



**A STUDY ON ATTACHMENT STYLES AND INTERPERSONAL ROMANTIC
RELATIONSHIPS AMONG ADULTS WITH SINGLE PARENT AND BOTH
PARENTS**

¹Muskan Saini, Masters of Arts, Amity Institute of Psychology and Allied Sciences, Noida
India

smuskaan2029@gmail.com

²Dr. Zubay Hasan, Assistant Professor, Amity Institute of Applied Sciences, Noida, India
zhasan@amity.edu

ABSTRACT

The current research investigated family frameworks creating divergence in the levels of adult relationship contentment and the unfolding of different adult attachment styles. One group included adults living with a single-parent household and the other group, adult living with both parents. The data was compiled from approximately 100 people aged 18–29, using the instruments describing subjects' morphologies and attachment for the four types: the close/secure, dependency, anxiety, and avoidant types. The Survey demonstrated that the satisfaction level of relationship was at a higher degree for those responders who were reared up in dual-parent households as compared to those responders reared up in a single-parent household. It was clear that the strong affiliation with families dealing with a dual-parent family

was far more prevalent when compared to the lone-parenthood families. On the contrary, though, the chance of someone finding a connection between Secure, Dependent, Anxious, or Avoidant mode when being apart from someone is not frequently discovered. The research results are promising because it depicts that the family setup is an essential component in these relationship problems, which, in turn, will provide a broader picture as a base for future studies.

Keywords: *Attachment Styles. Interpersonal romantic relationships, adult, single parent household, both parents' household, connection styles*

INTRODUCTION

The current research intends to go into the nitty-gritty of how people relate on an emotional level and reproduce their interests and feelings via attachment styles and romantic bonds. These connections help us understand what humanizes causing attachment style patterns and romantic relationships in adulthood. This research study aims to shine the spotlight on how the role of family backgrounds and intimate relationships could be less obvious but are however importantly intertwined especially in comparing single parents with dual- parent rearing as the subjects.

A picture of this theoretical scaffold describes the way our roots of care and nurture define what is typical attachment style and what may vary among adults that experience romantic relationships. The current research will be carried out on several families to work out on how children may grow and develop in very different ways depending on the individual upbringing. The research aims to explore which family setup is better preferred by people. Looking into attachment development in single-parent settings which miss the parent figures is an excellent gate to learn how attachment is affected by adult romantic relationships. To

describe the experiences of those individuals whose families come from different backgrounds is our goal and what we believe will be an authentic reflection of the different qualities of family structures, the unspoken gaps between attachment styles and relationship hiccups.

The quality of early caregiving and how that affects the creation of attachment forms is something we also should view as we try to figure out how different family arrangements in youth mandate a person to develop and build the ability to have a productive and healthy romantic relationship as an adult. The current research will attempt to reveal how different households change the way people get romantically involved with each other, keep relationships, and break up.

Attachment Theory

Attachment theory, one of the essential concepts in developmental psychology, thus shows that the relationship dimension between individuals is studied on a very deep level, both from an early age and even into adulthood. The attachment theory formulated by British psychologist John Bowlby (1958) in the mid-20th century suggests that how qualified a caregiver is in caring for an infant in early life is the significant factor that influences the whole emotional and social development of a person throughout their lifetime. This theory's later developments certainly added to and even made great contributions to our knowledge about the attachment and interpersonal relationships that human beings experience.

Attachment theory can be viewed as an outcome of the attachment bond, which is the strong and deep emotional connection between the infant and their main early caregiver (quite usually a mother or any other person the infant feels safe and secure with). Bowlby points out that these attachment bonds could be described as a secure base for infants and their exploration. The pessimistic situations also let them have a place for comfort. Withdrawing this characteristic, a series of observational studies were conducted and soon known in the

literature as the Strange Situation procedure which highlighted different styles of attachments that infants develop as they interact socially with caregivers in their early interactions.

Primary Attachment Styles

The four primary attachment styles identified by Ainsworth (1978) are: safe attachment, being demonstrated by the infants from the separated side being so reluctant to infants upon separation, on other end, the signs of ambivalence – infants have high levels of distress, their reactions upon reunion are mixed in that they, at the one and the same time, cling and resist the caregivers, and avoidant attachment, in which infants show little or no distress upon separation. Such styles bring into being the way one person determines a relationship and creates and sustains it in his or her personal life. Such attachment styles are the ones that are expected to replicate how highly the caregiver pays attention to his/ her infant's requirements during the whole interaction in the initial days of life. Ainsworth has proven that if attachments between parents and infants of the same bonds are mainly responsive to the needs of the kids, caregivers will be consistently sensitive.

Through the cultivation of safe attachments and focusing on repairing pre-existing insecurities or trauma in the attachment, people can then proceed to develop more pleasurable and meaningful relationships during their lifespan years. This approach enhances self-awareness, and emotional intelligence, and leads to favorable results.

According to attachment theory, internal working models are cognitive representations that we form about ourselves and our relationship with others during our childhood and these models play a very important role in the formation of our attachment behavior. Through these meaningful relationships, the person establishes a self-concept image that concentrates on other people and groups determining how well they behave and react to situations and others. For illustration, the examples of both types of people in support of secure attachment are mostly

based on trust with independent nature and belief in others, while those who are insecurely attached are typically seen with feelings of mistrust, low self-esteem, and fear of being rejected.

Understanding Single and Dual Parents Household

Single-parent families exist where one person takes care of raising the kids and becomes the only parent after one of the following occurs: separation, divorce, death, or personal choice. Those who are married or in a long-term relationship and have kids together are those who best embody the perfect example of ideal family households. The single-parent families are mainly predisposed to difficulties which are not characteristic of two-parent families. They have the single particle bandwidth of taking care of kids, but they could also be generally having problems with Time, resources, and children's emotional support which is total childcare. The impact is also notable as the families with single parents are the ones most likely to very stressed and suffer economic strain, which families without single parents had not a lot of at the beginning.

Theoretical Framework

Through attaching attachment theory as a theoretical foundation to this study, we delve into the patterns in adult relationships made based on one's attachment style that was formed in early childhood attachment experiences. In particular, the study concentrates on whether the people who grew up in single-parent families, which sometimes require the caregivers to multitask, are distinguished because of their attachment styles and relationships from the individuals who were raised by both parents. Given that, attachment styles and adult relationships are both extensively studied, and the investigation of these behaviors is the key to an appropriate understanding of human nature, personal happiness as well as the development of social practical action.

Rationale of the Study

The paper has reviewed the effect of family structure on attachment style and interpersonal romantic relationships in adults, with a focus on single-parent and co-parent kids. The current research is important since the attachment styles that are displayed in relationships by people do play a significant role in relationship dynamics and general well-being. It is necessary to recognize family upbringing as a primary factor that accounts for the development of attachment patterns and healthy relationships. This knowledge allows specialists to design interventions that target problematic ties and propose methods to improve mental health.

Further, the current view of the family has been evolving with nontraditional challenges, e.g. single-parent homes, which have in turn necessitated deeper research on how the interplay between this system and the results associated with adult styles of attachment contributes to interpersonal relationships. The study can be useful in the analysis since it delves into the aspects of children who were brought up in single-parent or dual-parent households. This will give the researchers a chance to have insights into the issues that may be peculiar or common in the different family structures that are available.

Research Gap

For as much as has been overcome through attachment theories and family dynamics research as regards attachment styles and interpersonal relationships between an individual from the same household family, there still exists a lack when it comes to comparing attachment.

Styles and interpersonal relationships belonging to single-parent and dual-parent households. Several well-conducted studies were overlooked because they did not directly compare the different values of family background. Besides that, conduct studies tend to be centered on a particular demographic group or cultural experiences which hedge on the generalization.

Furthermore, own report means increase the chances of having biases as well. The assimilation of observational techniques or follow-up research design will help improve the validity of the data. Such implementation of these gap-addressing activities could bring about evidenced-based interventions and policymaking that support people from different backgrounds to develop healthy attachment patterns as well as intimate relationships in adulthood.

REVIEW OF LITERATURE

Fraley et al. (2011): The study introduced the Experiences in Close Relationships-Relationship Structures Questionnaire, which is a pathway for the objective evaluation of attachment to other people across relationships. The sample was possibly composed of adults and was intended to be a reliable and valid treatment of orientation to connections in different kinds of relationships.

Demo and Adcock (1988): This article investigated about division and its consequences for a child's mental state like connections, qualities, and satisfaction with interactions while turning into an adult. It studies if such fluctuations in family structure (divorce as a good example of that) have an adverse influence on children's emotional and social development and their relations with others.

Amato (2001): This meta-analysis however took a fresh look at the previously existing studies on how divorce affected children. Participants were drawn from students whose parents were seeking a divorce. Cumulative effects of divorce on children's self-confidence, parental attachment, and friendships in young adulthood were areas of the study.

Hasan and Shaver (1987): The protagonist of this path-breaking work postulates that romantic love is a process of connection in which the emotional bonds formed within the framework of a couple reflect attachment theory. It might be analyzing the previous literature or the theory that apprehensive emotions exist in romantic attachment.

Roles et al. (2006): In this work what was examined is the experiences of parenthood by the parents with anxious-avoidant attachment. The sample which was parents in nature sought the detachment modification of parenting behaviors and the parent-child link.

Brown & Manning (2009): This article explores family boundary interpretation that contains concerns about cohabitating, which might affect relationship satisfaction and attachment style. It starts the process of exploring the influence of different family structures, including a single-parent household and a dual-parent household, on the formation of individual views of family relationships and bonds.

METHODOLOGY

Aim

To explore how adolescents who were brought up in homes with single parents and those who were brought up in dual-parent homes evolve attachment styles and how they relate in later life when it comes to romantic relationships.

Hypothesis

- Hypothesis 1 (Dissimilarity in Attachment Styles): The attachment styles are more likely to be insecure in adults from a single-parent household than compared to adults from both parents' household.
- Hypothesis 2 (Dissimilarity in Interpersonal Relationships): Single parent adults have generally cited low standards in various relationships at home as compared to those with both parents.

Sample

A total sample of 100 adults was collected, consisting of 50 participants from single parent household and the other 50 participants from both parents' household.

Measures

The following scales were used to measure study variables: interpersonal romantic relationship and attachment style. The measures used were reliable and valid.

Adult Attachment Style Scale (AASS): It is grounded on two dimensions that are essential to elucidate adult attachment styles, namely attachment anxiety and attachment avoidance. The learners are presented with a series of questions that arouse their knowledge surrounding love and relationships and how they can demonstrate their love to their loved ones. The respondents rate their level of agreement with these statements through the Likert scale. They describe this scale from 'strong disagreement (1)' to 'strong agreement (7).' The scores of the AASS come from two different scales: attachment anxiety and attachment avoidance. The quantitative data would indicate that higher scores are in line with a higher level of significance of attachment dimension. Its credibility and validity have been shown empirically by previous polls and studies.

Relationship Satisfaction Scale (RSS): Through the analysis of RSS tools, the relationship satisfaction of the participants being studied is established. Read the given campaign speech and follow the instructions. It consists not merely of an assortment of factors such as interpersonal discussions, intimacy, and connectedness as well as overall contentment that give a holistic view of the relationship. The respondents indicate what they will agree or disagree with by responding on a seven-point Likert scale system where 1 stands for "strongly

disagree” and 7 shows “strongly agree.” The total score on the RSS (Relationship Satisfaction Scale) scale is obtained by adding the values of all the items of RSS as a greater total score is indicative of being more content in a relationship. The width of this scale is generally accepted by investigators as the standard unit of measurement, and a measure of unity across various relationships has been pinpointed.

Procedure

The participants were informed about the purpose of the research, the methods that will be used, and their rights as the participants which was done through providing information. The study was given an informed consent by all the participants in the study process, questionnaires were filled through online mode. Individuals were directed to the online survey page where there were several self-report questionnaires that could be easily filled. The questionnaire is a tool that incorporates the presence of age, sex, and marital status on the demographic side. Additionally, participants provided details about their parental household structure during childhood, allowing them to be categorized into two groups: facing single-parent families, and both parents’ families. In the questionnaire conduct, the responses of respondents were saved instantly, and protective measures were employed by use of privacy protocols for the next phase of the research. Lastly, the participants were thanked for their cooperation.

Statistical Analyses

Once data collection was carried out, the following task was the performing of an analysis, which revealed relationships between attachment styles, the household structure, and satisfaction among relationships. These data were loaded into the program, SPSS to run their appropriate statistics. The analysis used in this study was tested using SPSS, which depended

on the Sights of the survey agreement and there might have been better solutions that used some other methods for analysis procedures or consider the weakness of the survey agreement.

Analysis of Data

Result

The data show the contrast of single-parent households (1) with binary families (2) in terms of such variables as relationship satisfaction and attachment styles, and compliance types such as close, over-dependent, anxious, and avoidant. Let's dissect the findings.

Table 1

T-test between Single parent (1) and Dual parent (2) across variables

	Mean	SD	T	Sig. (2 tailed)	Result
Relationship satisfaction					
Single	22.51	5.55	3.85	.00	S
Dual	27.25	6.67			
Close attachment					
Single	18.12	4.18	.61	.54	NS
Dual	18.68	5.03			
Dependent attachment					
Single	15.65	5.03	.46	.64	NS
Dual	16.11	4.85			

Anxiety attachment					
Single	18.61	6.03	.81	.42	NS
Dual	17.68	5.36			
Avoidant attachment					
Single	38.22	8.36	.61	.54	NS
Dual	37.19	8.39			

NS-Not significant, S-Significant

Discussion

The contrast between the single-parenthood and the dual-parenthood family system, in terms of relationship satisfaction and attachment styles, is a multidimensional process, this process will show both the details and what does the result comes as.

Relationship Satisfaction

Inference is made that there is an evident relationship between dissatisfaction with single-parent households and satisfaction with dual-parent households. Thus, it presupposes that the structure of households may control interpersonal cooperation and the behaviors of individuals in relationships. Traditionally speaking single-parent homes have one parent (mother or father or guardian) and may or may not have a second parent (father or mother as the case may be) present in the lives of their children. According to this home setup, Kids might not get enough emotional support, guidance, and conflict resolution abilities. These items are therefore important during the design phase which constitutes the development of a social human. Lone parents can run into a large range of individual challenges, like parent stress,

financial problems, and time limits, which can finally make their lives unbelievably strenuous, and change their personal relationships. This points us toward the possibility of failed interpersonal romantic relationships in adulthood.

Attachment Styles

The absence of substantial variation between the single-parents and two-parents towards the attachment style proves the need for more in-depth investigations to uncover the influencing factors behind the development of each attachment head. The theory of attachment shows that for the formation of such patterns of attachment, people go through various phases of infant socialization, where they establish different types of attachment patterns which comprise the mechanisms of how they see the objects of their relations and how they relate to them during their whole life course. The relationship between parents and children is the principal factor when the question of the genesis of early experience comes up, but it is almost parental responsiveness, consistency, and sufficient emotional availability that are of greater importance to the formation process. On the other hand, the spectra of our character, genotype, as well as biochemical background working simultaneously in various ways generate some sort of complexity. Every of these aspects in addition may appeal for the formation of a certain connection aimed for its protection against any selective scenarios of interventions and increasing of general family members' bonding skills of various families' structure.

Conclusion

The universal aim of the article was to let anyone know whether having two parents in a relationship (as a couple) affects the satisfaction and attachment levels between partners. The independent t-tests conducted over the differences in mean scores after and before the ratification of the proposed intervention were used for the research. The research drew a table that depicted the easing down of that difference to relationship satisfaction where both parents

and household adults were happier and satisfied in their romantic relationship compared to single-parent households. Nevertheless, it was observed that the attachment styles were not bothered by changes in the dynamics of the household.

The finding reveals that family structures act on having healthy relationships, including how they may have more support and resources when two parents utilize their resources in the family to be present. While family structure is hypothesized to be negligible, early academic encounters besides other environmental factors are the ones that can force attachment formation.

These results are an indicator that the decision-makers, teachers, and mental health experts may take an interest. Such interventions exhibit paramount significance, regardless of the structure of a family, which are meant for the increase in the private circle with close friends and acquaintances as well as parents' communicative skills which serve as the basis of the positive communication processes between parents and children. The fact that the experts of the marriage counseling jurisdictions focus on the fundamentals of happiness, relationships, and abidance may render those people become masters in forming strong and meaningful relations and constructing branches of family life quite easily.

References

- A Brief Overview of Adult Attachment Theory and Research* | R. Chris Fraley. (Ned).
<http://labs.psychology.illinois.edu/~rcfraley/attachment.htm>
- Amato, P. R. (2001). Children of divorce in the 1990s: An update of the Amato and Keith (1991) meta-analysis. *Journal of Family Psychology*, 15(3), 355–370.
<https://doi.org/10.1037//0893-3200.15.3.355>
- Brown, S. L., & Manning, W. D. (2009, February 1). Family boundary ambiguity and the measurement of family structure: the significance of cohabitation. *Demography*, 46(1), 85–101. <https://doi.org/10.1353/dem.0.0043>
- Demo, D. H., & Acock, A. C. (1988, August). The Impact of Divorce on Children. *Journal of Marriage and the Family*, 50(3), 619. <https://doi.org/10.2307/352634>
- Fraley, R. C., Heffernan, M. E., Vicar, A. M., & Brumbaugh, C. C. (2011, September). The experiences in close relationships—Relationship Structures Questionnaire: A method for assessing attachment orientations across relationships. *Psychological Assessment*, 23(3), 615–625. <https://doi.org/10.1037/a0022898>
- Hazan, C., & Shaver, P. (1987). Romantic love conceptualised as an attachment process. *Journal of Personality and Social Psychology*, 52(3), 511–524.
<https://doi.org/10.1037//0022-3514.52.3.511>
- Rholes, W. S., Simpson, J. A., & Friedman, M. (2006, March). Avoidant Attachment and the Experience of Parenting. *Personality and Social Psychology Bulletin*, 32(3), 275–285.
<https://doi.org/10.1177/0146167205280910>