

Adult attachment and self concept

Amie Nursyuhadah Binti Mohammad Zamzur¹, Fatahyah Yahya^{1*}

¹Universiti Malaysia Sarawak

*Corresponding author, e-mail: yfatahyah@unimas.my

Abstract

This study aims to identify the relationship between adult attachment and self-concept among year one and year two counselling students in University Malaysia Sarawak (UNIMAS). This research is correlational research design. The sample consisted of 52 respondents. The study involves two main variables of Adult Attachment and Self-Concept. In this study, the questionnaires used are Experience in Close Relationship (ECR) and Robson's Self-Concept Questionnaire (SCQ). Statistical Package for the Social Sciences (SPSS) analysis showed a negative significant relationship between Attachment Anxiety and Self-Concept with Pearson correlation value ($p = 0.005$, $r = -0.383$). This finding might be due to the respondents' backgrounds which are Counselling students. It is suggested that the trainee counsellors to gain awareness on the importance of having positive self-concept in order to be competence and professional counsellor.

Keywords: Attachment avoidance, attachment anxiety, adult attachment, self-concept

How to Cite: Zamzur, A. N. B. M. & Yahya, F. (2019). Adult attachment and self concept. *KONSELOR*, 8(2), 43-46, DOI: [10.24036/0201982104418-0-00](https://doi.org/10.24036/0201982104418-0-00)



This is an open access article distributed under the Creative Commons 4.0 Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited. ©2019 by author.

Introduction

This study highlights on adult attachment and self-concept among year one and year two counselling students in University Malaysia Sarawak (UNIMAS). According to Bowlby (1982), "the image of attachment figures is reinforced later in life, sustained and included in one's permanent internal working models regarding oneself and others," (Greszta, Jastrzębski, Izdebski, Kowalska-Dąbrowska, & Januszkiewicz, 2016). "According to this model, an infant's formation of an attachment to a caregiver is a key developmental task that influences not only the child's representations of self and other, but also strategies for processing attachment related thoughts and feelings. Attachment-related events, such as loss and abuse, lead to modifications in these internal representations and affect a child's strategies for processing thoughts and feelings" (Dozier, Stovall-McClough, & Albus, 2008).

There are a lot of demand for counselling services from several sectors such as orphanage house, private sectors, and industrial fields. In October 2017, Datuk Marina Chin announces by Ministry of Youth and Sports Malaysia as person to lead a special force to investigate Malaysian athletes' psychology and sexual harassment. One of the initiatives is to provide counselors for Malaysian's athletes due to a case exposed this year about a coach raped an athlete in Malaysia, (Khazi, 2017). As for that, prepared and professional counsellors always need to be produced from time to time. Until August 2017, Board of Counsellor in Malaysia stated that there were 7397 counsellor had registered as registered counsellors (Isa, 2017). The preparation for these counsellors should consist in terms of physical, mental and spiritually. This will include the importance of creating, preserving or even changing the self-concept of a counsellor since it will surely leave big impact on the session. According to Hammond and Fletcher (1991), "attachment approach to love and intimate relationships has considerable sweep and power, containing predictions and hypotheses related to many areas including biology, cognition, developmental psychology and social psychology" (Hammond & Fletcher, 1991). Moreover, the professionalism of the counsellor itself will count into the self-concept of a counsellor in a way for it to maintain the professionalism mentioned from the senior counsellors.