



Attachment Style, Interpersonal Dependency and Quality of Life Among Emerging Adult

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Abstract

An emerging adult typically is in a transitional phase from adolescence to full adulthood. Interpersonal dependency refers to a psychological state in which an individual relies heavily on others for emotional support, validation, and decision-making. Quality of life means an individual's overall well-being and satisfaction with various aspects of their life. This study examines the connection between attachment style, interpersonal dependency and quality of life. 200 emerging adults of age 18-24 made up the sample, which include both males and females were collected from various colleges of Ernakulam and Kottayam district. Adult attachment style scale, Interpersonal dependency Inventory and WHO Quality of life brief scale were the instruments employed. The data was examined using the Spearman's correlation test, using SPSS version 28. In this present study there is a partial relationship between the subscales of attachment style, interpersonal dependency and quality of life. Some of the subscales of these variables are correlated and other subscales are non-correlated. There exists a positive correlation between some of the subscales of attachment style, interpersonal dependency and quality of life and the other subscales of attachment style, interpersonal dependency and quality of life was negatively correlated among emerging adults.

Keywords: Adult Attachment Scale (AAS), Interpersonal Dependency Inventory, WHOQOL-100, SPSS Version 28.

1. Introduction

Collins and Read (1990) point out attachment patterns as a key issue impacting interpersonal relationships. They discuss how early relationships with parents in infancy shape future relationships with others, within the framework of Attachment Theory. Interpersonal dependency, the inclination to depend on others for protection and support even when autonomy is appropriate, is extensively researched in social, personality, and clinical psychology. Maslow (1962) posits that achieving "the ideal life" or a "good life" necessitates satisfying eight needs outlined in his Hierarchy of Needs, including physiological, safety, love and belongingness, self-esteem, cognitive, aesthetic, self-actualization, and transcendence needs. Attachment style, interpersonal dependency and quality of life

among young adults is important for understanding how early relationships and social interactions shapes individuals well-being [1].

1.1. Need and Significance of the Study

Attachment style, interpersonal dependency, and quality of life among emerging adults lies in understanding how these psychological constructs interact and influence one another during a crucial developmental stage [2]. Attachment style and interpersonal dependency have been shown to impact individuals' relationships and well-being, while quality of life encompasses various aspects of satisfaction and fulfillment. Understanding these dynamics between attachment style, interpersonal dependency, and quality of life is crucial for promoting healthy relationships and enhancing



overall wellbeing.

1.2. Aim of the Study

To assess the relationship between attachment style, interpersonal dependency and quality of life among emerging adults [3].

2. Review of Literature

Kordi, M. et.al. (2020) conducted a study on does attachment style predict quality of life in youth, a cross-sectional study in Iran. The attachment can be viewed as a special behavioral sample that is essential to healthful enlarge in most communities. Medical university college students are uncovered to excessive levels of psychological stress at the same time as being geared up with decrease degrees of resilience. In this cross-sectional correlational study, one hundred fifty university college students of Iranshahr University of Medical Sciences in 2018 had been chosen based definitely on comfort sampling with consideration of inclusion criteria. Revised Adult Attachment Scale (RAAS) and Quality of existence questionnaire (SF-36) have been used as data gathering scale. The effects of this find out about indicated an excellent sized direct correlation between the incredible of existence scores and invulnerable attachment fashion. Koohsar, A.A.H., & Bonab, B.G. (2011) conducted a study on relationship between quality of attachment and psychological symptoms in college students [4]. The intention of the current day search for used to be to appear at the relationship between great of attachment and psychological signs and signs and symptoms in Tehran and Iran Medical Sciences Universities. To accomplish the cited motive 290 college students from Tehran and Iran Medical Sciences Universities have been chosen through practicable of proportional sampling procedure. Authors concluded that keep in mind attachment have been associated with reduce psychological signs in college students who have been analysing in Medical Sciences Universities. Bornstein, F.R., (2011) conducted a study on an interactionist perspective on interpersonal dependency [5]. The interpersonal dependency; the tendency to look to others for nurturance, guidance, protection, and support, even in situations the place self-reliant functioning is possible, has emerge as related with passivity, immaturity, and dysfunction in

the minds of mental health professionals. Here they discuss theoretical and sensible implications of the C/I model and summarize present day tendencies in lookup on interpersonal dependency. Merz, E, M., & Consedine, N.S. (2009) conducted a study, the association of family support and well-being in later life depends on adult's attachment style. Data from a community-dwelling, ethnically diverse, aged pattern (N1118) have been analysed to figure out the surprisingly right linear combination of emotional support, instrumental support, and attachment patterns predicting wellbeing. Emotional beneficial useful resource usually used to be associated with big appropriate being whereas instrumental beneficial useful resource used to be associated to diminished wellbeing. Receiving emotional help had greater extraordinarily correct and instrumental assist a lot a lot of less horrible consequences on the proper being of aged human beings with higher attachment security. Given accelerated longevity, household networks can in addition come to be critical sources of aid for the elderly. Locke, K.D. (2008) conducted a study on Attachment styles, interpersonal approach and avoidance goals in everyday couple interactions. Sixty undergraduates at a public college in the northwest United States recorded their strategy and avoidance communal (closeness), uncommunal (distance), agentic (assertion), and unagentic (submission) dreams in the route of a whole of 836 naturalistic interactions with romantic partners. They in addition executed a self-report measure of attachment style. Secure attachment estimated large method than avoidance goals, specifically agentic goals. Avoidant attachment expected goals to keep away from and now no longer to approach closeness and submission. In sum, the lookup about posted sturdy relationships between enduring attachment patterns and transient interpersonal wishes in every and each day life. Berry, K., et.al. (2006) conducted a study on Attachment style, interpersonal relationships and psychotic phenomena in a non-clinical student sample. This paper describes the improvement and preliminary validation of a measure of adult attachment styles based on Bartholomew's (1990, 1997) model and tailored for use with guys and



female with psychosis. The associations between the new measure, interpersonal problems, self-concept, relationships with large others for the length of childhood, anxious existence events and nonclinical psychotic phenomena had been examined in a student sample. Findings suggest that the attachment measure is a valid instrument with applicable indoors consistency and can be used to discover associations between attachment patterns and psychotic signs in medical samples [6].

3. Objectives

- To assess the relationship between attachment style and interpersonal dependency others among emerging adults.
- To assess the relationship between interpersonal dependency and quality of life among emerging adults.
- To assess the relationship between attachment style and interpersonal dependency among emerging adults.
- To assess the relationship between attachment styles and quality of life among emerging adults.

3.1.Hypotheses

- There is a significant relationship between subscales of attachment style and subscales of interpersonal dependency among emerging adults.
- There is a significant relationship between subscales of quality of life and interpersonal dependency
- There is a significant relationship between subscales of attachment style and subscales of quality of life among emerging adults.

3.2.Sample

The total sample size of the study is 200. The study focused on emerging adults of age group 18 to 29, samples were taken using convenient sampling method. The samples were taken from Ernakulam and Kottayam district of Kerala

3.2.1. Inclusion Criteria

- In this present study, students of both genders; male and female are included.
- Sample includes undergraduate degree students and postgraduate degree students from various colleges.

- All college students in Ernakulam and Kottayam district.

3.2.2. Exclusion Criteria

- Physically and mentally challenged people were excluded.
- Emerging adults other than from Ernakulam and Kottayam district are excluded.
- Medical students are excluded.

4. Measures

4.1.Attachment Style Scales

The Adult Attachment Scale (AAS) was officially developed by Nancy L. Collins, Stephen J. Read in 1990. The scale was developed by decomposing the original three prototypical descriptions (Hazen & Shaver, 1987) into a series of 18 items. The scale consists of 18 items scored on a 5-point Likert-type scale. It measures adult attachment styles named "Secure", "Anxious" and "Avoidant".

4.2.Interpersonal Dependency Inventory

Hirschfield, et.al. develop the Interpersonal Dependency Inventory (IDI) to measure interpersonal dependency. The IDI is a 48-item instrument designed to measure the thoughts, behaviors, and feelings revolving around the need to associate closely with valued people.

4.3.Quality of Life Scale

WHOQOL- Brief scale was developed by Marvin Oliver (1997). This manual aims to describe the development and use of the WHOQOL-100 and WHOQOLBREF quality of life assessments, giving the reader a background on the development of the WHOQOL instruments, describing their psychometric properties and facilitating administration and scoring.

4.4.Procedures

The goal of this study is to investigate the associations between attachment style, interpersonal dependency, and quality of life among emerging adults. For emerging adults, the data was gathered from colleges. To begin, consent letters were submitted to several colleges and requesting permission to conduct the study. After obtaining permission, data is collected via the survey method, which entails sending questionnaires to participants. The participants were comfortably situated, and a rapport had been created. The participants were



handed Questionnaires and were given instructions on how to complete them. Participants are instructed to complete the questionnaire without skipping any questions and to clarify any issues they may have about the questions. Participants are not allowed to amend their responses on the answer sheet. Following the completion of the questionnaire, they are gathered from the participants and returned to them. The answers to the questionnaire will be kept private and used solely for research purposes. The participants' responses were assessed according to the manuals' scoring guidelines.

4.5. Statistical Techniques

The association between attachment style,

interpersonal dependency and quality of life was discovered using SPSS Version 28, the acquired data were examined. The association between attachment style, interpersonal dependency and quality of life was discovered using the correlation on approach. Spearman's Rank Correlation test are used for the analysis. Methods for descriptive and inferential statistics were employed in the current investigation. Brief descriptive coefficients, which can represent the full population or only a sample of it, are used in descriptive statistics to summarize a particular data set. Mean and standard deviation was employed in descriptive statistics. Spearman's correlation was employed in inferential statistics.

5. Result

Table 1 Spearman's Correlation Coefficient and P-Value of Subscales of Attachment style and Interpersonal Dependency

Table with 5 columns: Variables, Correlation, Emotional reliance on others, Lack of self confidence, Assertion of Autonomy. Rows include Close, Depend, and Anxiety with r-value and p-value for each.

Correlation is significant at the 0.01 level (2-tailed)
Correlation is significant at the 0.05 level (2-tailed)

Table 1 indicates that the Spearman's correlation coefficient and p-value of attachment style and interpersonal dependency. The r-value and p-value of emotional reliance on others and close are -.201 and .004 respectively. The value is significant at 0.01 levels. The corresponding r-value and p-value of emotional reliance on others and depend are -.275 and .000 respectively. The value is significant at 0.01 levels. The corresponding r-value and p-value of emotional reliance on others and anxiety are .464 and .000 respectively. The value is significant at 0.01 levels. The corresponding r-value and p-value of lack of self-confidence and close are -.301 and .000

respectively. The value is significant at 0.01 levels. The r-value and p-value of lack of self-confidence and depend are -.256 and .000 respectively. The corresponding r-value and p-value of lack of self-confidence and anxiety are .193 and .006 respectively. The value is significant at 0.01 levels. The r-value and p-value of assertion of autonomy and close are -.088 and .216 respectively. The corresponding r-value and p-value of assertion of autonomy and depend are -.016 and .823 respectively. The r-value and p-value of assertion of autonomy and anxiety are .051 and .477 respectively.

Table 2 Spearman’s Correlation Coefficient and p-value of subscales of Interpersonal Dependency and Quality of Life

Variables	Correlation	Physical Health	Psychological	Social Relationships	Environment
Emotional reliance on others	r-value	-.180*	-.195**	-.079	-.052
	p-value	.011	.006	.264	.464
Lack of self confidence	r-value	-.205**	-.302**	-.174*	-.196**
	p-value	.004	.000	.014	.005
Assertion of autonomy	r-value	.064	-.058	-.048	-.211**
	p-value	.365	.418	.500	.003

Correlation is significant at the 0.01 level (2-tailed).
Correlation is significant at the 0.05 level (2-tailed).

Table 2 indicates that the Spearman’s correlation coefficient and p-value of interpersonal dependency and quality of life. The corresponding r-value and p-value of physical health and emotional reliance on others are -.180 and .011 respectively. The value is significant at 0.05 levels. The r-value and p-value of physical health and lack of self confidence are -.205 and .004 respectively. The value is significant at 0.01 levels. The r-value and p-value of physical health and assertion of autonomy are .064 and .365 respectively. The r-value and p-value of psychological and emotional reliance on others are -.195 and .006 respectively. The value is significant at 0.01 levels. The r-value and p-value of psychological and lack of self confidence are -.302 and .000 respectively. The value is significant at 0.01 levels. The r-value and p-value of psychological and assertion of autonomy are

-.058 and .418 respectively. The r-value and p-value of social relationships and emotional reliance on others are -.079 and .264 respectively. The r-value and p-value of social relationships and lack of self confidence are -.174 and .014 respectively. The value is significant at 0.05 levels. The corresponding r-value and p-value of social relationships and assertion of autonomy are -.048 and .500 respectively. The r-value and p-value of environment and emotional reliance on others are -.052 and .464 respectively. The r-value and p-value of environment and lack of self confidence are -.196 and .005 respectively. The value is significant at 0.01 levels. The r-value and p-value of environment and assertion of autonomy are -.211 and .003 respectively. The value is significant at 0.01 levels.

Table 3 Spearman’s Correlation Coefficient and P-Value of Subscales of Attachment Style and Quality of Life

Variables	Correlation	Close	Depend	Anxiety
Physical Health	r-value	.118	.182*	-.062
	p-value	.096	.010	.380
Psychological	r-value	.114	.167*	-.304**
	p-value	.109	.018	.000
Social Relationships	r-value	.085	-.005	-.109
	p-value	.230	.946	.124
Environment	r-value	.165*	.122	-.265**
	p-value	.019	.084	.000

Correlation is significant at the 0.01 level (2-tailed).
Correlation is significant at the 0.05 level (2-tailed).



Table 3 indicates that the Spearman's correlation coefficient and p-value of attachment style and quality of life. The r-value and p-value of close and physical health are .118 and .096 respectively. The r-value and p-value of close and psychological are .114 and .109 respectively. The r-value and p-value of close and social relationships are .085 and .230 respectively. The r-value and p-value of close and environment are .165 and .019 respectively. The value is significant at 0.05 levels. The r-value and p-value of depend and physical health are .182 and .010 respectively. The value is significant at 0.05 levels. The r-value and p-value of depend and psychological are .167 and .018 respectively. The value is significant at 0.05 levels. The r-value and p-value of depend and social relationships are -.005 and .946 respectively. The r-value and p-value of depend and environment are .122 and .084 respectively. The r-value and p-value of anxiety and physical health are -.062 and .380 respectively. The r-value and p-value of anxiety and psychological are -.304 and .000 respectively. The value is significant at 0.01 levels. The r-value and p-value of anxiety and social relationships are -.109 and .124 respectively. The r-value and p-value of anxiety and environment are -.265** and .000 respectively. The value is significant at 0.01 levels.

5.1. Discussion

The aim of the study is to find out the relationship between attachment style, interpersonal dependency and quality of life among young adults. The correlation analysis about attachment style and interpersonal dependency shows that the subscale close is negatively correlated with subscale emotional reliance on others. Individuals with a close attachment style, characterized by trust and healthy independence. Individuals with it rely less on others for emotional support. On the other hand, those with insecure attachment styles, such as anxious or avoidant, might exhibit higher emotional reliance due to their fear of rejection or discomfort with intimacy. Kaitz, M., et.al, (2004) conducted a study on Adults attachment style and Interpersonal distance. They examined for an affiliation between adults' attachment a style and their regulation of interpersonal bodily distance. The data furnish proof

of an affiliation between adults' alleviation with interpersonal emotional closeness (attachment style) and their alleviation with and regulation of interpersonal bodily closeness. Hence, the hypothesis was accepted. The subscale close is negatively correlated with subscale lack of self-confidence. Hence the hypothesis was accepted. The subscale close has no correlation with subscale assertion of autonomy. Hence the hypothesis was rejected. The subscale depend is negatively correlated with subscale emotional reliance on others. Hence, the hypothesis was accepted. The subscale depend is negatively correlated with subscale lack of self-confidence. Hence the hypothesis was accepted. The subscale depend has no correlation with subscale assertion of autonomy. Hence, the hypothesis was rejected. The subscale anxiety is positively correlated with subscale emotional reliance on others, Hence, the hypothesis was accepted. The subscale anxiety is positively correlated with subscale lack of self-confidence. Hence, the hypothesis was accepted. The subscale anxiety has no correlation with subscale assertion of autonomy. Hence, the hypothesis was rejected. From the result, the correlational analysis about interpersonal dependency and quality of life shows that subscale emotional reliance on others is negatively correlated with subscale physical health. Hence the hypothesis was rejected, and alternate hypothesis was accepted. The subscale emotional reliance on others is negatively correlated with subscale psychological, Hence the hypothesis was accepted. The subscale emotional reliance on others has no correlation with subscale social relationships. Hence, the hypothesis was rejected. The subscale emotional reliance on others has no correlation with subscale environment. Hence, the hypothesis was rejected. The subscale lack of self-confidence is negatively correlated with the subscale physical health. Hence, the hypothesis was accepted. The subscale lack of self-confidence is negatively correlated with subscale psychological. Hence, the hypothesis was accepted. The subscale lack of self-confidence is negatively correlated with scale social relationships, empirical findings, making it reasonable to accept the hypothesis. The subscale



lack of self-confidence is negatively correlated with subscale environment. The environment plays a crucial role in shaping individuals' beliefs about themselves and their abilities, ultimately influencing their level of self-confidence. The subscale assertion of autonomy has no correlation with subscale physical health. Hence, the hypothesis was rejected. The subscale assertion of autonomy has no correlation with subscale psychological. Hence, the hypothesis was rejected. The subscale assertion of autonomy is negatively correlated with subscale social relationships. Hence, the hypothesis was accepted. The subscale assertion of autonomy is negatively correlated with subscale environment. Autonomy emphasizes individual freedom, which can clash with collective environmental goals. Hence, the hypothesis was accepted. From the result, the correlational analysis about attachment style and quality of life shows that subscale close has no correlation with physical health of emerging adults. The "close" subscale of attachment style focuses on intimacy, which may not directly impact physical health. Hence, the hypothesis was accepted. The subscale close has no correlation with subscale psychological of emerging adults. Hence, the hypothesis was rejected. The subscale close has no correlation with subscale social relationships. Hence, the hypothesis was rejected. The subscale close is positively correlated with subscale environment. Hence, the hypothesis was accepted. The subscale depend is positively correlated with subscale physical health. Hence, the hypothesis was accepted. The subscale depend is positively correlated with subscale psychological of emerging adults. Hence, the hypothesis was accepted. The subscale depend has no correlation with subscale social relationships of emerging adults. Hence, the hypothesis was accepted. The subscale depend has no correlation with subscale environment of emerging adults. Hence, the hypothesis was accepted. The subscale anxiety has no correlation with subscale physical health. Hence, the hypothesis was rejected. The subscale anxiety is negatively correlated with subscale psychological. Hence, the hypothesis was accepted. The subscale anxiety has no correlation with subscale social relationships. Hence, the

hypothesis was rejected. The subscale anxiety is negatively correlated with subscale environment. Hence, the hypothesis was accepted. In this present study there is a partial relationship between the subscales of attachment style, interpersonal dependency and quality of life. Some of the subscales of these variables are correlated and other subscales are non-correlated.

Summary and Conclusion

The purpose of the study was to examine the relationship between attachment style, interpersonal dependency and quality of life among young adults. The findings indicate that there is a partial correlation between the subscales of attachment style, interpersonal dependency and quality of life. Some of the subscales of variable; attachment style, subscales of interpersonal dependency and subscales of quality of life among emerging adults are correlated and some other subscales of the variables are non-correlated.

Implications

The study on the relationship between attachment style, interpersonal dependency, and quality of life among young adults likely suggests several implications; It may shed light on how different attachment styles (secure, insecure-avoidant, insecure-anxious) impact young adults' relationships and overall well-being. To understand the relationship between attachment style and quality of life may help in developing preventive measures to address potential negative impacts on mental health and social functioning in young adulthood.

Scope

- The sample size of the study is small (N=200) which increases margin of error and reduce the power of the study.
- The sample is collected from a limited area that is within Ernakulam district.
- Reliance on self-report measures could introduce response bias or social desirability bias, where participants might provide answers they perceive as socially acceptable rather than reflecting their true experiences. Additionally, self-report measures might not fully capture the complexity of attachment



styles and interpersonal dynamics.

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