indicating higher levels of impulsiveness. After initial testing on college students, psychiatric patients, and male prisoners, four items were excluded based on their item-total correlations, resulting in the final version. The BIS-11 has proven to be highly reliable and valid in diverse groups. Its internal consistency is robust, with Cronbach's alpha values ranging from 0.79 to 0.83. Additionally, the scale demonstrates solid test-retest reliability, with coefficients between 0.71 and 0.83. In terms of validity, the BIS-11 shows strong convergent validity, evidenced by significant correlations with other measures of impulsivity, as well as effective criterion validity, distinguishing clinical from non-clinical populations.

Sample description

The study comprised a sample of 100 young professionals who are currently employed either full time or part time. Random sampling technique was employed to collect data from the individuals from the region of Delhi NCR.

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Inclusion criteria

- The participants should fall under the category of 21-40 of age to be a part of this research.
- The participant should currently be full time or part time employed in a professional setting.
- Ability to understand and complete surveys or interviews in the study's language (e.g., English or Hindi).

Exclusion criteria

- Unstable Employment or participants who are unemployed.
- People who are under the age of 21 or above the age of 40 years.

Research design

Research design employed for this study was correlational method to see the correlation between insecure attachment style, burnout and risk-taking behaviour among young professionals to prove hypothesis 1, 2 and 3.

Statistics

To analyze the data, both descriptive statistics and multiple regression were employed using SPSS software. Descriptive statistics summarized key aspects of the data, such as the mean, standard deviation, and frequency distributions, offering insights into the overall trends and characteristics. Following this, multiple regression analysis was applied to explore the relationships between insecure attachment style, burnout, and risk-taking behavior among young professionals. This analysis allowed for the evaluation of how effectively the predictors accounted for variations in the outcome variables and highlighted the significance and strength of each predictor's impact.

RESULT

After the data was collected, statistical treatment was given to the raw score of each dimension. The main aim of this analysis was to gather the meaning of the raw data and test the hypothesis. Correlation was used to assess the relationship between variables and regression analysis was used to understand the collective contribution of the variables.

Table 4.1 Descriptive analysis

	Mean	Std. Deviation	N
Attachment style (insecure)	73.96	12.904	100
Burnout	73.74	18.606	100
Risk-Taking Behaviour	74.92	12.606	100

Table 4.1 shows the Mean and Standard Deviation of all the variables. The sample size for all the variables is 100. The mean and standard deviation of attachment style is 73.96 and 12.90. The mean and standard deviation of Burnout is 73.74 and 18.60. The mean and standard deviation of Risk-taking behaviour is 74.92 and 12.60.

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Table 4.2 Correlation between insecure attachment style, burnout and risk taking behaviour

Variables	Attachment style (insecure)	Burnout	Risk-Taking behaviour
Attachment style (insecure)	1		
Burnout	.668**	1	
Risk-Taking Behaviour	.340**	.640**	1

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

In Table 4.2, Pearson correlation was examined to assess the relationship between Insecure Attachment Style, Burnout, and Risk-Taking Behavior. The results indicated a strong significant positive relationship between Insecure Attachment Style and Burnout ($r = .668$, $p = 0.01$). Additionally, there was a moderate positive relationship between Insecure Attachment Style and Risk-Taking Behavior ($r = .340$, $p = 0.01$). A strong significant correlation was also observed between Burnout and Risk-Taking Behavior ($r = .640$, $p = 0.01$).

Burnout and attachment style regression

Table 4.3 Model Summary

Regression statistics	
R	.668
R square	.446
Adjusted R square	.441
Standard error	13.91
Observation	100

Table 4.3 shows the calculated multiple R value, i.e., .668, which indicates that the direction of the relationship between the independent variable (Attachment Style) and the dependent variable (Burnout) is positive and moderately strong. The table also shows that the obtained value for R square = 0.446, which means that approximately 44.6% of the variance in Burnout is explained by Attachment Style. This suggests that Attachment Style plays a significant role in predicting the levels of burnout among young professionals.

Table 4.4 Anova

	df	SS	MS	F	Significance F
Regression	1	15298	15298.2	79.09	.000
Residual	98	18973	193.6		
Total	99	34271			

Table 4.4 depicts the F value = 79.09, $p < .001$, which indicates that there is a statistically significant contribution of the predictor variable (Attachment Style) in determining the dependent variable (Burnout).

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Table 4.5 Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	2.490	8.135		.306	.760
Attachment Style	.963	.108	.668	8.889	.000

Table 4.5 presents the regression coefficients for the model predicting Burnout from Attachment Style. The unstandardized regression coefficient (B) for Attachment Style is 0.963, with a standard error of 0.108. The standardized beta coefficient (β) is 0.668. The t-value is 8.889, and the significance level (p-value) is .000, indicating statistical significance. The constant (intercept) is 2.490, with a standard error of 8.135, and a t-value of 0.306 ($p = .760$).

Risk taking behaviour and attachment style regression

Table 4.6 Model summary

R	.340
R square	.115
Adjusted R square	.106
Standard error	11.91
Observation	100

Table 4.6 shows the calculated multiple R value, i.e., .340, which indicates a positive but weak relationship between the variables. The table also shows that the obtained value for R square = 0.115, which means that approximately 11.5% of the variance in the dependent variable (Risk-Taking Behaviour) is explained by the independent variable (Attachment Style). The Adjusted R Square value is 0.106, which accounts for the number of predictors in the model and provides a slightly more conservative estimate of explained variance. The standard error of the estimate is 11.91, indicating the average distance that the observed values fall from the regression line.

Table 4.7 Anova

	df	SS	MS	F	Significance F
Regression	1	1816.28	1816.28	12.79	.000
Residual	98	13915.07	141.99		
Total	99	15731.36			

Table 4.7 depicts the F value = 12.79, $p < .001$, which indicates that there is a statistically significant contribution of the predictor variable (Attachment Style) in determining the dependent variable (Risk-Taking Behaviour).

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Table 4.8 Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	50.370	6.967		7.230	.000
Attachment Style	.332	.093	.340	3.577	.001

Table 4.8 presents the regression coefficients for the predictor variable (Attachment Style) and the constant. The unstandardized coefficient (B) for Attachment Style is .332, indicating that for every one-unit increase in Attachment Style, Risk-Taking Behaviour increases by .332 units. The standardized coefficient (Beta) is .340, showing a moderate positive effect. The t-value is 3.577, and the corresponding p-value is .001, which is statistically significant. This suggests that Attachment Style significantly predicts Risk-Taking Behaviour among young professionals.

ANALYSIS AND DISCUSSION

The purpose of this study was to examine how insecure attachment style impacts risk-taking behavior and burnout among young professionals. The sample included 100 employed young professionals living in the Delhi NCR region.

The first objective of the study aimed to explore the relationship between insecure attachment styles and burnout. The findings revealed a significant positive correlation ($r = .668$, $p = 0.01$), suggesting that individuals with insecure attachment styles tend to experience higher levels of burnout. As a result, the hypothesis is confirmed.

Consistent with our hypothesis, a study by Li et al. (2019) explored how insecure attachment influences risk-taking behavior in consumers. This research focused on how early attachment experiences shape individuals' willingness to take risks in consumer choices, extending beyond traditional domains of risk to include areas like marketing and consumer psychology, using life history theory. The study, which involved three correlational studies, found that individuals with insecure attachment styles were more likely to engage in risky consumer behaviors, such as dining at unusual, toilet-themed restaurants or purchasing genetically modified products. In the first study, insecure attachment was linked to greater risk-taking in experiential purchases. The second study confirmed this trend across multiple types of purchases. The third study revealed that individuals with insecure attachment perceived genetically modified products as safer, and this perception mediated the relationship between attachment insecurity and risk-taking. These findings provide valuable insights into the broader impact of attachment styles on consumer decision-making and suggest practical implications for both marketing strategies and psychological research.

The second objective of the study aimed to examine the correlation between insecure attachment style and burnout among young professionals. The findings revealed a moderate positive correlation ($r = .340$, $p = 0.01$) between insecure attachment style and risk-taking behavior. This suggests that individuals with insecure attachment styles are more likely to exhibit varying levels of risk-taking tendencies. Therefore, the hypothesis is supported.

In line with our hypothesis, a study by Pšeničný and Perat (2020) examined the relationship between attachment styles and burnout, focusing on different burnout risk groups ("relaxed,"

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"worn-out," "challenged," and "burnout"). The results of an ANOVA analysis showed that individuals in the "challenged" and "burnout" groups had lower levels of secure attachment and higher levels of insecure attachment styles (avoidant and preoccupied) compared to those in the "relaxed" and "worn-out" groups. These findings suggest that avoidant and preoccupied attachment styles are associated with a higher risk of burnout, while secure attachment is linked to lower burnout levels. The study highlights that burnout may arise from sustained efforts to maintain insecure relationships or fear of relationship loss, underscoring the importance of addressing attachment styles in burnout prevention and intervention.

The third objective of the study aimed to examine the correlation between risk-taking behavior and burnout among young professionals. The findings revealed a strong and significant correlation between burnout and risk-taking behavior ($r = .640$, $p = 0.01$). This indicates that individuals experiencing higher levels of burnout are more likely to engage in risk-taking behaviors. Therefore, the hypothesis is supported.

Consistent with our hypothesis, a study conducted by Michailidis & Banks (2016) explored the relationship between burnout and risk-taking in workplace decision-making. The results indicated that burnout dimensions—such as exhaustion, cynicism, and professional inefficacy—were associated with avoidant decision-making and a reduced ability to make rational decisions. Furthermore, the perceived seriousness of the worst-case scenario consequences mediated the relationship between professional inefficacy and risk-taking behavior. These findings underscore the impact of burnout on workplace decision-making and highlight the importance of interventions to reduce risk-prone behaviors in employees affected by burnout.

The fourth objective of the study examined whether insecure attachment style has a significant influence on burnout among young professionals. The findings revealed a statistically significant contribution of the predictor variable (Attachment Style) in determining the dependent variable (Burnout). This indicates that the regression model is effective in predicting burnout, suggesting that attachment style plays a meaningful and significant role in influencing burnout levels among young professionals. Therefore, the hypothesis is supported.

The fifth objective of the study examined whether insecure attachment style has a significant influence on risk-taking behavior among young professionals. The findings showed a statistically significant contribution of the predictor variable (Attachment Style) in determining the dependent variable (Risk-Taking Behavior). This indicates that the regression model effectively predicts risk-taking behavior, suggesting that attachment style plays a meaningful and significant role in shaping risk-taking tendencies among young professionals. Therefore, the hypothesis is supported.

Limitations

A limitation of this study is its treatment of insecure attachment as a single construct, without distinguishing between subtypes such as anxious and avoidant attachment, which may have different effects on burnout and impulsiveness. Additionally, the sample size of 100 young professionals, while adequate for basic statistical analysis, may not be large enough to represent the broader population of young professionals globally, limiting the generalizability of the findings. The sample is also restricted to individuals from the Delhi

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NCR region, which may not accurately reflect the experiences of young professionals in rural areas or other metropolitan cities with different work cultures and stressors.

Another limitation is the cross-sectional nature of the study, which does not account for how attachment style, burnout, and impulsiveness may evolve or influence one another over time. A longitudinal design would provide a more comprehensive understanding of these dynamics. Finally, the study does not consider other psychological or environmental factors, such as personality traits, work environment, socioeconomic status, or mental health history, that could also contribute to burnout or impulsiveness. These factors should be considered in future research to provide a more holistic view of the determinants of burnout and risk-taking behaviors in young professionals.

Practical implications

The results of this study offer valuable insights for developing workplace mental health interventions. Recognizing that insecure attachment styles can significantly influence burnout and risk-taking behaviour (impulsiveness) among young professionals, organizations can develop targeted strategies such as attachment-informed counseling. Mental health professionals and HR departments can use these insights to create training programs that promote secure interpersonal connections, better emotional regulation, and more effective coping strategies. Additionally, early identification of individuals with insecure attachment tendencies can help in implementing preventive measures, ultimately enhancing employee well-being, reducing burnout, and promoting safer decision-making at work.

CONCLUSION

This study aimed to explore how Insecure Attachment Styles affect risk-taking behavior and burnout in young professionals. After conducting a comprehensive study using well-established scales to gather data, the findings provide valuable insights into the relationship between insecure attachment styles, burnout, and risk-taking behaviors among young professionals living in the Delhi NCR region. The scales used for collecting data were Adult Attachment Questionnaire (Simpson et al 1996), Burnout Assessment Scale (Schaufeli et al. 2020), and Barratt Impulsiveness Scale (Patton et al. 1995). The results revealed a positive relationship between insecure attachment styles, burnout, and risk-taking behavior among young professionals. Specifically, as insecure attachment style increased, burnout levels also rose. Similarly, individuals with higher insecure attachment styles were more likely to engage in risk-taking behaviors. Moreover, those experiencing greater burnout were found to engage more in impulsive and risky actions. This suggests that as insecure attachment style intensifies, both burnout and risk-taking tendencies also escalate. Regression analysis further supported these findings, showing that insecure attachment style was a significant predictor of burnout. As attachment insecurity increased, so did emotional exhaustion. Additionally, insecure attachment style was a strong predictor of risk-taking behavior, meaning that individuals with higher attachment insecurity were more inclined to act impulsively. Overall, these findings emphasize the key role that insecure attachment plays in influencing emotional and behavioral outcomes in young professionals.

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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: Sharma, S. & Waraich, S.B. (2026). The Influence of Insecure Attachment Style on Risk Taking Behavior and Burnout among Young Professionals. *International Journal of Indian Psychology*, 14(3), 1481-1501. DIP:18.01.131.20261403, DOI:10.25215/1403.131