

Adult Attachment Styles and Conflict Resolution Strategies Among Close Relationship in Young Men and Women

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Abstract- This research aims at understanding whether Adult Attachment Styles will have any impact in conflict resolution strategies among close relationships in young men and women. Conflict resolution has been an important aspect of healthy relationships for every close relationship. Adult Attachment styles have been observed to play an important role in conflict resolution strategies. To Observe if there has been a significant shift in conflict resolution strategies for men and women born in 1997 – 2006. And if there has been any shift in manifestations of Adult Attachment styles or their impact in Close Relationships for young men and women in context to their Conflict Resolution Strategies.

I. INTRODUCTION

Every close relationship, every individual has a different approach that drives their conflict resolution practice. Even conflicts in any relationship for individuals would manifest in different ways. Attachment styles could be one of the driving factors as to how the individual would act during conflict and how would they manage to resolve the conflict. Adult Attachment styles have been observed to play an important role in conflict resolution strategies. To Observe if there has been a significant shift in conflict resolution strategies for men and women born in 1997 – 2006. And if Adult Attachment styles have an impact on Conflict resolution strategies.

Every relationship carries its own unique rhythm when it comes to handling conflicts. Each person's method of navigating disagreements can differ based on internal patterns shaped by past experiences. One such influential factor is attachment style developed in early life, which may continue to impact emotional responses and conflict resolution patterns in adulthood. The focus is on understanding whether adult attachment styles influence the way these individuals manage conflicts within close personal bonds.

II. REVIEW OF LITERATURE

Over the years, adult attachment styles have been the subject of much academic inquiry. While the earlier studies focused primarily on student populations, more recent research has been extended to broader demographics. Findings indicate that a majority of adults identify with secure attachment style, which is often linked to strong family connections, self-esteem, and mental health (Mickelson et al., 1997; Diehl et al., 1998). In contrast, insecure attachment styles particularly fearful and anxious types - are frequently associated with relationship dependency and emotional distress (Zvelc, 2010). Additional research shows that attachment patterns are shaped by a combination of sociodemographic factors, early adversities and mental health conditions.

In terms of conflict resolution, studies have evolved from examining general relation trends in the mid-20th century to understanding the influence of psychological factors like mindfulness, attribution style, and intimacy goals. For example, acting with awareness has been associated with healthier dynamics (Mandal & Lip, 2022), while attachment anxiety and avoidance tendencies have been shown to influence conflict behaviour (Yildiz, 2023). These findings highlight the layered connection between personality traits, emotional regulation, and the strategies individuals employ to resolve conflicts on romantic relationships.

III. RESEARCH METHODOLOGY

Aim – To understand the impact of Adult Attachment Styles on Conflict Resolution Strategies among Close relationship in Young Men and Women

Objective –

- To understand, whether there is any impact of Adult Attachment styles on Conflict Resolution

Strategies among Close relationship in Young Men and Women.

- To understand whether the impact is positive or negative.
- To understand which attachment style will have positive impact and which attachment style will have a negative impact.

Independent Variable – Two Independent variables each having two levels

1. Adult Attachment Styles –
Avoidant Attachment Style
Ambivalent/Anxious Attachment Style
2. Biological Sex – Men and Women

Dependent Variable – One Dependent variable with four levels

1. Conflict Resolution Strategies –
Positive problem solving
Conflict engagement
Conflict withdrawal
Compliance

Design/Method –
Quantitative Method
Simple random Sampling

Null and alternate hypothesis

Attachment Styles and Emotional State:

Null Hypothesis (H0): There is no statistically significant relationship between attachment styles and emotional state. ($r = 0$) Alternative Hypothesis (H1): There is a statistically significant relationship between adult attachment style and emotional state.

Attachment Styles and Conflict Resolution:

Null Hypothesis (H0): Adult Attachment styles do not significantly influence conflict resolution strategies. Alternative Hypothesis (H1): Adult Attachment styles significantly influence Conflict resolution strategies.

Emotional State and Conflict Resolution:

Null Hypothesis (H0): Emotional state does not significantly impact conflict resolution strategies. Alternative Hypothesis (H1): Emotional state has a significant impact on conflict resolution strategies.

Gender and Other Variables (Attachment Styles, Emotional State, Conflict Resolution): Null Hypothesis (H0): Gender is not significantly associated with attachment styles, emotional

state, or conflict resolution strategies. Alternative Hypothesis (H1): Gender has a significant association with one or more variables - attachment styles, emotional state, or conflict resolution strategies.

Procedure -

Data Collection - Online Survey through Google forms. Sample Size - 105 Participants

Inclusion Criteria - Age :18 years to 27 years

- Are currently involved in a romantic relationship
Tool - Jasp software, as the software is freely available, easily accessible and provides relevant results.

Test - Correlation: Correlation refers to the statistical relationship between two or more variables.

Pearson's r (Pearson Product-Moment Correlation Coefficient): Pearson's r is a statistical measure of the linear relationship between two continuous variables. It ranges from -1 to 1.

Materials - Three Scales are used during the research procedure

1. The 21 item - 12 item versions of the DASS.
2. Conflict Resolution Self Inventory – (16 items)
3. The ECR revised short form (12 items) Total number of items used in the research – 49.

IV.RESULTS

The findings reveal a meaningful connection between adult attachment styles and both emotional well being and conflict resolution strategies. Individuals with certain attachment styles tend to experience emotional responses and approach conflicts in varied ways. Notably, emotional state also significantly influences how conflicts are managed in close relationships.

However, gender did not show any significant correlation with attachment styles, emotional state, or conflict resolution strategies. Overall, the data highlights that the quality of emotional experiences and patterns of attachment are more impactful in shaping conflict resolution behaviour than gender differences.

V.DISCUSSION

In this study we aimed to understand attachment styles of individuals aged 18 years to 27 years, born within years 1997 - 2006. The perspective of studying and understanding this specific age group population was to observe and understand if

changing dating trends and romantic relationships have affected or are impacting their adult attachment styles. And so these changing trends affect their conflict resolution strategies. The results of this study suggest that the given population of the study largely have secured attachment styles. And secured attachment styles have been observed to have effective conflict resolution strategies. The study also suggests Attachment styles not being gender based or biased for the population of given study. Though few outliers if the study suggests presence of avoidant and ambivalent (anxious) attachment styles.

VI.CONCLUSION

To conclude, this study emphasizes the role of adult attachment patterns in shaping emotional experiences and conflict resolution behaviours in young adults. Secure attachment style is positively associated with healthier emotional states and more constructive ways of resolving disagreements. In contrast, insecure attachment styles often lead to emotional strain and less effective conflict resolution strategies.

Gender does not emerge as a key influential factor, indicating that attachment and emotional factors have a more direct influence in conflict resolution. These insights underline

importance of emotional awareness, healthy communication patterns, and development of secure relations and bonds for maintaining balances and resilient romantic relationships,

VII.STRENGTHS OF THE STUDY

Statistical significance: The results showed highly significant correlations ($p < 0.001$), suggesting that the observed patterns are reliable and unlikely to have occurred by chance. This reinforces the credibility and relevance of the study's conclusions. Strong Interpersonal links: The data illustrates a robust relationship between attachment style and both emotional regulation and conflict resolution behaviour. It also emphasizes emotional health and how individuals approach and manage disagreements, supporting the theoretical framework.

VIII.LIMITATIONS

Limited scope of variables: The study focuses on specific set of variables - attachment styles,

emotional state, conflict resolution strategies, and gender - without examining other potentially relevant factors like personality traits, cultural influences, or past trauma. These unmeasured variables may also significantly shape emotional state and conflict resolution behaviour.

Self Report bias: The data collection relied on self reported responses, which may sometimes reflect participant's personal biases, social desirability, that can affect the accuracy of some responses.

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