

# Effect Of Attachment Styles on Relationship Satisfaction and Communication Patterns Among Dating Young Adults, And to Analyse the Interrelationship Among These Three Variables.

Adya Sharma<sup>1</sup>, Dr Shruti Dutt<sup>2</sup>

<sup>1</sup>*Amity Institute of Psychology and Allied Sciences Amity University, Noida*

<sup>2</sup>*Assistant Professor- II, Amity Institute of Psychology and Allied Sciences Amity University, Noida*

**Abstract**—In young adulthood, romantic relationships are an important developmental job that greatly enhances emotional health and interpersonal growth. The purpose of the current study was to investigate the impact of attachment styles on communication patterns and relationship satisfaction in young people who are dating, as well as to analyze the relationships between these variables. Young adults living in the Delhi-NCR area participated in the survey. 180 participants between the ages of 18 and 30 who had been in romantic relationships The Experiences in Close Relationships–Relationship Structures Questionnaire (ECR-RS) was used to measure attachment styles; the Relationship Assessment Scale (RAS) was used to measure relationship satisfaction; and the Communication Patterns Questionnaire (CPQ) was used to assess communication behaviors between partners.

The results showed a strong correlation between communication patterns, attachment styles, and relationship happiness. In contrast to insecure attachment styles, especially anxious and avoidant patterns, which were associated with maladaptive communication and poorer relationship satisfaction, secure attachment was positively correlated with constructive communication and higher relationship satisfaction. These results highlight the significance of psychological therapies targeted at enhancing communication and relational functioning among young people and add to the expanding body of research on romantic relationships in the Indian context.

**Index Terms**—Attachment Styles, Communication Patterns, Young Adults, Relationship Satisfaction

## I. INTRODUCTION

One of the most important developmental tasks of young adulthood, which is marked by identity consolidation, emotional intimacy, and long-term partner selection, is romantic relationships. Young adulthood is centred on the crisis of intimacy versus isolation, when people attempt to build meaningful, long-term relationships while preserving a cohesive sense of self, according to Erik Erikson's psychosocial theory (Erikson, 1968). Therefore, it is crucial from a theoretical and practical standpoint to comprehend the elements that affect the fulfilment of romantic relationships.

One important way that attachment styles influence the results of relationships is through communication patterns. While destructive patterns like demand-withdraw cycles, criticism, and defensiveness predict relational distress, constructive communication which is defined by emotional openness, responsiveness, and cooperative problem solving has been positively associated with relationship satisfaction (Gottman & Levenson, 1992). It has been demonstrated that attachment insecurity makes people more likely to engage in maladaptive communication styles, which compromises the quality of relationships (Simpson & Rholes, 2017). For example, people who are anxiously attached could escalate conflicts more, while partners who are avoidantly attached might distance themselves from emotional conversations, leading to a vicious cycle of discontent.

Examining how attachment orientations combine with communication behaviours to determine relational

outcomes in this developmental stage is crucial given the growing importance of digital communication, changing social norms, and changing expectations surrounding intimacy.

#### Attachment Styles

One of the most important frameworks in relationship and developmental psychology is attachment theory, which offers a thorough account of how early relational experiences influence socioemotional development throughout life. According to attachment theory, which was first proposed by John Bowlby in 1969, 1973, and 1980, people have an inbuilt behavioural mechanism that encourages them to be close to important caregivers when they are threatened or in distress. (Bowlby, 1969).

Mary Ainsworth (1978) experimentally operationalized attachment theory by identifying unique patterns of attachment in infancy through observational research. Attachment anxiety and attachment avoidance are two continuous variables that are commonly used to describe attachment types in adulthood (Brennan, Clark, & Shaver, 1998). Individual variances in discomfort with intimacy (avoidance) and fear of abandonment (anxiety) are captured by these characteristics.

As generally stable relational orientations that impact communication patterns, interpersonal trust, emotional regulation, and romantic relationship pleasure, attachment styles are not just childhood phenomena (Mikulincer & Shaver, 2007). Attachment patterns are important in determining how romantic ties are formed, maintained, and of high quality, especially in young adulthood, a developmental stage marked by the psychological problem of intimacy vs seclusion as defined by Erik Erikson (1968).

#### Determinants of Attachment Styles

**Caregiver Sensitivity and Responsiveness.** The best indicator of attachment security is caregiver sensitivity. Mary Ainsworth (1978) asserts that sensitive caregivers are able to recognize and react to an infant's emotional cues, especially when they are in distress. A safe internal functioning model in which the kid views others as trustworthy and themselves as deserving of love is fostered by consistent warmth and response. On the other hand, avoidant attachment is predicted by caregiving that is emotionally distant or rejecting, whereas inconsistent caregiving leads to

anxious attachment. Early responding thus sets the groundwork for future expectations of emotional support and connection.

**Internal Working Models.** According to John Bowlby (1969, 1973), internal working models mental images of oneself and other people are formed through frequent early interactions with caregivers. Beliefs on one's own deservingness of love and the dependability of others are influenced by these schemas. Children who have supportive caregivers grow up with positive relational expectations; children who have unreliable or negligent caregivers may develop unfavorable schemas. Throughout life, particularly in romantic interactions with adults, these cognitive-affective patterns direct emotional regulation and relational behaviours (Mikulincer & Shaver, 2007).

**Infant Temperament and Biological Factors.** Both biologically based temperament and caregiving have an impact on attachment development. According to Jerome Kagan's (1984) research, newborns' emotional reactivity and self-regulation skills vary. Highly reactive infants may require extra caregiver attention to create secure bonding. Furthermore, environmental events interact with neurobiological systems such cortisol stress responses and oxytocin control. Therefore, rather than coming solely from parental influence, attachment results from a gene-environment interaction. **Parental Mental Health and Emotional Availability.** Caregivers' psychological well-being significantly shapes attachment outcomes. Parents experiencing depression, trauma, anxiety, or unresolved attachment histories may struggle to provide consistent emotional attunement. Studies indicate that maternal depression is associated with increased risk of insecure attachment due to emotional withdrawal or inconsistent responsiveness (Goodman & Gotlib, 1999). When caregivers are emotionally overwhelmed, children may develop hypervigilance (anxiety) or emotional suppression (avoidance) as adaptive strategies.

**Family Environment and Stability.** Attachment security is also influenced by the larger family environment. A child's sense of security may be compromised by exposure to ongoing marital strife, domestic abuse, or insecure living circumstances. A predictable and emotionally stable setting that enables the caregiver to act as a secure basis is necessary for a safe attachment. Secure bonding may be hampered by high family stress, financial difficulties, or

inconsistent parenting. As a result, rather than happening in a vacuum, attachment development takes place within a systematic family framework.

#### Factors Affecting Attachment Styles

**Peer Relationships During Adolescence.** Peers replace parents as the primary source of attachment during adolescence. Secure attachment representations can be reinforced by supportive friendships that are marked by emotional reciprocity, trust, and affirmation. On the other hand, persistent bullying or rejection by peers can exacerbate relational anxiety and negative self-models. Positive peer relationships have been shown to reduce early insecurity and foster emotional control (Allen & Tan, 2016). Peer relationships therefore serve as secondary attachment contexts that either strengthen or alter early relational schemas.

**Trauma and Adverse Life Events.** Attachment orientations can be profoundly changed by trauma exposure, including abuse, parental loss, intimate partner violence, and ongoing stress. Emotional numbness and detachment (avoidant patterns) or hypervigilance and dread of abandonment (anxious patterns) are frequently triggered by traumatic experiences. Early fearful or chaotic caregiving circumstances are often reported by those with disorganized attachment (Main & Solomon, 1990). Previously stable attachments may become unstable due to trauma, indicating that attachment is dynamic rather than fixed.

**Cognitive Factor.** Attribution patterns and cognitive schemas have a significant impact on attachment styles. Early encounters create internal working models that direct people's interpretations of relational events, according to John Bowlby (1969). Maladaptive attribution biases are frequently exhibited by insecurely attached people. For instance, avoidant people may minimize the importance of relationships, whereas anxiously attached people may see neutral partner action as rejection. Over time, insecurity is reinforced by these cognitive distortions. Accordingly, attachment is sustained by both ongoing interpretive processes that provide relationship meaning and prior experiences (Mikulincer & Shaver, 2007).

**Neurobiological and Genetic Influences.** Attachment processes are greatly influenced by biological systems. Neurochemicals like oxytocin are essential for affiliative behaviours, trust, and bonding. People may be more prone to increased anxiety or emotional

disengagement if their stress-response systems, especially the hypothalamic-pituitary-adrenal (HPA) axis, are dysregulated. Anxiety related to attachment and emotional reactivity have also been associated with genetic polymorphisms, such as changes in serotonin transporter genes. These results imply that attachment orientations are not solely the result of relational learning, but rather of intricate relationships between brain systems and environmental events.

**Social Learning and Interpersonal Modeling.** Relational modelling and observational learning have an impact on attachment styles. Youngsters watch how adults handle closeness, disagreement, and emotional expression. While exposure to emotionally distant or conflictual relationships may normalize unease, exposure to healthy relational models fosters secure expectations. According to social learning theory, reward and punishment systems gradually reinforce relational behaviours. As a result, attachment styles are influenced by modelled relationship norms and larger interpersonal settings in addition to direct caring.

#### Types of Attachment Styles

**Secure Attachment.** Comfort with intimacy and independence are traits of a secure attachment. Positive internal working models of oneself and others are possessed by people with this style, who see others as trustworthy and themselves as deserving of love (John Bowlby, 1969). They are adept at controlling their emotions and ask for help when they need it without becoming unduly reliant. Secure people exhibit high relationship satisfaction, constructive conflict resolution, and trust in romantic partnerships (Mikulincer & Shaver, 2007). They communicate in an honest and sensitive manner. Mary Ainsworth showed that consistent, attentive parenting usually leads to the development of secure attachment (1978). Throughout life, this approach is linked to both relational stability and psychological resilience.

**Anxious-Preoccupied Attachment.** Fear of desertion and heightened sensitivity to relational dangers are characteristics of anxious-preoccupied attachment. This type of person has a negative self-perception but a positive opinion of other people, which makes them dependent and prone to reassurance-seeking actions (Hazan & Shaver, 1987). They frequently experience severe emotional swings and interpret unclear relationship acts as rejection. Clinginess, jealousy, and

an increase in conflict are the outcomes of an overactive attachment system (Mikulincer & Shaver, 2007). Unpredictable emotional availability and uneven caring are the usual causes of this pattern (Ainsworth et al., 1978). Despite their intense need for intimacy, their anxiety may compromise the quality of their relationships.

**Avoidant Attachment.** Emotional repression and difficulty with intimacy are traits of dismissive-avoidant attachment. This type of person prioritizes independence over intimacy and maintains a favourable self-perception while having a negative image of others (Bartholomew & Horowitz, 1991). They minimize their emotional demands and retreat during confrontation, which deactivates the attachment system. Physiological research suggests underlying stress activation, despite their seeming emotional stability. According to Mary Ainsworth (1978), this style frequently arises in caregiving contexts that are emotionally aloof or rejecting. Avoidant people find it difficult to be vulnerable and disclose their emotions in romantic relationships, which might lower relationship happiness over the long run.

**Fearful-Avoidant (Disorganized) Attachment.** Both strong anxiety and high avoidance are components of fearful-avoidant attachment. This type of person has a fear of rejection and a yearning for intimacy at the same time because they have negative models of themselves and other people (Bartholomew & Horowitz, 1991). They frequently exhibit erratic relational patterns, oscillating between withdrawal and intimacy. Common characteristics include mistrust and emotional instability. According to Main and Solomon (1990), this pattern is closely linked to early trauma or traumatic experiences providing care. Adult relationships with scared people may be unstable and prone to conflict. Relational insecurity and internal contradiction are characteristics of their attachment system.

#### Communication Patterns

Systematic, recurring interactional behaviours between partners that show how they initiate, address, and resolve emotional and relational problems are known as

communication patterns. These patterns include listening behaviour, emotional responsiveness, nonverbal clues (such as body language and facial

expressions), verbal expression (such as tone, clarity, and assertiveness), and conflict resolution techniques. Communication is the main method used in romantic relationships to handle conflict, build intimacy, and negotiate emotional demands. Relational stability and happiness are determined by the quality of communication, not just the existence of conflict, according to academics like John Gottman (1994). Cognitive schemas, emotional regulation techniques, attachment styles, and social conventions all influence communication patterns. Relationship pleasure and lifespan are greatly impacted by the constructive or destructive habitual interaction cycles that partners build over time.

Communication patterns are seen in attachment research as behavioural expressions of underlying attachment styles. While insecure people may display demand-withdraw cycles, defensiveness, criticism, or avoidance, secure people usually communicate in an open and emotionally receptive manner (Mikulincer & Shaver, 2007). As a result, communication patterns serve as visible relational processes that communicate underlying attachment dynamics.

#### Key Components of Communication Patterns

**Verbal and Nonverbal Communication.** The form and content of spoken interactions, such as tone, emotional articulation, assertiveness, and clarity of speech, are referred to as verbal communication. Directly expressing needs and concerns while upholding empathy and respect is a key component of effective verbal communication. Body language, eye contact, posture, touch, vocal modulation, and facial emotions are all examples of nonverbal communication. According to research, nonverbal clues frequently convey more emotional significance than spoken words.

**Emotional Responsiveness.** The ability to identify, acknowledge, and react correctly to a partner's emotional experiences is known as emotional responsiveness. It entails affective support, empathy, and attunement. Intimacy and trust are fostered by high emotional reactivity, which strengthens the idea that the relationship is a "safe haven." On the other hand, insecurity and discontent are exacerbated by emotional invalidation or apathy. In attachment processes, emotional reactivity is especially important since it shows how dependable and available the partner is. **Conflict Management Strategies.** In close

relationships, conflict is unavoidable, but how it is handled affects the results of the connection. Emotional control, compromise, and problem-solving are all components of constructive conflict management. Defensiveness, stonewalling, escalation, and the demand-withdraw cycle are examples of destructive tactics (Gottman, 1994). When disputes recurrently follow inflexible, destructive cycles instead of healthy negotiation, communication patterns turn maladaptive.

#### Types of Communication Patterns

**Constructive Communication Pattern.** Openness, respect for one another, emotional validation, and cooperative problem-solving are traits of constructive communication. Partners actively listen to each other's viewpoints and voice their issues without placing blame. This pattern combines empathy and assertiveness to make both people feel heard and appreciated. Long-term enjoyment, closeness, and trust are all fostered by constructive communication. Because they view disagreement as manageable rather than dangerous, those who are securely linked are more likely to follow this pattern (Mikulincer & Shaver, 2007).

**Destructive Communication Pattern.** Hostility, criticism, defensiveness, disdain, and withdrawal are all components of destructive communication. Gottman (1994) asserts that relational discontent and ultimately disintegration are predicted by frequent exposure to negative communication patterns, especially criticism, scorn, defensiveness, and stonewalling. These actions erode trust and cause emotional estrangement. When partners feel threatened or rejected, destructive habits can start. People with insecure attachment styles may be more prone to these unhealthy communication patterns.

**Demand-Withdraw Pattern.** One of the most researched maladaptive communication cycles is the demand-withdraw pattern. In this pattern, one partner withdraws, avoids, or shuts down while the other puts pressure on, criticizes, or demands conversation. According to research, avoidant people tend to play the "withdraw" role, whereas anxious people are more likely to play the "demand" part (Mikulincer & Shaver, 2007). Lower relationship satisfaction is predicted by this pattern, which also serves to foster attachment concerns.

#### Factors Affecting Communication Patterns

**Attachment Style.** One of the most important indicators of communication styles in romantic relationships is attachment orientation. In addition to being comfortable with emotional disclosure and conflict resolution, people with secure attachment typically speak in an open, aggressive, and constructive manner. On the other hand, hyperactivating behaviours including excessive reassurance-seeking, emotional intensity, and conflict escalation are frequently displayed by nervously attached people. Conversely, avoidantly attached people use deactivation techniques such emotional repression, withdrawal, and an unwillingness to conduct personal conversations (Mikulincer & Shaver, 2016).

**Cognitive Schemas and Attributional Style.** Communication is significantly shaped by cognitive interpretations. Maladaptive schemas, such as expectations of abandonment, betrayal, or rejection, might cause partners to mistake neutral acts as dangerous. While avoidant people may minimize the importance of their relationship, anxiously connected people are more inclined to attribute ill intents to their partner (Collins & Feeney, 2004).

**Personality Traits.** Communication style is greatly influenced by broad personality traits, especially those found in the Big Five model. While high neuroticism predicts defensiveness, emotional instability, and conflict-prone relationships, high agreeableness and openness are linked to cooperative and empathic communication (McCrae & Costa, 2008). While poor conscientiousness may hinder constructive conflict resolution, extraversion may promote expressive communication. Relational discourse is thus shaped by the interaction between personality factors and attachment orientation.

**Social Learning.** During childhood, communication behaviours are frequently modelled and absorbed. People who grew up in homes that value candid communication, emotional support, and cooperative dispute resolution frequently repeat these behaviours as adults. On the other hand, maladaptive relational tactics may result from exposure to confrontational, avoidant, or emotionally invalidating communication (Bandura, 1977).

**Relational History and Past Experiences.** Current communication styles are influenced by past romantic encounters. People who have been betrayed, rejected,

or have unresolved relational trauma may communicate in a guarded or protective manner. Insecure attachment styles can be reinforced by repeated relationship failures, which can make people more cautious or avoidant in subsequent relationships (Overall & Simpson, 2015).

Technological and Digital Communication Contexts. Digital communication, including texting, social media, and video chats, is crucial in today's young adult relationships. Although technology makes it easier to stay in touch, the lack of non-verbal clues can sometimes result in miscommunications. Behaviours as excessive messaging, retreat, and surveillance can exacerbate attachment insecurity in digital environments (Tokunaga, 2011).

#### Importance of Communication Patterns

Because communication patterns dictate how partners express their feelings, settle disputes, and negotiate demands, they are essential to the functioning of romantic relationships. Stronger emotional ties between spouses are the result of intimate, trustworthy, and mutually understanding communication. According to research, relationship happiness is more strongly predicted by the quality of communication than by the simple existence of conflict (Gottman & Levenson, 1992). According to Mikulincer and Shaver (2016), communication habits also reveal underlying attachment orientations and internal working models. While angry or avoidant behaviours create discontent, supportive and responsive interactions improve emotional security. When intimacy formation is a major developmental challenge in young adulthood, communication ability becomes even more important. Accordingly, communication styles have a big impact on long-term satisfaction, commitment, and relationship stability (Overall & Simpson, 2015).

#### Relationship Satisfaction

The subjective assessment people make of the calibre, consistency, and general contentment of their love relationship is known as relationship satisfaction. It shows how well couples believe their relationship is meeting their emotional, psychological, and interpersonal requirements. While low relationship satisfaction is linked to anxiety, discontent, and unstable relationships, high relationship satisfaction is usually defined by feelings of closeness, trust,

commitment, mutual support, and successful conflict resolution. According to attachment theory, people's internal working models influence how they view and assess the quality of relationships (Mikulincer & Shaver, 2016). Relationship pleasure is crucial for psychological health and long-term relationship outcomes in young adulthood; a developmental stage centred on the development of closeness.

#### Key components of Relationship Satisfaction

**Emotional Fulfilment.** The degree to which partners feel emotionally connected, understood, and supported within the relationship.

**Trust and Security.** Confidence in a partner's reliability, loyalty, and emotional availability contributes significantly to satisfaction.

**Intimacy.** Includes emotional, physical, and psychological closeness, fostering a sense of bonding and attachment.

**Mutual Respect and Validation.** Healthy relationships involve acknowledgment of each partner's individuality, opinions, and needs.

**Equity and Fairness.** Perceived balance in contributions, effort, and rewards enhances relational harmony.

**Shared Goals and Values.** Alignment in life goals, beliefs, and future planning strengthens relational coherence and long-term satisfaction.

**Commitment and Stability.** A shared intention to sustain the relationship promotes security and long-term relational satisfaction.

#### Factors Affecting Relationship Satisfaction

**Attachment Style.** People's experiences of intimacy, trust, and emotional connection are influenced by their attachment orientation. Because secure attachments are comfortable with dependency and have good emotion management, they are linked to higher levels of satisfaction. Relationship quality is lowered by insecure attachment (anxious or avoidant), which frequently results in emotional disengagement or fear of abandonment (Mikulincer & Shaver, 2016).

**Communication Quality.** Communication that is honest, kind, and open improves comprehension and conflict resolution. Constructive communication increases a couple's likelihood of feeling emotionally connected and content. Dissatisfaction is predicted by negative communication patterns such defensiveness, criticism, or stonewalling (Gottman & Levenson,

1992).

Conflict Resolution Skills. The way partners resolve conflicts has a big impact on satisfaction. Respectful negotiating and constructive problem-solving improve the stability of relationships. Aggression, avoidance, or unresolved disagreement, on the other hand, might lead to long-term discontent.

#### Importance of Relationship Satisfaction

Because it has a direct impact on psychological stability, emotional well-being, and general life enjoyment, relationship satisfaction is vital. Reduced stress, improved mental health, and increased resilience in the face of adversity are all linked to high levels of satisfaction. It fosters long-term relationship stability and increases commitment. Additionally, fulfilling relationships promote mental stability and a feeling of community, both of which are critical in early adulthood. According to research, lower rates of breakup and relational conflict are predicted by better relationship satisfaction (Rusbult, 1980). Additionally, by strengthening good relational experiences, it improves interpersonal functioning and self-esteem. As a result, one of the most important markers of relational health and the success of long-term partnerships is relationship satisfaction. Interplay of Attachment Styles, Relationship Satisfaction and Communication Patterns

#### Interplay of Attachment Styles and Relationship Satisfaction

Understanding how attachment patterns and relationship satisfaction interact is essential to comprehending the dynamics of romantic relationships, especially in young adulthood. Early caregiving experiences create internal working models of the self and others, according to attachment theory, which influence expectations, emotional control, and interpersonal actions as an adult (Mikulincer & Shaver, 2016). People's perceptions of closeness, conflict resolution, and relationship quality are greatly influenced by these internal models.

Because they trust their partners, are at ease with intimacy, and have good emotional control, people who are securely attached tend to report higher levels of relationship pleasure. Relational stability is improved by their constructive conflict resolution, open communication, and mutual responsiveness, all of which are made possible by their good self- and

other-perception. On the other hand, nervously attached people frequently have poorer levels of happiness as a result of increased emotional hyperactivation, excessive reassurance-seeking, and worries of desertion. Their tendency to interpret ambiguity as rejection may create relational strain, even when partners are supportive. Relationship satisfaction may be lower for people who are avoidantly attached, which is typified by emotional repression and discomfort with closeness. Their inclination for autonomy and emotional detachment may restrict intimacy and impede efficient communication.

#### Interplay of Attachment Styles and Communication Patterns

To comprehend relational dynamics in love partnerships, it is essential to comprehend how communication patterns and attachment styles interact. People's internal working models of themselves and others are shaped by their attachment styles, which are developed from early caregiving experiences. These models then affect how people express their emotions, perceive partner behaviour, and react in social situations (Mikulincer & Shaver, 2016). The underlying attachment orientations are thus behaviorally expressed through communication patterns.

People that are securely bonded tend to communicate in an open, aggressive, and emotionally sensitive manner. They feel at ease communicating their demands clearly and working together to solve problems. On the other hand, those who are anxiously attached often use hyperactive communication techniques. Excessive reassurance-seeking, intense emotions, rumination, or escalation of conflict are some examples of their interactions. They may interpret neutral cues negatively due to their extreme sensitivity to perceived rejection, which can result in demand-oriented communication and increased emotional expression. Conversely, people who are avoidantly attached exhibit deactivation communication techniques. They frequently avoid in-depth conversations, repress emotional expression, and retreat amid disagreement.

In young adult romantic relationships, a dynamic and reciprocal relational system is represented by the interaction of attachment styles, communication patterns, and relationship satisfaction. According to

Mikulincer and Shaver (2016), attachment styles serve as fundamental internal frameworks that influence how people view intimacy, control their emotions, and interpret partner behaviour. The formation of distinctive communication patterns is influenced by these internal working models, which in turn affect the general level of relationship satisfaction. In conclusion, communication styles function within a mutually reinforcing and cyclical relational framework, acting as the vital link between attachment orientations and relationship happiness.

## II. REVIEW OF LITERATURE

The International Journal of Indian Psychology released a study by Yadav (2025) that looked at how attachment patterns affected the romantic expectations and relationship satisfaction of young adults in India (18–35 years old). Secure attachment and greater relationship satisfaction were revealed to be significantly positively correlated by the study using the Romantic Beliefs Scale and the Experiences in Close Relationships–Revised (ECR-R). Secure people said their expectations were more reasonable and more in line with the realities of their relationships. Anxious and avoidant people, on the other hand, displayed inflated expectations, emotional instability, and decreased levels of happiness. The study emphasizes how romantic experiences and relationship outcomes in adulthood are influenced by early attachment patterns.

Ginalska and Cichopek (2025) recently conducted a multilevel study to investigate how attachment styles, early maladaptive schemas (EMS), and romantic relationship satisfaction interact in long-term heterosexual couples. The study, which was based on attachment theory, showed that secure attachment was linked to lower levels of maladaptive schemas and better levels of dyadic and individual relationship satisfaction. On the other hand, increased activation of schemas including abandonment, mistrust, shame, and emotional deprivation was predicted by avoidant and ambivalent attachment styles, which therefore decreased romantic satisfaction. The results also showed that the correlation between avoidant attachment and particular schemas, such as shame and approval-seeking, was reduced by relationship duration.

By qualitatively illustrating how parental attachment

styles still affect young adults' romantic expectations, partner choice, and relationship quality in modern sociocultural situations, Natu and Kelkar (2025) expand on John Bowlby's theoretical claims. The study adds cultural richness to attachment research by including the stories of people from both love marriage and arranged marriage family systems. It draws attention to the ways that early relational models influence internal working models of emotional stability, autonomy, and love. The results also highlight how useful it is to incorporate parental attachment patterns into psychotherapy and counselling in order to enhance the outcomes of romantic relationships for emerging adults.

Based on attachment theory, this study investigates the real-world effects of attachment style in romantic relationships. The study looks at how attachment styles formed from infancy affect mental models, attachment histories, and relationship stability in adult romantic relationships. The outcome demonstrates that various early childhood attachment types endure and even forecast the emotional connection in romantic adult relationships. In romantic relationships, people with secure attachments feel happier and more secure, whereas people with anxious attachments are more insecure and more distressed when their relationship ends. Due to their low levels of stress and relaxation following a breakup, avoidant attachment styles are predictive of relationship termination. (Ouyang 2025).

This study examines the effects of childhood trauma on young adults' attachment styles and relationship satisfaction in Karnataka, India. Higher levels of childhood trauma were strongly linked to insecure attachment and worse relationship satisfaction, according to an assessment of a sample of 200 people. Insecure attachment also has a detrimental effect on the quality of relationships. Strong correlations between early trauma and adult relational outcomes were found in correlational analyses, and the Mann-Whitney U test revealed that these patterns held true for all demographic groups. The results emphasize the significance of trauma-informed therapeutic therapies and the long-lasting impact of childhood adversity on adult relationships. (Sinha and Ahlam, 2025)

Using a qualitative phenomenological methodology, this study investigated the relationship satisfaction of Indonesian university students in long-distance romantic relationships (LDRs) in relation to adult

attachment types. According to the results, people who were securely attached characterized by trust, emotional transparency, and regular communication reported the highest levels of enjoyment. Due to their limited self-disclosure and emotional separation, avoidant individuals reported lower levels of satisfaction. Those who were fearful-avoidant, characterized by insecurity and erratic communication, had the lowest levels of satisfaction. Intimacy and trust in LDRs were shaped by the moderating influence of Indonesian collectivist beliefs and family expectations on the expression of attachment types. (Subiantoro, 2025)

Romanpreet et al. (2025) focused on closeness, dependency, and anxiety in connections with family, romantic partners, and close friends when examining gender differences in attachment styles among Punjabi college students. 420 undergraduate students between the ages of 18 and 22, equally split between boys and females, made up the sample. The findings show notable differences in attachment types between genders in various relational circumstances. While women showed more dependence and anxiety in familial contexts, men reported higher degrees of intimacy in romantic and familial interactions. These results underline the need for focused interventions to overcome these differences by highlighting the impact of cultural norms and traditional gender roles on relationship behaviours.

In the current study, Mohan and Mathew (2024) examined the connection between insecure adult attachment patterns, intimacy anxiety, and relationship satisfaction in 200 Indian adults in romantic relationships between the ages of 18 and 25. Information was examined utilizing multiple regression analysis and correlation analysis. Significant correlations between the variables were found using the correlational analysis. Fear of intimacy had a substantial impact on relationship satisfaction, according to multiple regression analysis. These results imply a link between insecure adult attachment, intimacy fear, and relationship satisfaction, with intimacy fear being a predictor of relationship happiness.

By emphasizing the fundamental significance of family-of-origin communication patterns in influencing emerging adults' romantic relationship happiness, Whittington and Turner's (2024) study makes a substantial contribution to the body of

literature on romantic development. The study incorporates concepts from John Bowlby's attachment theory with family communication frameworks by showing that romantic attachment (anxiety and avoidance) modulates the association between family communication and satisfaction. According to the results, conformance communication affects satisfaction in different ways based on the attachment dimensions, whereas open communication promotes secure attachment and greater satisfaction. Crucially, the work expands attachment research beyond early caregiving contexts into romantic relational functioning and advances developmental ideas on emerging adulthood.

In the context of John Bowlby's attachment theory, Irtiqah Ashaq and Manjeet Singh's (2024) study contributes significantly to the field of adult attachment research by quantitatively analyzing the relationship between attachment patterns and relationship satisfaction. The results demonstrate that avoidant attachment is substantially associated with reduced relationship satisfaction, corroborating the theoretical premise that emotional distance and discomfort with closeness have a detrimental impact on relationship outcomes. Even though there were no discernible gender differences in anxiety or avoidance, the study adds to our empirical knowledge of how individual characteristics influence romantic relationships. Crucially, the findings have significant clinical ramifications, highlighting the necessity of therapy therapies that target avoidant inclinations in order to enhance relationship functioning and long-term happiness.

Examining the connection between young people' relationship happiness and attachment types in romantic relationships was the aim of this study (Sharma and Pankaj, 2024). A total of 100 volunteers, aged 18 to 39, were selected from a variety of locales, including Noida, Delhi, Gurugram, and Ghaziabad. They filled out a variety of self-report questionnaires that measured their overall experience in close relationships, their attachment style in romantic and close relationships, and their level of pleasure in their present romantic partnerships. The Adult Attachment Scale-Revised (AAS), Relationship Assessment Scale (RAS), and Experience in Close Relationship Scale (ECR-S) were the instruments used to examine these characteristics. Compared to people with insecure attachment styles, those with secure attachment styles

or intimate attachment inclinations reported higher levels of relationship satisfaction and were more likely to be in romantic relationships at the moment. A significant correlation between close attachment style and relationship happiness was found using correlation analysis. Relationship satisfaction did not, however, significantly correlate with either dependent or anxious attachment.

Reddy and Naila's (2024) study explore the association between relationship happiness and attachment style. According to attachment theory, people's attachment styles are shaped by their early interactions with caregivers, which affects their actions and feelings in relationships as adults. Three primary attachment styles close attachment, dependent attachment, and anxious attachment are the focus of this study. A sample of 120 participants of both genders completed measures of relationship satisfaction (RAS) and attachment styles (RAAS). One-way ANOVA and correlation were the statistical methods employed. Anxious attachment style and relationship satisfaction were found to be negatively correlated. Additionally, gender has little bearing on attachment style or relationship pleasure. Furthermore, relationship satisfaction is unaffected by one's employment standing.

The impact of the four attachment patterns on intimacy and romantic preferences among young adults in India is examined by Katyayani (2024). 101 individuals between the ages of 18 and 35. The survey approach was used to collect data, and it included a basic demographic form as well as self-measure tools to evaluate attachment, closeness, and love styles. Indicating that attachment styles influence love dynamics, the results show significant mean differences among love styles in terms of attachment styles as well as significant negative relationships between specific attachment styles (secured and dismissing) and love styles (agape, eros, and ludus). However, there were no discernible connections between attachment patterns and intimacy kinds.

The quality of close relationships among young people, adult attachment, and parenting approaches were all examined in this study. Using snowball sampling, a sample of 135 people between the ages of 18 and 30 85 females, 48 men, and 2 non-binary people participated. The Experiences in Close Relationship Scale-Short Form (ECR-S), Revised Adult Attachment Scale (RAAS), and Perceived

Parenting Styles Scale (PPSS) were among the self-report instruments used. The results showed a strong correlation between adult attachment and close connections, as well as between parenting practices and close relationships. However, there was no discernible link between adult attachment and parenting practices. This demonstrates the unique effects of adult attachment and parenting practices on the calibre of intimate relationships among young adults. (Sharma and Gupta, 2024)

In Sutar & Baruah's 2024 study, the sample is limited to people who have been in or are now in a romantic relationship. The study involved fifteen youths over the age of eighteen, nine of whom were female and six of whom were male. Purposeful sampling was employed. The study included in-person, semi-structured interviews with each participant. The data analysis method used was thematic analysis. The results offered a thorough understanding of how various aspects of wellbeing, including communication styles, conflict resolution techniques, emotional expression, and how emotional deprivation during childhood impedes trust and reciprocity in adulthood, interact with attachment types.

The current study clarified the connection between young adults' close contact with their parents and their personality, attachment style, and attachment style. For this study, 100 young adults, 70 of whom were female and 30 of whom were male, aged 19 to 25. To achieve the goal of the current study, a correlational analysis was used and the sample was purposefully gathered. Experiences in Close Relationships-Relationship Structure (ECR-RS), the Big Five Inventory (BFI) for personality traits, and the State Adult Attachment Measure (SAAM) were used. Anxious attachment style and anxiety scores related to parents showed a positive correlation. The anxiety score of the father and the avoidant scores of the mother and father was positively connected with avoidant attachment style. Secure attachment style had a negative correlation with the mother's avoidance score and a positive correlation with the fathers. According to the study, parents' avoidant scores and agreeableness are negatively correlated. The father's avoidant score has a negative correlation with conscientiousness. (Sarraf et al., 2024)

By analyzing the complex interactions between love style, attachment type, and relationship satisfaction in a varied population, this study seeks to add to this body

of knowledge. The study aims to provide important insights into the elements that affect relationship quality and well-being by elucidating these relationships. Purposive sampling was used to choose 149 college-bound students for the sample. The findings showed that a lower total score on love styles and longer relationships were associated with relationship happiness. Significant positive relationships were found via correlation analysis between relationship satisfaction and relationship length, as well as between total adult attachment and relationship satisfaction. Nevertheless, there was no discernible relationship between attachment type and love style. (Kaur, 2024)

In a cross-sectional study, Kaur and Soni (2024) recruited 77 diverse couples with ages ranging from 25 to 45. The Adult Attachment Scale, Relationship Assessment Scale, and NEO-FFI were the three questionnaires that each participant filled out. Avoidance and attachment anxiety were strongly correlated with neuroticism. Extraversion, agreeableness, and conscientiousness had a positive correlation with relationship pleasure but a negative correlation with avoidance and attachment anxiety. Relationship happiness was negatively correlated with avoidance and attachment anxiety. On tests of neuroticism in personality, women outperformed men. The extraversion scores of men were significantly higher than those of women. The current findings added to the body of literature by demonstrating the importance of each viewpoint in comprehending how personality and attachment style affect relationship pleasure.

The purpose of the study by Rema and Kumari (2023) was to examine the relationship between intimacy and attachment styles in romantic partnerships (marriage, cohabitation, and dating), as well as the differences in gender and relationship status (marriage, cohabitation, and dating) in each of the variables. 150 young persons between the ages of 18 and 40 took part in the online poll. The result showed the relation between secure attachment style with all 5 intimacy types; a significant negative relation was seen between ambivalent attachment style and emotional intimacy. Additionally, there is a strong inverse relationship between social intimacy and avoidant attachment type. The purpose of this study (Sagone et al., 2023) was to examine the links between adult attachment patterns and psychological well-being in regard to relationship

status (close partnerships versus singleness) and age groups (young adults versus adults). 393 Italian adults and young adults between the ages of 18 and 62 made up the study sample. The Attachment Style Questionnaire was selected to assess adult attachment dimensions, and the Psychological Well-being Scale was utilized to assess psychological well-being. Compared to singles, those in committed, long-term relationships expressed greater psychological well-being. Additionally, singles exhibited an attachment style linked to avoidance, relationships as secondary, and discomfort with proximity when compared to those in stable, close partnerships. Lastly, attachment styles characterized by confidence were modestly and favorably predictive of psychological well-being in single individuals, whereas attachment styles indicated by the need for approval were substantially and adversely predictive. The attachment style that is typified by the need for approval was a strong and unfavorable predictor of psychological well-being for people in stable partnerships.

According to Mustafa, Hashim, and Hashim (2023), the particular goals of their study are to examine the romantic attachment types of Malaysian married people and to determine the relationship between these forms and marital satisfaction. To achieve the goals, K-means cluster analysis was used, and 400 married people from Penang, Malaysia, in total, took part in the study. According to the research, the majority of respondents fit into the secure style category, which is followed by dismissive, terrified, and obsessed styles. The results also showed that, in comparison to those with preoccupied, dismissive, and scared attachment styles, those with secure attachment types are the most contented in their marriages.

Research has repeatedly shown how attachment style affects relationship pleasure. Another important factor that has been found to influence relationship satisfaction is conflict resolution. The goal of the current study was to thoroughly examine the functions of attachment style and conflict resolution in the path analysis model, even though other analyses have validated their contributions to relationship satisfaction. Therefore, the purpose of this study is to investigate how conflict resolution and attachment style relate to dating pleasure. A total of 824 young adults participated in the study. According to the findings, relationship satisfaction was considerably lowered by conflict resolution, anxious attachment,

and avoidant attachment. This study demonstrates how crucial attachment styles and conflict resolution are to preserving the stability and contentment of relationships (Kalamsari, and Ginanjar, 2022).

The perception of the partner's investment (PPI) as a mediator of the relationship between attachment and relationship satisfaction was examined in this study.

1088 Brazilians who were in committed monogamous love relationships participated in the study. Structural equations were used to test the relationships between the research variables. The findings demonstrated that the link between attachment-related anxiety,

avoidance, and relationship satisfaction was totally mediated by PPI. PPI-mediated attachment factors accounted for 80.7% of the variation in relationship satisfaction. The findings showed that a lower PPI and, as a result, a lower degree of relationship satisfaction were linked to higher levels of attachment-related avoidance and anxiety. When the dyad's attachment levels are understood, therapeutic therapies for couples may lessen perceptual bias. (Natividade et al., 2020)

Rehman et al. (2018) investigated how participants' attachment types affect their capacity to discuss issues in their sexual relationships with their partners. Eighty-one couples from the community sample participated in two video-recorded conversations, one of which represented a sexual relationship element where the male partner desired change and the other of which represented a sexual relationship aspect where the female spouse desired change. As expected, attachment avoidance was linked to both the person and their spouse communicating less positively and more negatively. No discernible impacts of attachment anxiety on sexual communication were seen in our observational data. These findings can be compared to those of self-report research that indicate sexual communication is negatively impacted by an anxious attachment.

Samavi et al. (2016) investigated the connection between lifestyle and attachment patterns and marital satisfaction. A total of 292 individuals (146 couples) made up the study's population. The life style questionnaire (LSQ) was used to assess lifestyle, the Collins and Read's revised adult attachment scale (RAAS) was used to assess adult attachment to ascertain attachment style, and the enhance marital satisfaction scale was used to assess marital contentment. The findings suggest that lifestyle

characteristics and attachment type can predict marital satisfaction. Additionally, there was a significant inverse association between marital happiness and insecure attachment avoidant and insecure attachment anxious-ambivalent styles. However, there was no significant correlation found between marital satisfaction and a secure attachment type.

Women's attachment types, intimate relationship quality, relationships with supervisors at work, and well-being were all connected in the study. Data from 209 working women in a variety of U.S. organizations was used to test a model. In addition to having poor relationships with their supervisors, women with an avoidance attachment style were more likely to have intimate relationships that lacked cohesiveness and satisfaction. Women in harmonious romantic relationships were more likely to report few physical complaints, be content with their jobs, and have little friction at work. Women who were content with their careers and had good relationships with their superiors also had less tension at work. The findings indicate significant correlations between quality of life and social ties at work and at home (Towler and Schuhmacher, 2013).

For those in romantic relationships, cell phones have become as crucial communication tools. A questionnaire was completed by 31 female university students who were presently in romantic relationships. They filled out the Experiences in Close Relationships questionnaire and calculated how frequently they got and sent texts and calls to their love partners. An updated tool for measuring avoidance and attachment anxiety. More estimated text messages sent to and received from romantic partners and actual text messages sent to and received from romantic partners were linked to attachment anxiety. There was a correlation between attachment avoidance and less estimated and real calls to romantic partners ( $r = -.38$  and  $-.34$ , respectively). (Weiss Kirch 2012)

The relationship between adult attachment styles (secure, preoccupied, fearful-avoidant, dismissive) and conflict communication strategies (mutual constructive, demand-withdraw, mutual avoidance, and withholding) was examined in a 2009 study by Mollen and Domingue. This study specifically looked at the relationship between self-reported conflict communication practices and the combination of both partners' attachment styles, or couple type (secure-secure, secure-insecure, or insecure-insecure).

Couples had been dating, living together, engaged, or married for a minimum of two years. Ten same-sex couples and forty different-sex couples who mostly resided in a sizable metropolitan area in the southwestern United States were among the participants. The most mutually beneficial communication was reported by secure-secure couples, whereas the most demand-withdraw, mutual avoidance, and withholding communication was reported by the insecure-insecure couples' group. This study examined relationships between one spouse's level of relational satisfaction and the attachment and emotional communication styles of the other partner. A questionnaire study with 581 couples revealed that when partners scored high on security and low on dismissiveness and obsession, participants reported higher levels of relational happiness. The partner's stated emotional communication style acted as a partial mediating factor in these relationships between one's relational satisfaction and the partner's attachment type. In particular, relationships with preoccupied partners who reported using destructive communication to express anger were associated with lower levels of satisfaction among participants. Participants who reported utilizing detached emotional communication with dismissive partners expressed lower levels of satisfaction. Lastly, those who reported employing prosocial emotional communication were more satisfied with secure partners. (Guerrero et al., 2009)

A sample of 361 married couples from all stages of the marriage life cycle were given questionnaires measuring attachment, communication styles, and relationship satisfaction. Secure spouses were more likely to be partnered with people who were secure in attachment, which is characterized by comfort with intimacy and minimal relationship anxiety. Husbands' contentment was mainly linked to the anxiety component, although security of connection was linked to one's own relationship satisfaction. Wives' worry had a detrimental impact on both spouses' perceived relationship happiness, especially in couples where the husbands felt uneasy being close. A measure of mutually constructive communication emerged as the strongest correlate of satisfaction for both husbands and wives. The relationship between attachment dimensions and relationship satisfaction was largely mediated by communication patterns for wives, but only partially mediated by communication

patterns for husbands. These results, which were largely stable throughout the married life cycle, are crucial for elucidating the nature of the relationship between attachment and contentment in a large sample. (Feeney, 1994)

#### Research Gap

The majority of studies on romantic relationships and attachment patterns have been carried out in individualistic Western nations. These results could not hold true in collectivistic societies like India, where romantic involvement is heavily influenced by societal norms and family ties. The effectiveness of attachment constructs in young adults from India has not been thoroughly investigated empirically. Therefore, there is still a lack of research on the cultural relevance of attachment theory in Delhi NCR. The lack of attention given to romantic relationships in India is another big disparity. The majority of Indian research that are currently available place more emphasis on familial ties or marital satisfaction than on romantic involvement prior to marriage. Nonetheless, dating among young folks is becoming more widespread in cities like Delhi NCR. Research on relationship satisfaction determinants in this particular dating demographic is lacking.

Indian research has not sufficiently explored structured communication models in romantic contexts, despite the fact that communication patterns are essential to the functioning of relationships. There are few research that systematically connect attachment orientations with communication styles like demand-withdraw patterns or constructive communication. Consequently, there is still a lack of research on the function of communication as a mechanism impacting relationship happiness.

Additionally, rather than combining all three factors into a single model, earlier research frequently looked at connection, communication, and pleasure independently. Research examining the simultaneous interactions of these variables within a single framework is few. Developing a thorough model of young people' romantic functioning requires an understanding of their interrelationships.

Lastly, there is a Delhi NCR-specific regional research gap. This area is a socio-culturally active metropolitan setting where contemporary dating customs and traditional beliefs collide. Results from Western samples or other Indian cities cannot be applied

directly to this group. Empirical research that is region-specific is therefore required.

#### Rationale Of the Study

The current study intends to investigate the impact of attachment styles on communication patterns and relationship satisfaction among young adults in Delhi NCR who are dating, as well as to assess the relationships between these three variables within a single framework. It specifically aims to determine whether differences in communication behaviours and general relationship satisfaction are significantly predicted by secure, anxious, and avoidant attachment orientations. Additionally, the study aims to investigate if communication patterns serve as a mechanism that explains how attachment styles affect romantic relationship happiness.

In the Indian context, dating relationships among young adults have received less attention than married partnerships, arranged marriage systems, and family functioning. There is little empirical research combining attachment, communication, and relationship satisfaction into a single comprehensive model, despite the fact that a few studies have looked at attachment styles or communication patterns separately.

Delhi NCR is a distinctive sociocultural environment where contemporary relational standards coexist with old collectivistic principles. In this area, young individuals frequently balance romantic independence with social pressure and familial obligations. There is an obvious need for empirical research within this community because the literature currently in publication does not fully reflect these culturally complex dynamics.

Additionally, emotional control, proximity perceptions, and reactions to relationship stress are all influenced by attachment patterns. In dating relationships, where people are actively negotiating closeness and commitment, these internal working models become very prominent. Deeper understanding of the mechanisms by which satisfaction is increased or decreased can be gained by analyzing how attachment orientations translate into regular communication practices.

Furthermore, communication patterns reflect actions that can be changed, whereas attachment orientations are very fixed. Since communication skills can be enhanced by therapeutic and educational

interventions, examining communication as a possible explanatory or interacting factor has practical relevance. This increases the study's practical significance beyond its theoretical value.

All things considered, the study fills significant theoretical, practical, and cultural gaps in the literature. The research advances the understanding of romantic functioning among urban young adults and advances culturally sensitive relationship science in India by producing region-specific empirical data from Delhi NCR and analysing the integrated interplay among attachment styles, communication patterns, and relationship satisfaction.

### III. METHODOLOGY

#### Aim

To examine the effect of attachment styles on relationship satisfaction and communication patterns among dating young adults, and to analyse the interrelationship among these three variables.

#### Objectives

The objectives of the study are to investigate how attachment styles influence relationship satisfaction and communication habits among dating young adults. It aims to ascertain how levels of relationship satisfaction relate to secure, anxious, and avoidant attachment patterns. The study also aims to investigate the association between attachment patterns and both healthy and unhealthy communication practices in romantic partnerships.

#### Hypothesis

It is hypothesized that among young adults who are dating, attachment styles will have a major impact on communication styles and relationship satisfaction. While anxious and avoidant attachment styles are predicted to be negatively correlated with satisfaction and linked to maladaptive communication patterns, secure attachment is predicted to be favorably correlated with increased relationship satisfaction and constructive communication. The association between attachment styles and relationship happiness is also anticipated to be mediated by communication patterns.

#### Research Design

The research design used in the study is quantitative, cross-sectional, and correlational. The associations between young adults dating, communication styles,

and relationship satisfaction were investigated using a non-experimental survey approach. Online administration of standardized self-report questionnaires was used to gather the data. To provide an overview of the sample's characteristics and the values of each variable, descriptive statistics were calculated. To investigate the direction and strength of the correlations between the variables, Pearson's correlation analysis was used. The researcher was able to examine naturally occurring factors without the need for manipulation, hence the design was suitable.

#### Variables

**Independent Variable: Attachment Styles** Young adult romantic relationships are an important developmental milestone that support psychological health, identity building, and emotional development. According to attachment theory, early encounters with caregiver's mold internal working models that affect behaviours and expectations in romantic relationships as adults. The three attachment styles secure, anxious, and avoidant have an impact on how people control their emotions, pursue intimacy, and handle conflict.

In adulthood, there are three main types of attachment styles: avoidant, anxious, and secure. Comfort with intimacy and autonomy are traits of secure attachment; people are able to rely on their partners while retaining their independence, control their emotions well, and settle disputes amicably. Increased sensitivity to rejection, fear of abandonment, and excessive reassurance-seeking are characteristics of anxious attachment; these people frequently suffer from emotional instability and dependency in relationships. People with avoidant attachment tend to retreat during conflict and have difficulty with intimacy and vulnerability. They also exhibit emotional repression, discomfort with intimacy, and a preference for independence.

Throughout life, a variety of interpersonal and developmental factors impact attachment types. Early caregiver interaction in particular, the warmth, consistency, and emotional reactivity displayed during infancy and childhood is a significant contributing element. Early relationship trauma, which can create negative internal working models of oneself and others, is another important aspect. This includes experiences of rejection, abandonment, overprotection, or emotional unavailability.

Attachment orientations are also influenced by personality qualities; those with high levels of neuroticism may be anxious, whereas people with high levels of emotional suppression may be avoidant. Attachment development is impacted by cultural and familial dynamics, which can influence attitudes about autonomy, dependence, and emotional expression.

Since attachment styles serve as the cornerstone for intimacy, emotional control, and interpersonal functioning in romantic partnerships, they are significant. They have an impact on how people express their wants, handle rejection concerns, react to conflict, and perceive intimacy. Psychological well-being, improved communication, and increased relationship satisfaction are all linked to secure attachment. On the other hand, unstable relationships, miscommunication, and emotional pain are frequently caused by insecure attachment types. In addition to having important ramifications for relationship interventions and counselling, an understanding of attachment types is necessary to explain communication and satisfaction patterns in romantic partnerships. **Dependent Variable- Relationship Satisfaction**

The term "relationship satisfaction" describes a person's overall subjective assessment of the fulfilment, happiness, and quality of a romantic relationship. It shows how well a partnership satisfies relational, psychological, and emotional requirements such commitment, intimacy, trust, and support. Relationship pleasure is critical to emotional growth and general wellbeing in young adulthood. Interpersonal dynamics, expectations, and partners' capacity for successful conflict resolution all have an impact. While lower levels frequently suggest distress or discontent, higher levels show positive adjustment and relational stability.

Relationship happiness in romantic relationships is influenced by a number of things. One of the most important elements is communication quality; candid, open, and sympathetic communication improves emotional intimacy and mutual understanding. Satisfaction levels are also significantly influenced by emotional intimacy and trust, since partners who feel safe and appreciated are more fulfilled. Strategies for resolving conflicts also have an impact on satisfaction; whereas constructive problem-solving fosters stability, criticism, disengagement, or animosity lower the quality of relationships.

Relationship satisfaction is crucial since it is a major predictor of the longevity and health of a relationship. Emotional stability, psychological health, and increased life satisfaction are all influenced by high satisfaction. It increases dedication and lessens the possibility of separation or interpersonal strife. On the other hand, low satisfaction can result in relationship breakdown, diminished closeness, and emotional discomfort. The quality and stability of romantic relationships among young adults can be better understood by researching relationship satisfaction.

#### Mediating Variable- Communication Patterns

The constant ways that romantic partners share information, feelings, and thoughts within their relationship are referred to as communication patterns. These communication styles, which encompass both spoken and unspoken exchanges, are essential for preserving closeness and settling disputes. There are two types of communication: maladaptive, like demand-withdraw behaviors or emotional avoidance, and constructive, like open discussion and cooperative problem-solving.

Numerous relational and psychological aspects impact communication habits. Anxious people may exhibit excessive reassurance-seeking, avoidant people may withdraw emotionally, and securely attached people typically interact openly. Communication quality is also impacted by emotional regulation skills since ineffective emotion management frequently results in defensive or reactive interactions. Effective communication is further influenced by interpersonal competency, empathy, and listening abilities.

Because they have a direct impact on conflict resolution, stability, and relationship satisfaction, communication patterns are crucial. Mutual regard, trust, and emotional closeness are all facilitated by effective communication. It improves relationships by empowering partners to settle disputes amicably. On the other hand, poor communication leads to more miscommunication, discontent, and emotional detachment. As a result, communication plays a crucial role in connecting attachment patterns to the general functioning and quality of relationships.

Relationship satisfaction, communication styles, and attachment types interact in a dynamic and interdependent way. People that are securely bonded tend to communicate openly and constructively, which improves relationship happiness. Conversely,

avoidant attachment frequently results in emotional retreat and communication avoidance, both of which lower relationship pleasure, and anxious attachment may cause clinginess, excessive reassurance-seeking, or conflict escalation. Therefore, by influencing how partners interact, settle disputes, and preserve emotional intimacy in romantic relationships, attachment styles have an indirect and direct impact on relationship pleasure.

#### Sample And Its Selection

The sample for the present study consisted of young individuals between the ages of 18 and 30 from Delhi-NCR who were dating and in a romantic relationship. To provide sufficient statistical power for correlational analysis, a total of about 180 participants were enlisted. Purposive sampling was used to choose the sample because only those who satisfied certain inclusion requirements could take part. In order to guarantee relationship stability and significant interaction patterns, participants had to be in a romantic relationship. Online self-report questionnaires disseminated through academic networks and social media platforms were used to gather data. To ensure sample homogeneity, those who were married or single were not allowed to participate in the study.

#### Description Of Tools Employed

In this study, following tools were employed for data collection:

Experiences in Close Relationships – Revised (ECR-R) Developed by Fraley, Waller, and Brennan (2000), the Experiences in Close Relationships – Revised (ECR-R) scale is a psychometrically enhanced tool based on modern attachment theory. Its foundation is the dimensional conceptualization of adult attachment, which resulted from factor-analytic research showing that attachment-related individual differences are best represented along two orthogonal dimensions: attachment avoidance and attachment anxiety. The ECR-R is intended to evaluate consistent thought patterns, affect control, and behavioral inclinations in intimate love partnerships. It provides a thorough depiction of adult attachment orientation by capturing mental working models of oneself (anxiety dimension) and others (avoidance dimension).

#### Structure, Items, and Response Format

The 36 self-report items on the ECR-R are scored on a 7-point Likert scale, with 1 denoting "strongly disagree" and 7 denoting "strongly agree." Instead of focusing on a particular situational occurrence, participants are asked to reply in terms of their overall experiences in romantic relationships.

The test is split equally into two subscales:

**Attachment Anxiety (18 items):** Evaluates sensitivity to rejection, excessive reassurance-seeking, hyperactivation of the attachment system, and dread of abandonment.

**Attachment Avoidance (18 items):** Indicates a desire for autonomy over connection, deactivation techniques, and discomfort with emotional contact.

#### Reliability

The ECR-R exhibits remarkable psychometric resilience. Across a variety of demographics, internal consistency coefficients (Cronbach's alpha) for the avoidance and anxiety subscales consistently fall between .90 and .95. According to reports, test-retest reliability has ranged from .70 to .90 across several-month intervals, demonstrating significant temporal stability while accounting for developmental change. The scale's psychometric generalizability has been supported by cross-cultural replications of its reliability, particularly in collectivist settings.

#### Validity

The two-factor structure of the ECR-R is reliably supported by confirmatory factor analyses, demonstrating its construct validity. Strong relationships (in predicted directions) with other attachment measures, such as the Adult Attachment Scale and the Adult Attachment Interview, suggest convergent validity. Significantly, anxiety and avoidance scores consistently predict relationship satisfaction, emotional regulation patterns, conflict behaviors, and mental health outcomes, demonstrating the ECR-R's great predictive validity.

#### Relationship Assessment Scale (RAS)

Hendrick (1988) developed the Relationship Assessment Scale (RAS), a worldwide gauge of romantic relationship satisfaction based on interdependence and social exchange theories. According to the measure, relationship satisfaction is

a subjective assessment that indicates how well relationship results meet or surpass individual expectations. RAS is especially suitable for correlational and predictive research where construct clarity and parsimony are necessary because it captures a unidimensional construct of total happiness.

#### Structure, Items, and Response Format

The RAS consists of 7 items measured on a 5-point Likert scale. Items evaluate perceived quality, remorse, relationship expectations, emotional fulfillment, and general satisfaction. In order to account for acquiescence bias, some items are reverse-coded. Higher scores indicate better relationship satisfaction; a composite mean score is computed. The scale's short length minimizes participant tiredness while preserving psychometric integrity, which makes it particularly appropriate for online survey-based research covering several dimensions.

#### Reliability

Across dating, cohabiting, and married groups, Cronbach's alpha values often fall between .80 and .90, indicating the RAS's consistently excellent internal consistency. Adequate temporal stability is shown by test-retest reliability coefficients. Its dependability has been confirmed in a variety of cultural contexts, age ranges, and genders.

#### Validity

With well-known metrics like the Quality of Marriage Index and the Dyadic Adjustment Scale, the RAS exhibits good convergent validity. Additionally, it shows predictive validity because emotional distress and relationship breakdown are strongly predicted by lower RAS scores. Its unidimensional structure is confirmed by factor analysis. Additionally, by distinguishing between couples who are satisfied and those who are distressed, the scale demonstrates criterion-related validity.

#### Communication Patterns Questionnaire – Short Form (CPQ-SF)

A shortened version of the original Communication Patterns Questionnaire, created by Christensen and Sullaway in 1984, is called the Communication Patterns Questionnaire – Short Form (CPQ-SF). The CPQ-SF was created to effectively evaluate both constructive and maladaptive communication styles in

romantic relationships, especially when there is disagreement. The CPQ-SF views communication as a dyadic process molded by reciprocal behavioral exchanges rather than as a singular individual characteristic. It is based on behavioral marital theory and systemic interactional models. The short form is ideal for survey-based research involving several dimensions because it keeps the strongest psychometric elements from the original scale while lowering participant burden.

#### Structure, Items, and Response Format

Depending on the modified version, the 11 items in the CPQ-SF are graded on a Likert-type scale that normally ranges from 1 (extremely unlikely) to 9 (very likely). Participants answer based on their own and their partner's typical behavior during arguments or emotionally heated conversations.

Three main subscales make up the CPQ-SF, which evaluates various dyadic communication styles during conflict situations:

The term Positive/Constructive Communication describes flexible and cooperative communication styles in which both parties freely share their ideas and emotions, work together to solve problems, and make an effort to comprehend one another's viewpoints. This pattern, which is typically linked to greater relationship stability and happiness, demonstrates emotional openness, negotiation, and cooperative dispute resolution.

A maladaptive communication pattern known as Partner Demand–Self Withdraw (PD/SW) occurs when the respondent withdraws, avoids interaction, or becomes defensive while the partner presses, criticizes, or demands conversation. Unresolved conflict and relational discontent are linked to this interaction, which exhibits emotional detachment.

The opposite dynamic is known as Self demand–partner withdrawal (SD/PW), in which the respondent criticizes or coerces the partner into having a conversation while the partner retreats or avoids the exchange. Relationship discomfort and conflict are frequently exacerbated by this asymmetrical tendency.

#### Reliability

Despite its brevity, the CPQ-SF exhibits adequate internal consistency. Across the three subscales, Cronbach's alpha coefficients normally fall

between .70 and .85, with demand-withdraw patterns frequently displaying higher reliability estimates. Reliability is maintained while respondent burden is decreased since the short version keeps the most psychometrically sound items from the original scale. The dependability of the scale has been constantly validated by studies conducted on married and dating samples, showing that communication dynamics are measured steadily.

#### Validity

Factor analytic investigations support the three-factor structure of the CPQ-SF, demonstrating good construct validity. It exhibits convergent validity by showing strong correlations with related factors including attachment insecurity and conflict frequency as well as with observational measures of couple interaction. Its capacity to differentiate between happy and unhappy couples is proof of criterion validity. Furthermore, research showing that maladaptive demand-withdraw patterns strongly predict higher relational instability and lower relationship satisfaction supports predictive validity.

#### Procedure

In order to measure the variables, questionnaires that met the requirements were used (RAS, ECR-R, and CPQ). The reliability and authenticity of the same were taken into account. In addition, a three-part Google Forms survey was constructed for matching questionnaires. The participants were asked for their consent prior to completing the questionnaire. The survey was made available to the participants. Data was collected using the Purposive Sampling Technique. After the data was collected, the scoring procedure was aided by the scoring instructions on the questionnaires.

#### Statistical Analysis

The data was analysed using SPSS statistics 21. Through the use of scores from the Experiences in Close Relationships – Revised (ECR-R), Communication Patterns Questionnaire (CPQ), and Relationship Assessment Scale (RAS), the correlation between the three variables was calculated and compared. Additionally, the standard deviation and mean were computed.

**Ethical Considerations**

The current investigation will be carried out strictly in compliance with accepted ethical standards for studies involving human subjects. The Institutional Review Board (IRB) will grant ethical approval prior to the start of data collection in order to guarantee that the study design, instruments, and procedures follow the values of beneficence, justice, and respect. The IRB evaluation will assess the research's overall ethical soundness, potential dangers, and safety measures.

Prior to their enrolment in the study, all participants will be asked for their informed consent. Participants will be clearly informed about the purpose of the research, the nature of their participation, the procedures involved, and the expected duration of the study. Additionally, individuals will be informed that participation in the study is completely optional and that they are free to leave at any time without incurring any fees or losing any advantages.

Participant data anonymity and confidentiality will be rigorously upheld. All information will be safely kept, only the researcher will have access to it, and it will only be utilized for scholarly and research purposes. To avoid identifying specific participants, the results will be presented in aggregate form.

**IV. RESULTS**

The data collected from 180 participants were analyzed using IBM SPSS Statistics 21. Descriptive statistics and Pearson’s Correlation were computed to examine the relationships between attachment styles (anxiety and avoidance), communication patterns, and relationship satisfaction. The level of significance was set at  $p < .01$ . The results are shown as below:

<b>Descriptive Statistics</b>			
	Mean	Std. Deviation	N
ECR_TA	67.69	20.522	180
ECR_TA2	57.47	18.570	180
RS_T	24.88	5.357	180
CPQCC1	12.76	5.163	180
CPQ_SD	13.17	5.032	180
CPQ_PD	12.38	5.163	180

Table 4.1 presents the Descriptive Statistics for Attachment Styles, Relationship Satisfaction, and Communication Patterns Among Dating Young Adults (N = 180)

**Correlations**

		ECR_TA	ECR_TA2	RS_T	CPQCC1	CPQ_SD	CPQ_PD
ECR_TA	Pearson Correlation	1	.627**	-.593**	-.352**	.367**	.359**
	Sig. (2-tailed)		.000	.000	.000	.000	.000
	N	180	180	180	180	180	180
ECR_TA2	Pearson Correlation	.627**	1	-.747**	-.602**	.530**	.635**
	Sig. (2-tailed)	.000		.000	.000	.000	.000
	N	180	180	180	180	180	180
RS_T	Pearson Correlation	-.593**	-.747**	1	.624**	-.590**	-.636**
	Sig. (2-tailed)	.000	.000		.000	.000	.000
	N	180	180	180	180	180	180
CPQCC1	Pearson Correlation	-.352**	-.602**	.624**	1	-.561**	-.565**
	Sig. (2-tailed)	.000	.000	.000		.000	.000
	N	180	180	180	180	180	180
CPQ_SD	Pearson Correlation	.367**	.530**	-.590**	-.561**	1	.736**
	Sig. (2-tailed)	.000	.000	.000	.000		.000
	N	180	180	180	180	180	180
CPQ_PD	Pearson Correlation	.359**	.635**	-.636**	-.565**	.736**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	
	N	180	180	180	180	180	180

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

Table 4.2 presents the Pearson correlation coefficients among attachment anxiety, attachment avoidance, communication patterns, and relationship satisfaction.

**V. DISCUSSION**

The purpose of the current study was to investigate the impact of attachment styles on communication patterns and relationship satisfaction among young adults who are dating, as well as to analyse the relationships between these three factors. In particular, the study examined whether communication patterns are consistently linked to relationship satisfaction and how attachment anxiety and attachment avoidance affect relationship satisfaction and specific communication patterns (constructive communication, self-demand/withdraw, and partner-demand/withdraw).

The findings revealed several statistically significant relationships. First, the strong positive correlation between attachment anxiety and attachment avoidance raises the possibility that developing adults' attachment insecurity may not always operate as strictly independent dimensions. Relational insecurity may coexist with anxiety (fear of abandonment) and avoidance (discomfort with intimacy), despite their theoretical differences. In dating relationships when emotional security is still being negotiated, this overlap may be a reflection of developmental instability.

Second, the negative correlation between attachment anxiety and relationship satisfaction suggests that people with high levels of anxiety may have ongoing concerns about their partner's availability, increased

emotional reactivity, and rejection anxiety. These emotional and cognitive inclinations probably lower the perceived quality of relationships. However, emotional detachment, need suppression, and hesitation toward closeness may be more deleterious to dating relationship pleasure, as evidenced by the larger negative effect of attachment avoidance. Avoidantly attached people may avoid vulnerability, reject dependence, and retreat during emotional interactions, which lessens intimacy and relational fulfillment.

Third, the results pertaining to communication patterns offer a more profound understanding of the dynamics that underlie discontent. Anxiety and avoidance were adversely correlated with constructive communication. This implies that open emotional expression, active listening, and cooperative dispute resolution may be difficult for those who are insecurely attached. On the other hand, demand/withdraw communication cycles were positively correlated with both avoidance and anxiety. In an attempt to maintain intimacy, anxiously connected people may act in a demanding, reassurance-seeking, or emotionally charged manner. Conversely, avoidantly attached people may withdraw or disengage in response to relational stress. A dysfunctional interaction cycle is created when these opposing tactics support one another.

These results are in line with the work of Hazan and Shaver, who applied John Bowlby's attachment theory to romantic relationships between adults. Early attachment experiences, according to Hazan and Shaver, create internal working models that affect emotional control, intimacy expectations, and interpersonal behavior in adult relationships. According to their research, those who are securely attached report better interaction patterns and higher levels of relationship pleasure, whereas those who are insecurely attached report more relational instability and distress. By showing that insecure attachment (anxiety and avoidance) is associated with decreased satisfaction and dysfunctional communication styles in young adults dating, the current findings significantly support this theoretical paradigm.

Fourth, there was significant negative correlation with demand/withdrawal patterns and a strong positive correlation with constructive communication. This suggests that attachment orientations affect relational outcomes through communication as a behavioral

channel. Emotional safety, validation, and problem solving are probably fostered by constructive communication, which increases contentment. Demand/withdraw cycles, on the other hand, lead to emotional annoyance, miscommunication, and perceived rejection, all of which eventually reduce satisfaction.

The strong positive correlation between self-demand/withdraw and partner-demand/withdraw further supports the cyclical model of relational conflict. When one partner demands, the other withdraws; this withdrawal then intensifies the original demand, creating escalating negativity. This dynamic pattern is particularly consistent with attachment theory, which posits that insecure individuals employ maladaptive emotion regulation strategies during relational stress.

Paula R. Pietromonaco and Lisa M. Beck (2015) carried out another pertinent study that looked at the function of attachment in romantic communication and conflict resolution. According to their research, maladaptive communication behaviors like withdrawal, defensiveness, and demand/withdraw cycles were strongly linked to insecure attachment styles. Conversely, people who were securely bonded showed more relationship pleasure and more constructive dispute resolution. The researchers came to the conclusion that communication patterns function as behavioral mechanisms that connect relational dissatisfaction with attachment insecurity. The results of the current study, which showed that insecure attachment was positively correlated with dysfunctional demand/withdraw communication patterns and negatively correlated with constructive communication, are directly supported by this. This study can be seen consistent with the result findings.

Overall, higher levels of insecure attachment are linked to decreased relationship satisfaction, according to the findings, which showed a strong negative correlation between relationship satisfaction and both attachment anxiety and attachment avoidance. Additionally, there was a positive correlation between insecure attachment dimensions and maladaptive demand/withdraw communication patterns and a negative correlation with constructive communication. Relationship satisfaction was significantly correlated negatively with dysfunctional communication approaches and positively with constructive communication. Overall, the results show

a strong correlation between young adults' dating relationship satisfaction, communication methods, and attachment styles.

## VI. CONCLUSION

The purpose of the current study was to investigate the impact of attachment styles on communication patterns and relationship satisfaction in young people who are dating, as well as to analyse the relationships between these variables. The results unequivocally show that romantic relationship experiences in emerging adulthood are significantly influenced by attachment types.

The findings showed a substantial negative correlation between relationship pleasure and both attachment avoidance and anxiety. Relationship satisfaction was often poorer among those with high attachment anxiety, which is typified by excessive reassurance-seeking, emotional hyperactivity, and fear of abandonment. Their persistent need for validation and increased sensitivity to perceived rejection may be the cause of this, which can lead to emotional tension in the relationship. People who are uncomfortable with intimacy, emotionally aloof, and reluctant to rely on partners may have lower levels of relational closeness and fulfilment, according to attachment avoidance, which shown an even larger negative correlation with relationship satisfaction. In romantic relationships where emotional closeness is crucial, emotional disengagement and suppression of vulnerability may be especially detrimental, as seen by the greater impact of avoidance.

Furthermore, there was a substantial correlation between communication patterns and insecure attachment qualities. Constructive communication was negatively correlated with both anxiety and avoidance, indicating that people who are insecurely attached may find it challenging to have honest conversations, solve problems together, and interact with others in an emotionally supportive manner. Rather, demand behaviours in which people escalate confrontations or amplify emotional expression in order to secure closeness were positively correlated with attachment anxiety. Conversely, attachment avoidance, which reflects a propensity to disengage or avoid conflict under relational stress, was positively correlated with withdrawal behaviours. The current investigation demonstrated a considerable correlation

between these patterns and maladaptive demand/withdraw cycles.

Additionally, relationship satisfaction was found to be adversely correlated with dysfunctional communication methods and positively correlated with constructive communication. This suggests that communication styles could serve as a behavioural channel via which attachment orientations affect the general quality of relationships. While demand/withdraw dynamics intensify unhappiness, healthy communication seems to mitigate the negative impacts of insecurity.

These results align with the research of Paula R. Pietromonaco, who highlighted how attachment insecurity affects conflict behaviours and emotional regulation in romantic partnerships. According to Pietromonaco's research, avoidantly attached people are more inclined to repress their feelings and retreat from interpersonal conversations, while anxiously attached people typically show increased emotional reactivity and reassurance-seeking during conflict. Her research also showed that over time, these maladaptive interaction habits drastically lower relationship pleasure.

The study concludes that there is a strong correlation between communication styles, attachment styles, and relationship happiness. People with insecure attachment styles have trouble controlling their emotions and communicating during stressful relationships, which affects how they view the quality of those relationships. These results highlight the significance of attachment-focused and communication-based therapies to improve young adults' romantic relationship functioning and provide a significant contribution to the body of research on adult attachment.

## VII. LIMITATIONS

The current study's use of a cross-sectional research strategy is one significant disadvantage. Causal conclusions cannot be drawn because the data were gathered all at once. It is unclear whether insecure attachment causes maladaptive communication and decreased satisfaction or whether persistent relational dissatisfaction affects attachment-related behaviours over time, despite the fact that significant correlations between attachment styles, communication patterns, and relationship satisfaction were discovered.

Stronger evidence for the directionality and developmental course of these factors would come from a longitudinal study.

The use of self-report measurements is a second drawback. Participants' subjective answers, which could be impacted by response distortion, social desirability bias, or a lack of self-awareness, were used to evaluate every variable. In order to portray their relationships in a way that is socially acceptable, participants might have overstated relationship happiness or underreported problematic communication patterns. The validity of the results might have been improved by using observational techniques or companion reports.

Third, the results can't be applied to other relational situations like married couples, cohabiting partners, or long-term committed partnerships because the study only looked at young adults dating. The dynamics of a relationship can vary greatly depending on the duration and level of commitment. As a result, the results could not accurately reflect attachment-related processes in more permanent or legally binding partnerships.

An additional constraint pertains to the geographic setting and sample technique. Cultural, social, and educational homogeneity may limit the findings' wider relevance if the sample was taken from a particular metropolitan or semi-urban area.

The findings might not apply to a variety of populations in other areas or rural settings because attachment manifestations and communication patterns can fluctuate depending on the cultural context.

Lastly, even though substantial connections were found, the study did not use sophisticated statistical methods like structural equation modeling or mediation to further investigate underlying causes. Although attachment and happiness were found to be linked to communication patterns, the specific mediating or moderating mechanisms were not statistically examined. Further studies using more intricate analytical models might shed more light on how these components interact dynamically.

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This experience has been a priceless educational opportunity that has given me the information and abilities I will need for my future undertakings. I am really grateful to everyone who helped along the way for their guidance, encouragement, and support.

**APPENDIX-A**

**Experiences in Close Relationships Scale - Revised (ECR-R)**

Your full name: ..... Date submitted: January 31, 2022

Clinical/Close name: .....

**Instructions:** The statements below concern how you feel in emotionally intimate relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by selecting a number to indicate how much you agree or disagree with the statement.

1 = Strongly Disagree ... 7 = Strongly Agree

	1	2	3	4	5	6	7
1. I'm afraid that I will lose my partner's love.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. I often worry that my partner will not want to stay with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. I often worry that my partner doesn't really love me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. I worry that romantic partners won't care about me as much as I care about them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. I often wish that my partner's feelings for me were as strong as my feelings for him or her.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
6. I worry a lot about my relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. When my partner is out of sight, I worry that he or she might become interested in someone else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
8. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. I rarely worry about my partner leaving me.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. My romantic partner makes me doubt myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11. I do not often worry about being abandoned.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12.	I find that my partner(s) don't want to get as close as I would like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
13.	Sometimes romantic partners chafe on their feelings about me for <u>Close</u> parent reason.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
14.	My desire to be very close sometimes scares people away.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
15.	I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
16.	It makes me mad that I don't get the affection and support I need from my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
17.	I worry that I won't measure up to other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
18.	My partner only seems to notice me when I'm angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
19.	I prefer not to show a partner how I feel deep down.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	I feel comfortable sharing my private thoughts and feelings with my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
21.	I find it difficult to allow myself to depend on romantic partners.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
22.	I am very comfortable being close to romantic partners.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
23.	I don't feel comfortable opening up to romantic partners.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	I prefer not to be too close to romantic partners.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	I get uncomfortable when a romantic partner wants to be very close.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	I find it relatively easy to get close to my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
27.	It's not difficult for me to get close to my partner.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX-B

28.	I usually discuss my problems and concerns with my partner.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	It helps to turn to my romantic <u>Close</u> times of need.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	I tell my partner just about everything.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	I talk things over with my partner.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	I am nervous when partners get too close to me.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	I feel comfortable depending on romantic partners.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	I find it easy to depend on romantic partners.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.	It's easy for me to be affectionate with my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36.	My partner really understands me and my needs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring

Items 1 to 18 are for gauging anxiety, while Items 19 to 36 are for gauging avoidance. For the anxiety items, Items 9 and 11 are reverse-scored. For the avoidance items, Items 20, 22, 26-31, and 33-36 are reverse-scored. For reverse-score items, if they select 1, that means it's actually a 7, and vice-versa.

Avoidance Total Score:

Avoidance Average Score (Avoidance Total / 18):

Anxiety Total Score:

Anxiety Average Score (Anxiety Total / 18):

Total Scale Score:

Reference:

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APPENDIX-C

COMMUNICATION PATTERNS QUESTIONNAIRE – SHORT FORM

Andrew Christensen and Megan Sullaway

Directions: We are interested in how you and your partner typically deal with problems in your relationship. Please rate each item on a scale of 1 (= very unlikely) to 9 (= very likely).

- A. WHEN THIS ISSUE OR PROBLEM ARISES,**
- |  |               |   |   |   |   |   |   |   |   |   |             |
|--|---------------|---|---|---|---|---|---|---|---|---|-------------|
|  | Very Unlikely | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Very Likely |
|--|---------------|---|---|---|---|---|---|---|---|---|-------------|
- Mutual Avoidance. Both my partner and I avoid discussing the problem.
  - Mutual Discussion. Both my partner and I try to discuss the problem.
  - Discussion/Avoidance. I try to start a discussion while my partner tries to avoid a discussion.
  - My partner tries to start a discussion while I try to avoid a discussion.
- B. DURING A DISCUSSION OF THIS ISSUE OR PROBLEM,**
- Mutual Expression. Both my partner and I express our feelings to each other.
  - Mutual Blame. Both my partner and I blame, accuse, and criticize one another.
  - Mutual Negotiation. Both my partner and I suggest possible solutions and compromises.
  - Demand/Withdraw. I nag and demand while my partner withdraws, becomes silent, or refuses to discuss the matter further.
  - My partner nags and demands while I withdraw, become silent, or refuse to discuss the matter further.
  - Criticize/Defend. I criticize while my partner defends himself or herself.
  - My partner criticizes while I defend myself.

RELATIONSHIP SATISFACTION SCALE

Scale:

	Low				High
1. How well does your partner meet your needs?	1	2	3	4	5
2. In general, how satisfied are you with your relationship?	1	2	3	4	5
3. How good is your relationship compared to most?	1	2	3	4	5
4. How often do you wish you hadn't gotten into this relationship?	1	2	3	4	5
5. To what extent has your relationship met your original expectations?	1	2	3	4	5
6. How much do you love your partner?	1	2	3	4	5
7. How many problems are there in your relationship?	1	2	3	4	5

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