



Attachment Styles and Relationship Quality among Young Couples

Fatahyah Yahya^{1*}, Jocelyn Ng Xiao Huix², Nor Mazlina Ghazali³, Azzahrah Anuar⁴,
Aina Razlin Mohammad Roose⁵ and Mohamad Azhari Abu Bakar⁶

1,2,3,4,5,6 Universiti Malaysia Sarawak, 94300 Kota Samarahan, Sarawak, Malaysia

ABSTRACT

This research was aimed to study the relationship between attachment style and relationship quality among young couples. A correlational research design was adopted to answer the objectives of this study. A total of 257 students of Universiti Malaysia Sarawak (UNIMAS), Sarawak participated in this study. Two types of questionnaire were used in this study; the Experience in Close Relationship (ECR) to measure the attachment styles, and Couples Satisfaction Index (CSI) to measure the relationship satisfaction of the couples. The results showed that there was a significant relationship between attachment style and relationship quality among the young couples in UNIMAS. Attachment avoidance and attachment anxiety had a significant effect on the relationship quality of the young couples. It is suggested for future studies to consider selecting the samples by using simple random sampling as the targeted population would be able to represent the whole population and the result would be more accurate.

Keywords: Attachment avoidance; attachment anxiety

BACKGROUND OF THE STUDY

Attachment theory was first proposed by Bowlby (1969). According to John Bowlby's theory, the caregiver would have a direct effect on an infant's attachment styles (Fraley, 2010). The

caregiver's behaviour and their responses towards the infants would determine his or her internal working model. This working model would be used by the infants when they interact with their peers in later relationship formation (Fraley, 2010).

ARTICLE INFO

E-mail address:

yfatahyah@unimas.my (Fatahyah Yahya)

*Corresponding author

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© Faculty of Cognitive Sciences and Human Development, Universiti Malaysia Sarawak (UNIMAS)

Attachment theory was further expanded in adult romantic relationship by Cindy Hazan and Philip Shaver (Fraley, 2010). There were four attachment styles that were identified which were secure, preoccupied, dismissive and fearful (Bar-