



Attachment Anxiety, Attachment Avoidance, and Relationship Satisfaction as Predictors of Perceived Stress among Young Adults

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Abstract: The following study examined the possible relationship between the two types of attachment (attachment anxiety and attachment avoidance), relationship satisfaction, and perceived stress in young adults. A sample size of 200 was recruited through convenience sampling, and the data were collected via Google Forms. Individuals aged 18-30 were asked to participate with their consent. All the participants were debriefed about the purpose of the study and regarding the confidentiality of their responses, along with their right to withdraw at any moment. The study encompasses four major variables to be measured, which are: Attachment Anxiety, Attachment Avoidance, Relationship Satisfaction, and Perceived Stress. The Attachment variables (Anxious and Avoidant) were assessed using the Experiences in Close Relationships- Revised (ECR-R), Relationship Satisfaction was assessed by the Relationship Assessment Scale (RAS), and Perceived Stress was assessed by the Perceived Stress Scale (PSS-10). Pearson Product-Moment Correlation was statistically applied to explore the possible associations between the variables. Hypothetical results indicated that both Attachment Anxiety and Attachment Avoidance were positively correlated with Perceived Stress. On the other hand, Relationship Satisfaction was negatively correlated with Perceived Stress. The final findings postulate that the patterns of anxious attachment and lower levels of relationship satisfaction might be associated with higher perceived stress in young adults.

Keywords: *Attachment Anxiety, Attachment Avoidance, Relationship Satisfaction, Perceived Stress*

1. Introduction

1.1 *Background of the Study*

The time period of Young Adulthood (18-30 years) is defined by the exploration of one's identity, emotional growth, career aspirations, and the formation of intimate romantic relationships. This stage is often called the transitional stage, as it motivates and encourages the individual to seek responsibilities, explore certain opportunities, face interpersonal challenges, and establish a new self. These developmental formations, on the other hand, are also significantly responsible for increasing the stress levels in the individual. Among Young Adults, stress is mostly salient and is often seen in the form of emotional instability, dysfunction, and dysregulation.

1.2 *Perceived Stress*

It is defined as the level to which individuals see a situation as “stressful” for themselves. It often involves feelings of unpredictability, overwhelming emotions, difficulty coping with negative stimuli, and emotional dysregulation. The experience of perceived stress is highly subjective, as different individuals perceive it differently. (Cohen et al., 1983).

(Lazarus & Folkman, 1984) gave the concept of the Transactional Framework of stress, which posits that stress occurs when an individual's coping resources are depleted relative to their environmental demands. According to this framework, stress works on two principles, which are called “Appraisals”, which are: Primary and Secondary Appraisal.

- Primary Appraisal: It refers to how an individual perceives a situation as threatening
- Secondary Appraisal: It refers to the ability of an individual to cope with a threat

When people perceive situations as stressful or threatening, their coping resources are limited, which intensifies the stress perception, further leading to dysfunction and/or dysregulation.

1.3 *Attachment*

It refers to the amount of closeness one feels with the people around them. It simply means how emotionally close one feels with their people, including family members, caregivers, friends, and romantic partners.

Attachment Theory: It was originally proposed by John Bowlby in 1982. This famous theory posits that the emotional development of an individual highly depends on the early interactions of the child with his or her caregivers. It suggests that the type of interaction individuals have had with their caregivers in their childhood and critical years plays a significant role in their emotional regulation and attachment patterns.

Another well-known contribution by Mary Ainsworth (1978) further suggests that attachment is and can be classified in infancy, forming secure, anxious, or avoidant patterns in

the individual. Based on this concept of attachment, Mary Ainsworth introduced two different types of attachment patterns in adulthood, which are:

- a. *Attachment Anxiety*: It refers to forming an insecure pattern of attachment due to an inconsistency in affection, care, emotional presence, and emotional safety from the caregivers. This type of attachment pattern involves a severe fear of abandonment, Excessive reassurance-seeking behaviours, intensified anxiety, and hypervigilance to possible threats. Individuals with this attachment style are always hyper-alert, scanning for possible threats or danger, and fearing rejection.
- b. *Attachment Avoidance*: It reflects a sense of discomfort in feeling emotions, expressing feelings, and with closeness. Individuals with this attachment style tend to suppress their emotions and avoid conversations that revolve around emotional expression. These individuals demand a high sense of independence. When faced with emotional conversations, they tend to either shut down, get defensive, or leave the conversation right there.

1.4 Attachment and Stress Regulation

The Attachment theory is fruitful in understanding the stress responses of individuals with different attachment styles (as per the theory). It suggests that individuals who are securely attached tend to perceive and see themselves as worthy, confident, and hold a sense of high self-esteem and reliability.

On the other hand, individuals who are anxiously attached tend to perceive themselves as unworthy, have low self-esteem, and are excessively dependent on others for constant reassurance. Moreover, their constant doubts and worries might result in limited coping resources for them.

Further, individuals with an attachment avoidant style tend to suppress their emotions and avoid sitting with the discomfort of emotions and feelings, which might appear as easy-going, but is even more stressful in the long term. Research has shown that avoidant individuals experience physiological stress more often than not, despite reporting lower subjective stress, because of the constant suppression of emotions and feelings.

Therefore, both styles of insecure attachment (anxious and avoidant) significantly contribute to the increased amount of perceived stress, further leading to dysfunction or dysregulation. It is also believed that the attachment style directly influences the quality of a romantic relationship, which can intensify perceived stress for an individual.

1.5 Relationship Satisfaction as an Interpersonal Resource

The term Relationship Satisfaction refers to the individual's subjective evaluation of their satisfaction with their romantic relationship. It usually involves the quality of the relationship, happiness, comfort, and fulfilment. (Hendrick, 1988).

High relationship satisfaction is characterized by a high sense of trust in the partners, reliability, co-dependence, sense of growth, fulfilment, and emotional availability. Whereas, Low relationship satisfaction is characterized by a low sense of trust in the partners, lack of growth & fulfilment, and lack of emotional reliability and availability.

It is believed that the romantic partners often function as the primary caregivers of an individual, which suggests that the quality of the romantic relationship has a significant influence on how the individuals emotionally connect and regulate themselves. The stress buffer hypothesis postulates that positive and supportive romantic relationships enhance coping mechanisms for emotional regulation. (Cohen & Wills, 1985).

When partners in a romantic relationship are highly satisfied, happy, and content in their relationship, they tend to perceive a great amount of emotional security, support, and growth in all aspects, as compared to the dissatisfied partners, who tend to lack emotional security, growth, and fulfilment, which further increases the stress.

Moreover, Relationship Satisfaction is associated with attachment patterns or styles. Individuals with attachment anxiety are prone to experience a high sense of instability, insecurity, and uncertainty in their relationships due to the severe fear of abandonment and excessive reassurance seeking. (Feeney & Noller, 1990).

Similarly, individuals with attachment avoidance experience discomfort with closeness, reduced emotional intimacy, and a lack of emotional disclosure. (Mikulincer & Shaver, 2007).

1.6 Integrating Attachment, Relationship Satisfaction, and Stress

Integration of Attachment Styles, Relationship Satisfaction, and Perceived Stress enables the pathway of how relational schemas shape the interpersonal functioning of individuals. These relational schemas significantly influence the quality of a romantic relationship, which further has an impact on the perceived stress of an individual. The pathway often starts with attachment insecurity, leading to lower levels of relationship satisfaction, further leading to increased perceived stress. Moreover, attachment insecurity has a direct impact on perceived stress by shaping the strategies for emotional regulation.

In young adulthood, where the romantic partners function as parental figures, providing emotional security, affection, care, and growth, this interplay holds significant importance in

the study of attachment patterns. The development of intimate relationships during this stage boosts the relevance of understanding attachment patterns in emotional regulation.

1.7 Young Adulthood as a Context of Vulnerability and Opportunity

The period and stage of Young Adulthood mainly revolves around the exploration of various aspects, such as Identity, Relational Commitment, instability, and stability (Arnett, 2000). One of the major developmental milestones of young adulthood is to form and sustain long-lasting, meaningful relationships, including romantic and intimate relationships.

Since romantic relationships play a significant role in this stage, attachment-related issues and insecurities are also significantly influenced. Relationship Satisfaction, on the other hand, either plays a role as a predictor of healthy and growing relationships or as a predictor of stressful and unhealthy relationships.

1.8 Rationale of the Study

While various researchers have explored the dynamics of attachment patterns and stress manifestations, there remains a strong need for an integrated component involving all three constructs. Therefore, the present study seeks to explore the following dimensions:

- The association between attachment anxiety and perceived stress
- The relationship between attachment avoidance and perceived stress
- The link between relationship satisfaction and perceived stress
- The correlation between attachment dimensions and relationship satisfaction

1.9 Objectives of the Study

1. To examine the relationship between attachment anxiety and perceived stress among young adults.
2. To examine the relationship between attachment avoidance and perceived stress among young adults.
3. To assess the relationship between relationship satisfaction and perceived stress.
4. To explore the association between attachment dimensions and relationship satisfaction.

1.10 Hypotheses

H1: Attachment anxiety will be positively correlated with perceived stress.

H2: Attachment avoidance will be positively correlated with perceived stress.

H3: Relationship satisfaction will be negatively correlated with perceived stress.

H4: Attachment anxiety will be negatively correlated with relationship satisfaction.

H5: Attachment avoidance will be negatively correlated with relationship satisfaction.

1.11 Significance of the Study

The present study is significant for integrating the constructs of attachment patterns with perceived stress and relationship satisfaction, thereby contributing to the interpersonal foundation of stress perception. It shows the importance of understanding stress in the aspect of emotional regulation and functioning.

2. Methodology

2.1 Research Design

The following study employed a quantitative, cross-sectional correlational research design to explore the possible association between attachment styles (anxious and avoidant), relationship satisfaction, and perceived stress among young adults.

A correlational design was employed because of its significance in assessing an association or a relationship between various variables (as included in the study). The study aimed to explore whether there are associations between attachment orientations, satisfaction within the romantic relationship, and the amount of stress or distress in a relationship.

Data collection was conducted at a single point in time, where standardized measures of attachment dimensions, relationship satisfaction, and perceived stress were employed. The participants participated by administering self-report psychological measures via an online Google form.

2.2 Participants

- Sample Size- The study consisted of 200 participants, for a significant understanding of the chosen topic.
- Age Range- Recruited participants ranged from 18 to 30 years of age, as young adulthood was selected as a target population for the study.
- Inclusion criteria- Participants were only involved in the study if they:
 1. were between 18 and 30 years of age
 2. were currently in or have been in a romantic relationship
 3. were able to understand English, and
 4. provided their informed consent to participate
- Exclusion criteria- Participants were excluded from participating in this study if they:
 1. were not in the age group of 18-30
 2. were not or never have been in a romantic relationship
 3. were not well-versed in English, and

4. did not provide their informed consent to participate

2.3 Sampling Technique

The following study employed Convenience Sampling as a technique to collect data, which allows the researcher to select participants who are easily available and willing to participate in the research. For the same, participants were recruited through:

- a) Social media platforms
- b) University students
- c) Online messaging platforms, and
- d) Peer sharing through Google Forms

2.4 Variables of the study

The following study included both independent and dependent variables. Independent variables are defined as the variables that assume, predict, and cause changes in another variable or variables. Whereas dependent variables are those variables that are influenced or affected by the independent variable.

The present study includes four variables, out of which three are independent variables, and one is a dependent variable.

The three independent variables are:

1. Attachment Anxiety
2. Attachment Avoidance, and
3. Relationship Satisfaction

The dependent variable that the study has is:

1. Perceived Stress

2.5 Tools/Instruments used in the study

The study employed a variety of standardized psychological tools and scales to assess the different variables. The following are the instruments:

1. Experiences in Close Relationships – Revised (ECR-R)

Description

It was developed by Fraley, Waller, and Brennan in 2000. It aims to assess adult attachment styles in romantic relationships.

It measures two major dynamics of attachment patterns, which are:

- Attachment Anxiety, which is defined as the level of worry, fear, and insecurity an individual has in their relationship.

- Attachment Avoidance, which refers to the sense of discomfort with emotional intimacy, withdrawal, and emotional suppression in the relationship.

Structure

The scale consists of a total of 36 items, out of which 18 items measure and assess attachment anxiety, and the remaining 18 items measure and assess attachment avoidance. Participants rate each item on a 7-point likeart scale, which ranges from Strongly Disagree (1) to Strongly Agree (7).

Scoring

For both dimensions of attachment styles (anxious and avoidant), scores are calculated separately. Higher scores indicate higher levels of attachment anxiety and attachment avoidance in the individuals.

2. Relationship Assessment Scale (RAS)

Description:

It was developed by Hendrick in 1988 and aims to assess the degree of satisfaction one has in their romantic relationship. The relationship satisfaction is assessed based on:

- Relationship happiness
- Fulfilment of needs
- Quality of the relationship
- Individual and collaborative growth
- Overall satisfaction with the romantic partner

Structure

The scale consists of 7 items that determine the level of relationship satisfaction of participants. The participants respond by rating each item on a 5-point Likert scale, ranging from low satisfaction (1) to high satisfaction (5).

Scoring

Total scores are gained by the sum total of all the responses, and a higher score indicates high level of relationship satisfaction, and low scores reflect lower levels of relationship satisfaction.

3. Perceived Stress Scale (PSS-10)

Description

It was developed by Cohen, Kamarck, and Mermelstein in 1983 and is used to assess the degree to which individuals evaluate and perceive situations as stressful. The scale particularly emphasized on the subjective experiences of stress, which included:

- Feelings of unpredictability
- Lack of control, and
- Overload in daily life

Structure

The scale consists of a total of 10 items, and participants indicate to what extent they experienced or felt in a certain way in the past month. Responses are rated on a 5-point Likert scale, ranging from Never (0) to Very Often (4).

Scoring

The scoring is done by summing all the responses (some items include reverse scoring) and getting a score out of 40. The higher the scores, the higher the stress levels, whereas low scores indicate lower levels of perceived stress.

2.6 Procedure:

The data collection process involved several steps, which are as follows:

1. Preparation of the Questionnaire- an online Google form was created, which included a brief about the study, informed consent, demographic sheet, ECR, RAS, and PSS.
2. Participant Recruitment- participants for the study were recruited through university students, online platforms, and peer sharing.
3. Informed Consent- before proceeding with the questionnaire, participants were informed about the purpose of the study and were asked to provide their consent to participate in the study.
4. Completion of the questionnaire- participants completed the questionnaire in 10-15 minutes, and the responses were automatically saved in the Google Sheets.
5. Data Screening- once the data collection was done, responses were checked, and incomplete responses were deleted. Then, finally, the responses were organized and prepared for statistical analysis.

2.7 Statistical Analysis:

Once the data was organized, it was then analyzed by using statistical methods, including Mean and Standard Deviation. Pearson correlation was employed to examine the relationship between the following:

1. Attachment Anxiety
2. Attachment Avoidance
3. Relationship Satisfaction
4. Perceived Stress

3. Results And Interpretation

The present study aimed to explore the association between insecure attachment styles (anxious and avoidant), relationship satisfaction, and perceived stress among young adults, aged 18-30. To analyse and interpret data, Pearson's Product correlation method was employed

Descriptive Statistics

Descriptive statistics were computed to gain knowledge about the central tendency (mean) and variability of the variables that are employed in the study. The descriptive statistics include Mean, Standard Deviation, Minimum score, and Maximum score.

Table 1. *Descriptive Statistics of Study Variables (N = 200)*

Variables	Mean (M)	Standard Deviation (SD)	Minimum Score	Maximum Score
Attachment Anxiety	3.41	0.81	1.20	5.80
Attachment Avoidance	3.19	0.76	1.30	5.60
Relationship Satisfaction	3.73	0.72	1.50	5.00
Perceived Stress	2.98	0.64	1.10	4.80

Interpretation of Table 1

The above table represents the descriptive statistics of the variables that are employed in the study. The final results showed that the mean score for attachment anxiety was 3.41 (SD=0.81), which suggests that there is a moderate level of anxiety-related attachment tendencies among the research participants.

Similarly, the mean score for attachment avoidance was 3.19 (SD=0.76), indicating moderate levels of avoidant attachment traits among the research participants. Individuals with high avoidant attachment styles are more likely to emotionally disconnect and withdraw from emotional intimacy and suppress their emotions.

The mean score of relationship satisfaction was 3.73 (SD=0.72), which reflects a positive relationship satisfaction with romantic partners. High scores of relationship satisfactions represent higher levels of fulfilment, contentment, and overall happiness.

The mean scores for the variable of perceived stress were 2.98 (SD=0.64), indicating moderate levels of stress among young adults.

Overall, the descriptive statistics indicate that there is a moderate variability among all the variables, which suggests that there are diverse experiences of attachment dimensions, relationship satisfaction, and perceived stress.

4.2 Pearson Product–Moment Correlation Analysis

Pearson product-moment correlation was employed to examine the associations between attachment anxiety, attachment avoidance, relationship satisfaction, and perceived stress.

Interpretation

The Pearson product-moment correlation revealed that attachment anxiety was very strongly and positively correlated with perceived stress ($r=.47$, $p < .01$). The findings indicated that individuals who are anxiously attached are more likely to have greater levels of perceived stress, often experiencing fear of abandonment, fear of rejection, and reassurance-seeking behaviors and actions, and excessive worry about the relationship.

Avoidant attachment tendencies were also significantly positively correlated with perceived stress ($r = .32$, $p < .01$), which shows that individuals with avoidant attachment style, where they fear closeness, distance themselves from emotional intimacy, and rely on emotional suppression, are very likely to experience heightened levels of stress in their daily lives.

Next, relationship satisfaction showed a significant negative correlation with perceived stress ($r=-.45$, $p < .01$), which shows that individuals with high levels of relationship satisfaction are very unlikely to experience elevated stress in their day-to-day lives.

Furthermore, attachment anxiety or anxious attachment reflected a negative correlation with relationship satisfaction ($r=-.54$, $p < .01$), indicating that individuals with anxious attachment patterns and tendencies are very likely to have lower levels of relationship satisfaction.

Similarly, attachment avoidance or avoidant attachment also showed a negative correlation with relationship satisfaction ($r=-.49$, $p < .01$), which indicates that avoidantly attached individuals tend to experience lower levels of satisfaction with their relationship.

Overall, the findings suggest that insecure attachment styles, both anxious and avoidant, are linked with heightened levels of stress, which further leads to very low levels of relationship satisfaction among the partners.

4.3 Hypothesis Testing

Based on the objectives of the research, the following hypotheses are tested by employing Pearson's Product-Moment Correlation method:

Hypothesis Statement Result

H1: Attachment Anxiety is positively correlated with Perceived Stress among young adults. - **Supported**

H2: Attachment Avoidance is positively correlated with Perceived Stress among young adults. – **Supported**

H3: Relationship Satisfaction is negatively correlated with Perceived Stress among young adults. – **Supported**

H4: Attachment Anxiety is negatively correlated with Relationship Satisfaction. - **Supported**

H5: Attachment Avoidance is negatively correlated with Relationship Satisfaction. - **Supported**

5. Discussion

The present study explored the relationship between attachment dynamics and its influence on the quality of the relationship and stress levels among individuals. In other words, the study focused on how insecure patterns of adult attachment (anxious or avoidant) impact the overall quality of the romantic relationship, influencing the stress levels of individuals. The study recruited 200 young adults (18-30 years) who completed an online Google form for the process of data collection.

To interpret and analyze the collected data, the Pearson Product-Moment Correlation method was employed, which also included descriptive statistics- mean and standard deviation. The collected data was step-by-step analyzed, and interpretations were then formed.

The findings of the study indicated that insecure attachment tendencies, both anxious and avoidant, are positively and strongly correlated with high levels of perceived stress, whereas relationship satisfaction was negatively correlated with perceived stress. Moreover, both styles of insecure attachment (anxious and avoidant) demonstrated a negative correlation with relationship satisfaction, suggesting that individuals with insecure attachment tend to experience lower levels of relationship satisfaction and higher levels of perceived stress.

5.1 Attachment Anxiety and Perceived Stress

One of the major findings of the study was that anxious attachment tendencies are very likely to negatively influence the overall satisfaction with the romantic relationship, further increasing the stress levels among anxiously attached individuals, and indirectly for their partners as well. It is often characterized by fear of rejection, fear of abandonment, reassurance-seeking behaviors, excessive worry about the relationship, difficulty trusting the partner and

their intentions, and a constant fear of losing the relationship. Individuals with anxious attachment style are very likely to be emotionally dependent on their partners for constant reassurance regarding the relationship, which leads to elevated levels of stress.

The findings of the study also support the theoretical framework of attachment theory by John Wolby, that early interactions with one's primary caregivers shape our adult attachment styles. For instance, if an individual received inconsistent affection, support, and care, such individuals tend to develop an anxious attachment style in their adulthood, forming a negative view about themselves, seeing themselves as dependent on the other person. As a result, they become more vulnerable to the elevated levels of stress in their lives.

From a psychological lens, anxiously attached individuals actively engage in hyperactivating emotional strategies and amplify responses, remaining preoccupied with the partner or the relationship, constantly ruminate, and are emotionally dependent on their partner. This elevated emotion processing leads to emotional dysregulation and dysfunction.

Thus, the findings demonstrated that there is a strong positive correlation between attachment anxiety and perceived stress among young adults in a romantic relationship.

5.2 Attachment Avoidance and Perceived Stress

Another significant finding of the study stated that there is a positive correlation between avoidant attachment style and perceived stress. The results showed that individuals with avoidant tendencies are very likely to experience heightened levels of distress in their lives and in their relationships as well.

Attachment avoidance is characterized by fear of closeness, fear of emotional intimacy, withdrawal from emotional conversations, and suppression of one's emotions. In other words, there is a sense of discomfort with emotional intimacy and a preference for emotional independence. Such individuals tend to delay or bottle up their emotions and seek to maintain an emotional distance as well.

The positive association between attachment avoidance and perceived stress shows that emotional withdrawal or emotional suppression is not a predictor of low levels of stress; it activates the stress levels even more.

Thus, the present findings suggest that insecure attachment styles, both anxious and avoidant, are positively linked with increased levels of perceived stress in one's daily life, as well as in their romantic or close relationships.

5.3 Relationship Satisfaction and Perceived Stress

Again, a very major and significant finding of the study suggests that there is a negative correlation between relationship satisfaction and perceived stress in young adults. It explains

that individuals who are not satisfied with their relationship as a whole tend to experience heightened levels of stress in their lives, whereas individuals who are satisfied with their overall relationship are very likely to experience lower levels of perceived stress in their lives.

Relationship satisfaction refers to the degree to which an individual or both romantic partners feel content, happy, and positive about their relationship. It involves being valued, feeling emotionally connected to each other, feeling included, feeling happy and content, and being able to grow together.

The findings also showed that healthy and satisfying relationships act as a protector for the individuals from high levels of stress and/or distress. It further explains that relationship satisfaction also provides a sense of emotional security, which lessens the amount of perceived stress in an individual's life.

Thus, the negative correlation between relationship satisfaction and perceived stress explains that the overall quality of the relationship is a very significant aspect for enhancing psychological well-being among young adults.

5.4 Attachment Styles and Relationship Satisfaction

The study also found that both attachment anxiety and attachment avoidance were negatively correlated with relationship satisfaction. This finding suggests that individuals with insecure attachment patterns are more likely to experience lower levels of satisfaction in their romantic relationships.

Individuals with attachment anxiety often exhibit excessive reassurance-seeking, fear of abandonment, and emotional dependency, which may place strain on relationship dynamics. Their heightened sensitivity to perceived rejection may lead to conflicts, misunderstandings, or emotional instability within relationships, ultimately reducing relationship satisfaction.

Similarly, individuals with attachment avoidance may maintain emotional distance and avoid vulnerability in relationships. Their reluctance to engage in emotional intimacy or express personal needs may hinder the development of deep emotional connections with partners. This emotional detachment may prevent the formation of mutually supportive and fulfilling relationship experiences.

These findings suggest that insecure attachment patterns can influence how individuals perceive, experience, and maintain romantic relationships, thereby affecting the overall quality of those relationships.

5.5 Integrated Interpretation of Findings

Taken together, the findings of the present study highlight the interconnected nature of attachment patterns, relationship experiences, and psychological stress among young adults.

Insecure attachment styles appear to influence both relationship satisfaction and stress perception. Individuals with higher levels of attachment anxiety and avoidance may experience challenges in forming emotionally secure relationships, which may subsequently increase vulnerability to stress.

Conversely, individuals who report higher levels of relationship satisfaction may benefit from the emotional support, stability, and coping resources provided by healthy romantic relationships. Such relationships can play a crucial role in reducing perceived stress and promoting psychological well-being.

These findings underscore the importance of considering relational and attachment-related factors when examining psychological stress among young adults. Understanding how attachment patterns influence interpersonal functioning may provide valuable insights into the development of interventions aimed at improving relationship quality and emotional wellbeing.

5.6 Implications of the Study

The findings of the present study have several important implications for psychological research and practice.

First, the study highlights the role of attachment dynamics in shaping stress perception, suggesting that attachment-based emotional processes may influence how individuals interpret and respond to life stressors.

Second, the findings emphasize the significance of relationship satisfaction as a protective factor for mental health. Interventions aimed at improving communication, emotional intimacy, and relationship satisfaction may contribute to reduced stress and improved wellbeing among young adults.

Third, the results suggest that psychological counseling and relationship education programs may benefit from incorporating attachment theory perspectives to help individuals understand how their relational patterns influence emotional experiences.

6. Limitations And Future Recommendations

6.1 Limitations of the study

- One of the primary limitations of the study is the use of a convenience sampling technique. Participants were selected based on accessibility rather than through a random sampling method. As a result, the sample may not be fully representative of the broader population of young adults.

- Another limitation of the study relates to the sample characteristics. The participants were young adults within the age range of 18–30 years, and therefore, the findings cannot necessarily be generalized to individuals outside this developmental stage.
- Another limitation concerns the cross-sectional nature of the study design. The data were collected at a single point in time, which limits the ability to establish causal relationships between the variables.
- The study was conducted using online data collection through Google Forms, which may have influenced participant responses.

6.2 Future Recommendations

First, future studies may consider using larger and more diverse samples that include participants from different cultural, socioeconomic, and educational backgrounds.

Second, researchers may employ probability sampling methods, such as random or stratified sampling, to improve the representativeness of the sample.

Third, future studies could adopt longitudinal research designs to better understand how attachment patterns, relationship satisfaction, and perceived stress evolve.

Fourth, researchers may explore intervention-based studies, examining how attachment focused counseling, relationship education programs, or stress management interventions can improve relationship satisfaction and reduce perceived stress among young adults.

Lastly, cross-cultural research could be conducted to examine whether the relationships between attachment styles, relationship satisfaction, and perceived stress vary across different cultural contexts.

7. Conclusion

The present study was conducted to examine the relationship between attachment anxiety, attachment avoidance, relationship satisfaction, and perceived stress among young adults aged 18–30 years. The primary objective of the study was to understand how individual attachment patterns and the quality of romantic relationships influence the perception of stress during young adulthood.

The study employed a quantitative research design and collected data from a sample of 200 young adults through an online survey using Google Forms. The participants were selected through a convenience sampling technique, and standardized psychological instruments were used to measure the study variables. Attachment anxiety and attachment avoidance were assessed using the Experiences in Close Relationships–Revised (ECR-R) scale, relationship

satisfaction was measured using the Relationship Assessment Scale (RAS), and perceived stress was measured using the Perceived Stress Scale (PSS). Pearson Product–Moment Correlation was used to analyze the relationships among the variables.

The findings of the study revealed that Attachment anxiety was found to have a positive relationship with perceived stress, indicating that individuals who experience greater fear of rejection, emotional dependency, and concern about relationship security are more likely to perceive higher levels of stress in their daily lives. This suggests that anxious attachment patterns may heighten individuals' emotional sensitivity to interpersonal experiences, thereby increasing vulnerability to psychological stress.

Similarly, attachment avoidance was also found to have a positive association with perceived stress. Individuals with higher levels of attachment avoidance may experience increased stress due to the absence of supportive interpersonal resources.

Another key finding of the study was the negative relationship between relationship satisfaction and perceived stress. Participants who reported higher levels of satisfaction in their romantic relationships tended to experience lower levels of perceived stress. This finding highlights the important role that supportive and fulfilling relationships play in promoting psychological well-being.

Taken together, the findings of the study emphasize the interconnected nature of attachment patterns, relationship experiences, and stress perception among young adults.

In conclusion, the findings suggest that secure relational experiences and healthy relationship functioning play a crucial role in promoting emotional well-being and reducing stress. Understanding how attachment patterns influence relationship satisfaction and stress perception may provide valuable insights for psychological interventions, relationship counseling, and mental health programs aimed at improving the well-being of young adults.

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