

# **Exploring the Dynamics of Attachment: A Psychological Delve into Attachment Styles**

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## **1. Introduction**

Interpersonal relationship which forms the basis of human rights is established at an early stage out our interaction with care givers. These crucial interactions define the course of children's attachment, and subsequently influence the emotional, social, and psychological aspects of their development for years to come. Knowledge on attachment organization, the descriptions of how people relate to others patterned and give direction to future relations (Bowlby, 1982), affords one a sound perspective from which to analyse patterns of behaviour in people and the possible reasons thereof.

## **2. Pioneering Insights: John Bowlby and the Attachment**

The theory of attachment was introduced by John Bowlby, a British psychologist. Bowlby's early childhood Relationship framework, presented in the book "Attachment and Loss," argued that we carry to all our interpersonal relationships attitudes tested in the attachments to the primary care-givers (Bowlby, 1982). These models that stem from the availability of and sensitivity of caregivers determine the style of attachment in adulthood.

## **3. The Four Attachment Styles:**

In this case, the relationships form a spectrum ranging from a pure functional relationship at one end and a totally romantic one at the other end of the spectrum. Bowlby's theory, further refined by Mary Ainsworth, identified four primary attachment styles (Ainsworth et al. , 1978): Bowlby's theory, further refined by Mary Ainsworth, identified four primary attachment styles (Ainsworth et al. , 1978):

### **3.1 Secure Attachment:**

Greedy, McMain and Laporte (2014) referred adult individuals with secure attachment as those who were demonstrated patterns of caregiving that were both stable and reliably responsive. Hazan and Shaver (1987) also noted that people with high levels of security in person-人 relations have relatively high self-esteem and emotional stability.

### **3.2 Avoidant Attachment:**

Those with avoidant attachment styles often experienced emotional distance or rejection from caregivers. They may suppress their emotions, prioritize independence, and have difficulty trusting others (Hazan & Shaver, 1987).

### **3.3 Anxious Attachment:**

Individuals with anxious attachment styles frequently encountered inconsistent or unpredictable caregiving. They may exhibit clinginess, anxiety in relationships, and a preoccupation with gaining approval (Hazan & Shaver, 1987).

### **3.4 Disorganized Attachment:**

Those with disorganized attachment styles experienced severe neglect, abuse, or trauma during early childhood. They may display a mixture of anxious and avoidant behaviours, struggling with emotional regulation and forming stable relationships (Hazan & Shaver, 1987).

## **4. Attachment Styles Impact on Life Outcomes**

**Attachment styles have a profound impact on various aspects of our lives, influencing our:**

### **4.1 Emotional Well-being:**

Mikulincer and Shaver (2007) noted that the secure attachment styles are in line with stronger levels of self-esteem, emotional stability, and the ability to cope with the adversities.

### **4.2 Relationship Patterns:**

While secure attachment fosters ‘‘healthy, trusting relationships,’’ (Mikulincer & Shaver, 2007, p.247) insecure types are likely to cause problems in intimacy and communication.

### **4.3 Parenting Styles:**

Children’s attachment styles tend to replicate the patterns being adopted from their parents and or caregivers principal’s, therefore, attachment patterns have an influence on parenting behaviors across generations (Mikulincer & Shaver, 2007).

### **4.4 Attachment issues, their detection, and attempts to cope with them**

Both, quality early childhood experience and adult relationship patterns influence attachment orientations, however, people can positively change the strategies used in the relationships. Other psychotherapies include the attachment-focused therapy that assists one to identify the type of attachment that they have, the cause and how they can adopt a more healthy style when relating to people (Mikulincer & Shaver, 2007).

## **5. Conclusion**

Based on the ideas put forward by Bowlby and Ainsworth, one can define attachment theory as a conceptual approach to understanding human relations that focuses on the subject’s ability to form affectional bonds with his or her surroundings and emphasizes the impact of early childhood experiences in the formation of personality. In understanding the range of

the attachment styles and their effects, it is possible to bring that knowledge into practice and encourage more people to get better-composed, emotionally sound and firmly-knit society.

## **REFERENCES**

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