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).

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-