



EXAMINING THE IMPACT OF ATTACHMENT STYLES ON PERSONALITY AND YOUNG ADULTS.EMOTIONAL QUOTIENT AMONG

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Abstract: Attachment Styles on personality and Emotional Quotient amongst adults play a significant role in today's world. The bonding that people learn in children and carry that style in adult relationships is known as attachment styles. This style is utilized for promoting the survival of young children by ensuring their responsive care. Numerous studies have been carried out centered on attachment styles in various aspects, but only a few studies concentrated on the impacting factors of adult behavior of attachment styles on personality and emotional quotient. Thus, in the present study, the attachment styles on personality and Emotional quotient among the behaviors of adults is focused and the impacting factors of attachment styles in personality and Emotional quotient are investigated. By using the convenience sampling technique, a total of 103 respondents took part in the study from several universities in southern parts of India. As per the study, "Secure Attachment (SA)", "Avoidance Attachment (AA)", "Ambivalent Attachment (AMA)", and "Disorganized Attachment (DA)" had an important association with personality and Emotional quotient. Then, the study depicted that the Attachment styles had a positive and significant relationship towards developing the personality and Emotional quotient among adults.

***Index Terms* - Personality, Attachment Styles, Emotional Quotient, Adult, Behavior.**

I. INTRODUCTION

Understanding the impact of attachment styles on emotional intelligence and personality types sheds light on how our early relationships shape our emotional and behavioral patterns. Attachment style influences how we perceive and regulate emotions, as well as how we form and maintain relationships. By exploring this connection, we gain insights into how individuals with different attachment styles navigate the complexities of emotions and interpersonal dynamics, ultimately shaping their personality traits and interpersonal skills. The research investigates the impact of attachment style on emotional intelligence and personality types. Attachment style or organization is a concept that derives from John Bowlby's attachment theory where attachment is an emotional bond refers to a person's characteristic ways of relating in intimate caregiving and receiving relationships with "attachment figures", often one's parents, children and romantic partners. It is the means by which the hopeless infant gets primary needs. It then become an engine of subsequent social, emotional, and cognitive development. The early social experiences of the infant stimulate growth of the brain and can have an enduring influence on the ability to form stable relationships with others.

Emotional intelligence, encompassing the ability to perceive, understand, manage, and utilize emotions effectively (Salovey & Mayer, 1990), acts as a cornerstone for social interactions. Individuals with high EI exhibit enhanced social skilfulness, empathy, and conflict resolution capabilities, all of which facilitate the formation and maintenance of meaningful relationships (Goleman, 2006). Conversely, deficits in EI may impede one's ability to navigate the intricacies of social situations, leading to difficulties in building and sustaining connections, potentially fostering loneliness (Martins & Martins, 2011). Attachment style, shaped by early caregiver experiences, reflects internalized models of relationships and influences how we approach intimacy and connection (Bowlby, 1982). Securely attached individuals embrace closeness and trust others, fostering healthy relationships that mitigate loneliness. Conversely, insecure attachment styles, such as anxious and avoidant patterns, are characterized by a fear of intimacy, distrust, or emotional withdrawal, potentially leading to isolation and loneliness (Mikulincer & Shaver, 2005).

It is believed that early attachment styles may have an impact on later development of emotional intelligence (both as a characteristic and an ability). Therefore, the development of emotional self-awareness and adaptive emotional self-regulation skills is favoured by secure attachment patterns, which are brought about by the child's perception of the availability of attachment figures, their sensitivity to the child's needs, and their emotional syntonic with the caregiver. On the other hand, early experiences with insecure attachment negatively impact the ability to identify, comprehend, and control emotions. (Borowski D., Sojda, M., Rychlewska, K., & Wajs, T., 2022).

The term 'emotional intelligence' was first used by (1986) in his doctoral thesis, "A study of emotion: developing emotional intelligence; self-regulation, relating to fear, pain and desire" to discover the nature and characteristics of emotion and emotional intelligence. Daniel Goleman (1998) defines 'emotional intelligence' as "the capacity for recognizing our own feelings and those of others, for motivating ourselves and in our relationships. Emotional intelligence describes abilities distinct from, but complementary to, academic intelligence or the purely cognitive capacities measured by IQ tests".

Nowadays, it can be assumed that emotional intelligence has gained relevance in almost every corner of the world. It has raised the interest of many people and researchers who have written many magazines, books, newspaper, etc. Emotional intelligence is considered to be something that can be developed over time. One can easily train their brain to have higher emotional intelligence, just like anything else.

Although the nature of love relationships has been an important area of study in psychoanalysis, it is only more recently that personality and social psychologist have provided additional impetus by empirically testing specific theories with respect to the nature of close relationships (Furnham & Heaven, 1999). The attachment style is believed to become an integral part of an individual's overall personality structure, affecting the person's major personality characteristics as well as his or her primary way (of reacting to internal and external demands (Ainsworth, 1985; Bowlby, 1988). These findings are completed by results from a Swedish study with older adults (Andersson & Stevens, 1993), showing that their quality of past parental care as well as current attachment relationships was significantly related to participants' feelings of self-esteem, anxiety, and loneliness. In summary, there is some emerging evidence that adults with different attachment styles differ with regard to certain personality characteristics and that these relations extend into later adulthood and old age.

II. REVIEW OF LITERATURE

A literature review is a comprehensive summary of previous research on a topic. A literature review is a scholarly paper that includes current knowledge including substantive findings as well as theoretical and methodological contributions to the particular topic. Literature reviews are also common in a research proposal or prospectus (Maggio, Sewell, Artino, 2016). Alexandra B. Elnick et al conducted a study titled "Adult Attachment Styles: Their Relations to Family Context and Personality" by using 304 adults to examine mean differences in family climate and personality variables on the basis of individuals' attachment styles and to examine whether mean differences varied by age group. Findings showed significant main effects of attachment style, but no Attachment Style x Age Group interactions. Compared with adults with an insecure attachment style, persons with a secure attachment style described their family of origin and their current family more positively and scored higher on personality variables indicative of self-confidence, psychological well-being, and functioning in the social world. When the family climate and personality variables were included in a discriminant function analysis, 2 significant functions were obtained. The 1st function discriminated adults with a positive self-model from those with a negative self-

model. The 2nd function contrasted participants with a positive other-model from those with a negative other-model. Thus, this study provided evidence in support of the self- and other-models as the fundamental dimensions of adults' attachment system.

Amir Reza K. Abbasi et al conducted a study on title "Relationship of Attachment Styles and Emotional Intelligence with Marital Satisfaction". The current study aimed to investigate the relationship of attachment styles (AS) and emotional intelligence (EI) with marital satisfaction (MS). In this cross-sectional research, 450 married people (226 male, 224 female) were selected using multistage sampling method in Mashhad, Iran, in 2011. According to the obtained results, attachment styles and emotional intelligence are the key factors in marital satisfaction that decrease marital disagreement and increase the positive interactions of the couples.

Bagher and Ali Akbar conducted a study on title "Relation between emotional intelligence and attachment styles in delinquent adolescents". In this study 75 delinquent adolescents were selected by means of accessible sampling procedure from Remedial and Training Institute of delinquent adolescents in Iran. Analysis of data with utilization of multiple regression analysis revealed that emotional intelligence of delinquent adolescents can be predicted from the magnitude of their attachment styles. Moreover, data revealed that delinquent adolescents with anxious attachment were lower in emotional intelligence than individuals with a secure attachment style. Erdal H. et al conducted a study on title "Attachment Styles as a Predictor of Emotional Intelligence". The purpose of this study is to examine if attachment styles predict emotional intelligence (intrapersonal, interpersonal, adaptability, stress management, and general mood). Participants of the study consisted of 463 (272 females, 191 males) undergraduate students selected randomly from different faculties of Selcuk University. Regression and correlation analyses were used for data analysis. Results indicate that there is a significant positive correlation between the secure attachment style and all subscales of emotional intelligence abilities. Results also indicate that attachment styles significantly explain emotional intelligence and secure attachment style predict all sub-dimensions of emotional intelligence.

Nanu E. Doinita conducted a study on the title "Adult Attachment, Self-esteem and Emotional Intelligence". Based on Bartholomew & Horowitz studies (1991) on the link between attachment, self-esteem and sociability, this study examined the correlations between the types of adult attachment, self-esteem level and emotional intelligence development. 65 adults were evaluated with Adult Attachment Scale (Collins & Read, 1990), Rosenberg Self-Esteem Scale (Rosenberg, 1965), Emotional Intelligence Test (adapted Roco by Bar-On, 1997). The results show the fact that the types of adult attachment influenced self-esteem level and the emotional intelligence development.

Zahasari Lukita Dewi conducted a study titled "Attachment style and emotional intelligence in individuals with adverse childhood experiences" to see the profile of attachment style and emotional intelligence (EI) as part of personality and the correlation between them, specifically in individuals who have Adverse Childhood Experiences (ACE). By applying quantitative methods and purposive sampling techniques, this study implemented the Adverse Childhood Experiences questionnaire to select participants who had Adverse Childhood Experiences scores in the range 1-10 as the main characteristics of the sample from the men and women adult population. By using the Attachment Style Questionnaire (ASQ) and BarOn EQ-I, this study assessed the five domains of attachment style and the total, 5 composite scales, and 15 subscales of EI from 230 men and 250 women with an age range of 19-45 years. The Pearson correlational analysis results show that the Five Domains of Attachment scales are associated with the level of Total EI and Composite EI scales in individuals who have Adverse Childhood Experiences, except Confidence with Interpersonal and Stress Management, and Discomfort with Intrapersonal and Adaptability.

Jagriti Garg et al intended to investigate the impact of Attachment styles and Emotional intelligence amongst young adults.

The data was gathered from 200 young adults via a quantitative framework. By statistical analyses, namely correlation and Regression Analysis (RA), the gathered data was investigated. The findings in the study showed that Emotional intelligence was identified as a mediator between Attachment styles and life satisfaction. The study outcomes only concentrated on the Attachment styles and Emotional intelligence of young adults, and the study was not applicable to other individuals, namely students or professionals.

Christian Schetsche and Alba E. Mustaca explored the relationships amongst Attachment styles, personality, and frustration intolerance. The international sampling survey was carried out, and through a questionnaire, data was gathered from 300 adults. The respondents were from Argentina. By using the Local Outlier Factor (LOF), the gathered samples were investigated. The study's outcomes illustrated that

to explain the variances in maximum, priority was provided to the significance level in the effects p and β . The study had a drawback that the female respondents to the questionnaire were high when analogized to the males.

Amir Reza Kamel Abbasi et al described the relationship betwixt Attachment styles and Emotional intelligence with marital satisfaction. The data was gathered from 450 married people in a cross-survey design grounded on the questionnaire. By using the multi-stage sampling methodology, the samples were assessed. The outcomes of the study denoted that the style had a positive relation with marital satisfaction. The study outcomes were only concentrated on a specific geographical area. In addition, the samples were collected only from married people, thus affecting the generalizability of the findings.

Talia Hashworth et al examined the adult Attachment style's impact on borderline personality disorder. Through an online survey, the data was gathered from 337 participants. By correlation analysis and Chi-square test, the gathered data was investigated. Outcomes in the study specified that individuals with borderline personality disorder had significantly lowered their personal agency. The lower personal agency was negatively important to the adults' attachment levels. The study had some disadvantages: Initially, the study utilized an online survey that was not able to follow respondents. Next, the participants were evaluated only at one time owing to the cross-sectional design.

Wahida Anjum et al showcased the associations between Attachment styles, Emotional intelligence, and perceived stress among law students. From 150 law students in several private and public institutions in Lahore and Pakistan, the data for the study was gathered. To analyse the gathered sample in the study, the purposive sampling technique was deployed. The findings in the study showed that Attachment style and Emotional intelligence had an important inverse relationship with the perceived stress amongst law students. The law students in the region of Pakistan were only concentrated in the findings.

Rajoshree Guha and Mamata Mahaptara examined the influence of emotional maturity and the types of Attachment style in adult relationships. Through a self-report questionnaire, the study gathered data from 124 participants. The data was investigated grounded on random sampling; also, by utilizing a t-test, the gender differences in the Attachment styles were tested. The outcomes of the study explored that it had a negative association betwixt emotional maturity and the relationships of adults. The sample was gathered in very low numbers, and the outcomes of the study affected the generalizability owing to the lack of time.

Rita Valette-Florence and Pierre Valette-Florence aimed at the effects of emotions and brand personality on consumer commitment. The data was taken by the panel of French consumers, and the respondents were the customers or managers in France. The data were analysed and structured using covariance structured analysis and partial least square. As per the result of the study, the mediating role was played by trust in the impact of a brand's personality on commitment and also explained the important differences betwixt the brands depending on the hedonic nature. A limitation of the study was that the samples considered the brand personality more than consumer commitment and the study was considered only in the region of France.

III. RESEARCH GAP

There is paucity of studies examining the impact of Emotional Intelligence and Emotional intelligence on attachment styles in the Indian population.

IV. PROBLEM STATEMENT

TO STUDY WHETHER AND TO WHAT EXTENT ATTACHMENT STYLE EFFECT PERSONALITY AND EMOTIONAL INTELLIGENCE. TO INVESTIGATE THE INTERPLAY AND INTERDEPENDENCE OF ATTACHMENT STYLES, EMOTIONAL INTELLIGENCE AND PERSONALITY OF ADULT.

Abbreviations and Acronyms (Heading 2)

Define abbreviations and acronym the first time they are used in the text, even after they have been defined in the abstract. Abbreviations such as IEEE and SI do not have to be defined. Do not use abbreviations in the title or heads unless they are unavoidable.

3.1 Population and Sample

The sample for this study would consist of young adults who belong to the age group of 18 to 25 years. The sample size of the study is 100. The sampling technique used was simple random sampling method. Simple random sampling is a fundamental sampling method used in statistical research to select a subset of individuals from a larger population.

3.2 Data and Sources of Data

Instruments employed in this study encompassed carefully selected tools and measures to collect precise and pertinent data. These instruments were tailored to capture aspects associated with the attachment styles and coping.

They were designed to ensure a comprehensive understanding of the participants' experiences and perceptions, allowing for a thorough analysis of the interplay between attachment styles and coping. The proper selection and design of these instruments were necessary for the accuracy and effectiveness of the research findings.

The scales which were used during the study are:

1. Schutte Emotional Intelligence Scale
2. Eyesenck Personality Questionnaire-revised
3. Revised Adult Attachment Scale

3.3 Theoretical framework

Variables:

Independent Variable 1 – Emotional Intelligence

Emotional intelligence is the capacity to recognize, communicate, comprehend, utilize, and contralateral feelings in oneself (personal intelligence) and in others (social intelligence), which results in behaviour that is adaptive. To assess emotional intelligence, we use Schutte Emotional Intelligence Scale which helps in measuring in general emotional intelligence, using for subscales: emotion perception, utilizing emotions, managing others' emotions. It is 33 items self-report using a 1 (strongly disagree) to 5 (strongly agree) scale for responses. Each sub test score is graded and then added together to give the total score for the participants.

Independent Variable 2 - Personality

Personality is defined as a complex and multi-faceted construct that encompasses various characteristics, trait and patterns of behavior, thinking and feeling. To measure personality, we use Eyesenck Personality Questionnaire-revised, a self-report inventory that measures three major dimensions of personality: extraversion, neuroticism, and psychoticism. **Dependent Variable - Attachment style**

Attachment Style refers to a person's characteristic ways of relating in intimate caregiving and receiving relationships with

“attachment figures,” often one's parents, children, and romantic partners. To assess the attachment styles, we use Revised Adult Attachment Scale developed by Collins in 1996. The RAAS has 18 self-evaluated items in 5-Likertscale. The items are distributed into three factors, each one with six items: Anxiety, Dependence, Closeness

I. RESEARCH METHODOLOGY.

The method of a research work is the collection of procedures used by the investigator to make it as scientific and valid as possible. As a result, the method used, as well as the measures and techniques used for data collection and analysis, are critical to the success of any research. The main purpose of this chapter is to describe how the study was carried out and to present the various steps taken by the investigator in carrying out the study, such as sample/participant selection, instruments used to collect data, data collection procedure, statistical analysis, and so on.

Objective:

- 1) To explore the attachment style's impacting factors on personality and emotional intelligence among adults.
- 2) To assess the important relationship between attachment style, personality and emotional intelligence amongst adult.

Hypothesis:

H1: The attachment style has a positive relationship with personality and emotional intelligence.

H2: The attachment style doesn't have a positive relationship with personality and emotional intelligence.

Research Design:

The research will be a quantitative study to see the impact of attachment styles on personality and emotional intelligence.

3.4 Statistical tools and econometric models

Analysis was conducted using SPSS version 22.0. The data was checked for normality before analysis. Pearson's Correlation was done to check the correlation between attachment styles and emotional intelligence. ANOVA was done to compare the means of different attachment styles (secure, dismiss, preoccupied and fearful) with personality and emotional intelligence.

3.4.1 Descriptive Statistics

Table 1 shows the correlation between emotional intelligence and attachment styles.

Variables	n	Pearson Correlation	p value
Attachment style	103	-.486**	0.0001
EQ Score	103		

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

There is a statistically significant correlation between personality and Emotional Quotient with p value 0.001 at 5% level of significance. The r value is -0.486 which means that there is negative moderate correlation, i.e., as the emotional quotient increases, attachment style. This can be presented with the help of the scatter plot showing the distribution of attachment style and emotional quotient scores.

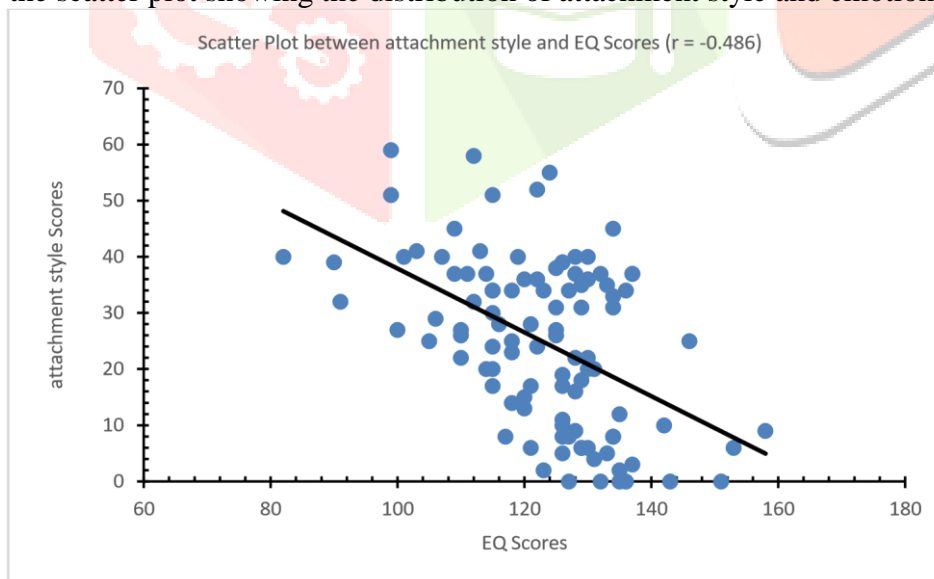


Table 2 shows the mean scores of personalities for different attachment styles with the standard deviation, F value and p-value.

Attachment Style	personality Mean	SD	F value	p value
Secure	17	16	8.644	0.001
Dismiss	35	12		
Preoccupied	21	13		
Fearful	34	15		

The results of the analysis of variance (ANOVA) revealed a statistically significant difference in personality scores across different attachment styles ($F= 8.644$, $p < 0.001$). This indicates that attachment styles are associated with varying personalities among individuals.

IV. RESULTS AND DISCUSSION

4.1 Results of Descriptive Statics of Study Variables

Descriptive statistics of the study Variable

VARIABLE	N	MEAN	KURTOSI		SKEWNESS
			S	SD	
BRCS	100	14.65	.436	2.359	.299
S	100	18.59	.132	3.198	.301
AV	100	17.73	.287	4.035	.182
AX	100	17.11	.360	4.577	.196

The Table 1 depicts the descriptive statistics of the study Variables. The value of the Arithmetic mean, median and, standard deviation of the variables has been mentioned which are the domain of coping styles and attachment styles which are secure attachment (S), attachment avoidant (AV) and attachment anxiety (AX). The mean, skewness and kurtosis for the domain BRCS is 14.65,.299 and .436 with the SD of 2.359. These values suggest that the variable is normally distributed among the sample.

The other dimension, attachment styles is secure attachment (S) and the mean, skewness, kurtosis and SD of the domain are 18.59, .301, .132 and 3.198 respectively which suggests that the variable is more or less normally distributed of the sample.

The next domain of attachment styles is attachment avoidant (AV) in which the mean, skewness, kurtosis and the SD values are 17.73,.182, .287 and 4.035 respectively indicating that the sample is normally distributed.

When looked into the other domain of attachment styles, attachment anxiety (AX) results of the mean, skewness, kurtosis and SD value are 17.11, .196, .360 and 4.577 respectively which indicates that the sample is more or less normally distributed.

From the statistical analysis of the study variables, it was clear that the variables chosen for the study were in accordance with the theoretical perspective and valid for further parametric statistical tests.

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