

PAPER NAME

A QUANTITATIVE STUDY ON ATTACHMENT STYLES AND SELF ESTEEM IN YOUNG ADULTS- ASWATHY (1).pdf

AUTHOR

Aswathy

WORD COUNT

19652 Words

CHARACTER COUNT

112570 Characters

PAGE COUNT

116 Pages

FILE SIZE

1.4MB

SUBMISSION DATE

Jul 10, 2023 1:03 PM GMT+5:30

REPORT DATE

Jul 10, 2023 1:04 PM GMT+5:30

● 13% Overall Similarity

The combined total of all matches, including overlapping sources, for each database.

- 9% Internet database
- Crossref database
- 11% Submitted Works database
- 4% Publications database
- Crossref Posted Content database

● Excluded from Similarity Report

- Bibliographic material
- Cited material
- Manually excluded text blocks
- Quoted material
- Small Matches (Less than 12 words)

**“A QUANTITATIVE STUDY ON THE ASSOCIATION OF ATTACHMENT
STYLES AND SELF-ESTEEM IN YOUNG ADULTS”**

**Dissertation Submitted to
Mahatma Gandhi University, Kottayam in partial fulfilment of
the requirements for the degree of
MASTER OF SOCIAL WORK**

**Specializing in
MEDICAL AND PSYCHIATRY**

**Submitted by
ASWATHY S KUMAR
Reg. No. 210011034049**

**Under the guidance of
MR. SOORAJ M V**



**Bharata Mata School of Social Work Thrikkakara, Kochi-21
(Affiliated to Mahatma Gandhi University, Kottayam)
(2021-2023)**

CERTIFICATE

This is to certify that this dissertation titled "A Quantitative Study on the Association of Attachment Styles and Self-Esteem in Young Adults " is a record of genuine and original work done by Aswathy S Kumar, Reg. No 210011034049 of IV³ semester Masters of Social Work course of this college under my guidance and supervision and it is hereby approved for submission.

Mr. Sooraj M V

Assistant Professor

Research guide

Bharata Mata School Of Social Work Thrikkakara

Dr. Johnson K M

Principal

Dr.Johnson K M



Submitted to viva voce examination held on :.....

External Examiner :.....

DECLARATION

I Aswathy S Kumar hereby declare that the research work titled “A QUANTITATIVE STUDY ON THE ASSOCIATION OF ATTACHMENT STYLES AND SELF-ESTEEM IN YOUNG ADULTS” submitted to the MG University, Kottayam is a record of genuine and original work done by me under the guidance of Mr. Sooraj M V, Assistant professor, ³ Bharata Mata School of Social Work, Thrikkakara, and this research work is submitted in the partial fulfilment of the requirements for the award of the degree of Master of Social Work Specializing in Medical and Psychiatry.

I hereby declare that the results obtained in this research have not been submitted to any other University or Institute for the award of any degree or diploma, to the best of my knowledge and belief.

Place: Thrikkakara

Date:

Aswathy S Kumar

ABSTRACT

Attachment styles, established in one's life through interactions with the environment, play a crucial role in shaping individuals' relationships and overall well-being. This study aimed to examine the association between attachment styles and self-esteem in young adults, specifically college-going students in Kerala, aged around 18-25 years. The study sought to understand the relationship between attachment styles and self-esteem and assess how they positively or negatively influence each other.

The sample consisted of 70 individuals, with 37 women and 23 men, selected based on specific exclusion criteria. Statistical analysis using mean, standard deviation, and Spearman correlation was performed to analyse the data.

The study's findings indicated no significant gender differences in any pattern of attachment styles among college-going students. However, a significant correlation was observed between age and attachment styles. As age increased, there was an increasing tendency to have secure attachments.

Regarding the association between attachment styles and self-esteem, the study revealed a positive correlation³⁹ between secure attachment style and self-esteem, suggesting that individuals with secure attachment styles tend to have higher self-esteem. Conversely, a negative correlation was found between fearful attachment style and self-esteem, indicating that individuals with fearful attachment styles tend to experience lower²² self-esteem. However, no significant correlation was found between self-esteem and the other two attachment patterns, preoccupied and dismissing.

The study underscores the importance of nurturing secure attachment styles and addressing fearful attachment patterns to promote positive self-esteem among young adults.

ACKNOWLEDGEMENT

I would like to acknowledge and give my warmest thanks to my supervisor Mr. Sooraj M, Assistant Professor, Bharata Mata School Of Social Work, Thrikkakara and other social work faculties who has helped and guided me in academics and co-curricular activities. Thank for their patience, love and invaluable constructive feedback which has made this work possible. Their guidance and advice carried me through all the stages of writing my thesis.

I would also like to give special thanks to my parents, siblings and my family as a whole for their continuous support and understanding when undertaking my studies all these years also during research and writing this thesis. Your prayers for me was what sustained me this far. Last not the least my sincere thanks to all colleagues for their continuous support , guidance, love and valuable feedback.

I sincerely thank all the participants in this study without which this study wouldn't be completed. I thank God almighty for the guidance in my life.

LIST OF CONTENTS

Title	Page No
Title page	
Certificate	i
Declaration	ii
Abstract	iii
Acknowledgment	iv
List of contents	1
List of tables	2
List of illustrations	3
Chapter 1-Introduction	4-17
Chapter 2-Review of Literature	18-33
Chapter 3-Research Methodology	34-42
Chapter 4-Analysis and Interpretation	43-85
Chapter 5-Findings,Recommendations,Implication for Professional Social Work Practice	86-92
Conclusion	93-95
Bibliography	96-99
Appendix	100-106

47
LIST OF TABLES

Table no.	Title of Tables	Page no.
4.1	Descriptive Statistics of the sample for attachment styles and self-esteem	74
4.2	Gender difference among the sample with respect to attachment style	75
4.3	Correlation obtained between sub-scales of the attachment scales, self-esteem scale and age of the participants.	76
4.4	Correlation obtained between sub-scales of attachment scale and self-esteem	77

LIST OF FIGURES

Figure Title	Page no.
4.1	44
4.2	4
4.3	47
4.4	48
4.5	49
4.6	51
4.7	52
4.8	53
4.9	54
4.10	55
4.11	56
4.12	57
4.13	58
4.14	59
4.15	60
4.16	61
4.17	62
4.18	63
4.19	64
4.20	65
4.21	66
4.22	67
4.23	68
4.24	70
4.25	71
4.26	72
4.27	73

CHAPTER-1

INTRODUCTION

INTRODUCTION

According to Bowlby (1971), "No form of behavior is accompanied by stronger feeling than is attachment behavior." The idea that humans have a genetic and evolutionary need to be close to a select few was advanced by John Bowlby.

This inborn desire for anyone, "from the cradle to the grave," to be close to a chosen few people, our attachment figures, is essential. Bowlby's theory of attachment is also predicated on the idea that the characteristics of our early carer connections can predict the patterns of our adult relationships (Levine & Heller, 2010).

Attachment is referred to as a long-lasting psychological relationship between two entities, as proposed by Bowlby. Additionally, attachment varies depending on the stage of life a person is in. For example, while a kid looks to the primary carer for protection, in adult attachment, both partners provide comfort and meet one other's needs in both love and friendship relationships. The internal working model, which captures a child's self-concept and expectations of others (Bretherton, 1996), is a fundamental theoretical component of attachment theory. Self and other working models are complementary in the individual. There is mutual bonding in adults. A human being cannot be imagined at any point in their life without an attachment (Bowlby, 1973). According to Milkulincer & Shaver (2016), an individual's history of intimate relationships leads to internalization, which creates a distinct pattern of behaviors, needs, emotions, and relational expectations. It results in the development of attachment styles. Intimate relationship mental representations, not mental health diagnoses, are attachment styles (Hart, Glick & Dinero, 2013).

A relationship exists between attachment style and self-esteem in individuals, according to research studies. Attachment styles and self-esteem play a critical role in the psychological

well-being and development of young adults. Research has consistently shown that individuals with secure attachment styles tend to have higher self-esteem compared to those with insecure attachment styles (Mikulincer & Shaver, 2007). Secure attachment provides a sense of safety and validation, fostering a positive self-perception and increased confidence. In addition to attachment styles, contingent self-worth has been identified as a mediating factor between attachment and self-esteem. Matos, Neves, Garcia-Marques, and Maroco (2019) revealed that attachment styles influence self-esteem through contingent self-worth. Individuals with insecure attachment styles may develop conditional self-worth, leading to lower overall levels of self-esteem.

Furthermore, attachment-related insecurities have been found to have a detrimental impact on both self-esteem and psychological well-being. Sorokowski et al. (2019) observed that individuals with insecure attachment, particularly anxious attachment, reported poorer sleep quality and higher negative affect. These findings suggest that attachment-related insecurities may contribute to negative emotional states and lower self-esteem.

Attachment Style

Human babies are built to establish a set of behavioral patterns that, under the correct conditions, cause them to stick close to those who provide care. In order to establish a pattern that will influence our expectations for future relationships, attachment theorists examine children's early interactions, usually with their mothers (Siegel and Hartzell, 2003). How a person connects with others is described by their attachment style. According to Bowlby (1969), attachment is described as a "lasting psychological connectedness between human beings" and is sometimes used interchangeably with terms like "affectional bond" and "emotional bond.

According to Bowlby (1973), attachment behaviour is the inclination of the human being as a mammal to cling to an adult that they accept as a shelter or protection. The nature of this

attachment bond has a significant impact on personality development and has a long-lasting impact on the person. One way to think about attachment styles is as a template or a schema for future interpersonal interactions between the baby and the carer (Ainsworth et al., 1978; Morris, 1982). Adult attachment is defined by Sperling and Berman (1994) as a propensity and an endeavour to develop closeness with others whom they feel comfortable and secure with. Mental Schemas or mental representations (inner working models) about the world and other people develop as a result of this tendency, which is also known as secure-insecure attachment styles observed in all people (Sperling & Berman, 1994). The mental schemas formed will determine how someone would perceive and deal their interpersonal relations. Along with secure attachment type, early studies also focused on anxious-resistant and avoidant attachment styles, which were based on the findings of Ainsworth et al. (1978). Based on the dimensions of self- and other-perception, Bartholomew and Horowitz (1991) proposed a four-category model. Four attachment styles—secure, preoccupied, dismissive avoidant, and terrified avoidant—were identified in that model by categorizing these dimensions as positive or negative. This approach effectively separated avoidant attachment into two components. In their ⁴⁹ large-scale factor analytic investigation of the self-measures of adult attachment, Brennan, Clark, and Shaver (1998) proposed two forms of attachment: avoidance (fear of dependence and rejection) and anxiety (comfort with closeness).

“The attachment style is formed from birth, and once it has been established, it persists in you and shows itself in how you interact with others in close proximity and how you nurture your children today.” The concept involves one's faith in the availability of the attachment figure, which serves as both a secure foundation from which one may freely explore the world when not in peril and a refuge where one can find assistance, safety, and comfort when in need (Huang, 2022).

The psychological theory of attachment was created by John Bowlby, a psychotherapist who researched the effects of a newborn being separated from its parents (Fraley, 2010).

According to Bowlby, dramatic reactions by babies to avoid parental separation or to reunite with a parent who has been physically separated, such as crying out, screaming, and grasping, are evolutionary tactics. These attachment behaviors are natural responses to the feared loss of the survival mechanism.

Bowlby proposed that the behaviors would have been reinforced by natural selection, in turn enhancing a child's chances of thriving. These attachment behaviors are inborn responses to the dread of potentially losing the survival advantages of having a primary caretaker (or caretaker) that respond to one's needs. These children's instincts were innately picked and enhanced across the generations because they had a higher chance of surviving.

He categorized the attachment styles as shown below:

1. Secure
2. Dismissing (also known as avoidant)
3. . Fearful (also known as disorganized)
4. Preoccupied (also known as anxious-ambivalent)

A child who can depend on their parents to satisfy all of their needs as they grow up is more likely to have a secure attachment type. Insecure attachment patterns are averse, nervous, and disorganized. Ilhan, 2011 According to the study, attachment patterns were the best at predicting loneliness. Among the various attachment styles, scared attachment made the most impact on loneliness, followed by secure attachment. However, the self and others model (Bartholomew,1990) (Bartholomew & Horowitz,1991) defines secure attachment (positive self and positive others model) as liking closeness, having self-confidence, being able to

balance social and romantic relationships, and having a high level of self-awareness. This explains why it is not unexpected that those with stable attachments feel less lonely.

The idea of psychological attachment takes into account emotional ties that influence people's decisions and actions in close relationships (Shaver & Mikulincer, 2012). People form perceptions of themselves and others based on their interactions with intimate individuals, and these representations depend on their attachment type. Accordingly, there are two main components to attachment style (Bartholomew & Horowitz, 1991). The first component is attachment anxiety, which results from a poor self-perception. According to Shaver and Mikulincer (2012), attachment anxiety is a result of the absence of emotional support from attachment figures mixed with a fear of abandonment. Attachment avoidance, the second component, is linked to unfavorable perceptions of other individuals. People who exhibit a high level of attachment avoidance have a propensity to feel uncomfortable in personal relationships with attachment figures.

The main goal of attachment is to become close to others and feel secure by having their support in times of need. The acquisition of a generalized sense of security is facilitated by attachment by repeatedly experiencing safe refuge and a secure basis (Sroufe & Waters, 1977). According to Mikulincer and Shaver (2007, 2009), a secure attachment's broaden-and-build cycle is assumed to be facilitated by the sense of security it offers. The broaden-and-build theory of positive emotions proposes that positive emotional experiences increase the range of human behaviour and thought, thereby increasing an individual's resources and promoting positive self-development, such as through increased wellbeing.

According to N.R.Sharma, 2021, attachment style, friendship dimensions, love attitude and personality all have a vital role in a person's ability to adjust and maintain good health.

According to a different study, loneliness was found to be predicted by both ambivalent and avoidant attachment styles. All these elements demonstrate the need for more studies and

study on these subjects, particularly taking into account other characteristics that may contribute to loneliness, such as mindfulness and attachment types.

Secure connection can broaden our perspectives and encourage good self-development by enhancing resilience, talents, and capacities (Mikulincer and Shaver, 2007, Mikulincer and Shaver, 2009). Secure attachment also performs comparable roles to happy emotions.

In actuality, those with secure attachment do not typically see stressful circumstances as dangerous (Berant, Mikulincer, & Florian, 2001). Additionally, according to Karreman and Vingerhoets (2012), they frequently employ adaptive emotion control techniques including positive reappraisal and high resilience. Additionally, it has been demonstrated that those who have a stable attachment savour and reflect on their good fortune more (Gentzler, Kerns, & Keener, 2010; Gentzler, Ramsey, Yuen, Palmer, & Morey, 2014; Palmer & Gentzler, 2018).

Accordingly, secure attachment performs a "broaden-and-build" function by encouraging positive growth, such as an increase in resilience and wellbeing (Mikulincer and Shaver, 2007, Mikulincer and Shaver, 2009). Given the broaden-and-build cycle of attachment security (Mikulincer and Shaver, 2007, Mikulincer and Shaver, 2009), it was predicted that people with secure attachments (low anxiety and/or high avoidance) would have a stronger association between self-esteem and self-concept clarity than people with insecure attachments. As previously indicated, self-esteem affects self-concept clarity, which can be aided by the broaden-and-build cycle of attachment security (Nezlek & Plesko, 2001; Wu et al., 2010; Yang & Bradford Brown, 2015).

(Stevenson, 2017) reviewed existing data linking aspects of mindfulness traits and attempted to quantitatively synthesize these results using a meta-analysis. A thorough literature search was performed using five scientific databases, after review, he found 22 papers meeting the inclusion criteria. Eligible were English-language peer-reviewed journals

and articles⁵⁰ that relied on quantitative methods, used reliable and validated self-report measures and enrolled study participants aged 16 years or older. Associations between both components were examined using a random-effects model meta-analysis technique. Results from each meta-analysis show a small to moderate show a small to moderate impact of the association between two attachment traits (fear and avoidance) and temperamental mindfulness.

The goal of Cyndi Brannen-McNulty, Lynda Ross, and Melissa Burgess' study (DiTommaso et al., 2003) was to study the relationship between young adults' attachment styles, social skills, and psychosocial adjustment. The participants were 183 University of New Brunswick students (118 female, 65 male) pursuing psychology courses. The respondents' mean age was 19.4 years, with a range of 18 to 22 years and a standard deviation of 1.12 years. A set of 2-70 participants was run separately. They finished the demographic survey with one session, along with the previous three self-report tests. In the larger sessions, pupils were separated from one another in a huge classroom to preserve privacy. Regression studies revealed³⁴ that the relationship between secure and fearful attachment and social loneliness was partially mediated by social skills. The results show that secure attachment and social skills are associated with multiple key aspects. The study of social competence and adjustment may benefit from the framework that attachment theory may offer.

In a 30-year longitudinal study, Alan Sroufe (2005) examined attachment and development in subjects from infancy to adulthood. According to the results, children with secure attachment histories were consistently judged by teachers and counselors as having greater levels of self-esteem, being more "ego-resilient," and being more self-assured⁵ than those with either a history of resistant or avoidant attachment. Additionally, people with secure histories scored significantly lower on traits like "falls to pieces under stress," "inhibited and constricted," and "becomes anxious when the environment is unpredictable" and significantly higher on traits

like "flexible, able to bounce back after stress or difficulty" and "curious and exploring" (Sroufe, 2005). Numerous studies have demonstrated that people have a good mental representation of themselves (such as secure individuals). In contrast to people who have a negative mental model of themselves (such as nervous or ambivalent people), these persons tend to have a higher sense of self-worth (Bylsma, Cozzarelli, & Sumer, 1997; Collins & Read, 1990; Feeney & Noller, 1990; Gryphon & Bartholomew, 1994; Mikulincer, 1995). Furthermore, those who are securely linked have favorable opinions of both themselves and other individuals (Bartholomew, 1990; Collins, 1996; Mikulincer, 1998a). Securely attached people typically have positive perceptions of their early familial interactions and upbringing (Feeney & Noller, 1990). Securely attached people acclimatize better to adolescence than their insecure counterparts do (Cooper, Shaver, & Collins, 1998). Additionally, according to Collins & Read (1990) and Park et al. (2004), an individual's confidence and assertiveness in social settings are related to their sense of inner security.

Additional research has revealed that secure attachment has a beneficial effect on growth and self-esteem. Female college-aged adolescents who are securely attached are more likely to have a positive sense of self-worth and overall well-being than those who are not (Judith Salzman, 1996). Additionally, it was discovered in the study that pupils who were apprehensive or ambivalently attached were much sadder than those who were firmly attached. Furthermore, they mentioned decreased levels of self-esteem than the secure group. When they were young, pupils who had ambivalent attachments exhibited push-pull behavior, clinging to their moms out of love but pushing her away out of fear of rejection. They appear to be especially susceptible to running into problems when attempting to fulfill the adolescent tasks of individuation and identity building. On tests of sadness and self-esteem, avoidantly attached students were found to fall between the secure and ambivalent groups. Only adolescent girls are included in Salzman's study. Given their attachment

preferences and early attachment experiences, people in the emerging adulthood period may perform differently on self-esteem tests (Salzman, 1996).

Those who are insecurely attached, go through a lot of relational stress, especially in their connections with their parents, and over time, they use less effective coping mechanisms (Seiffge-Krenke, 2006).

Lack of emotional care, the occurrence of rejection, scolding, and unfavorable interactions with parents as attachment figures during childhood are associated with the emergence of anxiety disorders in adolescence and adulthood. An adolescent is just as likely as an adult to develop an anxiety disorder as a result of early inadequate support (Schimmenti & Bifulco, 2015), and age has no bearing on the occurrence of anxiety disorders. These findings also provide credence to Bowlby's claim that childhood traumas are the source of adult worry. A child's perception of the availability of a protective figure during times of need is affected by these early encounters (Bowlby, 1973).

There is a connection between attachment types and self-esteem, according to several research. This thesis bases its main theme on the correlation between an individual's self-esteem and attachment types.

Self-Esteem

The second major aspect of the study is based on the concept of Self-esteem. Rosenberg (1979) defined self-esteem as an individual's attitude towards oneself, whether that attitude is either positive or negative.

Self-esteem is viewed as the judgment that results from an assessment of one's own favorable and negative aspects. Research on two distinct constructs—the global and domain-specific self-esteem—divisions the self-esteem. Self-worth in general is referred to as global self-esteem, whilst self-worth in certain contexts is referred to as domain-specific self-esteem. According to a review of the literature, domain-specific self-esteem performs better in

predicting behaviors than the general kind 3 (Rosenberg, Schooler, Schoenbach, & Rosenberg, 1995). However, global self-esteem is frequently employed in research to examine the relationship between a certain attachment style and self-esteem level.

A general definition of self-esteem is the total assessment of oneself, whether it be favorable or negative. Self-worth, or the degree to which a person values, oneself, is another way to describe self-esteem rewards or values oneself. It reveals the degree to which someone thinks of themselves as competent and deserving of life. It reveals how much a person thinks of himself or herself as capable and deserving of life. Today, it is understood that the self-esteem construct plays a significant role in educational success. A socio-psychological concept called "self-esteem" evaluates a person's views and sense of value. To put it another way, self-esteem is "an understanding of one's quality as an object—that is, how good or bad, valuable or worthless, positive or negative, or superior or inferior one is". Individual self-esteem evaluations are produced through two connected processes. People who believe they are beneath people they engage with are more likely to feel inadequate. Their sense of self-worth will suffer. Second, people evaluate themselves based on their interactions with other people. People develop the ability to view themselves as others do.

Young Adulthood is a time of adjusting to new societal norms and lifestyle routines. Young adults are expected to take on new responsibilities, such as those of a spouse or parent and to adopt attitudes, interests, and beliefs that are consistent with these responsibilities. Early adulthood is distinct due to these changes in the lifespan and a challenging one. Because most males and females have had a helping hand with the modifications they must make, such as parents, instructor, friends, or others, it is particularly challenging. They are now expected to make these modifications on their own as adults. When adolescents find the adjustments too difficult, they are reluctant to ask for assistance from others out of fear of being viewed as "immature".

Types of Self-Esteem (Robins et al 2001)

- Low self-esteem: This debilitating illness prevents people from reaching their full potential. ⁷ Low self-esteem makes a person feel unworthy, incompetent, and unable. In fact, people who have low self-esteem think so poorly of themselves that these thoughts cause them to continue to feel this way. People who struggle financially often have low self-esteem, which inhibits their capacity for ⁵⁵ risk-taking.
- High self-esteem: Individuals with high self-esteem typically feel good about their ability to engage, secure ¹⁶ in social settings, and content with the way they are. In general, they exhibit the following characteristics: they are self-assured, feel good about themselves, are upbeat, helpful, and encouraging to others, and have good communication skills. They actively participate, exhibit vigour, have ambition, and absorb knowledge from their own mistakes which offer people the power and adaptability to take control of their lives and learn from their mistakes fearlessly.

According to Baumeister, Campbell, Krueger and Vohs (2003), the concept of Global self-esteem refers to how highly we respect ourselves overall. This concept has frequently been studied in the past as a trait component representing a steady level of intra-individual self-evaluation (Tesser, 2004). According to several studies (Harter, 1999; Orth, Robins & Robert, 2008; Rosenberg, 1965; Vanhalst, Luyckx, Scholte, Engels & Gossens, 2012), loneliness and low self-esteem are negatively correlated. Additionally, it has been demonstrated that fundamental personality qualities like the Big Five attributes are related to self-esteem. According to Robins, Tracy, Trzesniewski, Potter and Gosling (2001), extraversion and conscientiousness are favorably correlated with self-esteem, but neuroticism is adversely correlated with it.

"Self-esteem and Academic Achievement: A Meta-analysis" by Robins and Trzesniewski (2005) specifies the relationship between self-esteem and academic achievement. It presents a

meta-analysis of studies conducted on this topic and examines the strength of the association between self-esteem and academic performance.

As per the research conducted by Fardouly et al. (2018) based on the subject “The impact of Social Media on Self-Esteem”, explores the impact of social media on self-esteem. It reviews existing literature on the topic and discusses the potential negative effects of social media usage on individuals' self-esteem, body image, and psychological well-being.

"Self-esteem and Relationship Satisfaction: A Meta-analysis" by Orth and Robins (2013) through meta-analysis examines the association between self-esteem and relationship satisfaction. It reviews a large body of research on this topic and analyzes the strength and direction of the relationship between self-esteem and satisfaction in intimate relationships.

"Self-esteem and Mental Health: A Meta-analysis" by Sowislo and Orth (2013) along with the meta-analysis explores the relationship between self-esteem and mental health. It reviews the literature on the impact of self-esteem on various mental health outcomes, including depression, anxiety, and general psychological well-being, providing insights into the strength and nature of this association.

Trzeniewski et al.(2006) made a study "The Development of Self-esteem across the Lifespan: A Longitudinal Study" which discusses in light a longitudinal study that examines the developmental trajectory of self-esteem across different stages of life. It reviews existing literature on self-esteem across the lifespan and presents findings from a longitudinal study tracking individuals' self-esteem from childhood through adulthood.

In general, self-esteem has been shown to gradually rise throughout the transition from adolescence to young adulthood, independent of other factors like connection. Men often report higher levels of self-esteem than women during this period. Additionally, there are numerous Personality traits and environmental factors that are associated with higher levels of self-esteem in adolescence and across time. Low neuroticism, high extraversion, openness

to experience, agreeableness, and conscientiousness are among the personality traits that have been proven to boost self-esteem. Young adult self-esteem was also favorably correlated with stability in romantic relationships, with a significant favorable effect between the ages of 23 and 25 (Wagner et al., 2013).

It is to be understood that there is an impact of attachment styles and self-esteem on the well-being and relationships of young adults. Understanding these factors can provide valuable insights for clinicians, educators, and parents in promoting healthy attachment relationships and fostering positive self-esteem in young adults. Further, research is needed to explore the longitudinal effects on an individual's overall life outcomes and to develop effective interventions for those struggling with attachment issues and low self-esteem.

By investigating the connection between attachment types and self-esteem from a social work perspective, notably concentrating on young adults, this quantitative study aims to understand different patterns of attachments with regard to the self-esteem of the population.

The results of this study will give important insights into how to improve young adults' mental health through social work practice and interventions.

CHAPTER – 2

REVIEW

OF

LITERATURE

REVIEW OF LITERATURE

1. 'Kawamoto, T. (2020). The moderating role of attachment style on the relationship between self-concept clarity and self-esteem. *Personality and Individual Differences*, 152, 109604.'

According to the study,⁶ Global self-esteem and self-concept clarity have had a favorable correlation in the past. The broaden-and-build cycle, which is thought to have an impact on the relationship between self-esteem and self-concept clarity, is connected to a stable attachment style. The moderating impact of a secure attachment style on this connection has, however, only been somewhat explored in investigations so far. Therefore, utilizing extensive cross-sectional data, the current study examined whether the relationship between self-esteem and self-concept clarity is influenced by a person's attachment type. The results exhibited measurable interacting²⁵ effects between self-esteem and attachment anxiety, i.e., the positive correlation between self-esteem and self-concept clarity was only observed in those with low levels of attachment anxiety. According to the current research, attachment style plays a significant role in determining young people's self-development.

2. 'Brennan, K. A., & Morns, K. A. (1997). Attachment Styles, Self-Esteem, and Patterns of Seeking Feedback from Romantic Partners. *Personality and Social Psychology Bulletin*, 23(1), 23–31.'

Intimacy tolerance and appreciation vary significantly between those with secure and rejecting attachment styles, according to the study; despite these variances, both types of people have high self-esteem. The interpersonal inclinations of the two groups imply that

³¹ their sources of self-esteem might be different. Secure people should get their sense of worth from having warm relationships with others, but dismissive people might learn to make up for their lack of warm relationships by getting their sense of worth from other places. The authors compared two different aspects of self-esteem—self-like and self-competence—to explore these hypotheses. Overall, rejecting avoidance was connected with self-competence whereas security was associated with self-worth.

3. ‘Huntsinger, E., & Luecken, L. J. (2004). Attachment relationships and health behavior: the mediational role of self-esteem. *Psychology & Health, 19*(4), 515–526.’

Many young individuals engage in subpar preventative health behaviors (such as inadequate diets and exercise regimens), which raises their long-term risk of illness. In an effort to establish efficient early interventions, recent research has concentrated on aspects connected to the development of health behavior. The current study assesses the potential mediating effects of self-esteem on the relationship between attachment types and young adults' health behavior. Surveys measuring attachment style, self-esteem, and health behavior were completed by university students (N = 793). The findings demonstrated that those who had ²⁸ secure attachment styles engaged in healthier preventative health behaviors and had higher self-esteem than people who had insecure patterns (all ps 0.05). (p 0.01) Self-esteem played a role in mediating the relationship between attachment patterns and health behavior. These findings imply that critical long-term preventative health behaviors may be greatly impacted by the early acquisition of individual patterns of interacting with significant others through the development of self-esteem.

4. 'Haque, M. I. M. a. U. (2015, December 30). *Attachment Styles, Self-Esteem and Rejection Sensitivity among University Students.*'

51 The purpose of the study was to investigate the relationships between university students' levels of self-esteem, rejection sensitivity, and attachment styles (secure, fearful, preoccupied, and dismissing), as well as to investigate 38 the mediating role of self-esteem in the relationship between preoccupied attachment style and rejection sensitivity. The sample included 409 students from public and private universities in Rawalpindi, Islamabad, and Lahore, with ages ranging from 18 to 26 (181 men and 228 women). Measures included the Rosenberg Self-Esteem Scale, the Relationship Scales Questionnaire, and the Rejection Sensitivity Questionnaire (Feldman & Downy, 1996). According to a correlation analysis of university students, anxious, preoccupied, and dismissive attachment styles were considerably favourably connected to rejection sensitivity level, but secure attachment style was significantly adversely related to it. Additionally, the mediation study 2 demonstrated that self-esteem served as a partial mediating factor in the link between a preoccupied attachment style and rejection sensitivity.

5. 'Wearden, A., Lambertson, N., Crook, N., & Walsh, V. (2005). Adult attachment, alexithymia, and symptom reporting: an extension to the four category model of attachment. *Journal of Psychosomatic Research*, 58(3), 279–288.'

The study was to build findings by identifying whether part 12 of avoidant attachment—fearful or dismissive—is connected to symptom reporting and through which mediating variables. Negative affectivity, alexithymia, and fearful and preoccupied attachment styles were all substantially linked with greater symptom reporting, while dismissive attachment style was

not. According to regression studies, alexithymia and negative affectivity had a significant role in mediating the association between scared attachment and symptom reporting, while preoccupied attachment and symptom reporting were mostly mediated by negative affectivity. Only when low self-esteem was linked to negative affectivity was there an association with symptom reporting. Through a negative model of the self and greater negative affectivity, fearful and preoccupied attachment styles are both linked to symptom reporting, but alexithymia is an additional factor in people with fearful attachment. This distinction is assumed to be related to the socialisation model formed during early interactions with carers.

6. 'Cozzarelli, C., Karafa, J. A., Collins, N. L., & Tagler, M. J. (2003). Stability and change in adult attachment styles: associations with personal vulnerabilities, life events, and global construals of self and others. *Journal of Social and Clinical Psychology*, 22(3), 315–346.'

In a community sample (N = 442) of women who had abortions, the study looked at the factors that predict adult attachment styles' stability and change. The fact that 46% of the individuals modified their attachment style over a two-year period suggests that these styles may be somewhat malleable. Changes in global conceptions of self and others (such as increases in self-esteem and perceptions of social support) were related to increases in security over time among the women who changed their attachment style. In contrast, sustained weakening factors, for instance, a history of depression and/or abuse were found to be correlated with increased insecurity over time. The stability or change of attachment type was not significantly correlated with relationship-related life events (such as divorce or the death of a loved one).

Last but not least, changes in general mental health paralleled changes in attachment style over time. These results imply that although attachment styles are generally stable over time, significant changes in these styles can be connected to a shift in how people perceive their own and other people's experiences, as well as dispositional risk factors. The findings further emphasize the significance of separating the variables that indicate rising security from those that indicate rising insecurity.

7. 'Pinquart, M. (2022). Associations of Self-Esteem With Attachment to Parents: A Meta-Analysis. *Psychological Reports*, 003329412210797.'

In the given research paper, it was found that the effectiveness of each study was evaluated using criteria from the Mixed Methods Appraisal Tool. The majority of studies (190 studies) used verbal measures to assess security, and the average participant age was 16.5 years. Self-esteem and attachment security to parents were found to be moderately positively correlated with associations being stronger when assessing attachment to parents in general as opposed to mothers or fathers. Cross-lagged effects show that initial self-esteem predicts change in security while initial attachment security predicts change in self-esteem. Higher initial attachment security predicts an increase in self-esteem over time .

Older individuals had weaker correlations between attachment security and self-esteem, while research using established attachment measures had stronger correlations. The majority of the included research involved teenagers and young adults, thus little is known about the relationships between stable attachment to parents and self-esteem in the early years of life. Despite the fact that causal effects could only be examined in experimental investigations, it is stated that the current results are consistent with attachment theory's predictions regarding the importance of secure attachment for self-esteem.

8. ‘Sagone, E., Commodari, E., Indiana, M. L., & La Rosa, V. L. (2023). Exploring the Association between Attachment Style, Psychological Well-Being, and Relationship Status in Young Adults and Adults—A Cross-Sectional Study. *European Journal of Investigation in Health, Psychology and Education*, 13(3), 525–539.’

With respect to age groups (young adults vs. adults) and relationship status (singleness vs. intimate relationships), this study set out to examine the links between adult attachment styles and psychological well-being. The Attachment Style Questionnaire was utilized to assess adult attachment dimensions, and the Psychological Well-being Scale was employed to assess psychological well-being. Results: Compared to singles, people in stable close relationships expressed higher levels of psychological well-being. Additionally, singles showed an attachment style related to discomfort with intimacy, relationships as secondary, and avoidance as compared to individuals in stable intimate relationships. The attachment type characterized by confidence modestly and positively predicted psychological well-being in single persons, whereas the attachment style characterized by the desire for approval dramatically and negatively predicted it. The attachment type characterized by the need for acceptance was a powerful and unfavorable predictor of psychological well-being in people in stable partnerships. Conclusions: For long-term emotional stability and psychological well-being in adult attachment types, close relationships might be seen as a protective factor.

9. *Seeking Self-Certainty in an Uncertain Time: Attachment Style and Self-Esteem in Emerging Adulthood.* (n.d.). Holly M. Rosen, Clark University.’

As people figure out the directions their life will go in terms of job, relationships, and other domains, emerging adulthood is a distinguishing phase for people between the ages of 18 and

29, defined by uncertainty and excitement (Arnett, 2004). In addition to attempting to understand the reciprocal effects of developmental stages on attachment style and self-esteem, the current study looked into links between emerging adulthood's attachment style and degree of self-esteem. The research also looked at whether or not being in a stable or unstable romantic relationship affected these associations. The Experience in Close Relationships questionnaire (ECR), Rosenberg self-esteem scale, and Inventory of the Dimensions of Emerging Adulthood were the sources for the attachment questionnaire developed by Levine and Heller, which was completed by 199 emerging adults.

According to research, a secure attachment may help people develop a good or healthy sense of self-worth as they enter adulthood, whereas a stressful attachment may make people develop a negative or poor sense of self-worth. Self-esteem was not related to avoidant attachment. In addition to the "in-between stage," stable attachment was shown to be related to the "self-focused" stage; self-focusedness was also found to be negatively related to an individual's self-esteem. In emerging adulthood, being in a committed romantic partnership was found to have a statistically significant favourable effect on secure's self-esteem. Finally, it was discovered that being "other-focused" and a "experimenter" were related to being in a committed relationship, but being into self-focus was found more being inclined into a less committed relationship.

10. 'Foster, J. D., Kernis, M. H., & Goldman, B. (2007). Linking adult attachment to self-esteem stability. *Self and Identity*, 6(1), 64–73.'

According to this study, little is known about how the attachment system is related to other significant aspects of self-esteem, despite the fact that adult attachment is known to be

associated with self-esteem level (i.e., whether individuals' typical emotions of self-worth are high or low). The study described here, looks at how elements of the attachment system relate to self-esteem stability (i.e., how much people's current emotions of self-worth fluctuate).

The research showed an independent relationship between high levels of connection anxiety and shaky self-esteem. On the other hand, attachment avoidance was unrelated to stable self-esteem. These findings are in line with the social-cognitive and developmental traits of attachment anxiety. Additionally, they are in line with recent findings that indicate apprehensive attachment moderates the impact of social feedback on self-outlook. The theoretical and practical ramifications of this research are the main topics of discussion.

11. '(2012). Insecure Attachment to Parents and Depressive Symptoms in Early Adolescence: Mediating Roles of Attributions and Self-esteem. *International Journal of Psychological Studies, Vol. 4, No. 2.*'

This study looked at whether attributional styles and/or self-esteem could modulate the link between attachment style with parents and depressive symptoms in early adolescent boys and girls (N=140). Adolescents who were more nervously attached to their parents reported

the worst signs of depression. Only in girls did anxious attachment to the mother correlate with depressive symptoms, and both self-esteem and maladaptive attributions to negative experiences fully moderated this correlation. These results highlight the significance of self-esteem and negative attributions as potential mechanisms by which girls' uneasy attachment to their mother may result in depressive symptoms.

12. 'Dhal, A., Bhatia, S. N., Sharma, V., & Gupta, P. (2007). Adolescent Self-Esteem, Attachment and Loneliness. *Journal of Indian Association for Child and Adolescent Mental Health*, 3(3), 61–63.'

To measure adolescents' levels of self-worth, loneliness, and attachment preferences and to look into how these variables relate to one another as well as to age and gender. Method: The ²³Coopersmith Self-Esteem Inventory (School Form), Attachment Scale, and UCLA Loneliness Scale were administered to adolescents (10–13 years old), ⁸55 males and 55 girls, from a public school in Delhi. Results: Teenagers aged 10 to 11 reported higher levels of self-esteem than those aged 12 to 13 ($p=0.01$). High levels of loneliness were correlated with low self-esteem overall, generally, and among parents at home. Teenagers who felt confident in themselves were firmly attached, but those who felt insecure showed preoccupied and scared attachment. Conclusions: Teenagers enrolled in a public school expressed good self-esteem, a secure attachment style, and some degree of loneliness. Students who struggle with loneliness and low self-esteem may gain from psychosocial support.

13. 'Bringle, R. G., & Bagby, G. J. (1992). Self-esteem and perceived quality of romantic and family relationships in young adults. *Journal of Research in Personality*, 26(4), 340–356.'

Young adults ($M = 26$) participated in a questionnaire study in which they described the severity of issues they had with their family as adults and as children, their perceptions of their relationships with their parents (²warm, cold, or inconsistent), their perceptions of their adult romantic relationships (secure, avoidant, or anxious), and their social and performance

self-esteem. Families with moms and fathers who were described as chilly or inconsistent had family issues more frequently than families with mothers and fathers who were described as warm. Compared to those who reported a secure type, avoidant adult romantic attachment style was linked to chilly parenting, family issues, and worse social self-esteem but not performance self-esteem. When compared to individuals who reported the secure style, those with the anxious adult romantic style showed lower performance, but not social, self-esteem. This implies a self-system compensating impact. The retrospective nature of the design makes it impossible to draw conclusions about the developmental roots of these findings, but the continuity within the self-system and across relationships has significant ramifications for comprehending a person's future behaviour in both romantic and familial relationships.

14. *APA PsycNet*. (n.d.).

Six research looked at the relationship between several facets of an adolescent's mental self-representation and attachment type. The self-structure's hedonic tone was the emphasis of Studies 1 and 2, its complexity was the focus of Studies 3 and 4, and differences across the self's domains and standpoints were the focus of Studies 5 and 6. According to the findings, those who are secure and avoidant have a more favourable picture of themselves than people who are worried or ambivalent. Furthermore, it was discovered that confident people had a more well-rounded, complex, and coherent self-structure than insecure people, whether they were avoidant or anxious-ambivalent. The connection between internalising attachment experiences and self-construction is emphasised in the debate.

15. 'Leondari, A., & Kiosseoglou, G. (2000). The Relationship of Parental Attachment and Psychological Separation to the Psychological Functioning of Young Adults. *Journal of Social Psychology*, 140(4), 451–464.'

The scientists looked at how attachment styles and psychological isolation from parents are related, as well as how these factors affect adaptive psychological functioning. Between 153 university students in Greece, there was an inverse relationship between security of attachment and independence from parents in terms of sentimental, operational, and attitudinal independence; however, there was a positive association between the security of attachment and freedom from feelings of anxiousness, guilt and resentment towards one's parents (conflictual independence). The securely attached students also performed better on tests of self-esteem and better than the insecurely attached students on tests of anxiety and loneliness.

16. 'Magai, C., Hunziker, J., Mesias, W., & Culver, L. C. (2000). Adult attachment styles and emotional biases. *International Journal of Behavioral Development*, 24(3), 301–309.'

The purpose of this study was to add to the body of knowledge about how people with different attachment styles exhibit personality variations and emotional biases. A storytelling task, an emotion decoding task, and videotaping during an emotion induction process were all completed by 63 participants (M = 63 years old), who also completed measures of trait emotion and parental child-rearing practises. Using a four-category coding system and a semi-structured interview, attachment patterns were evaluated. To test attachment models, multiple regression was applied to the data. The analysis of attachment patterns using theoretical models explained 23–47% of the variance. Three models were improved by using alternative, empirical models that were created based on observed bivariate relationships. Facial expressions of happiness, the absence of love-withdrawal as a form of parental discipline, a decoding bias in favor of shame, a reluctance to route unpleasant affect from conscious

awareness, as well as low scores on negative trait emotion are all indicators of attachment security. Facial shame, harsh parental child-rearing methods, the tendency to read anger into faces, the telling of stories with themes of approval seeking, and trait anxiety were all characteristics of fearful avoidance. Dismissiveness was described by mixed or ambivalent countenance activity, a propensity to perceive distaste in facial expressions, and a tendency to dismiss distress while writing projective tales that revealed internal turmoil. Parental love withdrawal, face contempt, intimacy and affiliation fantasies, characteristic anger, and sadness were all associated with preoccupation. The findings are explored in light of modern theories of emotional organization as well as attachment theory.

17. ²⁷ (2022). Association between secure attachment style and subjective well-being:

Examining the sequential mediation effects. Asia Pacific Journal of Health Management.'

From birth to death, attachments are a fundamental part of the human experience. Human emotional and cognitive development depends on early experiences with carer and adult relationships, which also provide as a solid foundation for mental health and psychological adjustment. Through the sequential mediation effect of self-esteem and emotional intelligence, ⁷¹ this study sought to examine the relationship between a secure attachment style and subjective well-being.

The study's findings showed that secure attachment style significantly contributes to improving people's subjective well-being, and a positive significant relationship between them was discovered. Additionally, the serial mediation model is supported by the fact that both emotional intelligence and self-esteem were mediators in this

relationship. The findings thus demonstrate that a stable attachment type predicts self-esteem and emotional quotient, which in turn affects people's subjective well-being. Furthermore, statistical significance was shown for both direct and indirect impacts. Based on the study's results, theoretical and practical consequences are examined.

18. ¹⁷ Schimmenti, A., & Bifulco, A. (2013). Linking lack of care in childhood to anxiety disorders in emerging adulthood: the role of attachment styles. *Child and Adolescent Mental Health*, 20(1), 41–48.'

Intentionally or inadvertently ignoring a child's emotional needs and failing to notice when they show symptoms of needing comfort or attention, emotional neglect is sometimes referred to as cold or critical parenting. Anxious-ambivalent attachment style is suggested by attachment researchers as a mediating element in the relationship between parental emotional neglect ⁴² and anxiety disorders. Using interview measures, a high-risk sample of 160 adolescents and young adults were asked about their experiences of ⁵⁴ childhood neglect and abuse, including antipathy (cold, critical parenting), attachment patterns, and anxiety disorders. Clinicians who treat anxiety disorders in young people must take into account the possibility that emotional neglect in childhood, manifested as hostility, may result in anxious-ambivalent internal working models centred on fears of rejection and separation.

19. 'Bylsma, W. H., Cozzarelli, C., & Sümer, N. (1997). Relation Between Adult Attachment Styles and Global Self-Esteem. *Basic and Applied Social Psychology*, 19(1), 1–16.'

The purpose of this study was to investigate the relationship between global self-esteem (Rosenberg, 1979) and adult romantic attachment types (Bartholomew & Horowitz, 1991). In order to assess attachment styles, overall self-esteem, and self-perceived competence in a range of life domains (such as athleticism and social skills), participants filled out self-report questionnaires. According to the findings, dismissive and secure participants reported higher levels of average competence and global self-esteem than either focused or terrified participants. But only in socially pertinent domains did attachment styles show significant variations in competence. According to a commonality analysis, the overlap between the two variables as well as attachment styles and domain-specific competence both significantly contributed to the variance in overall self-esteem. The conceptual relationship between attachment styles and the self is examined in the results.

20. 'Widom, C. S., Czaja, S. J., Kozakowski, S. S., & Chauhan, P. (2018). Does adult attachment style mediate the relationship between childhood maltreatment and mental and physical health outcomes? *Child Abuse & Neglect*, 76, 533–545.'

The association between adolescent abuse and unfavorable mental and physical health outcomes has been explained in part by the attachment hypothesis. This study aims to find out whether: (1) childhood physical abuse and neglect influence adult attachment styles differently; (2) adult attachment styles predict future mental and physical health outcomes; and (3) adult attachment styles mediate the relationship between childhood physical abuse and neglect and future mental and physical health outcomes. Matching young children (0–11) with and without histories of physical abuse and neglect allowed for later adult follow-up.

Adult attachment type was evaluated at an average age of 39.5 and results at an age of 41.1.

Both physical and mental health outcomes were studied using different path models.

26 Childhood neglect and physical abuse were associated with higher levels of anxious attachment in adulthood, although neglect was also associated with avoidant attachment. In contrast to how only the anxious adult attachment style predicted higher levels of allostatic stress, 8 mental health outcomes (higher levels of anxiety and depression and poorer levels of self-esteem) were predicted by both adult attachment styles (anxious and avoidant). Path analyses found that adulthood's anxious attachment style partially explained the links between physical abuse and neglect in childhood and 8 depression, anxiety, and self-esteem, but not the link to allostatic load. Anxious and avoidant adult attachment styles help to understand how childhood neglect and physical abuse negatively affect mental health.

60 Childhood neglect and physical abuse have long-lasting effects on adult attachment styles.

CHAPTER – 3

RESEARCH

METHODOLOGY

RESEARCH METHODOLOGY

Introduction

Attachment Styles and Self Esteem play a critical role in the psychological well-being and development of young adults. Attachment styles refer to the patterns of interaction and behavior that individuals develop in relationships, based on their early experiences with primary caregivers. On the other hand, self-esteem pertains to an individual's overall self-worth and confidence.

Statement of the problem and Significance of the study

Attachment styles formed by early models inexplicably have an impact on the person's foundation of relationships later in life. Studies have found that those with a positive mental model of self (i.e., secure) have relatively high esteem as compared to those possessing a negative mental model (i.e., anxious). This implies that individuals with secure attachment styles hold positive self-esteem with better adjustments, in contrast to their counterparts. The sense of internal security is related to the confidence and assertiveness they demonstrate in social situations.

One prominent finding is that individuals with secure attachment styles tend to have higher levels of self-esteem compared to those with insecure attachment styles (Mikulincer & Shaver, 2007). Securely attached individuals typically perceive themselves as worthy of love and care, as they exhibit positive self-regard. Consequently, they are more likely to have healthier self-esteem and engage in more satisfying relationships.

Conversely, individuals with insecure attachment styles, such as anxious or avoidant attachment, are prone to lower levels of self-esteem. These individuals may have difficulty valuing themselves and their abilities, experiencing self-doubt, and seeking excessive validation from others. Their attachment-related insecurities can negatively impact their self-

perception and overall well-being, making them more susceptible to challenges in forming and maintaining healthy relationships.

Moreover, research has shown that self-esteem can act as a mediator in the relationship between attachment styles and various outcomes. For instance, perceived social support has been found to partially mediate the association between attachment styles and self-esteem. In contrast, individuals with insecure attachment styles may struggle with perceiving social support accurately, thereby affecting their self-esteem.

Parental influence also plays a crucial role in the development of attachment styles and self-esteem. Studies have demonstrated that perceived social support, particularly during childhood and adolescence, can impact attachment styles and subsequently affect self-esteem. Positive and supportive parenting behaviors contribute to the formation of secure attachment styles and enhance self-esteem in young adults. Conversely, experiences of neglect, rejection, or inconsistent parenting may foster insecure attachment styles and negatively affect self-esteem.

It is important to note that the relationship between attachment styles and self-esteem is complex and multi-faceted, influenced by various individual and contextual factors. Cultural differences, gender roles, and other personal characteristics may also interact with attachment styles and self-esteem in shaping young adults' psychological outcomes.

The existing literature consistently demonstrates the influence of attachment styles on self-esteem in young adults. Secure attachment fosters positive self-perceptions, while insecure attachment is associated with lower self-esteem and negative psychological outcomes.

Mediating factors, including contingent self-worth, sleep quality, and ethnic-racial identity, further contribute to the impact of attachment styles on self-esteem. These findings emphasize the importance of promoting secure attachment and positive self-esteem in young adults for their overall well-being and development.

Because of the inconsistent support given by caregivers at an early age, individuals tend to develop negative mental models which add to anxiety in uncertainty and experience rejection. Therefore a need to promote an understanding of Secure living conditions is been identified as a need to be developed within families so as to ensure healthy and prosperous relationships in the late life of individuals with positive self-esteem.

Positive self-esteem and Healthy relationships are building blocks of a Secure lifestyle. The study of relationships and their association with the individual self can prominently play a role in every stage and have a timeless significance. The nature of attachments and relationships will be determined by how individuals identify with themselves and others around them. The researcher intends to explore this mediation and valid, significant facts with an evidential learning experience.

- **70 Aim of the Study**

The aim of this quantitative research design is to understand the connection between different attachment patterns of people in early adulthood and self-esteem. The goal of the study is to statistically measure the relationship between them to yield reliable results that would help in deepening the knowledge and suggest intervention strategies in social work for helping people to make healthy relationships.

- **Objectives**

General Objectives

- To find the association of different attachment styles and self-esteem in young adults.

Specific Objectives

- To categorize the respondents on the basis of different **65 attachment styles**.

- Understand the relationship between attachment styles and self-esteem in young adults.
- To identify the gender difference within the variables.
- **Definition of concepts**

Theoretical definitions:

- ¹⁹ Attachment style - The characteristic way people relate to others in the context of intimate relationships, which is heavily influenced by self-worth and interpersonal trust
(American Psychological Association)
- ²⁰ Self-esteem – One’s attitude towards oneself or one’s opinions or evaluation of oneself, which may be positive (favorable or high), neutral or negative (unfavorable or low).
(Oxford)
- ⁴⁵ Young adult – a person who is in his or her late teenage years or early twenties.
- Interpersonal relationship – A strong bond between two or more people refers to interpersonal relationships.

Operational definition

- Attachment style - An attachment style is a specific pattern of behavior in and around relationships. *APA Dictionary of Psychology*. (n.d.).
- Self-esteem - ⁵⁸ Self-esteem is our subjective sense of overall personal worth or value.
MSEd, K. C. (2022). What Is Self-Esteem? *Verywell Mind*.

- Young adult - Young adult occurs to be between 18 to 25 years which a unique developmental period of self-exploration and identity formation. Higley, E. (n.d.). *Defining Young Adulthood*. USF Scholarship: A Digital Repository @ Gleeson Library | Geschke Center.
- Interpersonal relationship - The pattern or patterns observable in an individual's dealings with other people. *APA Dictionary of Psychology*. (n.d.-b).

- **Research Design**

The research is a Quantitative study aimed at understanding the association between different attachment styles and self-esteem in young adults. The researcher has chosen to follow the descriptive research design to provide a general understanding of the behavioral patterns of the target population in connection to their current attachment styles which they adopt over the course of early adulthood and also links it to their self-esteem. By deriving evidential inferences with an emphasis on the present situation, it systematically defines the phenomenon.

- **Universe**

The Study aims at understanding the attachment styles and self-esteem of Young adults.

- **Sampling**

A sample of 60 college students between the age range of 18 to 25, residing in Kerala has been taken to collect the data. A Non-Probability Sampling procedure has been used as the means of gathering information from Convenience samples.

Inclusion and Exclusion Criteria

Inclusion Criteria

- 18 – 25 Age Groups.
- Male and Female students.
- Unmarried Individuals.
- Individuals pursuing Academics in Kerala.

Exclusion Criteria

- People with a history of clinically diagnosed mental illness.
- Married Individuals.
- **Tool of Data Collection**
- *Socio-demographic data sheet.* A socio-demographic sheet obtains the details of the participants. This sheet includes name, age, gender, education, occupation, living arrangement, and health status.
- ⁴⁴ *The Relationship Scale Questionnaire (RSQ).* is designed as a continuous measure of adult attachment. The RSQ has four measurable categories of attachment styles—secure, fearful, preoccupied, and dismissing.

- **Rosenberg Self Esteem Scale** is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. All items are answered using a 4-point Linkert scale format ranging from strongly agree to strongly disagree.

- **Method of Data Collection**

The data collection was done through Google forms by transferring the link to fill up for those under the population of Young Adults (18-25) with clear description to the inclusion criteria. The sample size was 60 college-going young adults who are unmarried.

- **Pilot study**

The researcher conducted an initial trial with 10 young adults by personally reaching out to them to fill up the Google Form that comprised the Relationship Scale Questionnaire and Rosenberg Scale for Self-Esteem. The confidentiality of their personal data was assured to each of the participants. After ensuring that the data can be accessed and retrieved to quantify and form results, the researcher completed the Pilot Study.

- **Data Analysis and Interpretation**

Descriptive Statistics

- Mean
- Standard Deviation

Inferential Statistics

- Man - Whitney U test
- Correlation : Spearman's rho
- **Limitations**
 - Limited Control: With an online survey, the researcher has limited control over the participant pool. Factors such as response rates, level of effort put into answering the questions, and potential distractions during the survey completion may vary, which can impact the data quality.
 - Social Desirability Bias: Participants may be more inclined to provide socially desirable responses, it was clearly mentioned in the Google form that there are no "right" or "wrong" answers. Yet, as the researcher intended to understand attachment style and self-esteem, the scale includes sensitive questions. It was anticipated that this bias of social desirability can affect the accuracy and validity of the data collected.
- **Chapterisation**

Chapter 1 - Introduction

Chapter 2 - ³ Review of Literature

Chapter 3 – Methodology

Chapter 4 – Analysis and Interpretation

Chapter 5 – Findings, Recommendations, Implications for professional social work practice.

CHAPTER – 4

ANALYSIS

AND

INTERPRETATION

ANALYSIS AND INTERPRETATION

1. “I find it difficult to depend on other people”.

I find it difficult to depend on other people.
responses

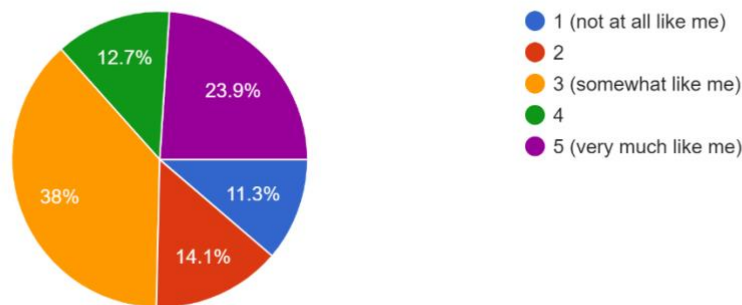


Figure 4.1

Among the participants, 38% voted for "somewhat like me" which suggests that a significant portion of individuals experience some degree of difficulty in depending on others. They may find it challenging to trust others or feel uneasy about relying on external support.

Furthermore, 12.7% portion of individuals identify with finding it difficult to depend on others. They may prefer self-reliance and feel hesitant or uncomfortable seeking assistance from others.

Additionally, 23.9% of the participants voted that the statement is "very much like me." This suggests that a considerable number of individuals strongly resonate with the difficulty of relying on others. They may have a strong preference for independence and self-sufficiency, leading to a reluctance to depend on others for support.

On the other hand, 11.3% chose "not at all like me" implying that a smaller percentage of respondents do not find it challenging to depend on others. They may feel comfortable seeking help or support from others when needed.

Finally, 12.3% suggest that they do not struggle with depending on others and may have a more open and trusting approach to seeking assistance or relying on others.

Overall, the data reflects a range of attitudes toward depending on others for support. While a significant portion experiences some level of difficulty or hesitation, some individuals do not find it challenging and are more open to relying on others. This analysis provides insights into the diverse perspectives and preferences regarding reliance on others within the surveyed population.

2. “ It is very important to me to feel independent”.

It is very important to me to feel independent.
responses

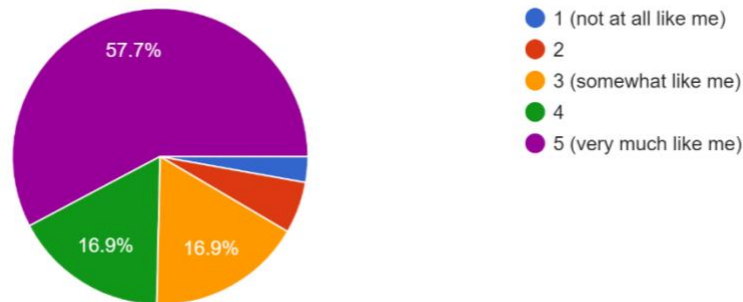


Figure 4.2

Based on the data provided by the respondents, we can analyze that the responses indicate that a significant majority, specifically 57.7% of the participants, find it "very important" to feel independent. This suggests a strong emphasis on personal autonomy and self-reliance within the surveyed population. Additionally, 16.9% of the respondents stated that feeling independent is "important," highlighting that a notable portion of the participants recognize the significance of independence in their lives. Similarly, another 16.9% expressed that feeling independent is "somewhat important," indicating a moderate level of value placed on independence. Overall, the data underscores the importance of independence as a key aspect of individual well-being and emphasizes the prevalence of this sentiment among the respondents. This analysis provides insights into the attitudes and priorities of the surveyed population regarding their desire for independence.

3. “ I find it easy to get emotionally close to others”.

I find it easy to get emotionally close to others.
responses

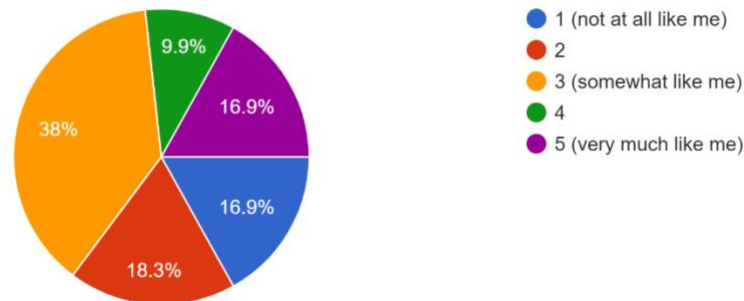


Figure 4.3

38% voted that the statement is "somewhat like me," suggesting that a significant portion of individuals have a moderate level of ease in forming emotional connections with others. This implies that they may find it somewhat easy to establish and maintain emotional closeness in their relationships. 16.9% of the respondents voted that the statement is "very much like me." This suggests that a considerable number of individuals feel a high level of comfort in getting emotionally close to others. They are likely to have little difficulty in forming deep emotional connections and may prioritize emotional intimacy in their relationships. 16.9% of another population indicates that a portion of the respondents have difficulty in getting emotionally close to others. They may experience challenges in forming deep emotional connections or may prefer to maintain a certain degree of emotional distance in their relationships. 9.9% of the participants find that they find it relatively easy to get emotionally close to others, but not to a significant extent. 18.3% suggests that a notable proportion of individuals struggle or find it challenging to get emotionally close to others, indicating a potential preference for emotional distance or difficulty in forming intimate connections. The data reflects a diverse range of experiences and attitudes toward emotional closeness among the surveyed population.

4. “ I worry that I will be hurt if I allow myself to become too close to others”.

I worry that I will be hurt if I allows myself to become too close to others.
responses

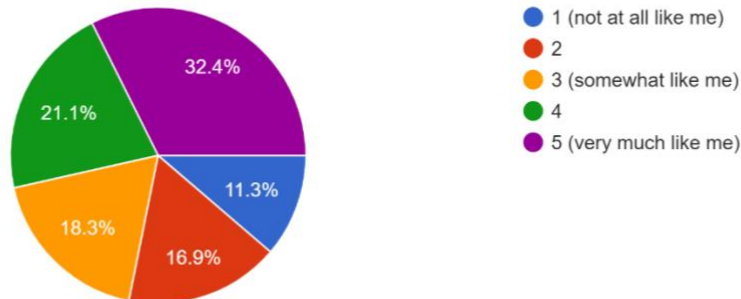


Figure- 4.4

32.4% of the population indicates that a significant portion of individuals fear being hurt if they would allow themselves to become close to others. 21.1% portion of individuals find that they are likely to get hurt in doing so. They may prefer to keep a distance from others to avoid attachments. 23.9% of the participants voted that the statement is "very much like me." This suggests that a considerable number of individuals strongly resonate with the difficulty of relying on others. They may have a strong preference for independence and self-sufficiency, leading to a reluctance to depend on others for support. 11.3% voted that the statement is "not at all like me." This implies that a smaller percentage of respondents do not find it challenging to depend on others. They may feel comfortable seeking help or support from others when needed.

Finally, 12.3% suggest that they do not struggle with depending on others and may have a more open and trusting approach to seeking assistance or relying on others.

Overall, the data reflects a range of attitudes toward depending on others for support. While a significant portion experiences some level of difficulty or hesitation, some individuals do not find it challenging and are more open to relying on others.

5. "I am comfortable without close emotional relationships".

I am comfortable without close emotional relationships.
responses

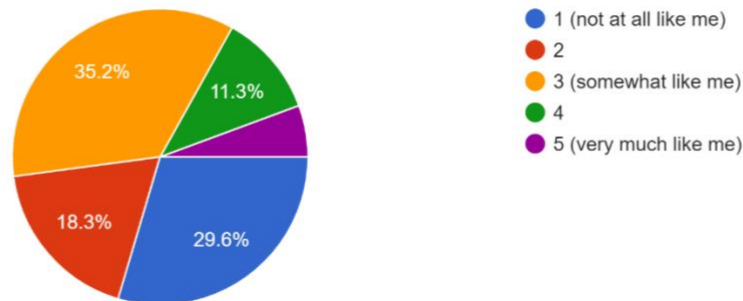


Figure 4.5

According to the given data, respondents were asked to rate their agreement with the statement "I am comfortable without close emotional relationships." Here is a breakdown of the responses:

1. The largest percentage of respondents, 35.2% suggests that a significant portion of the respondents have some degree of comfort without close emotional relationships. They may value independence or have a preference for maintaining a certain level of emotional distance.
2. The second highest percentage, 29.6%, selected the option "not at all like me." This indicates that a considerable number of respondents strongly disagreed with the statement and expressed a need for close emotional relationships in their lives. These individuals likely prioritize emotional connections and may find it challenging to be without them.

3. 18.3% of the respondents suggest that a smaller but still significant group of respondents did not feel comfortable without close emotional relationships. They may require emotional support, intimacy, or a sense of belonging in their lives.
4. 11.3% of the minority of respondents strongly agreed with the statement, indicating a high level of comfort without close emotional relationships. They may prefer solitude, independence, or self-reliance over emotional connections.

Considering the above analysis, it appears that a substantial number of respondents expressed some level of comfort without close emotional relationships. However, there is also a notable percentage that values and seeks emotional connections. The data suggest that individual preferences vary, and there is no one-size-fits-all attitude toward close emotional relationships. It's important to acknowledge and respect these diverse perspectives when considering the emotional needs and preferences of individuals.

6. “ I want to be completely emotionally intimate with others”.

I want to be completely emotionally intimate with others.
responses

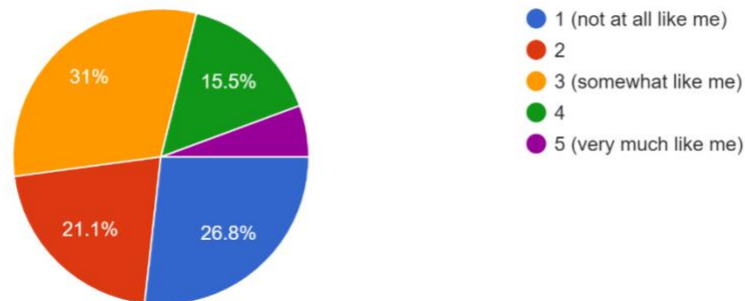


Figure 4.6

While examining the distribution of responses within the population of young adults, the responses can be broken down as :

- 31% of the respondents suggest that a significant portion of young adults have a desire to be emotionally intimate with others.
- 21.1% indicates that a portion of young adults does not express a strong desire for complete emotional intimacy with others.
- 15.5% implies that a notable portion of young adults feels a strong desire for complete emotional intimacy with others, aligning with the statement.
- 26.8% of the respondents said "Not at all like me."

This suggests that a significant portion of young adults do not have a desire for complete emotional intimacy with others. From this data analysis, we can observe that there is a range of responses among young adults regarding their desire for complete emotional intimacy with others. While a significant portion expresses at least some level of desire for emotional intimacy, a substantial proportion does not feel this way.

7. "I worry about being alone".

I worry about being alone.
responses

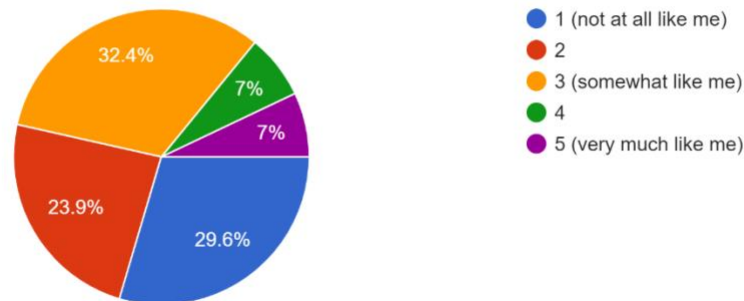


Figure 4.7

To analyse the statement "I worry about being alone" based on the choices given by the population of young adults, let's examine the distribution of responses:

- 29.6% indicates that a significant portion of young adults do not experience worry about being alone.
- 23.9% suggests that a considerable proportion of young adults do not express much concern about being alone.
- 7% of the respondents provided the input "very much like me." This implies that a smaller portion of young adults strongly relate to the worry about being alone.

From this data analysis, we can observe that there is some variability in the level of concern young adults have about being alone. While a significant portion does not experience worry about being alone ("not at all like me"), a notable proportion also does not relate much to this concern. However, a smaller but still significant percentage of young adults strongly identify with the worry about being alone ("very much like me"). These findings indicate that worry about being alone is not a universal experience among young adults. It is important to consider individual differences and personal circumstances when discussing this topic.

8. “I am comfortable depending on other people”.

I am comfortable depending on other people.
responses

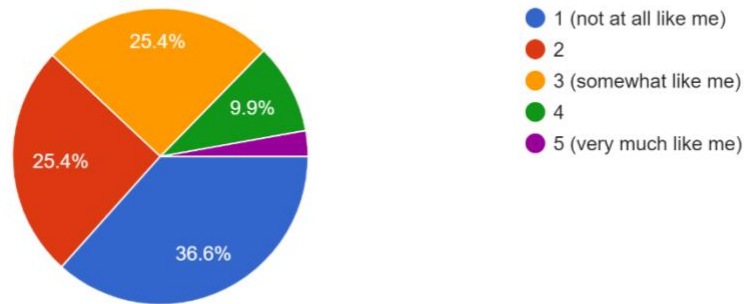


Figure 4.8

Based on the data provided and the analysis conducted, we can conclude that:

- 36.6% indicate that they are not comfortable depending on other people.
- 25.4% suggest they are comfortable depending on others.
- 25.4% find that they have a moderate level of comfort depending on others.
- Apparently, 9.9% feel that they high level of comfort depending on others.

This data highlights that a significant portion (36.6%) of young adults do not feel comfortable depending on others, while a considerable percentage (60.7%) feel at least somewhat comfortable relying on other people.

9. "I find it difficult to trust others completely".

9. I find it difficult to trust others completely.
responses

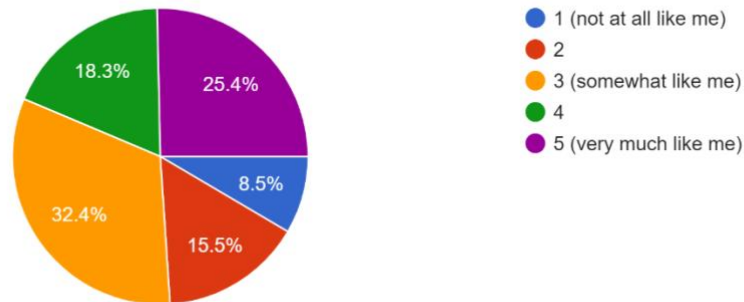


Figure 4.9

The data analysis of the responses from a population of 60 young adults regarding finding it difficult to trust others completely reveals interesting insights. The participants were asked to rate their agreement with the statement "I find it difficult to trust others completely" on a Likert scale. The following percentages represent their choices.

It is evident in the data that the highest response category was "somewhat like me" with 32.4%, followed closely by "very much like me" with 24.4%.

The category comprises the combined percentages of "not at all like me" (8.5%) and "not like me" (15.5%), resulting in a total of 23.5%. The largest portion (32.4%) indicated that they feel somewhat difficulty in trusting others completely. Additionally, 24.4% expressed a high level of difficulty with trusting others (very much like me), while 18.3% acknowledged some level of difficulty (like me).

The data analysis reveals that the majority of young adults (75.1%) find it challenging to trust others completely. While a significant portion (32.4%) experiences some level of difficulty, a substantial percentage (24.4%) expresses a high level of difficulty in trusting others. Conversely, a smaller proportion of young adults (23.5%) indicated that they do not resonate with the statement and do not find it difficult to trust others. These findings highlight the complexities and variations in the trust levels of young adults when it comes to relying on others completely.

10. “ I am comfortable having other people depend on me”.

i. I am comfortable having other people depend on me.
responses

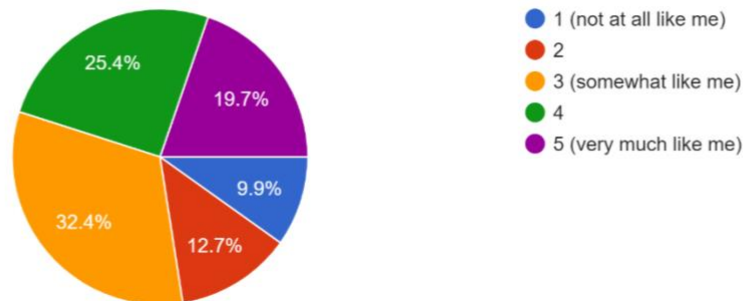


Figure 4.10

The comfort level of the given population with having other people depend on them reveals different patterns. The participants were asked to rate the statement "I am comfortable having other people depend on me" with how it resonates with them.

We can observe that the highest response category was "somewhat like me" with 32.4%, closely followed by "very much like me" with 19.7%. The largest proportion (32.4%) indicated that they are somewhat comfortable with having others depend on them. Additionally, 19.7% expressed a high level of comfort, while 12.7% acknowledged some level of comfort.

In conclusion, the data analysis reveals that a majority of young adults (64.7%) are comfortable with having other people depend on them. Among them, a significant portion (32.4%) feels somewhat comfortable, while a considerable percentage (19.7%) expresses a high level of comfort. Conversely, a smaller proportion of young adults (35.3%) indicated that they do not resonate with the statement and do not feel comfortable with others depending on them. These findings highlight the varying degrees of comfort young adults experience when it comes to others depending on them, with a majority being open to taking on such responsibilities.

11. “ I worry others don’t value me as much as I value them”.

.I worry that others don’t value me as much as I value them.
responses

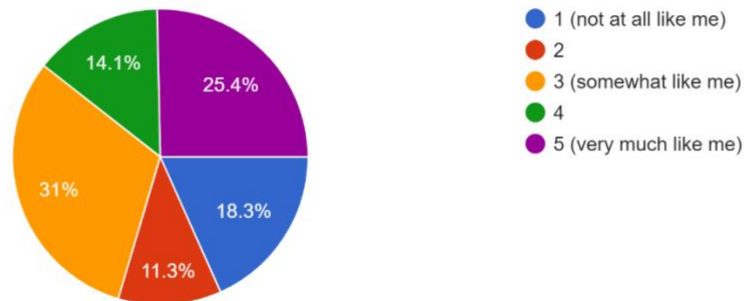


Figure 4.11

The participants were asked to rate their agreement with the statement "I worry that others don't value me as much as I value them" on a Likert scale.

Upon visualizing the data in a bar chart, we can observe that the highest response category was "somewhat like me" with 31%, closely followed by "very much like me" with 25.4%. The largest proportion (31%) indicated that they somewhat worry about not being valued as much as they value others. Additionally, 25.4% expressed a high level of concern (very much like me), while 14.1% acknowledged some level of worry.

In conclusion, the data analysis reveals that a majority of young adults (70.5%) have concerns about not being valued as much as they value others. Among them, a significant portion (31%) experiences some level of worry, while a considerable percentage (25.4%) expresses a high level of concern. Conversely, a smaller proportion of young adults (36.7%) indicated that they do not resonate with the statement and do not worry about being undervalued. These findings highlight the variations in young adults' concerns about the perceived value placed on them by others, with a majority having some level of worry in this regard.

12. "It is very important to me to feel self-sufficient".

. It is very important to me to feel self-sufficient.
responses

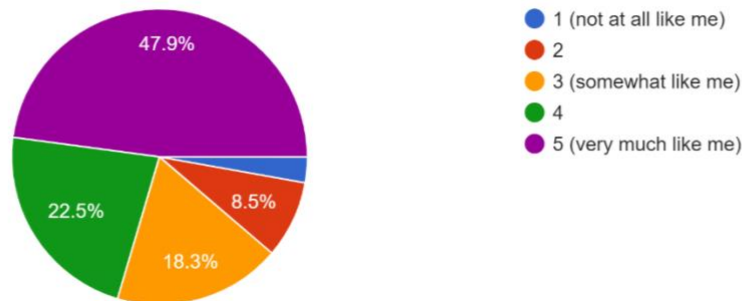


Figure 4.12

To the statement "It is very important to me to feel self-sufficient", the participants rated their experience on a Likert Scale. The following percentages represent their choices: 18.3% voted for "somewhat like me," and the majority, 47.9%, chose "very much like me."

It is evident that the highest response category was "very much like me" with 47.9%. The largest proportion (47.9%) indicated that feeling self-sufficient is very important to them. Additionally, 22.5% expressed that it is important to them (like me), while 18.3% acknowledged some level of importance (somewhat like me).

In conclusion, the data analysis reveals that the majority of young adults (88.7%) consider feeling self-sufficient as important. Among them, nearly half (47.9%) feel that it is very important to them. Additionally, a significant portion (22.5%) expresses that it is important, while a smaller proportion (18.3%) acknowledges some level of importance. Conversely, a small percentage of young adults (8.5%) indicated that feeling self-sufficient is not important to them. These findings highlight the high value placed by young adults on achieving and maintaining self-sufficiency in their lives.

13. “ I prefer not to have other people depend on me”.

.. I prefer not to have other people depend on me.
responses

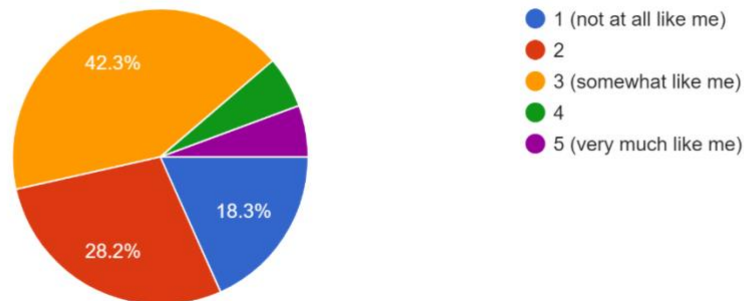


Figure 4.13

The participants were asked to rate their agreement with the statement "I prefer not to have people depend on me" wherein, the data shows that the highest response category was "somewhat like me" with 42.3%. Conversely, a significant proportion (46.5%) expressed that they do not resonate with the statement and do not mind or even prefer having people depend on them.

In conclusion, the data analysis reveals that a significant portion of young adults (42.3%) prefer not to have people depend on them. However, a larger proportion (46.5%) does not share this preference and is open to others depending on them. These findings highlight the diversity in attitudes and preferences among young adults regarding their willingness to be relied upon by others.

14. “ I am somewhat uncomfortable being close to others”.

. I am somewhat uncomfortable being close to others.
responses

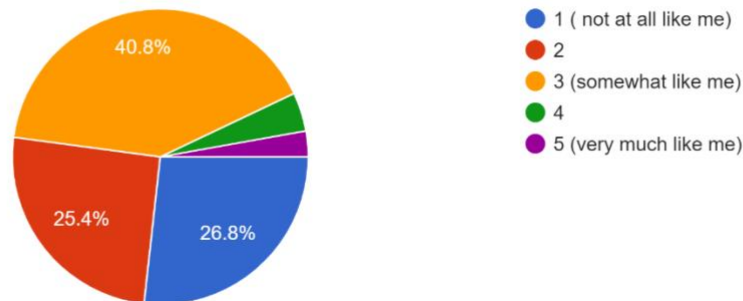


Figure 4.14

The data analysis of the responses from a population regarding their level of comfort in being close to others provides valuable insights. The participants were asked to rate their agreement with the statement "I am somewhat uncomfortable being close to others" on a Likert scale.

Analyzing the data, we find that among the 60 young adults surveyed, the highest response category was "somewhat like me" with 40.8%. This indicates that a significant portion of the population experiences some level of discomfort when it comes to being close to others.

Overall, a considerable proportion (40.8%) expressed that they are somewhat uncomfortable being close to others. This suggests that many individuals experience a certain degree of unease or discomfort in forming close connections.

64 However, it is important to note that the data analysis is based on a specific population of 60 young adults and might not be representative of the wider population. Additionally, individual interpretations of the statement and personal experiences can vary, so the results should be interpreted with caution.

In conclusion, a significant proportion (40.8%) experiences some level of discomfort in being close to others. A notable portion (25.4%) does not resonate with this sentiment, and a considerable percentage (26.8%) indicated complete comfort in close relationships.

15. “ I find that others are reluctant to get as close as I would like”.

I find that others are reluctant to get as close as I would like.

responses

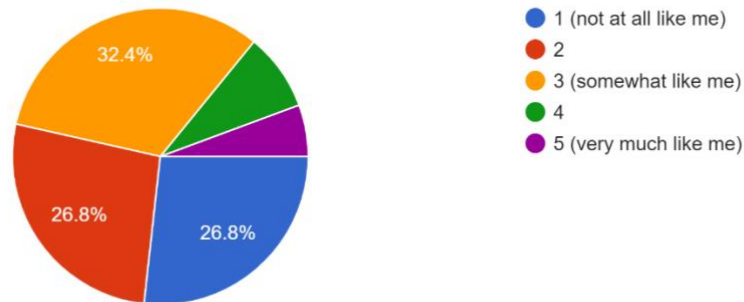


Figure 4.15

The data analysis of the responses from a population of 60 young adults regarding their perception of others being reluctant to get as close as they would like offers intriguing insights. Examining the data, we find that within the surveyed population, the highest response category was "somewhat like me" with 32.4%. This suggests that a significant portion of young adults feels that others are somewhat reluctant to get as close as they desire.

A notable proportion (32.4%) feels that others are somewhat reluctant to get as close as they desire. This indicates that a significant number of individuals experience a perceived gap between their desired level of closeness and the level of closeness they perceive in their relationships.

It is essential to acknowledge that the data analysis is specific to this surveyed population of young adults and may not be representative of the wider population. Additionally, personal

perceptions and interpretations of relationship dynamics can vary, which should be considered when interpreting the results.

In conclusion, the data analysis highlights that within the surveyed population of 60 young adults, a significant proportion (32.4%) perceives that others are somewhat reluctant to get as close as they would like. A considerable percentage (26.8%) does not resonate with this sentiment, indicating that they do not experience such reluctance from others. These findings shed light on the diverse range of perceptions young adults have regarding the level of closeness they desire in their relationships.

16. "I prefer not to depend on others".

. I prefer not to depend on others.
responses

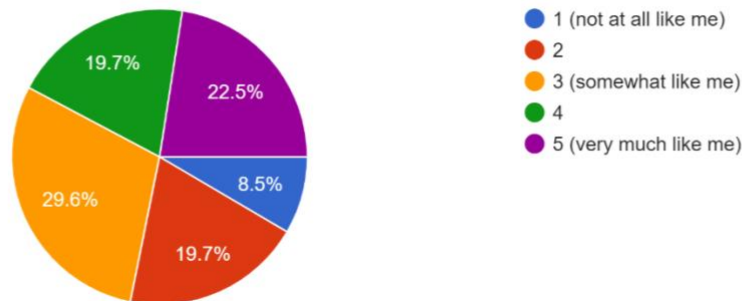


Figure 4.16

The data analysis of the responses regarding their preference to not depend on others provides valuable insights.

The highest response category was "somewhat like me" with 29.6%. This indicates that a significant proportion of the population shares a preference for not depending on others.

Overall, within this population of 60 young adults, a considerable proportion (29.6%) expressed a preference for not depending on others. This highlights the significance of self-sufficiency and independence for a significant portion of the participants. However, it is important to note that individual interpretations of the statement and personal values can vary, and this data represents the responses of a specific group.

In conclusion, the data analysis reveals that within the surveyed population of 60 young adults, a notable proportion (29.6%) prefers not to depend on others. Conversely, some participants (19.7%) indicated a preference for depending on others to some extent. Moreover, a significant percentage (22.5%) expressed a strong preference for independence and not relying on others. These findings underscore the diversity of attitudes and preferences among young adults regarding their inclination to depend on others.

17. " I worry about having others not accept me".

. I worry about having others not accept me.
responses

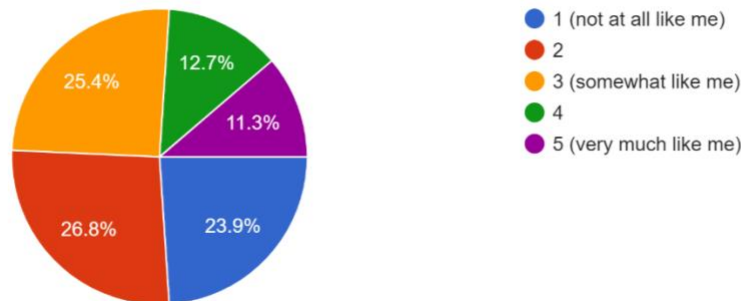


Figure 4.17

The participants were asked to rate their agreement with the statement "I worry about having others not accept me" on a Likert scale. Analyzing the data, we find that among the 60 young adults surveyed, the highest response category was 26.8% which indicates that a significant proportion of the population does not worry about not being accepted by others.

Furthermore, 25.4% of the participants chose "somewhat like me," suggesting that they have some concerns about not being accepted. In contrast, 23.9% responded with "not at all like me," indicating that they do not worry about this issue.

Moreover, 12.7% signifies that they have a moderate level of worry about not being accepted by others. Additionally, 11.3% resonated with "very much like me," suggesting a higher level of concern about not being accepted.

Overall, within this population of 60 young adults, there is a diversity of attitudes and levels of concern regarding not being accepted by others. While a considerable proportion (26.8%) does not worry about this, a notable percentage (25.4%) has some level of concern. Additionally, a smaller proportion expressed moderate (12.7%) or high (11.3%) levels of worry about not being accepted.

It is important to note that individual interpretations of the statement and personal experiences can vary, and this data represents the responses of a specific group. Furthermore, societal and cultural factors may influence these concerns.

In conclusion, the data analysis reveals that within the surveyed population of 60 young adults, a significant portion (26.8%) does not worry about not being accepted by others. However, a notable percentage (25.4%) has some level of concern, while a smaller proportion expressed moderate (12.7%) or high (11.3%) levels of worry. This highlights the varied attitudes and levels of concern among young adults regarding acceptance by others.

18. “ On a whole, I am satisfied with myself”.

On the whole, I am satisfied with myself.
responses

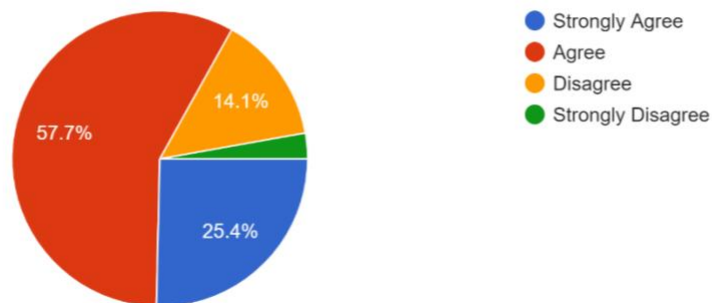


Figure 4.18

1. Majority Agreement - 57% of the respondents chose the option "Agree," indicating that a majority of young adults in this sample have a positive self-perception and are generally satisfied with themselves.
 2. Strong Affirmation - 25.4% of the respondents voted "Strongly Agree," demonstrating an even stronger affirmation of self-satisfaction. This subset of participants appears to have a particularly high level of self-esteem, as they strongly agree with the statement, indicating a strong sense of self-worth and contentment.
 3. Dissatisfaction Minority - 14.1% of the respondents chose the option "Disagree," suggesting that a minority of young adults in this sample have a negative self-perception or are generally dissatisfied with themselves. This subset of participants may possess lower self-esteem or face challenges in finding satisfaction within themselves.
- Predominantly Positive - The overall data analysis reveals a predominantly positive self-perception among the young adults surveyed, with a majority indicating satisfaction with themselves.

19. "At times I think I am not good at all".

At times I think I am no good at all.
Responses

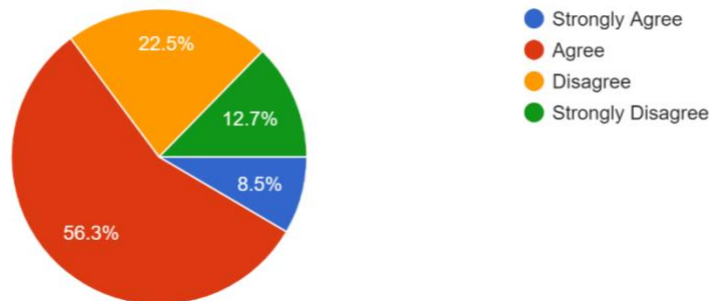


Figure 4.19

The data analysis of the responses collected from 60 young adults via Google Forms regarding the item "On a whole, I am satisfied with myself" can be generated as follows:

Among the respondents, 56.3% chose the option "Agree," indicating that a majority of young adults in this sample have a positive self-perception and generally feel satisfied with themselves. This finding suggests a healthy level of self-esteem within the group, as a majority of individuals hold a positive view of themselves overall.

8.5% of the respondents voted "Strongly Agree," demonstrating an even stronger affirmation of self-satisfaction. This subset of participants has a significantly high level of self-esteem, as they strongly agree with the statement, indicating a robust sense of self-worth and contentment.

22.5% of the respondents chose the option "Disagree," suggesting that a significant proportion of young adults in this sample have a negative self-perception or do not feel satisfied with themselves. This subset of participants may possess lower self-esteem or face challenges in finding satisfaction within themselves.

Interestingly, 12.5% of the respondents responded with "Strongly Disagree," indicating an even stronger disagreement with the statement. This subset represents individuals who strongly

believe they are not satisfied with themselves, highlighting a potentially notable portion of the sample with significantly low self-esteem or self-doubt.

The data analysis reveals a diverse range of responses to the statement, indicating varying levels of self-perception and self-satisfaction within the group of young adults surveyed. The majority expressed agreement or strong agreement, suggesting positive self-perception, but a notable proportion responded with a disagreement or strong disagreement, indicating negative self-perception or dissatisfaction.

These findings emphasize the need to further explore the factors that contribute to the differing levels of self-satisfaction within the sample. Understanding these factors can help the researcher gain a deeper understanding of self-esteem and develop interventions or strategies to promote positive self-perception among young adults.

20. "I feel that I have a number of good qualities".

I feel that I have a number of good qualities.
responses

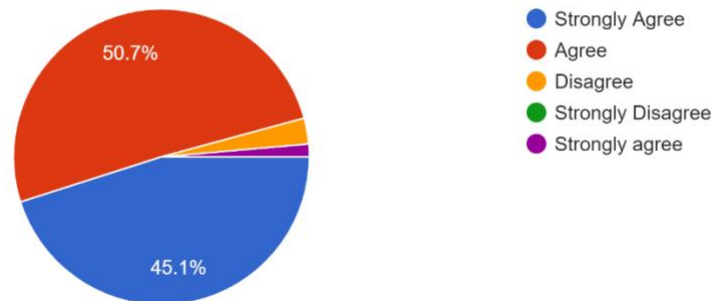


Figure 4.20

The responses given by the population of young adults to the statement "I feel that I have a number of good qualities" in a survey, a data analysis provides insightful findings regarding their self-perception and recognition of positive qualities.

The data analysis reveals that a majority of respondents, 50.7%, agreed with the statement, indicating that they feel they have a number of good qualities. This suggests that a significant proportion of young adults in this sample possess a positive self-perception and recognize positive attributes within themselves. They have a sense of self-awareness and acknowledge their positive qualities.

A substantial percentage, 45.1%, strongly agreed with the statement, emphasizing their strong belief in having a number of good qualities. This subset of participants demonstrates a heightened level of self-esteem and a firm conviction in their positive attributes. They possess a strong sense of self-awareness and take pride in their personal qualities.

The data analysis highlights a positive self-perception and recognition of positive qualities among the young adults surveyed. The majority of respondents agreed, indicating a general acknowledgment of their good qualities, while a significant percentage strongly agreed, signifying a robust belief in their positive attributes.

21. "I am able to do things as well as most other people".

I am able to do things as well as most other people
responses

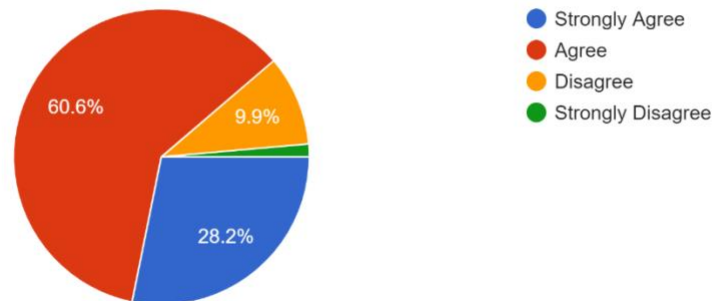


Figure 4.21

Based on the survey responses of the population of young adults regarding the statement "I am able to do things as well as most other people," a data analysis reveals findings about their self-perception and confidence levels.

The majority, comprising 60.6% of respondents, agreed with the statement, indicating that they have confidence in their abilities to perform tasks on par with their peers. This suggests a positive self-perception within the group, with most individuals believing in their competence and capability to accomplish tasks effectively.

Moreover, 28.2% of participants strongly agreed with the statement, displaying an even stronger affirmation of their abilities. This subset of respondents holds a high level of self-assurance, firmly believing that they can perform tasks as well as, or even better than, most other people. Their strong agreement indicates a heightened sense of confidence and belief in their skills.

Conversely, 9.9% of respondents disagreed with the statement, indicating that a minority of young adults do not perceive themselves as capable as most others. This subgroup may possess

lower self-confidence or harbor doubts about their abilities, perceiving themselves as less competent compared to their peers.

Overall, the data analysis underscores a predominantly positive self-perception among the surveyed young adults, with the majority expressing confidence in their abilities and considering themselves on par with others. The significant percentage of the strong agreement further emphasizes their robust belief in their capabilities. However, it is worth noting that a small portion of respondents disagreed, signifying the presence of individuals with lower self-confidence or struggles in comparing themselves to others.

The data analysis provides valuable insights into the self-perception and confidence levels of the young adults surveyed, indicating an overall positive outlook on their abilities. Further exploration could delve into the factors influencing these varying levels of self-perception and confidence, as well as their implications for personal growth and achievement.

22. "I feel I do not have much to be proud of".

I feel I do not have much to be proud of.
responses

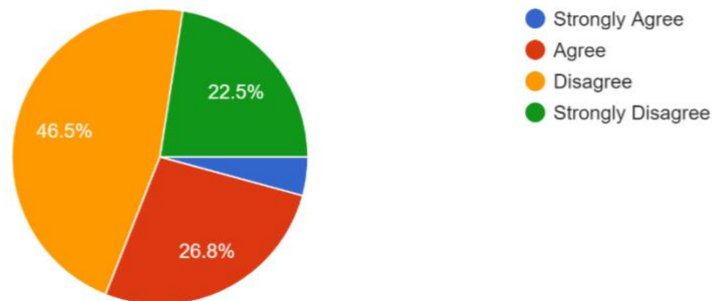


Figure 4.22

The respondents from the given population varyingly approached the statement "I feel I don't have much to be proud of" in a survey:

The data analysis reveals diverse responses among the participants. A significant percentage, 26.8%, agreed with the statement, indicating a diminished sense of accomplishment or a perception of lacking things to be proud of. On the other hand, 22.5% strongly disagreed, expressing a strong belief that they do have reasons to be proud of themselves. Additionally, 46.5% disagreed with the statement, suggesting a more neutral or moderate stance toward their feelings of pride.

These findings reflect varying levels of self-perception and feelings of accomplishment within the surveyed group of young adults. While a significant proportion acknowledged a lack of pride in their accomplishments, a notable percentage held a strong sense of pride. Another sizeable group had a more balanced perspective, acknowledging some achievements or qualities that bring them a sense of pride.

23. “ I certainly feel useless at times”.

I certainly feel useless at times.
responses

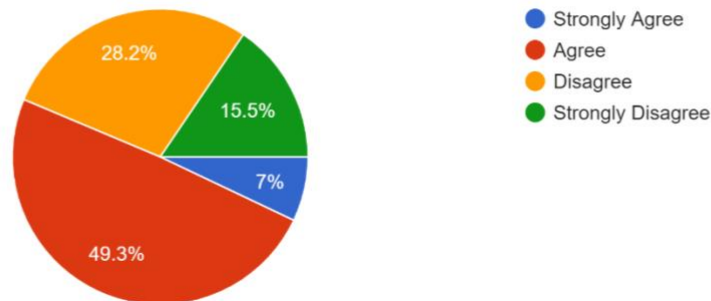


Figure 4.23

⁵⁶ A significant portion of the respondents, 49.3%, agreed with the statement, indicating that they do feel useless at times. This suggests that a considerable number of young adults in this population experience moments when they perceive themselves as lacking purpose or feeling ineffective. They may struggle with self-esteem or face challenges in finding a sense of value in certain situations.

Additionally, 7% of respondents strongly agreed with the statement, demonstrating an even stronger endorsement of feeling useless at times. This subset of participants experiences a more pronounced sense of worthlessness periodically, indicating potentially deeper struggles with self-worth or self-perception.

⁵³ On the other hand, 28.2% of respondents disagreed with the statement, suggesting that they do not feel useless at times. This subgroup holds a more positive self-perception and likely possesses a greater sense of purpose and self-worth. They may have developed coping

mechanisms or strategies to combat feelings of uselessness and maintain a more positive outlook.

15.5% of respondents strongly disagreed with the statement, signifying a strong rejection of feeling useless at any point. This group possesses a robust sense of self-worth and actively dismisses any notions of uselessness. They likely have a higher level of self-esteem and possess the ability to reframe challenges or setbacks in a positive light.

The data analysis highlights a mixed range of responses regarding feelings of uselessness among the population of young adults surveyed. While a significant proportion agreed or strongly agreed, indicating experiences of feeling useless, a notable percentage disagreed or strongly disagreed, indicating a more positive self-perception and a rejection of such feelings.

24. “ I feel that I’m a person of worth, at least on an equal plan with others”.

I feel that I'm a person of worth, at least on an equal plane with others.
responses

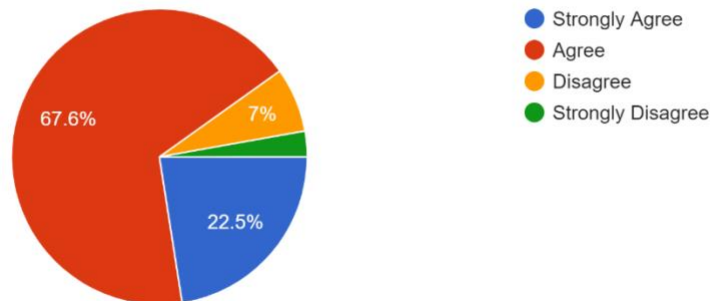


Figure 4.24

The data analysis reveals diverse responses among the participants. A small percentage, 7%, disagreed with the statement, indicating a lower sense of self-worth or a perceived inequality with others. On the other hand, a significant proportion, 22.5%, strongly agreed, expressing a strong belief in their personal worth and equality with others. Additionally, 46.5% agreed with the statement, indicating a general perception of themselves as valuable individuals on an equal plane with others.

These findings reflect varying levels of self-perception and feelings of personal worth within the surveyed group of young adults. While a minority expressed disagreement and a significant percentage strongly agreed, a large proportion agreed, suggesting a positive self-perception and a belief in their own worthiness and equality.

The data analysis underscores the importance of exploring the factors that contribute to these differing perspectives on personal worth and equality. Understanding these factors can provide insights into self-esteem, self-acceptance, and personal development among young adults. Further research is needed to delve into these factors and their implications for the well-being and growth of individuals in this population.

25. “I wish I could have more respect for myself”.

I wish I could have more respect for myself.
responses

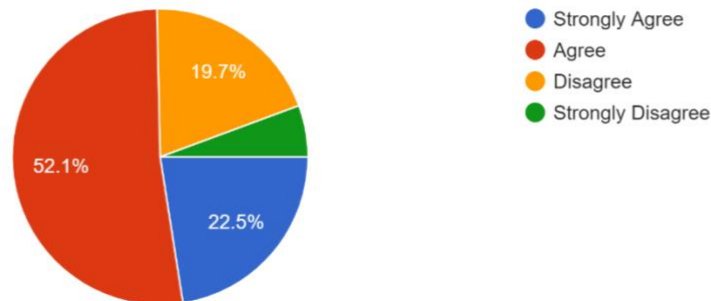


Figure 4.25

A majority of respondents, 52.1%, agreed with the statement, indicating that they wish they could have more respect for themselves. This finding suggests that a significant proportion of young adults in this sample have a desire to improve their self-respect or feel they lack a sufficient level of self-esteem. It implies that these individuals recognize the importance of self-respect and aspire to enhance their self-perception.

19.7% of respondents disagreed with the statement, suggesting that they do not wish to have more respect for themselves. This subset of participants may already have a satisfactory level of self-respect or feel content with their current self-perception. They may prioritize other aspects of their lives or perceive themselves as already having a healthy level of self-esteem. 22.5% of respondents strongly agreed with the statement, indicating a strong desire for increased self-respect. This subset of participants feels a strong need for self-improvement in terms of their self-perception and self-respect. Their strong agreement suggests that they recognize the importance of self-respect and actively seek to enhance it.

The data highlights varying levels of self-perception and the desire for self-respect among the young adults surveyed. While a majority expressed a wish for more self-respect, a notable percentage disagreed, indicating contentment with their current self-perception. The strong agreement category emphasizes the presence of individuals with a strong desire to improve their self-respect.

26. “All in all, I am inclined to feel that I am a failure”.

All in all, I am inclined to feel that I am a failure.
responses

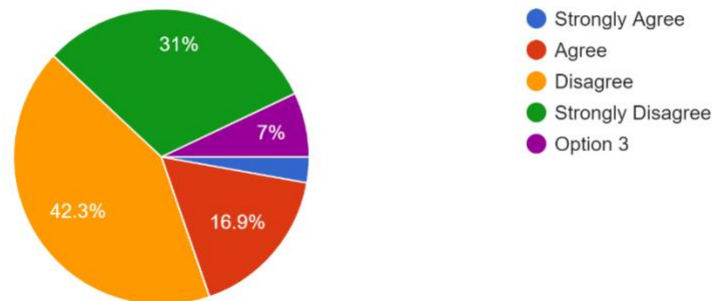


Figure 4.26

A small proportion, 16.9%, agreed with the statement, indicating a tendency to view themselves as failures. This suggests that some young adults in this sample have a negative self-perception and feelings of inadequacy. They may struggle with self-esteem or possess a pessimistic outlook on their achievements and abilities. In contrast, a significant majority, 42.3% of respondents, disagreed with the statement, indicating that they do not feel inclined to see themselves as failures. This group holds a more positive self-perception and rejects the notion of being unsuccessful. They may have a more optimistic view of their accomplishments and possess a healthier level of self-esteem. Additionally, 31% of respondents strongly disagreed, emphasizing their strong belief that they are not inclined to perceive themselves as failures. This subset demonstrates a particularly strong sense of self-worth and confidence in their abilities, completely rejecting the idea of being failures.

The data reveals that while a small portion of young adults agreed with feeling like failures, the majority disagreed, indicating a more positive self-perception and a rejection of the idea of being unsuccessful. The strong disagreement category further highlights the presence of individuals with a firm belief in their competence and success.

27. “I take positive attitude toward myself”.

I take a positive attitude toward myself.
responses

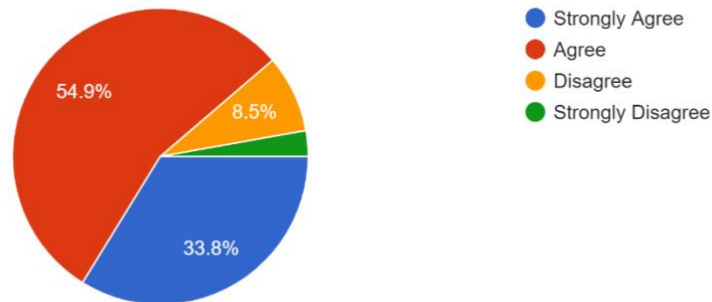


Figure 4.27

The data analysis reveals interesting findings about the self-perception and attitudes of the young adults surveyed. The majority, 54.9%, agreed with the statement, indicating that they have a positive attitude toward themselves. This suggests that a significant proportion of young adults in this sample possess a favorable self-perception and actively maintain an optimistic view of themselves. They demonstrate a constructive and positive mindset when it comes to their own qualities and abilities.

In contrast, a small percentage, 8.5%, disagreed with the statement, implying that they do not share the same positive attitude toward themselves. This subgroup may have a more critical or negative self-perception, lacking a positive outlook on their qualities and abilities. They may struggle with self-esteem or possess a less optimistic view of themselves.

Additionally, 33.8% of respondents strongly agreed with the statement, indicating a strong endorsement of taking a positive attitude toward themselves. This group displays a particularly

high level of self-esteem and possesses a strong belief in their own worth and capabilities. They actively cultivate and maintain a positive mindset and outlook when it comes to their self-perception.

The responses highlight a predominantly positive self-perception and attitude among the young adults surveyed. The majority expressed agreement with taking a positive attitude toward themselves, suggesting a generally favorable self-perception. However, it is important to note the presence of individuals who disagreed, indicating a subgroup with a more critical or negative self-perception.

Table 4.1: Descriptive Statistics of the Sample for Attachment Styles and Self-Esteem

67 **Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
Gender	60	1	2	1.38	.490
Secure	60	2.0	4.6	3.090	.5405
Dismissing	60	1.4	4.6	3.287	.6318
Preoccupied	60	1.3	4.5	2.950	.7038
Fearful	60	1.0	4.5	3.088	.7917
Self-esteem	60	.4	3.0	1.910	.4835
Valid N (listwise)	60				

Table 1 depicts the descriptive statistics of the sample for attachment style and self-esteem scale. In the sub-scale secure, fearful, preoccupied, and dismissing pattern the sample obtained a mean of 1.38, 3.090, 3.287, 2.950, 3.088, 1.910 and in standard deviation, the scores were .490, .5405, .6318, .7038, .7917, .4835 respectively. It was observed that all the standard deviation values were low in this case indicating low levels of variance from the mean.

Table 4.2 - Gender difference among the sample with respect to attachment style (N=60)

• ⁶¹ **Mann - Whitney U Test**

		Ranks		
	Gender	N	Mean Rank	Sum of Ranks
Secure	female	37	29.96	1108.50
	male	23	31.37	721.50
	Total	60		
Dismissing	female	37	27.50	1017.50
	male	23	35.33	812.50
	Total	60		
Preoccupied	female	37	32.57	1205.00
	male	23	27.17	625.00
	Total	60		
Fearful	female	37	30.18	1116.50
	male	23	31.02	713.50
	Total	60		
Self-esteem	female	37	28.01	1036.50
	male	23	34.50	793.50
	Total	60		

Table 2 shows the gender differences with respect to Attachment styles and self-esteem in the sample (N=60). It was observed that there was no significant gender difference in any attachment style and self-esteem.

Table 4.3: Correlation obtained between sub-scales of the attachment scale, self-esteem scale, and age of participants (N=60)

			Correlations					
			Age	Secure	Dismissing	Preoccupied	Fearful	Self-esteem
Spearman's	Age	Correlation Coefficient	1.000	.254*	-.209	.045	-.137	.007
rho		Sig. (2-tailed)	.	.050	.109	.732	.297	.956
			60	60	60	60	60	60

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

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

Table 3 shows the Correlation obtained between sub-scales of attachment scale, self-esteem, and age of the participants. According to the data obtained, there is a significant correlation between the variables and age. The findings depict that as age increases, the tendency to have secure attachments increases. The quality of attachment changes with increasing age, with significant decreases in attachment anxiety, but not in attachment avoidance, which is in line with the current study. There are no significant relations found between other variables as per the results obtained.

Table 4.4: Correlation obtained between sub-scales of attachment scale and self-esteem**(N=60)****Correlations**

		Age	Secure	Dismissing	Preoccupied	Fearful	Self-esteem	
Spearman's rho	Secure	Correlation Coefficient	.254*	1.000	.068	-.251	-.062	.275*
		Sig. (2-tailed)	.050	.	.607	.053	.638	.033
		N	60	60	60	60	60	60
	Dismissing	Correlation Coefficient	-.209	.068	1.000	-.111	.443**	.057
		Sig. (2-tailed)	.109	.607	.	.400	.000	.663
		N	60	60	60	60	60	60
	Preoccupied	Correlation Coefficient	.045	-.251	-.111	1.000	.156	-.167
		Sig. (2-tailed)	.732	.053	.400	.	.233	.201
		N	60	60	60	60	60	60
	Fearful	Correlation Coefficient	-.137	-.062	.443**	.156	1.000	-.273*
		Sig. (2-tailed)	.297	.638	.000	.233	.	.035
		N	60	60	60	60	60	60
	Self-esteem	Correlation Coefficient	.007	.275*	.057	-.167	-.273*	1.000
		Sig. (2-tailed)	.956	.033	.663	.201	.035	.
		N	60	60	60	60	60	60

³⁷ Correlation is significant at the 0.05 level (2-tailed).

Table 3 shows the Correlation obtained between sub-scales of attachment scale and self-esteem. According to the data obtained, there is a ⁴⁸ positive correlation between secure attachment style and self-esteem ($r = .275^*$, $p < 0.05$), whereas a negative correlation was found between fearful attachment style and self-esteem ($r = -.273^*$, $p < 0.05$). This means

that when a person has high secure attachment pattern he or she tends to have a higher rate of self-esteem, whereas in the case of negative correlation when a participant has a higher rate of fearful attachment pattern, he or she tends to have a lower rate of self-esteem.

There was no significant correlation between the other two attachment patterns (preoccupied and dismissing) and self-esteem ($r = -.167, p > 0.05$), ($r = -.057, p > 0.05$).

CHAPTER - 5
FINDINGS,
SUGGESTION
AND
CONCLUSION

FINDINGS

⁴¹The aim of the current study was to understand the relationship between attachment styles and self-esteem of college-going students in Kerala. ³⁶The primary purpose of this study is to find out the relationship between Attachment Styles and Self-Esteem in young adults of the age range of 18-25 and to find how both attachment styles and self-esteem positively or negatively one another. The sample consisted of 70 individuals of which 10 were selected according to the exclusion criteria (37 women and 23 men). The obtained data were analyzed by using statistics such as mean, standard deviation (SD), and Spearman correlation SPSS 16.0 version.

- The results indicate that there was no significant gender difference in any pattern of attachment styles.
- There has been a significant correlation found between the variables and age. The findings depict that as age increases, the tendency to have secure attachments increases. ²The quality of attachment changes with increasing age, with significant decreases in attachment anxiety, but not in attachment avoidance, which is in line with the current study.
- According to the current study, there is a ³²positive correlation between secure attachment style and self-esteem, whereas a negative correlation was found between fearful attachment style and self-esteem. There was no significant correlation between the other two attachment patterns (preoccupied and dismissing) and self-esteem.

RECOMMENDATION

1. **Integrate attachment-based interventions:** Based on the findings of this quantitative study, it is recommended that social work practitioners incorporate attachment-based interventions into their practice when working with young adults. These interventions could include techniques such as guided imagery, role-playing, and psychoeducation focused on attachment styles. By addressing attachment-related issues directly, social workers can help young adults develop more secure attachment patterns and improve their self-esteem.
2. **Foster supportive relationships:** Social workers should emphasize the importance of supportive relationships in promoting healthy attachment styles and self-esteem among young adults. Encouraging the formation of positive social connections, such as mentoring programs or support groups, can provide young adults with the opportunity to experience secure attachments outside of their immediate family. This can contribute to increased self-esteem and a sense of belonging.
3. **Enhance self-esteem through empowerment:** Recognizing the critical role of self-esteem in young adults' overall well-being, social workers should focus on empowering young adults to build their self-esteem. This can be achieved through strength-based approaches that highlight their unique strengths, skills, and accomplishments. Encouraging young adults to set realistic goals, celebrate achievements, and engage in self-care activities can also contribute to a positive sense of self and improved self-esteem.
4. **Provide psychoeducation on attachment and self-esteem:** Social workers should develop and deliver psychoeducational programs targeting attachment styles and self-esteem for young adults. These programs can provide information on attachment

theory, the impact of attachment styles on relationships and self-esteem, and practical strategies for developing healthier attachment patterns and enhancing self-esteem.

Workshops, group sessions, or online resources can be utilized to disseminate this information widely.

5. Collaborate with other professionals: Given the multidimensional nature of attachment styles and self-esteem, social workers should collaborate with professionals from other disciplines, such as psychologists, counselors, and educators. Collaborative efforts can lead to a comprehensive approach to intervention and support, ensuring that young adults receive holistic care addressing their attachment and self-esteem needs.
6. Advocate for systemic changes: To address the underlying systemic factors that may influence attachment styles and self-esteem, social workers should engage in advocacy efforts. This includes advocating for policies that support family-centered interventions, trauma-informed care, and improved access to mental health services for young adults. By addressing systemic barriers, social workers can contribute to creating an environment that promotes secure attachments and positive self-esteem among young adults.
7. Continued research and evaluation: Encourage further research and evaluation in the field of attachment styles and self-esteem among young adults. As new insights emerge, social workers should stay informed about the latest research and best practices. Engaging in ongoing professional development and actively participating in research collaborations can enhance the effectiveness of social work interventions in this area.

By implementing these recommendations, social work practitioners can effectively address attachment-related issues, promote healthy self-esteem, and contribute to the overall well-being of young adults.

IMPLICATIONS OF SOCIAL WORK PRACTICE

Implications for professional social work practice in relation to the association of attachment styles and self-esteem in young adults are multifaceted. Here are some key considerations and recommendations for social work practitioners:

- **Assessment and identification:** Social workers should prioritize the assessment and identification of attachment styles and self-esteem issues in young adults. This can be accomplished through comprehensive interviews, standardized assessment tools, and observation of client behaviors. A thorough understanding of these factors can inform intervention strategies and treatment plans.
- **Individualized intervention approaches:** Recognizing that attachment styles and self-esteem are deeply personal and unique to each individual, social workers should adopt individualized intervention approaches. This includes tailoring interventions to the specific attachment style and addressing underlying self-esteem concerns. Utilize evidence-based therapeutic techniques, such as cognitive-behavioral therapy, psychodynamic approaches, or emotion-focused therapy, that have shown efficacy in addressing attachment-related issues and self-esteem.
- **Supportive counseling:** Provide a safe and supportive therapeutic environment where young adults can explore and process their attachment styles and self-esteem issues. Engage in empathetic listening, validation, and non-judgmental support to create a trusting therapeutic relationship. This can help young adults build a positive sense of self and develop healthier attachment patterns.

- **Psychoeducation and skill-building:** Social workers can play a crucial role in educating young adults about attachment theory, the impact of attachment styles on self-esteem, and how these dynamics can influence relationships and overall well-being. Provide psychoeducational materials, workshops, or group therapy sessions to enhance their understanding and help them develop healthy coping strategies, emotional regulation skills, and communication techniques.
- **Addressing trauma and unresolved issues:** Recognize that attachment styles and self-esteem are often shaped by past experiences, including trauma, neglect, or loss. Social workers should be skilled in trauma-informed practice and address underlying unresolved issues that may be impacting attachment and self-esteem. Utilize trauma-focused interventions like trauma-focused cognitive-behavioral therapy, to help young adults process and heal from past traumatic experiences.
- **Collaborative approach:** Collaborate with other professionals, such as psychologists, counselors, and psychiatrists, to provide comprehensive care to young adults with attachment styles and self-esteem concerns. Interdisciplinary teamwork can ensure a holistic approach to addressing the complex needs of these individuals.

By implementing these implications for professional social work practice, practitioners can better support young adults in developing secure attachment styles, improving self-esteem, and promoting overall well-being. With addressing attachment-related issues and fostering self-esteem, social workers can contribute to the overall well-being and resilience of young adults, enabling them to form healthy relationships and navigate the challenges of adulthood.

CONCLUSION

CONCLUSION

The current study⁵⁹ aimed to explore the relationship between attachment styles and self-esteem among college-going students in Kerala, within the age range of 18-25. The findings of this study provide valuable insights into this association.

Firstly, the study found no significant gender differences in any pattern of attachment styles, indicating that attachment styles are not influenced by gender among college-going students in this context.

Secondly, a significant correlation was observed between age and attachment styles. As age increased, there was an increasing tendency to have secure attachments. This suggests that attachment patterns may change and become more secure with age among young adults in this population. Additionally, the study found a significant decrease in attachment anxiety with increasing age, while attachment avoidance did not show a significant change. These findings align with the current study's results.

Lastly, the study identified¹⁸ a positive correlation between secure attachment style and self-esteem, indicating that individuals with secure attachment styles tend to have higher self-esteem. On the other hand, a negative correlation was found between fearful attachment style and self-esteem, implying that individuals with fearful attachment styles experience lower self-esteem. However,²² no significant correlation was observed between self-esteem and the other two attachment patterns, preoccupied and dismissing.

These findings provide important insights into the relationship between attachment styles and self-esteem among college-going students in Kerala. They suggest that fostering secure attachment styles and addressing fearful attachment patterns may have positive implications for enhancing self-esteem in this population. Social work practitioners and professionals

working with young adults can utilize these findings to develop targeted interventions and strategies that promote secure attachments and positive self-esteem.

It is important to note that this study utilized a quantitative research design and analyzed data using statistical measures such as mean, standard deviation, and Spearman correlation. While these findings provide valuable insights, further research using larger and more diverse samples, as well as employing qualitative approaches, longitudinal designs, and intervention studies, would be beneficial to enhance the understanding of the complex relationship between attachment styles and self-esteem among young adults. By expanding the knowledge base in this area, social work practitioners can continue to refine their approaches and interventions, ultimately promoting the well-being and psychosocial development of young adults.

BIBLIOGRAPHY

1. Kawamoto, T. (2020). The moderating role of attachment style on the relationship between self-concept clarity and self-esteem. *Personality and Individual Differences*, 152, 109604.
<https://doi.org/10.1016/j.paid.2019.109604>
2. Brennan, K. A., & Morns, K. A. (1997). Attachment Styles, Self-Esteem, and Patterns of Seeking Feedback from Romantic Partners. *Personality and Social Psychology Bulletin*, 23(1), 23–31. <https://doi.org/10.1177/0146167297231003>
3. Huntsinger, E., & Luecken, L. J. (2004). Attachment relationships and health behavior: the mediational role of self-esteem. *Psychology & Health*, 19(4), 515–526.
<https://doi.org/10.1080/0887044042000196728>
4. Haque, M. I. M. a. U. (2015, December 30). *Attachment Styles, Self-Esteem and Rejection Sensitivity among University Students*. <http://www.pjpk.com/index.php/pjp/article/view/71>
5. Wearden, A., Lambertson, N., Crook, N., & Walsh, V. (2005). Adult attachment, alexithymia, and symptom reporting: an extension to the four category model of attachment. *Journal of Psychosomatic Research*, 58(3), 279–288.
<https://doi.org/10.1016/j.jpsychores.2004.09.010>
5. Cozzarelli, C., Karafa, J. A., Collins, N. L., & Tagler, M. J. (2003). Stability and change in adult attachment styles: associations with personal vulnerabilities, life events. and global construals of self and others. *Journal of Social and Clinical Psychology*, 22(3), 315–346.
<https://doi.org/10.1521/jscp.22.3.315.22888>

6. Pincus, M. (2022). Associations of Self-Esteem With Attachment to Parents: A Meta-Analysis. *Psychological Reports*, 003329412210797. <https://doi.org/10.1177/00332941221079732>
7. Sagone, E., Commodari, E., Indiana, M. L., & La Rosa, V. L. (2023). Exploring the Association between Attachment Style, Psychological Well-Being, and Relationship Status in Young Adults and Adults—A Cross-Sectional Study. *European Journal of Investigation in Health, Psychology and Education*, 13(3), 525–539. <https://doi.org/10.3390/ejihpe13030040>
8. *Seeking Self-Certainty in an Uncertain Time: Attachment Style and Self-Esteem in Emerging Adulthood*. (n.d.). Holly M. Rosen, Clark University. <https://commons.clarku.edu/studentworks/10/>
9. Foster, J. D., Kernis, M. H., & Goldman, B. (2007). Linking adult attachment to self-esteem stability. *Self and Identity*, 6(1), 64–73. <https://doi.org/10.1080/15298860600832139>
10. Dhal, A., Bhatia, S. N., Sharma, V., & Gupta, P. (2007). Adolescent Self-Esteem, Attachment and Loneliness. *Journal of Indian Association for Child and Adolescent Mental Health*, 3(3), 61–63. <https://doi.org/10.1177/0973134220070303>
11. APA PsycNet. (n.d.). <https://psycnet.apa.org/record/1996-14074-001>
12. Leondari, A., & Kiosseoglou, G. (2000). The Relationship of Parental Attachment and Psychological Separation to the Psychological Functioning of Young Adults. *Journal of Social Psychology*, 140(4), 451–464. <https://doi.org/10.1080/00224540009600484>

13. Magai, C., Hunziker, J., Mesias, W., & Culver, L. C. (2000). Adult attachment styles and emotional biases. *International Journal of Behavioral Development*, 24(3), 301–309.

<https://doi.org/10.1080/01650250050118286>

14. (2022). Association between secure attachment style and subjective well-being: Examining the sequential mediation effects. *Asia Pacific Journal of Health Management*.

<https://search.informit.org/doi/abs/10.3316/informit.693513522666522>

APPENDICES

APPENDIX A

CONSENT FORM

Title of the project

A Quantitative Research on the Association of Attachment Styles and Self-Esteem in Young Adults.

Researcher details

Ms.Aswathy S Kumar – IV semester MSW student, Bharata Mata School of Social Work, Thrikkakara, Kerala, India.

Information about the study

You are invited to participate in this study if you are between the age limit of 18 to 25 years and if you are an unmarried college-going student, residing in Kerala. If you do fall into the criteria above-mentioned then I would request you to fill out the following questionnaires. It will take around 10-12 minutes to complete them. Your responses will be kept confidential and used only for research purposes.

Statement of consent

I am Aswathy S Kumar, a Post Graduate student at Bharata Mata College, Thrikkakara. As part of my academic requisites, I am conducting a study on Attachment Style and Self Esteem among College Students in Kerala. You're invited to participate in this survey if you are an unmarried college student falling within the age criteria of 18-25 years and also residing in Kerala.

If you fall under the above-mentioned criteria, I request you to fill out the following questionnaire which will take you around 10 -12 minutes to complete. Your data from this research will be confidential and be taken only for research purposes.

Thanking you in advance.

APPENDIX B

SOCIO-DEMOGRAPHIC DETAILS

Email:

Age:

Gender:

Male

Female

Prefer not to say

Educational Qualification:

Name of the Institution:

Marital Status:

Place of Residence:

APPENDIX C

RELATIONSHIP SCALE QUESTIONNAIRE

Please read the statements carefully. There are no right or wrong answers. For each item, select the response that most accurately describes you.

Statements	1 Not at all like me	2	Somewhat like me	4	Very much like me
1. I find it difficult to depend on other people.					
2. It is very important to me to feel independent.					
3. I find it easy to get emotionally close to others.					
4. I want to merge completely					

with another person.					
5. I worry that I will be hurt if I allow myself to become too close to others					
6. I am comfortable without close emotional relationships.					
7. I am not sure that I can always depend on others to be there when I need them.					
8. I want to be completely emotionally					

intimate with others.					
9. I worry about being alone.					
10. I am comfortable depending on other people.					
11. I often worry that romantic partners don't really love me.					
12. I find it difficult to trust others completely.					
13. I worry about others getting too close to me.					

14. I want emotionally close relationships.					
15. I am comfortable having other people depend on me.					
16. I worry that others don't value me as much as I value them.					
17. People are never there when you need them.					
18. My desire to merge completely sometimes					

scares people away.					
19. It is very important to me to feel self-sufficient.					
20. I am nervous when anyone gets too close to me.					
21. I often worry that romantic partners won't want to stay with me.					
22. I prefer not to have other people depend on me.					

23. I worry about being abandoned.					
24. I am somewhat uncomfortable being close to others.					
25. I find that others are reluctant to get as close as I would like.					
26. I prefer not to depend on others.					
27. I know that others will be there when I need them.					
28. I worry about having					

others not accept me.					
29. Romantic partners often want me to be closer than I feel comfortable being.					
30. I find it relatively easy to get close to others.					

APPENDIX D

ROSENBERG'S ⁴SELF-ESTEEM SCALE

1. On the whole, I am satisfied with myself.
2. At times I think I am no good at all.
3. I feel that I have a number of good qualities.
4. I am able to do things as well as most other people.
5. I feel I do not have much to be proud of.
6. I certainly feel useless at times.
7. I feel that I'm a person of worth.
8. I wish I could have more respect for myself.
9. All in all, I am inclined to think that I am a failure.
10. I take a positive attitude toward myself.

1 = Strongly agree 2 = Agree 3 = Disagree 4 = Strongly disagree

● **13% Overall Similarity**

Top sources found in the following databases:

- 9% Internet database
- Crossref database
- 11% Submitted Works database
- 4% Publications database
- Crossref Posted Content database

TOP SOURCES

The sources with the highest number of matches within the submission. Overlapping sources will not be displayed.

1	University of Northumbria at Newcastle on 2020-04-09 Submitted works	2%
2	researchgate.net Internet	1%
3	Iowa State University on 2023-05-08 Submitted works	<1%
4	Bath Spa University College on 2011-11-22 Submitted works	<1%
5	commons.clarku.edu Internet	<1%
6	Our Lady of Fatima University on 2023-06-14 Submitted works	<1%
7	ijraset.com Internet	<1%
8	science.gov Internet	<1%

9	Higher Education Commission Pakistan on 2023-04-09	<1%
	Submitted works	
10	Symbiosis International University on 2021-07-08	<1%
	Submitted works	
11	files.aiscience.org	<1%
	Internet	
12	research.manchester.ac.uk	<1%
	Internet	
13	mdpi.com	<1%
	Internet	
14	North Harris Montgomery Community College District on 2023-04-08	<1%
	Submitted works	
15	Angeliki Leondari, Grigoris Kiosseoglou. "The Relationship of Parental ...	<1%
	Crossref	
16	Edge Hill University on 2023-04-24	<1%
	Submitted works	
17	scholarsarchive.byu.edu	<1%
	Internet	
18	De La Salle University on 2023-04-17	<1%
	Submitted works	
19	Northcentral on 2023-04-06	<1%
	Submitted works	
20	University of Auckland on 2007-08-29	<1%
	Submitted works	

21	scribd.com	Internet	<1%
22	The Robert Gordon University on 2010-06-16	Submitted works	<1%
23	semantic scholar.org	Internet	<1%
24	University of Keele on 2014-11-04	Submitted works	<1%
25	Tetsuya Kawamoto. "The moderating role of attachment style on the re...	Crossref	<1%
26	Oxford Brookes University on 2023-05-11	Submitted works	<1%
27	journal.achsm.org.au	Internet	<1%
28	asu.pure.elsevier.com	Internet	<1%
29	Birkbeck College on 2019-06-06	Submitted works	<1%
30	Florida International University on 2022-12-10	Submitted works	<1%
31	Union College on 2023-05-03	Submitted works	<1%
32	Regent's College on 2020-09-01	Submitted works	<1%

33	uir.unisa.ac.za	Internet	<1%
34	Enrico DiTommaso, Cyndi Brannen-McNulty, Lynda Ross, Melissa Burg...	Crossref	<1%
35	University of Ballarat on 2013-10-22	Submitted works	<1%
36	studenttheses.uu.nl	Internet	<1%
37	ashwinanokha.com	Internet	<1%
38	pjpk.com	Internet	<1%
39	Bolton Institute of Higher Education on 2019-05-03	Submitted works	<1%
40	Columbia College of Missouri on 2018-06-18	Submitted works	<1%
41	Federation University on 2014-10-08	Submitted works	<1%
42	National College of Ireland on 2023-03-27	Submitted works	<1%
43	Our Lady of Fatima University on 2022-06-08	Submitted works	<1%
44	Viviana Cicero. "The role of attachment dimensions and perceived soci...	Crossref	<1%

45	openbooks.macewan.ca	Internet	<1%
46	Katy Kamkar. "Insecure Attachment to Parents and Depressive Sympto...	Crossref	<1%
47	Savitribai Phule Pune University on 2016-06-04	Submitted works	<1%
48	University of Northumbria at Newcastle on 2018-03-21	Submitted works	<1%
49	ejop.psychopen.eu	Internet	<1%
50	link.springer.com	Internet	<1%
51	Alessia Passanisi, Alessia Maria Gervasi, Carmela Madonia, Giovanni ...	Crossref	<1%
52	Georgia College & State University on 2019-08-02	Submitted works	<1%
53	SRH Holding on 2023-07-05	Submitted works	<1%
54	University of Newcastle on 2022-03-18	Submitted works	<1%
55	ijhssi.org	Internet	<1%
56	Asia Pacific University College of Technology and Innovation (UCTI) on...	Submitted works	<1%

57	Heriot-Watt University on 2022-08-05 Submitted works	<1%
58	O. P. Jindal Global University on 2023-05-02 Submitted works	<1%
59	University of Bradford on 2020-09-01 Submitted works	<1%
60	scholarworks.waldenu.edu Internet	<1%
61	shodhganga.inflibnet.ac.in Internet	<1%
62	De La Salle University on 2023-07-07 Submitted works	<1%
63	Liberty University on 2009-12-16 Submitted works	<1%
64	London School of Science & Technology on 2023-06-14 Submitted works	<1%
65	National Institute of Education on 2015-02-05 Submitted works	<1%
66	Northcentral on 2022-01-14 Submitted works	<1%
67	Southampton Solent University on 2020-05-10 Submitted works	<1%
68	Sunway Education Group on 2018-05-10 Submitted works	<1%

69	University of Limerick on 2022-04-28 Submitted works	<1%
70	library.ciu.edu.tr Internet	<1%
71	s3.eu-central-1.amazonaws.com Internet	<1%

● Excluded from Similarity Report

- Bibliographic material
- Cited material
- Manually excluded text blocks
- Quoted material
- Small Matches (Less than 12 words)

EXCLUDED TEXT BLOCKS

Dissertation Submitted to Mahatma Gandhi University, Kottayam in partial fulfilmen...

Iowa State University on 2023-05-08

Bharata Mata School of Social Work Thrikkakara, Kochi-21 (Affiliated to Mahatma ...

Iowa State University on 2023-05-08

viva voce examination held on : External Examiner:

www.coursehero.com

submitted to the

Iowa State University on 2023-05-08

This study

worldwidescience.org

ACKNOWLEDGEMENT I would like to acknowledge and give my warmest thanks to ...

Jabatan Pendidikan Politeknik Dan Kolej Komuniti on 2021-09-13

OF CONTENTS

Submitted on 1688257933038

Chapter 2-Review of Literature

docshare.tips

that humans have a genetic and evolutionary need to be close to a select few

commons.clarku.edu

to have a

ruor.uottawa.ca

Four attachment styles—secure, preoccupied, dismissiveavoidant, and

etheses.qmu.ac.uk

These attachment behaviors are natural responses to the

Columbia College of Missouri on 2018-06-18

positive emotional experiences

Tetsuya Kawamoto. "The moderating role of attachment style on the relationship between self-concept clari..."

with regard to

esource.dbs.ie