



**Relationship between Parental Attachment Styles, Emotional Regulation and
Relationship Satisfaction in Adult Romantic Relationship**

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ABSTRACT

Parental attachment styles are the manner in which parents engage with their children and shape their emotional development, this is something which an individual experiences since their childhood and it plays a major role in our life. The current research aimed to study the link between parental attachment types, emotional regulation, and relationship satisfaction among adult romantic relationships. A sample of 300 young adults who are presently dating or in a romantic relationship were selected through the purposive sampling method for this study. The study was done through the stepwise linear regression to see the impact of subcategories of parental attachment styles on the emotional regulation and relationship satisfaction in adult

romantic relationships. Data was collected using the standardised scales; Adult Scale of Parental Attachment (Short Form), Difficulties in Emotional Regulation Scale (DERS-16) and Relationship Assessment Scale (RAS). The findings of the study showed that there is a significant impact of safe and dependent attachment on relationship satisfaction. Safe and dependent attachment accounted around (3%) of the positive and negative variance in relationship satisfaction and the other subcategories of parental attachment i.e., Parentified, fearful and distant were not significant to the relationship satisfaction. For Emotional Regulation, the result showed that there is a significant impact of dependent attachment on emotional regulation accounted around (10%) of the variance in emotional regulation and the other subcategories of parental attachment i.e., Safe, parentified, fearful and distant were not significant to the emotional regulation.

Keywords: Parental Attachment Styles, Emotional Regulation, Relationship Satisfaction, Romantic Relationship.

INTRODUCTION

Attachment is the emotional bond that develops between a caregiver and an infant, and it is the way by which the helpless child's basic needs are addressed. It then fuels further social, emotional, and cognitive development. Attachment security and behaviours have been investigated in adult relationships, and attachment-related patterns that differ between persons are usually referred to as “attachment styles.” There appears to be a link between a person's attachment traits in early life and in adulthood, but the correlations are far from perfect. Attachment theory in developmental psychology suggests that children acquire a strong emotional relationship with their caregivers during the first six months of life, if the caregiver is receptive. The theory was developed by British psychologist John Bowlby and focuses on

the experience, expression, and control of emotions at both the species (normative) and individual (person-specific) levels of analysis.

Attachment styles refer to diverse ways of interacting and behaving in relationships. During early life, attachment styles are centred on how children and parents connect. Adult attachment styles describe attachment patterns in romantic partnerships.

Parental attachment styles are the manner in which parents engage with their children and shape their emotional development. These styles are critical to a child's sense of safety, trust, and well-being. Different types of parental attachment styles include:

- **Safe:** This style of communication provides comfort and security. The child may have felt confident in the parent's availability and support.
- **Dependent:** This type of relationship suggests a need for the parent to be always available. When the parent was absent, the youngster may have felt helpless and uncertain.
- **Parentified:** This way of communicating expressed a sense of responsibility for addressing the parent's requirements. The child may have felt important and enjoyed helping others.
- **Fearful:** This pattern of communication implies a dread of abandonment and the notion that the parent will not be accessible for help. The youngster may have experienced rage or irritation with the parent.
- **Distant:** This pattern of communication implies disappointment with the parent's support and availability. The youngster may have felt the desire to isolate himself or herself from the parent, as well as hostility against the parent.

Emotion regulation can be roughly defined as a “person's ability to control or modulate their emotional state to achieve their goals” (Gross & Thompson, 2007). Emotion regulation

refers to any mechanism that influences an emotion (Gross, 2002). Emotional regulation is important as it helps a person with high emotional self-regulation can recognise a strong feeling and behave in a way that minimises negative repercussions and inadequate emotional self-regulation abilities can result in bad emotions, socially inappropriate behaviour choices, and self-destructive behaviour. A person with high emotional self-regulation can recognise a strong feeling and behave in a way that minimises negative repercussions and lack of emotional self-regulation abilities can result in bad emotions, socially undesirable behaviour, and self-destructive behaviour.

A romantic relationship is a voluntary, continuing, and mutual contact between two people marked by affection and intimacy. Romantic connections can exist between boyfriends and girlfriends, boyfriends and boyfriends, or girlfriends and girlfriends. Relationship satisfaction is an assessment of the emotions, ideas, and behaviours linked with a romantic relationship (Hendrick, 1988).

METHOD

Problem

To investigate the link between parental attachment types, emotional regulation, and relationship satisfaction in adult romantic relationships.

Objectives

- Explore how subcategories of Parental Attachment Styles relate to Emotional Regulation.
- Examine the relationship between the subcategory's parental attachment styles and relationship satisfaction.

Hypothesis

H1: The subcategories of parental attachment style will significantly impact the relationship satisfaction.

H2: The subcategories of parental attachment style will significantly impact the emotional regulation.

Variables

Dependent Variable: Emotional Regulation and Relationship satisfaction

Independent Variable: Parental Attachment Style

Sample

The study's sample included 300 young adults who are presently dating or in a romantic relationship. The information was gathered through an online survey using Google Forms. It was acquired using the purposive sampling method.

Tools

Adult Scale of Parental Attachment (Short Form) was revised by Snow and Michael in 2014, Difficulties in Emotional Regulation Scale (DERS-16) given by Bjureberg et al. (2016) and Relationship Assessment Scale (RAS) was given by Susan Hendrick in 1988 was used for data collection for the study.

Statistical Technique

The study's goal is to look into how subcategories of parental attachment styles impact the emotional regulation, as well as the relationship between these subcategories and relationship satisfaction. To compute this, each test was scored, then stepwise linear regression was performed.

RESULT

Table 1

Linear regression table with Safe and Dependent attachment as predictor of Relationship satisfaction

Predictors	Criterion: Relationship Satisfaction								
	B	S.E.	β	t	R	R ²	Adj. R ²	α	F
Safe	.24	.07	.23	3.31**	.191	.03	.03	21.87	5.68**
Dependent	-.18	.07	-.18	-2.56*					

**significant at 0.01 level ($p < 0.01$)

Table 1 shows the stepwise linear regression with Safe and Dependent attachment as predictors of Relationship satisfaction. All other variables were removed from the model automatically because they were not significant predictors. Safe and dependent attachment accounted around 3% of the positive and negative variance in relationship satisfaction, respectively.

Table 2

Linear regression table with Dependent attachment as predictor of Emotional regulation

Predictors	Criterion: Emotional Regulation								
	B	S. E.	β	t	R	R ²	Adj. R ²	α	F
Dependent	.82	.14	.32	5.87**	.32	.10	.10	28.25	34.55**

**significant at 0.01 level ($p < 0.01$)

Table 2 shows the stepwise linear regression with dependent attachment as a predictor of emotional regulation. All other variables were removed from the model automatically because they were not significant predictors. Dependent attachment accounted around 10% of the positive variance in emotional regulation.

DISCUSSION

The aim of the study was to investigate the link between parental attachment types, emotional regulation, and relationship satisfaction in adult romantic relationships. Stepwise linear regression was used for the study.

The result of the study showed that there is a significant impact of safe and dependent attachment on relationship satisfaction. Safe and dependent attachment accounted around (3%) of the positive and negative variance in relationship satisfaction i.e., safe attachment impacts the relationship satisfaction positively indicating that they will feel secure in relationship and dependent attachment impacts the relationship satisfaction negatively indicating that they will have problems in feeling attached to those around them and may influence the person to

sometimes feel insecure and anxious in relationships. The other subcategories of parental attachment i.e., Parentified, fearful and distant were not significant to the relationship satisfaction showing that, H1- The subcategories of parental attachment styles will significantly impact the relationship satisfaction is partially accepted.

For Emotional Regulation, the result showed that there is a significant impact of dependent attachment on emotional regulation accounted around 10% of the variance in emotional regulation indicating that they might look for reassurance in the relationship and talking about their feelings with their partner can help them regulate their emotions well. The other subcategories of parental attachment i.e., Safe, parentified, fearful and distant were not significant to the emotional regulation showing that, H2- The subcategories of parental attachment style will significantly influence emotional regulation is partially accepted.

CONCLUSION

This study helps us understand how the subcategories of parental attachment style i.e., safe, dependent, parentified, fearful and distant can impact the emotional regulation and relationship satisfaction in adult romantic relationships.

Findings of the study suggested that safe and dependent attachment accounted for positive and negative variance in relationship satisfaction respectively and other subcategories i.e., parentified, fearful and distant of parental attachment style does not significantly impact the relationship satisfaction.

The dependent attachment of parental attachment style has a significant impact accounted for positive variance on the emotional regulation and other subcategories of parental

attachment style i.e., safe, parentified, fearful and distant does not significantly impact the emotional regulation.

This study leaves a lot of scope for further researches such as researching how the attachment style individually with mother and father can have an impact on an individual's emotional regulation and relationship satisfaction in romantic relationships and how the subcategories of parental attachment can impact the subcategories of emotional regulation of an individual.

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