

Adult Attachment and Parenting Styles

Fatahyah Yahya, Nurul Akilah Binti Abd Halim, Nur Fatimah Mat Yusoff, Nor Mazlina Ghazali, Azzahrah Anuar, Samsiah Jayos, Merikan Aren, Mohd Razali Othman, Mohamed Sharif Mustaffa

Abstract: This study aims to identify the relationship between adult attachment and parenting styles among staff from the Football Association in the West of Malaysia towards their offspring. This research adopted a correlational research design. The sample consisted of 43 respondents consist of all staff specifically falls in the category of caregivers. Two instruments were used in this study; Experience in Close Relationship (ECR) and Parenting Style Questionnaire. Pearson's correlation was applied to analyse the collected data. Result shows that there is a significant correlation between attachment avoidance and authoritative parenting styles ($p = 0.000$, $r = -.760$). Attachment avoidant and permissive parenting style has a significant correlation ($p = 0.000$, $r = .657$) and there is a significant correlation between attachment anxiety and authoritarian parenting style ($p = 0.000$, $r = .538$). This study could develop an awareness to the parents and carers not only on the importance of parenting styles, but also on how it was influenced by attachment styles that the child has been developed in their early childhood.

Index Terms: Keywords: Adult Attachment, Avoidance Attachment, Anxious Attachment, Parenting Styles.

I. INTRODUCTION

In 2017 alone, there are many cases involving youngsters committing crimes at the earliest age of nine (9). Recently, Malaysians have been shocked by the news of the burning down of Darul Quran Ittifaqyah (DQI) Tahfiz school in Kuala Lumpur, which led to death of 23 students including students as young as 6 years old and this news bring more shocked to Malaysians, considering the incident were caused by 7 youngsters aged between 11 to 18 that are positively influenced by drugs (Hariz Mohd & Hani Shamira Shahrudin, 2017). According to Bowlby & Ainsworth (1992), childhood experiences can give a significant impact on shaping one's characters and behaviors in the future. In this case, how do these youngsters have the nerve to commit all these crimes at such young age and to whom do we blame? Thus, this research aims to investigate the relationship between attachment and parenting styles towards their offspring among staff from the Football Association in the West of Malaysia.

Based on the previous research, most of the research related to adult attachment and parenting styles were

conducted outside Malaysia such as Romania, Iran, Jordan and Ghana (Doinite and Maria, 2015; Ahmad M. Mahasneh, Zohair H. Al-Zoubi, Omar T. Batayenh & Mohammad S. Jawarneh, 2013). There was less research done in Malaysia context and limited research were done specifically among staff from Football Association in the West of Malaysia. Doinita and Maria (2015) have conducted a study on determining the relationship between adult attachments and parenting styles among 74 Romanians' parents. Based on the research, the result proves that there is a significant correlation between secure adult attachment and authoritative parenting styles (Doinita & Maria, 2015).

Another research was conducted in University students setting, however the students were all unmarried and does not have children. Previous study by Ahmad M. Mahasneh, Zohair H. Al-Zoubi, Omar T. Batayenh & Mohammad S. Jawarneh (2013), were done to determined the relationship between parenting styles and adult attachment styles from Jordan University students. There are about 564 unmarried students enrolled in Faculty of Educational Sciences participated in this study as participants. The instruments used in previous research were Parenting Styles Instruments by Alsaqar (1984), which were designed to measure the parenting styles of parents in the child's perspectives. Also, the Adult Attachment Styles Instrument by Abu Ghazal and Jaradat (2009) was used and the instrument consists of 20 items that has relations with three dimensions of adult attachment styles; secure attachment style, anxious-ambivalent attachment style, avoidant attachment style. The method of data analysis used in previous research by Ahmad M. Mahasneh et al. (2013) is multiple regression analysis, which differ from this current research.

This research is aimed is to investigate the relationship between attachment dimensions and parenting styles among staff from the Football Association in the West of Malaysia. The research was conducted among staff from the Football Association in the West of Malaysia that are at least has a child regardless which gender. Moreover, the finding of the research would be the first research done with such topic emphasizing on staff from the Football Association in the West of Malaysia. This study was done to give a clear understanding on whether the attachment domains of the married staff give any influenced on their parenting styles towards their children. This study could gives the benefits to all parents or caregivers as this study gives them awareness on the importance of parenting styles and how it relates to their child future behaviors, which influenced largely by the attachment given by them. Also, this research can open the opportunities for other researchers in conducting related studies in the field of

Revised Manuscript Received on 04 May 2019

Fatahyah Yahya, Universiti Malaysia Sarawak (UNIMAS),
yfatahyah@unimas.my

Nurul Akilah Binti Abd Halim, Universiti Malaysia Sarawak (UNIMAS)

Nur Fatimah Mat Yusoff, Universiti Malaysia Sarawak (UNIMAS)

Nor Mazlina Ghazali, Universiti Malaysia Sarawak (UNIMAS)

Azzahrah Anuar, Universiti Malaysia Sarawak (UNIMAS)

Samsiah Jayos, Universiti Malaysia Sarawak (UNIMAS)

Merikan Aren, Universiti Malaysia Sarawak (UNIMAS)

Mohd Razali Othman, Universiti Malaysia Sarawak (UNIMAS)

Mohamed Sharif Mustaffa, Universiti Malaysia Sarawak (UNIMAS).