



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor (RJIF): 8.4  
IJAR 2024; 10(4): 107-110  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 22-01-2024  
Accepted: 26-02-2024

**Neha Kumari**  
M.A Clinical Psychology,  
Amity University, Noida,  
Uttar Pradesh, India

**Dr. Sandhya Bhatt**  
Assistant Professor, Amity  
University, Noida,  
Uttar Pradesh, India

## Understanding the relationship between attachment style, parenting style and resilience

**Neha Kumari and Dr. Sandhya Bhatt**

### Abstract

Throughout the lifespan, this dissertation delves at the intricate relationship between attachment type, parenting style, and resilience. In this study, we draw on attachment theory as well as studies in parenting, resilience, the developmental psychology to examine the ways in which parents' actions and their children's early attachment experiences shape their resilience and ability to overcome hardship. A synthesis of theoretical frameworks and empirical evidence is presented to shed light on the ways in which attachment style and parenting style influence individuals' resilience outcomes through shaping their internal working models for relationships, affective regulation strategies, and ideas about self-worth. The research goes even beyond, looking at how changes in life stages like puberty and parenting influence the dynamics of attachment and how to be resilient when faced with adversity. By thoroughly examining these processes, the dissertation seeks to enhance our comprehension of resilience-promoting variables and provide guidance for treatments that aim to promote favorable developmental outcomes throughout life.

**Keywords:** Attachment style, parenting style, resilience, developmental psychology, attachment theory

### Introduction

Individuals' psychological resilience is shaped in large part by the dynamics of attachment & parenting, which are interwoven in the complex web of human development. Developmental psychologists have spent a great deal of time studying and theorizing about the effect of early connections on later psychological adjustment. The purpose of this research is to investigate the complex relationship among attachment style, parenting style, & resilience, with the hope of illuminating the reciprocal effects of these elements at various points in time. John Bowlby laid the groundwork for attachment theory in the middle of the twentieth century. According to Bowlby, people's emotional and behavioral reactions are shaped by their early experiences for attachment to caregivers, which in turn influence their internal functioning models of relationships. Different people's attachment styles—secure, anxious-ambivalent, avoidant, or disorganized—reflect distinct ways of attaching to others that have their origins in their formative experiences with caregiving. Many believe that these types significantly impact an individual's resilience by determining how they interpret and react to stressful situations. Parenting styles are an additional critical component to the caregiving environment that complements attachment theory. Authority, authoritarianism, permissiveness, and neglect are the usual categories used to classify parenting styles, which are based on the study of Diana Baumrind & others. Different mixes with warmth, control, & responsiveness define each style, and these combinations have a major influence on children's social and emotional development as well as their coping abilities. To decipher the intricate web of influences that either fosters or undermines resilience, it is crucial to comprehend the interplay between parenting methods and attachment patterns. Adaptability in the face of hardship is one definition of resilience, but there are many more aspects to this complex concept that are shaped by both internal and external forces. Some people seem unfazed by adversity, while others have a hard time with even little problems. Psychologists are very interested in resilience and its processes, since they want to find ways to help people stay strong when things become tough. Given the importance of attachment & parenting in developing people's psychological functioning, studying how these factors relate to resilience might provide useful information for improving people's ability to adapt.

**Corresponding Author:**  
**Neha Kumari**  
M.A Clinical Psychology,  
Amity University, Noida,  
Uttar Pradesh, India

The overarching goal of this dissertation is to fill a gap in the current literature on the topic of attachment style, parenting style, & resilience by integrating theoretical frameworks with empirical data. To better understand the way early caregiving experiences impact people's ability to handle life's difficulties, this research aims to analyze the correlations between these factors throughout various stages of development and cultural settings. Interventions targeting resilience and the promotion of good parent-child interactions across varied communities should benefit greatly from these lessons.

### Review of Literature

It is surprising that not many studies examining adolescent resilience have taken attachment styles into account, despite the fact that attachment theory suggests it should be a major factor in how young people respond to stressful situations by drawing on social resources. Examining the distribution & stability of particular attachment patterns and their link with resilience might help us better understand the mechanisms behind how and to what degree kids seek assistance to deal with stressful experiences. Our goals are: The main goals of this study are to: i) Examine the relationship among attachment styles or levels of resilience; and ii) Quantify the distribution and stability of attachment styles over a six (6) month period within a large sample for the general population among adolescents. Methods: Wave 6 provided the data utilized for this investigation (n=1038). (Sam, J. (2014)<sup>[2]</sup>

Personal traits that may start in infancy and make people more likely to be sick and have a lower social status as adults are part of the "indirect selection" notion that health inequality is a factor. A related but counterargument is that people may be better equipped to deal with hardship in the future if they have developed certain good traits at a previous stage of their lives. This idea is known as protective resilience. We can now study these processes over greater amounts of time because to the growing amount of information gathered from longitudinal research. In this research, we demonstrate that attachment style—a psychological trait often linked to the parenting style experienced as a child—may serve as a buffer against academic setbacks. Despite having lower levels of schooling, men in midlife who did not suffer from anxious and avoidant attachment styles had a better chance of overcoming this disadvantage and climbing the Civil Service ranks ladder, according to the English Whitehall II research. One may argue that attachment type has contributed to social mobility, which is likely to support improved health in old age, as it is not substantially correlated with parents' socioeconomic status. (Stansfeld, S. (2007)<sup>[3]</sup>

The capacity to successfully deal with stressful situations is closely linked to resilience, which in turn has beneficial effects on health in the long run. There is some evidence that suggests a connection between attachment style (secure vs. dismissive) and resilience, and between attachment type & emotional coping style (repressive vs. non-repressive). Despite resilience's stress-adaptive characteristic, people with avoidant attachment styles and those who are repressive both use coping mechanisms that help them to separate from unpleasant feelings. This research set out to do two things: first, investigate the mediating role of emotional coping in the connection between attachment and resilience; and second, find out if there is any theoretical

overlap between the literature on attachment and emotional coping methods. (J. K. (2016)<sup>[4]</sup>

### Methodology

#### AIM of the Study

The purpose of the study was to investigate the relationship between attachment style, parenting style, and resilience in young adults between the ages of 18 and 30 years old.

#### Variable of the Study

##### Independent Variable

##### Attachment Style:

The term "attachment style" describes how people develop an emotional connection with their primary caregivers during infancy and how this attachment pattern carries over into adulthood to shape relationships and behavior.

##### Dependent Variables

**Parenting Style:** Parenting style comprises the attitudes, practices, and tactics used by caregivers to raise their children. The way caregivers handle their children's emotions, social skills, and resilience are greatly affected by their parenting style.

**Resilience:** Resilience is the ability of an individual to overcome hardship, adjust to new circumstances, and preserve psychological health in the face of pressures or trauma. Factors such as the quality of care one had as a child and one's attachment experiences have an impact on resilience.

### Objectives

- To examine the relationship between attachment style and parenting style among young adults between the ages of 18 and 30 years old.
- To examine the relationship between attachment style and resilience among young adults between the ages of 18 and 30 years old.
- To examine the relationship between parenting style and resilience among young adults between the ages of 18 and 30 years old.

### Hypothesis

- There is significant relationship between attachment style and parenting style among young adults between the ages of 18 and 30 years old.
- There is significant relationship between attachment style and resilience among young adults between the ages of 18 and 30 years old.
- There is significant relationship between parenting style and resilience among young adults between the ages of 18 and 30 years old.

### Participants of the Study

Male and female participants totalled 130 for the research. To choose the samples, a combination of deliberate and random sampling methods were applied. The age range of the participants was 18 to 30.

### Data Collection Instruments

These scales were used "Adult Attachment Scale, Brief Resilience Scale and Perceived Parenting Style" to collect the data.

### Data Collection Procedure

The process of gathering data for this study was the administration of three standardized questionnaires: the "Adult Attachment Scale, Brief Resilience Scale, and Perceived Parenting Style." Every questionnaire was carefully chosen to evaluate distinct constructs in order to meet the study's objectives. Following an explanation of the study's objectives, participants were required to complete a questionnaire with inquiries about the study, their privacy, the researcher's contact details, and other relevant metrics. Ten minutes were allotted for an explanation of the instruments.

### Adult Attachment Scale

The Adult Attachment Scale (AAS) has 18 items that assess several adult attachment types, including avoidant, anxious, and secure. The scale is composed of three subscales, each with six items and a 5-point Likert-style scoring system. A five-point Likert scale, with 1 denoting "not at all characteristic" and 5 denoting "very characteristic," is used to grade the Adult Attachment Scale (AAS).

### Reliability

The Cronbach's alpha coefficients for the AAS exceeded 0.7 within normal groups, indicating satisfactory levels of reliability.

### Perceived Parenting Style

The Perceived Parenting Style Scale, created by Divya and Manikandan in 2013, measures children's impressions of their parents' conduct. Authoritarian, authoritative, and permissive parenting styles are the three categories along which this measure assesses perceived parenting styles. It has thirty items, and a five-point Likert scale is used to elicit replies. The Perceived Parenting Style Scale comprises 30 positively worded items rated on a five-point Likert scale ranging from "Strongly Disagree" (1) to "Strongly Agree" (5).

### Reliability

The authoritative (0.79), authoritarian (0.81), and permissive (0.86) Cronbach's Alpha coefficients were calculated for each parenting style. Every coefficient above the required reliability level, signifying that the perceived parenting style scale reliably gauges the desired constructs.

### Brief Resilience Scale

The capacity of a person to bounce back from stressful conditions can be assessed using the Brief Resilience Scale (BRS). It was created by Smith *et al.* in 2008<sup>[9]</sup> and consists of six sections. Items 2, 4, and 6 include negative assertions, whereas items 1, 3, and 5 have positive ones. A 5-point Likert scale is used to score the BRS, with 1 representing "strongly disagree" and 5 representing "strongly agree." To obtain a personal BRS score, the scores are totalled and divided by the total number of components. The more resilient a person is, the higher their score.

### Reliability

The coefficient alpha of 0.71 indicates that the Brief Resilience Scale (BRS) has sufficient internal consistency.

### Statistical Analysis

SPSS software will be utilized for this investigation. The hypothesis was supported by both descriptive statistical tests and Pearson correlation analysis.

### Results and Discussion

In order to better understand how differences in these areas affect people's ability to regulate their emotions, interact with others, and change psychologically, this interpretation will examine the complex relationships that exist between attachment style, parenting style, and resilience. This study aims to clarify the complex ways that parenting styles and attachment bonds influence the emergence and manifestation of resilience in a range of demographics and life phases by combining the responses from the respondents.

**Table 1:** Descriptive statistics of all variables

	Resilience	Attachment style	Parenting style
Mean	15.07634	52.41221	89.60305
Standard Deviation	1.939938	6.825146	11.67817
N	131	131	131

The above table displays the descriptive statistics for three important factors: parenting style, attachment style, and resilience. These variables were tested on 131 participants. With a standard deviation of 1.94 and a mean resilience score of 15.08, the individuals' resilience levels are comparatively constant. This implies that people in this group have a moderate to high level of resilience on average. There is some variation in the attachment styles within the sample, as seen by the mean attachment style score of 52.41 and the standard deviation of 6.83. This implies that a variety of attachment orientations, such as secure, anxious, or avoidant styles, may be displayed by the sample members. Finally, the standard deviation of 11.68 and the mean parenting style score of 89.60 show that the individuals' parenting styles varied. This implies that the sample's members may have grown up with a variety of parenting approaches, including authoritarian, permissive, authoritative, and neglectful ones. In general, the descriptive statistics give an overview of the distribution and variability of parenting style, attachment style, and resilience within the sample. This serves as a basis for additional examination and interpretation of these constructs concerning different results or situations.

### Discussion

The presented explanation describes an analysis that sought to comprehend the intricate relationship between resilience, attachment style, and parenting style in individuals ranging from 18 to 30 years old. By using correlation analysis and descriptive statistics, the study aimed to clarify the ways in which these characteristics affect people's capacity to control their emotions, engage with others, and adjust mentally.

The group, with considerable variation in attachment patterns and parenting techniques, demonstrated moderate to high levels of resilience on average, according to the descriptive statistics. This heterogeneity raises the possibility that sample members have a variety of attachment types and were raised by parents using various parenting philosophies.

The results of the correlation study between parenting style and attachment style among young adults showed that the two variables were positively correlated. This research implies that parenting techniques experienced throughout childhood and adolescence may have an impact on an individual's attachment type. Though there is a link between

parenting styles and attachment, it is important to remember that correlation does not indicate causation. Additional study would be required to demonstrate causative relationships.

The correlation study between resilience and attachment style revealed a modest, non-significant association, which was unexpected. This shows that attachment type may not be a reliable indicator of resilience in young adults between the ages of 18 and 30. This discovery might contradict earlier hypotheses that proposed a direct connection between psychological resilience and attachment security.

In a similar vein, there was little evidence of a substantial association between parenting style and resilience. This implies that people's resilience as young adults may not be much impacted by the parenting approaches they had as children. Individual coping mechanisms or outside support networks could be more important in influencing resilience levels than other variables.

In general, the results of this research add to our knowledge of the intricate relationships that exist between resilience in young people, parenting styles, and attachment styles. Even though there is evidence that these parameters are related, more study is necessary to clarify the underlying processes and any moderators that could affect these interactions. Furthermore, given the limits of correlational analyses, longitudinal or experimental designs may be used in further research to determine causal linkages and improve the understanding of treatments meant to support young adults' resilience.

### Conclusion

The results of the study provide light on the connections between attachment style, parenting style, and resilience in people ranging from 18 to 30 years old.

First, there is a favorable association between parenting style and attachment style, according to the research. This implies that there could be a relationship between the parenting methods that people encountered and the attachment ties they developed as children. It is important to remember, though, that correlation does not indicate causation, and more investigation would be required to ascertain the exact nature of this association.

Second, the findings show that there is a modest and statistically insignificant link between attachment type and resilience. This suggests that there may not be a direct correlation between an individual's attachment style and their capacity to overcome obstacles and overcome hardship among young people between the ages of 18 and 30. This data may indicate that resilience in this population is more significantly influenced by variables other than attachment type.

Last but not least, the study shows a modest and non-statistically significant negative association between parenting style and resilience. This implies that there is no meaningful correlation between a person's resilience as a young adult and the parenting style they received. It's important to remember that resilience is a complicated quality impacted by a range of variables other than parenting style.

In conclusion, there seems to be a relationship between parenting style and attachment type among young adults between the ages of 18 and 30, although there isn't a clear correlation between these variables and resilience in this group. The degree of resilience that people possess may be more significantly shaped by other factors that this study did

not look at. To properly comprehend the intricate interactions of attachment, parenting, and resilience in young people, further study including a wider variety of variables is required.

### References

1. Hevers EM, Psych B. The Relationship Between Fathers' Attachment Style, Parenting Style, Feelings of Parenting Competency and Psychological Wellbeing [Doctoral dissertation]. University of Newcastle; 2016.
2. Sam J. Examining the relationship between attachment style and resilience during adolescence [Doctoral dissertation]. University of British Columbia; 2014.
3. Bartley M, Head J, Stansfeld S. Is attachment style a source of resilience against health inequalities at work? *Social Science & Medicine*. 2007;64(4):765-775.
4. Jenkins JK. The relationship between resilience, attachment, and emotional coping styles. 2016.
5. Mathibe GE. The relationship between perceived parenting styles, resilience and emotional intelligence among adolescents [Doctoral dissertation]. 2015.
6. Adnan H, Rashid S, Aftab N, Arif H. Effect of authoritative parenting style on mental health of adolescents: Moderating role of resilience. *Multicultural Education*. 2022;8(4):225-232.
7. Bender A, Ingram R. Connecting attachment style to resilience: Contributions of self-care and self-efficacy. *Personality and individual differences*. 2018;130:18-20.
8. Ainsworth MDS, Blehar MC, Waters E, Wall S. Patterns of attachment: A psychological study of the strange situation. Lawrence Erlbaum Associates; 1978.
9. Smith N, Chornock R, Li W, Ganeshalingam M, Silverman JM, Foley RJ, *et al.* SN 2006tf: precursor eruptions and the optically thick regime of extremely luminous Type II<sub>n</sub> supernovae. *The Astrophysical Journal*. 2008 Oct 10;686(1):467.