

# Adult Attachment and Emotional Intelligence

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**Abstract:** This study aims to identify the relationship between adult attachment and emotional intelligence among trainee counsellors in Universiti Malaysia Sarawak. This research is the study of correlational design. The sample consisted of 50 respondents consist of trainee counsellors from third year of Counselling. The study involves two main variables of Adult Attachment and Emotional Intelligence. In this study, the questionnaire used is Experience in Close Relationship (ECR) developed by Brennan and Shaver, (1998) and Emotional Intelligence Self-Assessment developed by Paul Mohapel. Statistical Package for the Social Sciences (SPSS) analysis showed a significant relationship between Attachment Avoidant and Emotional Awareness with Pearson correlation value of -0.538 indicates strong negative correlations. This finding showed that people with attachment avoidant would have low emotional awareness made them not aware of other people feeling and emotional condition, as they tend to avoid from facing any issue. This research would benefit the field of counselling in the future.

**Index Terms:** Keywords: Attachment Avoidance; Attachment Anxiety; Adult Attachment; Emotional Intelligence.

## I. INTRODUCTION

It is important to discover our attachment dimensions so that we are able to understand and improve ourselves and the way we interact and react towards other people in our circle. Besides, emotional intelligence is also important because it links to our success and achievement in our life as it managing our emotions and utilize our strength (Casper, 2003). This research will be focusing on the relationship between attachment and emotional intelligence among under-graduate students in counselling at Universiti Malaysia Sarawak (UNIMAS). The research aimed to study the relationship between adult attachments and emotional intelligence among third year counselling students at Universiti Malaysia Sarawak (UNIMAS).

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Several studies has been conducted in the past that related to the current study. For example, a study conducted on 2013 at Tabriz Azad University on attachment and emotional intelligence among undergraduate students (Samadi, Kasaei, & Pour, 2013) which found that those with secure attachment styles are positively related to the intrapersonal intelligence, interpersonal intelligence, adaptability, and stress management as well as general mood emotional intelligence. The inventory that has been used in accessing emotional intelligence and attachment styles in delinquent adolescents trait is the Meta-Mood Scale (Salovey et al., 1995), and the Revised Attachment Scale (Collins, 1996) was used in assessing the attachment styles of the participants (Samadi, Kasaei, & Pour, 2013). Besides, a study conducted by Ali Akbar Haddadi Koohsar & Bagher Ghobary Bonab (2011) among high school administrators in Tabriz City in Iran. The result showed that adolescents with anxious attachment were lower in emotional intelligence than individuals with secure attachment style. Another study conducted by Alifah Binti Saling (2012) that reported emotional intelligence and learning style among UTHM students' academic performance showed that emotional disturbance is continuously affecting student's behaviour, attitude, ability and their psychology condition. Most of the previous study had different domain in term of emotional intelligence as they were using different questionnaire to measure or assess emotional intelligence. There is less known research in Malaysia that mainly focusing on the relationship between attachment and emotional intelligence using Experience in Close Relationship (ECR) and Quick Emotional Intelligence assessment. Less known research has been conducted particularly in Malaysia that involved trainee counsellor as the participants on attachment and emotional intelligence field. Therefore, the research that is going to be conducted would be a pioneer for the respective kind of study and the first to be conducted in UNIMAS. Not only that, the study would be the first one in UNIMAS that would be focusing on attachment and emotional intelligence among counselling practitioner.

his research is aim to identify significant findings that would become a fundamental study. It is important to get to know that the counsellors who are going to work in the field of counselling are equipped with good emotional intelligence as it would be crucial for them to be clear with their emotional issue before they become a good counsellor. The output of the study would be a fundamental finding that would promote people awareness on the importance of attachment and emotional intelligence. Knowing our attachment dimension as well