

# Adult Attachment and Personality

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**Abstract:** Children develop different types of emotional bonds to those who care for them. This fact is pertinent here because attachment styles take the form of disparate, relatively stable patterns of emotionality that influence love relationship, reaction to stress or loss and other emotional dilemmas in life. Different attachment style creates different personality for a developing child. That is why recognizing our attachment pattern can help us understand our strengths and vulnerabilities of our personality. This study aims to identify the relationship between adult attachment and personality among trainee counsellors in Universiti Malaysia Sarawak. This research adopted a correlational research design. The sample consisted of 54 respondents of trainee counsellors from first year of Counselling. The study involves two main variables of Adult Attachment and Big Five Personality. In this study, the questionnaires used were Experience in Close Relationship (ECR) and Big Five Personality. Statistical Package for the Social Sciences (SPSS) analysis showed a significant negative relationship between Attachment Avoidant and Big Five Personality factor: Agreeableness. This finding showed that people with attachment avoidant would have low factor of agreeableness which made them may put their own interests above those of others. They tend to be distant, unfriendly, and uncooperative.

**Index Terms:** Keywords: Adult Attachment, Avoidance Attachment, Anxious Attachment, Personality.

## I. INTRODUCTION

Lumiere (2012), states that "Human beings do not thrive physically or emotionally without close bonds with other human beings". Attachment issues are little understood but are a basic human need. Research has shown that our way of relating to significant others in adulthood is likely to be influenced by the early bonds, otherwise known as attachment patterns, which we form in infancy with our primary caregivers. Children develop different types of emotional bonds to those who care for them. This fact is pertinent here because attachment styles take the form of disparate, relatively stable patterns of emotionality that influence love relationship, reaction to stress or loss and other emotional dilemmas in life. Different attachment style creates

different personality for a developing child. That is why recognizing our attachment pattern can help us understand our strengths and vulnerabilities of our personality. An attachment pattern is established in early childhood attachments and continues to function as a working model for relationships in adulthood. Thus, our personality is related on how our attachment style working since our childhood. Personality is the combination of characteristics or qualities that form an individual's distinctive character. One's personality is different from others. Personality that we build may be affected by how we were raised up. It may be differ from the attachment style that we are growing up with based on what kind of affection that we get since childhood. While growing up, we can see how our personality reflects us physically and emotionally. The way we react, we think and we feel may be based on the style of attachment that we learned since kid. Research on person's personality is guided by the assumption that the same motivational system that gives rise to the close emotional bond between parents and their children is responsible for the bond that develops between adults in building their personality. The main idea of the study is to analyze whether the personality that was experience by the adulthood can give a positive or negative impact based on their attachment style.

Previous research has been conducted mostly in other country and in Malaysia, this matter is not really being cornered and discuss in detail. Moreover, Sangeeta and Jayanti (2014) studied about attachment style and the relation of it with marital issue whether it affected the quality of the marital good or poorly. They found out that the marital quality of the husband and wife is associated with different variables. Research also suggested that among the husbands, those with lesser neuroticism and greater extraversion have better marital quality. Other research also studied the attachment anxiety and avoidance and the big five personality traits whether it relates to self-esteem or otherwise. It shows that attachment anxiety and avoidance were both found to be positively correlated with neuroticism, and as predicted, this relationship was even stronger for anxiety. Attachment avoidance was negatively correlated with extraversion, agreeableness, and conscientiousness. Attachment anxiety and avoidance were both negatively correlated with self-esteem, the negative relationship found for avoidance and self-esteem did not replicate results from past research (Kayleigh, 2013). Plus, there was a research to show adult attachment style is associated with depressive-vulnerability factors such as low self-esteem, poor support and

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