

Relationship between the Attachment Styles and Happiness in the Youth

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Received 26 June 2015; Accepted 12 September 2016

Abstract

The aim of this study was to determine the relationship between attachment styles and happiness in the youth. The study was descriptive survey. The population of this study included all high school students in the city of Babol (n = 1373 patients), of these, 201 students through multistage random cluster sampling were selected. Data collected by Hazan and Shiver attachment styles questionnaire and Oxford happiness questionnaire. Pearson correlation and multiple regression analysis were performed to analyze data. The results showed that there is a significant relationship between avoidant attachment style and ambivalent as well as multiple correlation coefficient between predictor variables and the criterion variable equals to (MR=0.463), which showed that 21.5 percent of the variance in happiness related to the observed results. It can be concluded that the effect of attachment styles on happiness are important.

Keywords: Attachment styles, Happiness, High school, Children.

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1. Introduction

According to Arjil Martin (1995), three basic components of happiness are: positive emotions, life satisfaction and the absence of negative emotions such as depression and anxiety. He and his colleagues found that positive relations with others, purpose of life, personal growth, love others and nature are part of the happiness. Schwartz and Strachan (1991) indicate to the happiness of those who are in the processing of the information bias that refers to information processing and interpretation in such a way that lead to the happiness. So, happiness is a concept that has several basic components. First, the emotional component that makes people happy and happiness is always in the mood. Second, the small community entails to develop social relationships, and third, minor cognitive which causes the happiness of thinking and information processing specifically.

Francis's concept of happiness and extraversion in Ayzink theory (1998) are the same. So, happiness, is a character trait that is based on Ayzink theory, can be considered to have a biological basis. Berbenr (1998) indicates that happiness variable is the basis of our personality. Most people believe that happiness plays an important role in human life. What is important is the happiness of the necessary attributes to take advantage of living and quality of life. The joy of pleasant and positive emotions and negative emotions are anxiety and depression.

Seligman, the famous American psychologist, knows and believes that, to achieve joy and inalienable right of every man, it should be planned. He presents that true happiness is obtainable and accessible, and he also indicates that the fact of life is more sweet and rich in human relations (Shahidi, 2009).

It seems one of the most important factors in human happiness is establishing and maintaining continuous and stable interpersonal relationship and social solidarity.

One of the most important factors affecting the interaction between the individual and the type of attachment in the persons are formed by childhood and given environment, in which they evolved and continued later on.

The term attachment refers to the bond between mother and infant, stable over time and plays an important role in mental health of both (Balbey,1969). Relatively stable emotional attachment creates a link between children, parents or people who regularly interact with their children or take care of them.

Attachment Styles constant over the time period and do not change, in other words, there is great harmony between the attachment in childhood and adolescence (Balbey, 1969, Hazan and Shaver, 1994; Levy et al., 1998; Kirkpatrick and Hazan, 1994)

Experience shows that the baby examines other children's relationships to internalize the patterns and make of the concept of self and others.

Experience shows an intimate relationship between the mother or surrogate and child. Failure in forming this relationship and depriving children of mother care or instability related to children with facial attachment may be the cause of mental abuse and personality disorders in the children (Bulb, 1969). Attachment styles are as decisive models in this formation (Carlson and Asref, 1995)

The main objective of this research is to study the relationship between the three levels of secure attachment styles. To achieve this goal, three hypotheses were tested:

1. It seems there is a secure attachment of happiness between the students.
2. It seems there is a relationship between avoidant attachment styles and students' happiness.
3. It seems there is a relationship between the ambivalent attachment styles and happiness among the students.

2. Background of the study

This study aimed to investigate the relationship between attachment style and the correlation and meta-cognitive skills, self-efficacy of the students. The results showed that attachment styles and meta-cognitive skills can be as predictors of academic self-efficacy. There is a significantly negative correlation between academic self-efficacy and insecure attachments style.

Jabari, Shahidi and Mutai (2014) conducted a study among adolescent girls and found that, based on the positive psychology interventions, increased happiness and reduced dysfunctional beliefs and thoughts are common in the teenage girls' lives.

Chegini et al., (2012), in a study as the relationship between secure attachment and insecure depression and life satisfaction with the mediation of optimism showed that there are significant positive and negative relationships between the insecure attachment avoidance and the life satisfaction and depression. Also, there is a significant positive relationship between the secure attachment styles with optimism and social support.

Chegini et al., (2012) in another study as the relationship between secure and insecure attachment with depression and life satisfaction with the mediation of optimism and social support the students showed that there are significant positive and negative relationships between insecure attachment, life satisfaction and depression. There is a significant positive relationship between the secure attachment styles with optimism and social support.

Baradaran (2010) indicates that the relationship between perfectionism and emotional intelligence with happiness must be examined; a sample of 100 persons was conducted. The results showed a significant positive correlation between happiness, emotional intelligence and positive perfectionism and negative correlation between happiness and emotional intelligence and negative perfectionism.

3. Research method

The population group of this study included all high school students in the city of Babol in the academic year 2016-2017. 184 students from different educational groups in the fields of humanities, natural sciences, mathematical physics multistage cluster sampling participated in this study. The present study is a correlational research with data analysis of indicators and statistical methods including frequency, percentage, mean, standard deviation, correlation and regression analysis were used.

4. Tools for data collection and data analysis

In this study, to collect data both Oxford happiness questionnaire (1989) and attachment styles Hazan and Shiver questionnaire (1990) were used. After recording the data, the analysis was conducted in two distinct parts. In the first section, we used the descriptive statistics (frequency, percentage, tables and graphs) to describe the data. Also in fields related to inferential statistics, it seemed that the most appropriate ways to accommodate the data analysis were using multivariate regression, Pearson correlation coefficient, path analysis and t-test for independent groups. All results were processed and analyzed using SPSS 20 and data were analyzed.

5. Findings

Table 1. Mean and standard deviation of secure attachment

Variable Index	Average	Standard deviation	least	the most
Secure attachment	43.31	15.74	9	83
Avoidant attachment	22.68	4.46	11	42
Mutual attachment	15.39	3.41	6	26
Welfare	18.46	5.02	7	34

The results presented in this study show the mean and standard deviation of secure attachment as follows: 43.31, 15.74, 22.68 and 4.46. Avoidant attachment and double attachment are 9.15 and 3.41. The mean and standard deviation of happiness are 18.46 and 5.02.

The first hypothesis: There is a relationship between secure attachments and happiness.

Table 2. Correlation between secure attachment and happiness

Variable	Statistical Indicators	Correlation	Significance level	Number
Welfare	Secure attachment	-0.17	0.020	15

As seen in the table above, the correlation between secure attachment and happiness is $r=0.17$ at a significance level ($\text{Sig} \leq 0.020$), indicating there is a significant positive relationship between secure attachment and happiness. Then the first hypothesis is confirmed.

Second hypothesis: There is a relationship between avoidant attachment styles and happiness.

Table 3. Correlation between avoidance attachment styles and happiness

Variable	Statistical Indicators	Correlation	Significance level	Number
Welfare	Avoidant attachment	-0.156	0.034	185

As seen in the table above, the correlation coefficient between avoidant attachment styles and happiness is $r=-0.156$ at a significance level ($\text{Sig} \leq 0.034$), which is indicative of a significant negative relationship between avoidant attachment and happiness. So the second hypothesis is confirmed.

The third hypothesis: There is a relationship between mutual interest and happiness.

Table 4. Correlation between mutual interest and happiness

Variable	Statistical Indicators	Correlation	Significance level	Number
Welfare	Mutual attachment	-0.399	0.0001	185

As seen in the above table, the coefficient of mutual interest and happiness is -0.399 at a significance level ($\text{Sig} \leq 0.0001$), which is indicative of a significant negative relationship between mutual interest and happiness. Finally, the third hypothesis is confirmed.

6. Result and discussion

The results show that there is a positive relationship between secure attachment styles and happiness. Obtaining this kind of attachment can be an important factor to make self-determination and self-confidence in the society. In fact the secure attachment styles, positive emotions and happiness are constructive factors. People with secure attachment styles and happiness have less interpersonal problems than persons with insecure attachment styles. The results of this study indicate that there is a multiple correlation coefficient between predictor variables and the criterion variable (MR=0.463).

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