



EXAMINING THE MEDIATING ROLE OF COMMUNICATION PATTERNS ON ATTACHMENT STYLES

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ABSTRACT

This study investigates the mediating influence of communication patterns on attachment styles, focusing on verbal and non-verbal communication, and their impact on the development of secure attachment among young adults. Grounded in attachment theory, which underscores the significance of early relationships in shaping later emotional and interpersonal functioning, this research employs qualitative methods and theme analysis. The study reveals that verbal communication plays a crucial role in fostering the key characteristics of secure attachment, such as creating a safe environment for open dialogue, building trust, resolving conflicts, enabling clear conversation, and promoting emotional intimacy. Furthermore, non-verbal cues complement verbal affirmations, enhancing the depth of interpersonal connections. These

findings highlight the importance of effective communication in cultivating secure attachment styles, thus contributing to a deeper understanding of relational dynamics and psychological well-being among young adults.

Keywords: *Communication Patterns, Verbal Communication, Non-Verbal Communication, Secure Attachment, Young Adults, Attachment Theory, Emotional Functioning, Interpersonal Relationships*

INTRODUCTION

Attachment refers to the emotional bond or connection formed between individuals, typically between a caregiver (such as a parent) and a child. This bond influences the child's sense of security, exploration, and social development. Attachment theory, developed by John Bowlby and Mary Ainsworth, explores the impact of early relationships on later emotional and interpersonal functioning. It emphasises the importance of a secure attachment in promoting healthy psychological development.

Characteristics of Attachment

Bowlby suggested that there are four distinct characteristics of attachment

- a) The need to stay close to the individuals we are attached to.
- b) Turning to the attachment figure in times of fear or danger, in order to feel secure or
- c) protected.
- d) The attachment figure serves as a child's safe haven from which to explore the outside world.
- e) Experiencing feelings of anxiety in the absence of the attachment figure.

Attachment Styles

Attachment styles refer to patterns of emotional connection formed in early relationships, influencing how individuals relate to others. Several factors contribute to the development of attachment styles, including:

Caregiver responsiveness: The level of sensitivity and responsiveness caregivers demonstrate during a child's early years can shape their attachment style.

Consistency and reliability: A consistent and reliable caregiving environment fosters a sense of security and influences the formation of a secure attachment.

Parental mental health: The mental well-being of caregivers can impact their ability to provide a secure and supportive attachment environment.

Child temperament: Each child has a unique temperament, influencing how they respond to caregiving behaviours and shaping their attachment style.

Cultural influences: Cultural norms and practices play a role in shaping caregiving behaviours and, consequently, attachment styles.

Life experiences: Early life experiences, such as trauma or disruptions in caregiving, can impact the development of attachment styles.

Genetic factors: There is some evidence suggesting a genetic component to attachment styles, influencing a person's predisposition to certain attachment patterns.

These factors interact in complex ways, contributing to the diversity of attachment styles observed in individuals. There are several attachment styles that individuals may develop based on their early experiences with caregivers. The most commonly recognised attachment styles are:

- ***Secure Attachment Style***

An adult with a secure attachment type has a healthy, optimistic outlook on relationships. Positive and satisfying interpersonal interactions are frequently linked to secure attachment types, which enhance emotional wellbeing in general. People who have an attachment style that is secure typically display the following traits:

Comfort with Intimacy: Individuals don't mind being candid and vulnerable with the people they love and feel at ease with emotional proximity.

Trust and Dependability: Individuals create a sense of security by believing in the stability of their relationships and having faith in their partners.

Effective Communication: People who are securely bonded typically communicate clearly and honestly, expressing their wants and feelings while listening to their partner.

Emotional Regulation: They are adept at controlling their own emotions as well as providing a supportive emotional environment for their partner.

Autonomy and Independence: Adults who are securely linked strike a healthy balance between closeness and independence, which permits personal development within the partnership.

Resilience to Conflict: Rather than avoiding or reacting excessively hostilely to disputes, people with a stable attachment style address them with positive problem-solving techniques.

Positive Self-Esteem: They typically think well of themselves and believe they are deserving of love and care, which helps them feel confident in relationships.

- **Ambivalent Attachment Style**

Anxious-preoccupied attachment, another name for ambivalent attachment style, is the result of carers failing to consistently address a child's emotional needs. Adults who have ambivalent attachment may exhibit the following traits:

Fear of abandonment: A strong apprehension about being turned down or left out of a relationship which makes one clingy and in need of affirmation all the time.

An excessive dependence on relationships: An inability to rely on oneself and a heavy reliance on people for emotional support.

Strong emotional reactions: Reacting emotionally strongly to relationship problems, which frequently causes concern, anxiety, and a sense of insecurity.

Difficulty trusting others: An inclination to question the motives of people and a perpetual need for approval to feel safe in relationships.

Conflicting emotions towards intimacy: Yearning for deep bonds but simultaneously being afraid of the possible challenges, creating a push-pull situation.

Propensity to be extremely sensitive: Quick to get upset or wounded, viewing unknown events as relationship-threatening.

- **Avoidant Attachment Style**

Adults with avoidant attachment styles prefer to avoid emotional intimacy and are reluctant to get involved in close relationships. People who suffer from avoidant attachment may find it hard to trust other people and may minimise the value of closeness. Among the essential qualities are:

Fear of intimacy: People who are avoidant frequently struggle with emotional intimacy and may find the thought of a strong emotional bond unsettling or overwhelming.

Autonomy and self- sufficiency: They prefer not to rely too heavily on other people for comfort or assistance, so they prioritize autonomy and self-sufficiency.

Difficulty articulating emotions: Avoidant people may have trouble expressing their own feelings as well as comprehending and reacting to those of others.

Propensity to reduce the value of relationships: They may underestimate the relevance of relationships or give individual demands precedence over interpersonal ties.

Avoidance of commitment: People who exhibit an avoidant attachment style may be reluctant to make long-term commitments because they worry about losing their independence or facing heavy emotional responsibilities.

Emotional distancing: Avoidant people may emotionally retreat during stressful or vulnerable times, which makes it difficult for their companions to establish a deeper connection with them.

- **Disorganised Attachment Style**

An attachment style that is less coherent or structured is commonly associated with disorganised attachment. It develops when a kid receives care that is uneven or frightening, which causes conflicting and perplexing feelings regarding relationships. Adults with disorganised attachment may exhibit the following traits:

Fearful avoidance: People may want close connections but are afraid of closeness because of the uncertainty brought on by previous experiences providing care.

Trouble controlling emotions: An inability to control emotions well might result in worry, mood swings, or trouble handling stressful situations.

Chaotic relationships: Propensity for turbulent and erratic relationships, marked by sudden shifts in emotional intensity and closeness.

Deep-seated anxieties of rejection or abandonment might lead to a persistent need for validation or trouble putting your trust in other people.

Inconsistent communication patterns: Having trouble articulating wants or desires in a clear and concise manner might result in irregular methods of communication and make it difficult to resolve problems.

Communication

Communication alludes to the method of sharing information between two or more individuals. Communication allows people to express their thoughts, feelings and emotions in a free manner. There are two types of communication, namely:

Verbal Communication: Verbal communication is carried out by using our words to express our thoughts, feelings, and emotions. It is not only limited to vocalising our thoughts and feelings, but also involves written exchange of the same.

Non-Verbal Communication: Non-verbal communication can be carried out through gestures, actions, body language, eye contact, facial expressions, etc. In simple terms, non-verbal communication is a form of communication which takes place in the absence of words.

METHODOLOGY

Aim

To examine the mediating role of communication patterns on attachment styles.

Objective

To understand the impact of communication patterns on the development of attachment styles among young adults.

Hypotheses

- Verbal communication will yield a healthier attachment style as opposed to non-verbal communication.
- Non-verbal communication aids verbal communication.

Independent Variable

Communication patterns: verbal and non-verbal communication.

Dependent Variable

Attachment Style (Secure)

Controlled Variables

- Young adults (18–25 years)
- Urban population

- Graduates and Undergraduates

Sample

There were 15 participants in the study's sample, 9 of whom were female and 6 of whom were male, and they varied in age from 18 to 25. The participants were well-educated people who lived in different metropolitan areas of Delhi and the NCR region. The researcher contacted the participants, briefly explained the goal of the study, and extended an invitation to join the study in order to recruit them from the target group using the purposive sampling method. Those who consented were given a consent form from the members of the initial sample. The data was then gathered whenever it was convenient for the participants. In order to protect the participants' privacy, they have been issued a number between 1 and 15, which will be used to refer to them going forward.

Interview Questions

1. How do you think verbal communication has helped you to maintain and form a healthy and emotionally intimate relationship?
2. In your view, how do facial expressions, gestures, actions, etc. contribute to a healthy relationship, and can you provide examples from your personal relationships?
3. Have you noticed any differences in the quality of your bond formed through verbal communication compared to non-verbal cues? If so, can you elaborate on those differences?
4. How do you think effective verbal communication influences the sense of security and trust in relationships?

5. Can you recall instances where misunderstandings in a conversation affected your equation with another person, and how were they resolved?
6. To what extent do you believe non-verbal cues, such as body language or facial expressions, contribute to the overall emotional connection and attachment in relationships?
7. In your experience, do verbal expressions of affection and support have a different impact on your relationship with someone as compared to non-verbal gestures or actions?
8. How do you deal with situations where verbal and non-verbal communication may convey conflicting messages regarding emotional needs and expectations?
9. Reflecting on your relationships, how have both verbal and non-verbal communication contributed to shaping your own attachment style and that of people around you?

Design

The research design used for the study was qualitative. The data-analytic strategy was based on thematic analysis, and the data-collection method consisted of structured interviews.

Procedure

Smartphones were used to record the structured interviews, which took place at the participants' convenience at home. Three days were dedicated to conducting all of the interviews, followed by the analysis. Before any data was collected, those participating were requested to fill out a consent form granting them permission to participate in the study. After giving a quick rundown of the process and the issues investigated in the research, the interview concentrated on the particular questions posed. To guarantee the precision and integrity of the

data and to pinpoint the emerging themes, the intellectual verbatim approach was employed to transcribe the data.

RESULTS

The responses of the participants have been tabulated as follows:

QUESTIONS	RESPONSES
A. How do you think verbal communication has helped you to maintain and form a healthy and emotionally intimate bond?	1. "It helps me to communicate exactly what I am feeling, whether it is a positive or a negative emotion." 2. "It helps me to clarify any and every misunderstanding." 3. "It helps me and the people that I talk to, to express our thoughts and emotions freely without leaving any room for assumptions which eases my anxiety, no matter how far we may be from each other." 4. "It has helped me to navigate through problems and fights." 5. "For me, having a good bond equates to how well I can verbally communicate with someone. The better our communication, the better our bond." 6. "Telling the other person how I feel without hesitation is the basis of a healthy relationship for me." 7. "By being able to say what we think and feel allows us to have a healthy relationship." 8. "Talking about things helps me feel secure and less anxious and not

	overthink the situation.” 9. “Expressing my thoughts and feelings verbally helps me keep a track of my equation with others and dissolve all fights.” 10. “It helps clear all misunderstandings.” 11. “It helps me resolve interpersonal conflicts and set boundaries.” 12. “It helps me understand other people’s perspectives better and see where they’re coming from.” 13. “I rely on other people’s words to clear any ambiguity and hold ourselves accountable for what we say and do.” 14. “It has helped me understand people better and cater to their needs accordingly.” 15. “It helps me express my wants and needs clearly and understand the other person’s as well.”
B. In your view, how do facial expressions, gestures etc. contribute to a healthy relationship? Can you provide examples from your personal life?	1. “Most men in my life rely on non-verbal cues, so they help me understand where they’re coming from.” 2. “They help me gauge the mood of people in my life and understand boundaries.” 3. “For me, non-verbal cues help provide comfort in times of crisis.” 4. “Body language gives me cues on how to approach people better.”

	5. "It aids verbal communication." 6. "It helps me interact with new people and pick up on things with people I already know." 7. "It helps me emote better." 8. "Small actions and gestures hold the power to alter my mood." 9. "Already developed gestures among friends help us to communicate discreetly." 10. "Helps in judging someone's mood and making people feel special through our gestures." 11. "Facial expressions help me keep my passive aggression in check." 12. "Interpreting feelings of my mom and friends' through their expressions." 13. "Non- verbal cues act as a reinforcer for verbal communication." 14. "Actions, aligned with someone's words, makes them more believable and provides reassurance." 15. "Non- verbal cues help me understand the other person's emotional state."
C. Have you noticed any differences in the quality of your bond formed through verbal communication compared to non-verbal cues? If so, can you elaborate on those differences?	1. "Yes, explaining what you are feeling is better than showing it in gestures; it is hard to catch up on them." 2. "Yes, actions speak louder than words." 3. "Yes, verbal communication helps me salvage boundaries and gives me the confidence to talk about things."

	4. "It depends on the situation honestly." 5. "Yes, verbal communication has an upper edge because non-verbal cues can also lead to confusion." 6. "Yes, picking up on non-verbal cues adds depth to a relationship." 7. "There is not a significant difference, but non-verbal cues convey emotions easily." 8. "Yes, verbal communication strengthens and deepens a bond." 9. "Yes, verbal communication always improves a relationship significantly." 10. "No significant difference, but verbal communication ensures that a bond is not surface level." 11. "Yes, I feel it is easy to be in a relationship where there is open and honest communication." 12. "No, they work together." 13. "Yes, the bond is stronger if there is verbal communication and adds a sense of responsibility." 14. "They go hand in hand, but I prefer verbal communication since it is more reliable, and non-verbal cues alone can be misleading at times." 15. "They both have an equal role in a relationship."
D. How do you think effective verbal communication influences the sense of security and trust in	1. "As a woman, I like reassurance from other people verbally, in reference to their actions."

relationships?	2. “Being able to share your innermost thoughts and feelings fosters a sense of security and trust.” 3. “Through affirmations.” 4. “Speaking your mind develops a safe space and trust in relationships.” 5. “Since it makes connecting easier, trust is built on that.” 6. “Being an ambivert, the fact that I am able to share things and voice my feelings is an indicator of trust itself.” 7. “Women like to be reassured through words.” 8. “It helps fill all lacunas and rebuilds a sense of trust.” 9. “Working through issues builds trust.” 10. “Honest conversation adds trust to a relationship.” 11. “Discussing things with my partner makes me feel less insecure.” 12. “Overcoming your fear of judgement and sharing things is a huge step towards building trust.” 13. “A bidirectional bond builds both trust and respect.” 14. “Transparent communication makes the other person seem more reliable.” 15. “Speaking our heart out is key to building a sense of security and trust in a relationship.”
E. Can you recall instances where misunderstandings in a	1. “Verbal communication resolves misunderstandings.”

conversation affected your equation with another person and how were they resolved?	2. "Verbal communication sorts things out." 3. "The issues were resolved through transparent verbal communication." 4. "Giving things time and then communicating helps." 5. "Revisiting the conversation after some time and then talking things through." 6. "Deal with patience and voice out your concerns when cooler heads prevail." 7. "Ultimately, verbal communication carried out peacefully helps." 8. "Verbal communication in person helps." 9. "Talking face to face helps." 10. "Making your intentions clear while talking to remove scope for misunderstandings." 11. "Confronting the person is important." 12. "Maturity with experience is how I have realised to use both forms of communication effectively." 13. "Being explicit and straightforward with what I meant to say." 14. "Clear verbal communication supported with non-verbal cues." 15. "Issues can only be resolved through verbal communication."
F. To what extent do you believe non-verbal cues contribute to the	1. "Very, because some things can only be expressed through non-verbal

overall emotional connection and attachment in relationships?

- cues.”
2. “Non-verbal cues are very prompt and not fabricated.”
3. “The presence of a person is essential for comfort building.”
4. “Non-verbal cues are essential just to coexist with a person.”
5. “Non-verbal cues can come in handy when someone fails to articulate their feelings.”
6. “Noticing little things about someone through their non-verbal cues to remove any awkwardness.”
7. “It helps communicate feelings that cannot be justified in words.”
8. “I would say it is 50-50, holding someone’s hand in a situation of crisis is just as important as telling them you are there for them.”
9. “You can talk on the sly through non-verbal cues.”
10. “Non-verbal cues are often involuntary which reveals our true response to information received.”
11. “Non-verbal cues can be a little distracting from the topic being discussed in a conversation.”
12. “Non-verbal cues show that you care primarily, and then it is further aided by verbal communication.”
13. “If there is a gap in the communication, then I would rely on non-verbal cues to understand why

	and then resolve the issue through verbal communication.” 14. “Actions need to align with words.” 15. “To understand emotions accurately, non-verbal cues can be trusted.”
G. In your experience do verbal expressions of affection and support have a different impact on your relationship with someone as compared to non-verbal gestures or actions?	1. “Verbal affirmation validates the already present non-verbal cues.” 2. “I would choose non-verbal cues over verbal communication.” 3. “Verbal communication is a much stronger way of communication.” 4. “For me, receiving and giving verbal affirmation has a stronger impact.” 5. “Non-verbal cues generate a flush of happy emotion when expressing affection.” 6. “Verbally communicated affection makes those similar actions much more real and concrete.” 7. “I like to hear through compliments and affirmations that the other person cares.” 8. “I value both of them equally.” 9. “Verbal communication aiding non-verbal cues for me is the best way to go.” 10. “A combination of both”. 11. “A balance has to be struck between the two.” 12. “Verbal communication acts as a foundation.” 13. “Verbally expressed affection is much more reassuring and what I would

	trust.”
	14. “They have different impact but the goal is the same, so striking a balance is crucial.”
	15. “I feel more connected and reassured through non-verbal forms of affection.”
H. How do you deal with situations where verbal and non-verbal communication may convey conflicting messages regarding emotional needs and expectations?	1. “Actions speak louder than words is a misconception and I use my words to convey my stand in a conflicting situation.” 2. “I solve those conflicts through verbal communication.” 3. “It depends on the situation but if I had to choose, then I would say through verbal communication.” 4. “I straight up tell the person to give me attention.” 5. “I try to strike a balance between the two and say out loud what’s bothering me.” 6. “I try to clear any conflict through verbal communication.” 7. “I confront the person and talk about the issue.” 8. “I would voice out my concerns.” 9. “Non-verbal cues can be confusing, so I would choose continuous verbal communication to work through our issues.” 10. “I will make the other person realise their mistake through verbal communication.”

	11. "I would communicate my grievances to the other person." 12. "As someone who has trust issues, I would not confront the other person but rather inculcate those behavioural patterns in my own behaviour so that the other person does not have a chance to complain like I do." 13. "If the actions and words do not align, I would communicate the same to the other person through my words." 14. "I calmly let the other person know that their actions do not align with their words." 15. "I would confront the person to justify their non-verbal cues in accordance with their words."
I. Reflecting on your relationships, how have both verbal and non-verbal communication contributed to shaping your own attachment style and that of others around you?	1. "Both contribute significantly, but I think verbal communication has a greater importance." 2. "I would say verbal communication has rectified the gaps that exist, whereas non-verbal communication has further strengthened the relationships." 3. "Both contribute significantly in forming a secure attachment, but verbal communication has played a bigger role in maintaining my relationships and keeping my calm." 4. "There needs to be at least one form of communication to sustain a healthy relationship, but I would say

- verbal is more important since a lot is left to imagination in the other form.”
5. “Verbal communication has provided depth to my relationships, whereas non-verbal communication has helped me to understand people better.”
 6. “They have both had a significant impact on my relationships, but I lean more towards verbal communication since it is a more clearer way of communication.”
 7. “Verbal communication plays a key role in maintaining healthy relationships and forms the foundation of the same, irrespective of the nature of the relationship.”
 8. “Being in a long distance relationship, verbal communication is what has kept my relationship strong and healthy, and even in general I have noticed my relationships work better with significant verbal communication.”
 9. “Non-verbal communication only works when you are on the same page with the other person. On the other hand, verbal communication works in any and every relationship so I would say verbal has a better part.”
 10. “I would say both are equally important and play an equal role.”
 11. “A combination of both works well

for my relationships.”

12. “I have an avoidant attachment style with my father because of our differences, which is why I struggle with communicating my feelings properly, and hence rely on non-verbal cues more.”

13. “In the long run, I would assess the quality of my relationship through non-verbal cues, after having formed the basis of that relationship using verbal communication.”

14. “I personally place more value on verbal communication since it allows me to gain a deeper understanding and enforces open and honest communication with the people I get attached to, which in turn places them on a similar tangent to communicate with me.”

15. “They both are equally important and have to coexist in order to form my attachment style and that of people around me.”

DISCUSSION

Q1. How do you think verbal communication has helped you to maintain and form a healthy and emotionally intimate relationship?

All participants agreed that verbal communication allows for open and honest conversations, resolves misunderstandings and interpersonal conflicts, fosters a sense of trust,

and allows people to express their thoughts and feelings freely supporting emotional intimacy, all key characteristics of a secure attachment style.

Q2. In your view, how do facial expressions, gestures, etc. contribute to a healthy relationship? Can you provide examples from your personal life?

Participants suggested that non-verbal communication helps in gauging the mental and emotional state of individuals, allows expression of emotion, provides a sense of comfort through our actions and gestures, and makes verbal communication more effective.

Q3. Have you noticed any differences in the quality of your bond formed through verbal communication compared to non-verbal cues? If so, can you elaborate on those differences?

Most of the participants agreed to experiencing a difference in their bond, however two believed there is no difference, and that verbal and non-verbal cues work together. Those who believed that verbal communication enhances the bond alluded to the fact that communicating verbally adds a sense of responsibility and removes scope of ambiguity and confusion. It also helps create and manage boundaries, while strengthening the bond. On the other hand, non-verbal communication tends to convey emotions easily and adds depth to the relationship.

Q4. How do you think effective verbal communication influences the sense of security and trust in relationships?

All participants agreed that verbal communication adds and enhances the sense of security and trust in relationships. It does so by creating a safe space for individuals to share their innermost thoughts and feelings, have open and honest conversations, and through that, overcome their fear of judgement. Women reported to feel more secure in relationships when their feelings were validated through words of affirmation.

Q5. Can you recall instances where misunderstandings in a conversation affected your equation with another person and how were they resolved?

There was a resounding agreement among the participants in favour of resolving misunderstandings through verbal communication. Non-verbal cues were also mentioned to aid the discussion while resolving conflicts.

Q6. To what extent do you believe non-verbal cues contribute to the overall emotional connection and attachment in relationships?

Overall, participants believed that non-verbal communication helps in building comfort, and makes for a pretty transparent conversation since non-verbal cues are prompt and cannot be fabricated. They also help in conveying emotions that cannot be articulated in words, but also prove to be a little distracting if the other person does any erratic movements during a conversation. Additionally, when the actions of individuals align with their words, it fosters a healthy relationship.

Q7. In your experience do verbal expressions of affection and support have a different impact on your relationship with someone as compared to non-verbal gestures or actions?

Among the 15 participants, most expressed a liking for verbal expressions of affection and support over non-verbal cues. However, five of them believed that a combination of both was the most suitable choice, whereas three of them preferred gestures and actions over verbal affirmations.

Q8. How do you deal with situations where verbal and non-verbal communication may convey conflicting messages regarding emotional needs and expectations?

There was a consensus among the participants to voice their concerns in case of a conflict in verbal and non-verbal communication, except for Participant 12, who feels uncomfortable confronting people due to their prevalent trust issues.

Q9. Reflecting on your relationships, how have both verbal and non-verbal communication contributed to shaping your own attachment style and that of others around you?

The participants placed a higher degree of importance on verbal communication as compared to non-verbal communication to form a healthy attachment style and sustain their relationships. Some of them added that non-verbal cues seem to solidify their relationships which were founded on verbal communication.

Participant 12 admitted to having an avoidant attachment style with one of their primary caregivers, which explains their prevalent trust issues, and is also why they struggle with verbal communication and rely mostly on non-verbal cues.

The themes that emerge based on the aforementioned data are as follows:

<i>S No.</i>	<i>EMERGING THEMES</i>	<i>THEMATIC ANALYSIS</i>
1.	The Importance of Verbal Communication	Clear and open verbal expression is crucial for fostering secure attachments, as it helps individuals feel understood, supported, and emotionally connected.
2.	Complementary Role of Non-Verbal Communication	Non-verbal cues, such as facial expressions, gestures, and body language, reinforce and amplify the emotional resonance of verbal communication.

3.	Consistency and Congruence	The alignment between verbal and non-verbal communication is essential for avoiding misunderstandings and building trust.
4.	Impact of Miscommunication	Inconsistent or conflicting non-verbal cues can lead to confusion and insecurity, undermining the development of secure attachment styles.

CONCLUSION

The aim of this study was to examine the mediating role of communication patterns on attachment styles. The study focused on two types of communication patterns—verbal communication and non-verbal communication. Further, the study discussed the impact of communication patterns on the development of a secure attachment style among young adults, through qualitative research and theme analysis.

It was discovered that verbal communication facilitates all the key characteristics of a secure attachment style, namely:

- a) Creating a safe space for open and honest communication.
- b) Fostering a sense of trust and security in relationships, which further gives rise to the individuals' confidence.
- c) It successfully resolves any and every misunderstanding or conflict.
- d) It paves way for clear conversation.
- e) It encourages emotional intimacy and aids positive emotion regulation.

Additionally, non-verbal cues add depth to an equation by backing up the verbal affirmations given and received in a relationship. Hence, this approves the hypotheses of this study.

Limitations of the Study

Generalizability: Owing to the study's exclusive emphasis on young individuals, its conclusions might be difficult to apply to larger populations. Different attachment styles and communication patterns may be seen in people from a variety of ages or ethnic backgrounds.

Sample Size and Composition: These factors may have an effect on the reliability and validity of the study's conclusions. For example, the sample may not fairly reflect the range of attachment types and communication methods in the broader population if the majority of the participants are from a particular demographic or socioeconomic background.

Subjectivity in Qualitative Analysis: Since qualitative research is by its very nature subjective, bias may be introduced while analysing topics pertaining to attachment styles and communication patterns. The data may be interpreted differently by various researchers, which could impact how reliable the study's conclusions are.

Cross-sectional Design: The cross-sectional design of the study makes it more difficult to determine if methods of communication and types of attachment are causally related. Further information regarding the attachment types' developmental trajectories over time and how communication patterns impact them may be obtained via longitudinal studies.

Implications of the Study

Therapeutic Interventions: Enhancing interpersonal dynamics and emotional well-being can be achieved through therapeutic interventions that take into account the moderating influence that communication patterns have on attachment types. Therapists can help clients develop safe attachment by using techniques to improve both verbal and nonverbal communication skills.

Educational Plans: The results of this study may be useful for educational initiatives aimed at young adults, partners, and parents. By highlighting the significance of proficient communication in promoting safe and stable attachment, these courses may empower people with useful abilities for constructing more robust bonds.

Workplace Dynamics: Organisational behaviour and management techniques may be affected by an understanding of the role that communication patterns play in the development of attachments. Employers can improve staff satisfaction, trust, and team cohesion by implementing communication training programs.

Future Research Directions: This research stresses the need for more investigation into the subtleties of attachment styles and communication patterns in a range of circumstances and populations. Prospective research endeavours may utilise mixed-methods techniques or longitudinal designs in order to furnish a more exhaustive comprehension of these intricate dynamics. Furthermore, examining how technology-mediated communication influences attachment processes may prove to be a fascinating area of study.

Future Recommendations

Future research should include a more diverse sample to enhance the generalizability of the findings. Conducting longitudinal studies to observe how communication patterns and attachment styles evolve and incorporating quantitative methods to complement qualitative findings and provide a more comprehensive understanding of the phenomena.

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