

Effect of Attachment Style on Emotional Regulation and Psychological Wellbeing among Adults

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ABSTRACT

This study investigates the impact of attachment style on emotional regulation and psychological well-being among adults. It aims to explore how individuals' attachment patterns influence their ability to regulate emotions and their overall psychological well-being. The study examines different attachment styles. The objectives of the study are to examine the relationship between attachment styles and emotional regulation, to assess the impact of attachment style on specific aspects of emotional regulation, and to investigate the association between attachment style and overall psychological well-being. Two hypotheses are proposed: one predicting a positive effect of attachment style on emotional regulation, and the other predicting a positive effect of attachment style on psychological well-being. A sample of 120 individuals, predominantly aged between 18-25 years, is selected through purposive sampling. Data collection involves administering the Revised Adult Attachment Scale (Collins, 1996), the Emotion Regulation Questionnaire (ERQ), and a Psychological Wellbeing scale, along with a demographic information form. Questionnaires are distributed via Google Forms and other channels, ensuring a diverse participant pool. The results indicate a significant positive effect of attachment style on emotional regulation. However, no significant positive effect of attachment style on psychological well-being is found. These findings suggest that attachment style may play a crucial role in influencing emotional regulation but may not directly impact overall psychological well-being.

CHAPTER:1 INTRODUCTION

In the intricate dance of human relationships, attachment styles serve as the underlying choreography, influencing every step and movement we take. From the moment we enter the world, our interactions with caregivers lay the foundation for how we perceive intimacy, trust, and emotional connection. In this comprehensive exploration, we'll delve deeper into attachment styles, dissecting their origins, manifestations, and profound implications for our interpersonal dynamics.

Attachment Styles

At the heart of attachment theory lies the concept of bonding, elucidating how infants form emotional bonds with primary caregivers. Psychologist John Bowlby's groundbreaking work illuminated the significance of these early experiences in shaping individuals' attachment styles. These styles, which manifest in childhood and persist into adulthood, can be categorized into four primary archetypes:

- 1. Secure Attachment:** Imagine a nurturing environment where caregivers respond promptly and consistently to a child's needs, providing a secure base for exploration and emotional expression. Children raised in such environments develop secure attachment styles, characterized by trust, emotional resilience, and a positive view of self and others.
- 2. Anxious-Preoccupied Attachment:** In contrast, inconsistent caregiving may sow the seeds of anxious-preoccupied attachment. Children in these environments may experience heightened anxiety and uncertainty, craving constant reassurance and proximity to caregivers. As adults, they may exhibit clinginess, fear of abandonment, and a tendency to amplify minor relationship issues.
- 3. Dismissive-Avoidant Attachment:** When caregivers are emotionally distant or unavailable, children may internalize a dismissive-avoidant attachment style. These individuals prioritize self-reliance and independence, often suppressing their emotional needs and downplaying the importance of intimate connections. They may exhibit emotional aloofness and reluctance to engage in deep emotional intimacy.
- 4. Fearful-Avoidant (Disorganized) Attachment:** The most complex attachment style emerges from environments characterized by abuse, neglect, or extreme inconsistency. Individuals with fearful-avoidant attachment exhibit a paradoxical blend of longing for closeness and fear of vulnerability. They may oscillate between seeking intimacy and withdrawing from it, grappling with deep-seated trust issues and emotional ambivalence.

The Impact of Attachment Styles

Attachment styles serve as potent lenses through which we perceive and navigate our relationships, exerting a profound influence on various aspects of relational dynamics:

- **Communication Patterns:** Securely attached individuals tend to communicate openly, assertively, and empathetically, fostering mutual understanding and emotional intimacy. Conversely, insecurely attached individuals may struggle with expressing their needs, assertiveness, or vulnerability, leading to misunderstandings and relational discord.
- **Conflict Resolution Strategies:** Secure attachment fosters constructive conflict resolution strategies, enabling partners to address disagreements respectfully and collaboratively. In contrast, individuals with insecure attachment styles may resort to avoidance, aggression, or manipulation during conflicts, exacerbating relational tensions and inhibiting resolution.
- **Emotional Regulation:** Secure attachment provides a sturdy emotional scaffold, facilitating effective emotional regulation and resilience in the face of stressors. However, insecure attachment styles may undermine emotional stability, leading to heightened reactivity, emotional volatility, or emotional numbing in response to interpersonal challenges.
- **Relationship Satisfaction:** Securely attached people report greater levels of relationship happiness, trust, and closeness, and this finding is consistent with other research that finds an association between attachment type and relationship satisfaction. In contrast, insecure attachment styles often correlate with lower relationship satisfaction, increased jealousy, and mistrust.

Navigating Change and Growth

While attachment styles tend to exhibit relative stability over time, they're not immutable, engraved in

stone. Individuals have the power to heal and change themselves through commitment, self-awareness, and therapeutic support:

- **Therapeutic Interventions:** Evidence-based therapies like cognitive-behavioral therapy (CBT), attachment-based therapy, and schema therapy offer valuable tools for unraveling maladaptive attachment patterns, challenging distorted beliefs, and fostering healthier relational dynamics.
- **Mindfulness and Self-Compassion Practices:** Cultivating mindfulness and self-compassion can enhance emotional awareness, equipping individuals with the resilience and inner resources to navigate attachment-related triggers and vulnerabilities.
- **Secure Relationships as Corrective Experiences:** Engaging in secure relationships characterized by trust, empathy, and emotional attunement can serve as corrective emotional experiences, gradually reshaping insecure attachment patterns towards greater security and fulfillment.

Building Bridges to Deeper Connections

In the tapestry of human connections, attachment styles weave the threads that bind us to one another, shaping our perceptions, behaviors, and emotional landscapes. By embracing a deeper understanding of attachment dynamics, we empower ourselves to cultivate healthier, more fulfilling relationships, anchored in trust, empathy, and genuine connection. Remember, while attachment styles may provide a roadmap, we hold the pen to our relational narratives, capable of rewriting and reshaping them with intention, courage, and compassion.

In the vast ocean of human experience, emotions serve as the currents that propel us forward, shaping our perceptions, decisions, and interactions. Yet, like sailors navigating turbulent waters, we must learn to steer our emotional ship with skill and finesse. This journey of self-mastery is known as emotional regulation – the art of recognizing, understanding, and managing our feelings in a healthy and constructive manner. In this comprehensive guide, we delve into the depths of emotional regulation, uncovering its significance, exploring its intricacies, and offering practical strategies for mastering this essential skill.

Emotional Regulation

Emotional regulation is akin to the captaincy of our inner vessel, where we navigate the tumultuous waves of our emotions with poise and resilience. At its core, emotional regulation encompasses three fundamental aspects:

1. **Emotional Awareness:** The first step in emotional regulation is the ability to recognize and acknowledge our feelings as they arise. This entails tuning into our emotional landscape, identifying the subtle nuances of joy, sadness, anger, fear, and everything in between.
2. **Emotional Understanding:** Beyond mere recognition, emotional regulation involves delving deeper into the root causes and triggers of our emotions. By understanding why we feel a certain way, we gain insight into our thoughts, beliefs, and past experiences that shape our emotional responses.
3. **Emotional Management:** Armed with awareness and understanding, emotional regulation empowers us to manage our feelings in a manner that promotes well-being and fosters healthy relationships. This entails modulating the intensity of our emotions, regulating their expression, and choosing adaptive coping strategies.

The Importance of Emotional Regulation

Emotional regulation is not merely a desirable trait; it is a cornerstone of psychological resilience and interpersonal harmony. Consider the following reasons why emotional regulation is of paramount importance:

Enhanced Relationships: Effective emotional regulation is indispensable for nurturing thriving relationships. By communicating our feelings assertively and empathetically, we foster mutual understanding, trust, and intimacy.

Optimal Mental Health: Emotional regulation serves as a protective buffer against the ravages of stress, anxiety, and depression. Individuals who possess robust emotional regulation skills are better equipped to cope with life's challenges and maintain psychological well-being.

Cognitive Clarity: Unchecked emotions can cloud our judgment and impede rational decision-making. Through emotional regulation, we cultivate cognitive clarity, enabling us to navigate complex situations with discernment and foresight.

Self-Discovery and Growth: Embracing emotional regulation facilitates profound self-discovery and personal growth. By exploring the depths of our inner world, we uncover hidden strengths, vulnerabilities, and aspirations, paving the path towards self-actualization.

Strategies for Cultivating Emotional Regulation

Embarking on the journey of emotional regulation requires intention, practice, and patience. Here are some evidence-based strategies to cultivate this essential skill:

Psychological well-being is like the cozy blanket that wraps around us, providing comfort and warmth amidst life's storms. It's the state of feeling good about ourselves, our lives, and our relationships. In simpler terms, it's about being happy and content. But it's not just about happiness; it's also about resilience, managing stress, and finding meaning in our experiences. In this exploration of psychological well-being, we'll journey through its different facets, understanding what it means, why it matters, and how we can nurture it.

Psychological Well-Being

All parts of our mental health contribute to our psychological wellness. Mental health is more than simply the absence of disease; it also includes feeling well emotionally, having a fulfilling life purpose, being resilient in the face of adversity, and generally enjoying life. Enchantment, contentment, strength, confidence, and a feeling of belonging are like flowers blooming in a garden.

Every part of our lives, including our relationships, jobs, physical well-being, and general happiness, is impacted by our mental health. When we're psychologically well, we're better equipped to handle stress, make sound decisions, and maintain healthy connections with others. It's the foundation upon which we build our lives and pursue our goals.

The Benefits of Psychological Well-Being

Investing in your psychological well-being pays off in numerous ways:

1. Improved mental health: You'll experience fewer symptoms of anxiety, depression, and other mental health conditions.

2. Better physical health: Psychological well-being is linked to lower rates of chronic diseases and a longer lifespan.
3. Enhanced relationships: When you're happier and more fulfilled, your relationships tend to be healthier and more satisfying.
4. Greater resilience: You'll bounce back more quickly from setbacks and adversity.
5. Increased productivity: A positive mindset and good mental health can boost your performance at work and in other areas of life.

Attachment styles serve as the foundation of how individuals relate to others in their lives. These styles are developed in early childhood and continue to influence our behaviors and interactions throughout adulthood. Understanding the different types of attachment styles can shed light on why people behave the way they do in relationships, friendships, and even in professional settings.

Secure Attachment Style:

People with a stable attachment type tend to be more sociable and optimistic. For some reason, they are naturally gifted in building deep relationships and actively seek out opportunities to do so. Those who are emotionally secure have the capacity to trust other people and articulate their thoughts precisely. When a kid is young and still learning to trust their caregivers, they are more likely to build this kind of connection. Adults whose attachment style was secure are more likely to have fulfilling relationships based on mutual understanding and trust.

Anxious-Preoccupied Attachment Style:

People who tend to be nervous and preoccupied tend to be very attached to others around them and have a hard time letting go. They may rely too much on their relationships and beg for validation of their devotion all the time. People who exhibit this attachment type could be overly possessive or too anxious in their relationships. Children who had caregivers who were inconsistent in meeting their needs as infants or toddlers are more likely to grow up with an anxious-preoccupied attachment style, which makes them more vulnerable to feelings of rejection or neglect.

Dismissive-Avoidant Attachment Style:

People who lean toward a dismissive-avoidant attachment style value autonomy and self-sufficiency more than close emotional relationships. To save oneself against possible pain or disappointment, they could repress their emotions and stay far from others. People who exhibit this attachment style tend to be emotionally distant and withdrawn because they minimize the significance of connections. If a child's primary caregivers were emotionally distant or uncaring, the youngster may develop a dismissive-avoidant attachment style and learn to depend on themselves for emotional support.

Fearful-Avoidant Attachment Style:

Fearful-avoidant attachment, also known as disturbed attachment, combines the traits of anxious-preoccupied and dismissive-avoidant attachment types. People who exhibit this attachment type long for intimate connections yet suffer from crippling rejection and pain anxiety. They may exhibit contradictory behaviors, alternating between seeking intimacy and pushing others away. This attachment style often develops in response to inconsistent or abusive caregiving, where the child's primary caregivers may have been both a source of comfort and a source of fear or harm.

Implications and Impact:

Our personal actions and relationships may be better understood by gaining an understanding of attachment types. While people who are more comfortable in their attachment style are more likely to have meaningful relationships, those who are more prone to insecurity may find it difficult to form close connections. Having said that, keep in mind that attachment patterns are malleable and may be shaped by the relationships and experiences one has in life. People may cultivate better relationships and establish more stable attachment patterns with self-awareness and effort.

Emotional regulation is like having a remote control for our feelings. Just as we adjust the volume or change channels on a TV remote, we can manage our emotions. But how do we do it? There are various types of emotional regulation, each serving a unique purpose in helping us navigate the ups and downs of life.

- 1. Cognitive Reappraisal:** Imagine you're nervous about giving a presentation at school. Instead of letting the fear overwhelm you, cognitive reappraisal helps you see the situation differently. You might tell yourself, "I've prepared well, and this is a chance to showcase my knowledge." By reframing the situation positively, you can reduce anxiety and perform better.
- 2. Expressive Suppression:** Sometimes, we're in situations where expressing our emotions might not be appropriate. For instance, if someone tells a joke that we find offensive during a family gathering, but we don't want to cause a scene, we might suppress our reaction. While this can help maintain social harmony, suppressing emotions too often can lead to stress and even health issues.
- 3. Distraction:** When emotions run high, distracting ourselves can provide temporary relief. Whether it's listening to music, going for a walk, or engaging in a hobby, shifting our focus away from the source of distress can help calm our minds. However, it's essential to address the underlying issues eventually rather than avoiding them altogether.
- 4. Problem-Solving:** Instead of merely coping with emotions, problem-solving involves tackling the root cause. Let's say you're feeling overwhelmed by a heavy workload. Instead of stressing about it, you can break tasks into smaller, manageable chunks, prioritize them, and seek help if needed. Taking proactive steps empowers you to regain control over the situation.
- 5. Seeking Social Support:** Humans are social beings, and seeking support from friends, family, or professionals can be immensely beneficial. Talking about our feelings with someone we trust not only provides emotional relief but also offers different perspectives and coping strategies. Whether it's a shoulder to lean on or professional guidance, social support strengthens our emotional resilience.
- 6. Mindfulness and Meditation:** Practicing mindfulness entails letting go of judgment and focusing only on the here and now. One way to train oneself to be more conscious is to do yoga, deep breathing exercises, or meditate. By observing our thoughts and emotions without getting swept away by them, we develop greater self-awareness and the ability to respond to situations calmly rather than reactively.
- 7. Self-Care Activities:** Taking care of ourselves is crucial for emotional well-being. Engaging in activities that bring us joy, such as spending time with loved ones, pursuing hobbies, or getting enough sleep, replenishes our emotional reserves. When we prioritize self-care, we're better equipped to handle life's challenges.

- 8. Setting Boundaries:** Boundaries define acceptable behavior and protect our emotional health. Whether it's saying no to additional commitments when feeling overwhelmed or establishing limits with toxic individuals, setting boundaries is an act of self-respect. By honoring our boundaries, we safeguard our emotional well-being and foster healthier relationships.
- 9. Emotion Regulation Strategies for Children:** Children also need guidance in managing their emotions. Teaching them simple techniques like deep breathing, using calming activities like drawing or storytelling, and modeling healthy emotional expression can empower them to navigate their feelings effectively.
- 10. Acceptance and Acknowledgment:** Sometimes, emotions are too intense to control or change. In such cases, acceptance and acknowledgment become powerful tools. Instead of resisting or fighting against what we're feeling, we acknowledge it with compassion. Understanding that it's okay to feel sad, angry, or anxious allows us to move through emotions with greater ease. Psychological well-being is like a garden; it needs nurturing, care, and the right conditions to flourish. Just like a garden can be affected by various factors like sunlight, water, and soil quality, our psychological well-being can also be influenced by many things around us. Let's explore some of these factors that can either help or hinder our mental health in simple words.

Social Connections: Humans are social beings. Having positive relationships with family, friends, and the community is crucial for our mental health. When we feel loved, supported, and connected, it boosts our mood and overall well-being.

Stress Management: Life can be stressful at times, but how we cope with stress greatly impacts our mental health. Learning healthy ways to manage stress, like deep breathing, exercise, or talking to someone about our problems, can prevent stress from overwhelming us.

Physical Health: Our physical health and mental health are closely linked. Eating a balanced diet, getting enough sleep, and regular exercise can all contribute to better psychological well-being. When our bodies feel good, our minds often follow suit.

Sense of Purpose: Having a sense of purpose or meaning in life gives us direction and motivation. Whether it's through work, hobbies, or volunteering, feeling like we're contributing to something greater than ourselves can boost our happiness and satisfaction.

Self-esteem and Self-worth: How we feel about ourselves greatly influences our mental health. Building healthy self-esteem involves recognizing our strengths and weaknesses, accepting ourselves for who we are, and learning to be kind to ourselves, even when we make mistakes.

Environment: Our physical environment can also affect our psychological well-being. Living in a safe, clean, and supportive community can promote mental health, while exposure to noise, pollution, or violence can have negative effects.

Cultural and Societal Influences: Cultural norms and societal expectations can shape how we view ourselves and others, affecting our mental health. It's essential to critically examine these influences and challenge harmful beliefs or stereotypes that may impact our well-being.

Attachment styles are the unique patterns in which individuals relate to others, formed primarily in infancy and childhood but continuing to influence relationships throughout life. These styles shape how we connect emotionally, seek support, and handle separations or conflicts. Several factors contribute to

the development of attachment styles, ranging from early experiences with caregivers to personal temperament and social environment.

- 1. Early Caregiver Relationships:** The foundation of attachment styles is laid during infancy through interactions with primary caregivers, often parents. Responsive, consistent care promotes secure attachment, where the child feels safe exploring their environment and seeks comfort from caregivers when distressed. In contrast, insecure attachment patterns like avoidant or anxious might develop as a result of inconsistent or negligent caring.
- 2. Parenting Style:** The style of parenting adopted by caregivers plays a crucial role in shaping attachment patterns. Authoritative parenting, characterized by warmth, support, and reasonable boundaries, fosters secure attachment. Authoritarian or permissive parenting, marked by control or lack of structure, may contribute to insecure attachment styles.
- 3. Temperament:** Each individual has a unique temperament, influencing how they respond to social interactions and stressors. Temperamental traits such as sensitivity or adaptability can affect attachment styles. A highly sensitive child may be more prone to developing anxious attachment, seeking constant reassurance from caregivers, while a more independent child may lean towards avoidant attachment.
- 4. Family Dynamics:** Family dynamics, including relationships with siblings and extended family members, can influence attachment styles. A supportive family environment can reinforce secure attachment, whereas conflict or instability may contribute to insecure attachment patterns.
- 5. Cultural and Societal Influences:** Cultural norms and societal values shape attachment styles by defining acceptable behaviors and relationship dynamics. For instance, cultures emphasizing independence may encourage avoidant attachment tendencies, while those prioritizing interdependence may foster secure attachment styles.
- 6. Traumatic Experiences:** Traumatic events such as abuse, neglect, or sudden separations can significantly impact attachment styles. Instability in developing close relationships, a fear of abandonment, and a generalized pattern of insecure attachment might result from these experiences.
- 7. Peer Relationships:** Peer interactions have a larger and larger role in molding attachment types as children mature. By giving extra sources of support and affirmation, positive interactions with peers help strengthen stable attachment. On the other side, insecure attachment patterns might be exacerbated by bullying or rejection.
- 8. Personal Relationships and Romantic Partnerships:** Even in romantic engagements, attachment patterns developed in infancy may have a lasting impact on how people interact with one another. Relationships built on trust and closeness tend to be healthy and stable for those who have secure attachment. On the other hand, insecure attachment types may experience difficulties including clinginess, dread of closeness, and jealousy.

Emotional regulation is like the captain of a ship steering through rough seas. It's about managing our emotions effectively, not letting them overwhelm us or control our actions. But just as the sea's temperament varies, so do the factors that influence our emotional regulation. Let's dive into understanding some of these factors that shape how we navigate our emotional waters.

Early Life Experiences: Our childhood lays the foundation for how we handle emotions later in life. Children who receive consistent care, love, and support tend to develop better emotional regulation skills. On the flip side, those exposed to neglect, abuse, or instability may struggle more with regulating their emotions.

Genetics and Biology: Just like we inherit physical traits from our parents, we also inherit certain emotional tendencies. Some people are naturally predisposed to being more emotionally sensitive or reactive due to their genetic makeup. Additionally, brain chemistry and hormonal balance play crucial roles in regulating emotions.

Stress and Trauma: Stressful situations or traumatic events can throw our emotional regulation off balance. When we're under chronic stress or have experienced significant trauma, our ability to manage emotions can be compromised. This can lead to heightened emotional reactivity or even conditions like PTSD.

Environment and Culture: The environment we grow up in and the cultural norms surrounding emotions can heavily influence how we regulate them. For example, some cultures encourage the open expression of emotions, while others may promote stoicism or emotional restraint. Our surroundings, including family dynamics, peer influence, and societal expectations, shape our emotional regulation strategies.

Social Support: Having a strong support system can significantly impact our emotional regulation. Friends, family, or mentors who provide understanding, empathy, and guidance can help us navigate difficult emotions more effectively. Conversely, lacking social support can make it harder to regulate emotions, leading to feelings of loneliness or isolation.

Cognitive Factors: Our thoughts and beliefs also play a crucial role in emotional regulation. The way we interpret situations, our self-talk, and our ability to problem-solve all influence how we regulate our emotions. Negative thought patterns or rigid thinking can hinder effective emotional regulation, while cognitive flexibility and positive reframing can enhance it.

Lifestyle Factors: Our lifestyle choices, such as diet, exercise, and sleep, impact our emotional regulation. A person's mental and emotional health may benefit from regular exercise, a healthy diet, and plenty of sleep. Conversely, unhealthy lifestyle habits like poor nutrition, sedentary behavior, or chronic sleep deprivation can undermine our ability to regulate emotions.

Substance Use: The use of substances like alcohol, drugs, or even excessive caffeine can disrupt emotional regulation. While some may turn to substances to cope with difficult emotions, they often exacerbate emotional instability in the long run. Substance abuse can impair judgment, exacerbate mood swings, and lead to dependence, further complicating emotional regulation.

Personality Traits: Our personality traits influence how we experience and regulate emotions. For instance, individuals high in neuroticism may struggle more with emotional regulation due to heightened emotional sensitivity and reactivity. On the other hand, traits like conscientiousness and openness to experience can contribute to more adaptive emotional regulation strategies.

CHAPTER:2 LITERATURE REVIEW

A study named as Attachment and Loneliness in Students by Baran et al. (2017) explored the connection between attachment styles and loneliness in university students. Their findings suggested a positive

correlation between loneliness and preoccupied attachment, while secure and dismissing attachments showed negative correlations. students with dismissing attachment, while potentially neglecting the importance of close relationships, might not necessarily feel lonely if they prioritize independence. [1]

Bartz and Regan (2015) in "Attachment at Work" argued that attachment theory, traditionally used in close relationships, can be valuable in understanding workplace dynamics. They focused on how attachment styles influence leader effectiveness, trust-building among colleagues, and employee attitudes towards work, paving the way for further research on attachment in organizational behavior. [2]

Relationships between people of different attachment types aren't the only ones. In their short examination of intimate relationships among college students, Investigating the relationship between students' attachment styles, attachment behaviors, and love kinds was the goal of Nel et al. (2016). They did discover a link between attachment behaviors and love styles (passion, intimacy, commitment), but no direct linkage between attachment behaviors and love kinds. [3]

Regardless matter whether a population is healthy or not, attachment patterns have an effect. Among women with early-stage breast cancer, LeFevre et al. (2019) conducted a systematic study to determine how attachment types affected distress and quality of life. Their findings provide light on the importance of connection in cancer patients' comprehension and support of their own well-being. In addition, their research provides additional evidence that treatments focusing on patients' attachment types may help cancer patients cope with therapy and achieve better results. [4]

Attachment styles can influence parenting practices. A study by Lai et al. (2016) explored the connection between maternal attachment styles and parenting stress in mothers of toddlers. The research suggests that insecure attachment styles, characterized by difficulty trusting or relying on others, were associated with higher levels of parenting stress. This highlights the potential importance of supporting mothers in developing secure attachment styles, which could in turn lead to more positive parenting experiences. [5]

Graber et al. (2016) investigated the development of emotion regulation strategies in adolescents. Their findings suggest a shift from reliance on external regulation (parental support) to more internal strategies (cognitive reappraisal) as adolescents mature. This highlights the importance of fostering emotional regulation skills during this critical developmental period, potentially equipping adolescents with better tools to manage stress and navigate social challenges [6]

Emotion regulation strategies can vary across cultures. Matsumoto et al. (2017) explored cultural differences in emotion suppression and expression. Their study suggests that while suppression might be more prevalent in individualistic cultures, collectivistic cultures might prioritize emotional expression within social boundaries, emphasizing maintaining group harmony and respecting social hierarchy. This highlights the need for culturally sensitive approaches to understanding and promoting emotional well-being. [7]

Understanding the brain mechanisms involved in emotion regulation is crucial. A study by Goldin et al. (2015) utilized neuroimaging to investigate the neural correlates of reappraisal, a cognitive regulation strategy where individuals reinterpret situations to reduce their emotional impact. Their findings highlight the involvement of the prefrontal cortex, associated with higher-order thinking and planning, in downregulating activity in the amygdala, the brain's fear center. This suggests that conscious efforts to reappraise situations can influence brain activity to manage emotions. [8]

Difficulties in emotion regulation are linked to various mental health conditions. Ochsner et al. (2016) conducted a meta-analysis examining the association between emotion regulation deficits and depression and anxiety. Their work suggests a potential role for targeting emotion regulation skills in therapy for these disorders. This highlights the possibility of emotion regulation training as a therapeutic intervention, potentially equipping individuals with tools to manage negative emotions and improve their overall mental well-being. [9]

Several interventions can improve emotion regulation skills. A study by Smos et al. (2017) investigated the effectiveness of mindfulness training in enhancing emotion regulation in college students. Their findings suggest that mindfulness training led to improvements in emotional awareness and coping skills, potentially equipping students with better strategies to manage stress and navigate challenges during this demanding academic period. [10]

The ubiquitous presence of technology in our lives has sparked a debate about its impact on psychological well-being. Przybylski et al. (2013) investigated this connection in a study examining social media use and subjective well-being. While the study found some positive associations with connecting with others online, overall, increased social media use was linked to lower well-being. This suggests a potential "dark side" to social media, where excessive use might contribute to feelings of isolation, envy, and decreased life satisfaction. Further research is needed to understand the complex interplay between technology use and psychological well-being. [11]

Stepping away from the digital world and immersing ourselves in nature has been shown to benefit psychological well-being. In a comprehensive review of the literature, Barton, J., & Pretty, J. (2010) highlighted the restorative effects of nature exposure. Studies have shown that spending time in natural environments can reduce stress levels (reduce cortisol, the stress hormone), improve mood, and boost feelings of vitality. These benefits might be due to the sense of calm and perspective that nature provides, offering a respite from the demands of daily life. [12]

Mindfulness practices, which involve cultivating present-moment awareness and acceptance, have gained traction for their potential to enhance well-being. Hofmann, S. G., Sawyer, A. T., Wittmann, M., Angermeyer, C., & Sander, T. (2018) performed a meta-analysis on MBIs and discovered that they effectively reduced anxiety and depressive symptoms. Mindfulness-based interventions (MBIs) teach people to be objective observers of their internal experiences, which may help them better manage their emotions and find inner calm. Based on these findings, mindfulness activities have the potential to greatly benefit mental health and wellness. [13]

Positive psychology interventions focus on cultivating positive emotions and strengths to enhance well-being. A study by Sin, N. L., & Lyubomirsky, S. (2009) investigated the long-term effects of gratitude interventions, finding increased levels of happiness and life satisfaction even months after the intervention. Participants were instructed to write gratitude letters or keep gratitude journals, fostering a sense of appreciation for the good things in their lives. This research highlights the potential of positive psychology interventions to promote lasting improvements in well-being. [14]

The concept of well-being can vary across cultures. Diener, E., Tay, L., & Oishi, S. (2017) explored cultural differences in subjective well-being and found that while core elements like life satisfaction are universal, cultural values can influence its expression. Individualistic cultures might emphasize personal achievement and independence as key components of well-being, while collectivistic cultures might

prioritize social harmony and fulfilling one's role within the community. Recognizing these cultural variations is crucial for developing culturally sensitive approaches to promoting psychological well-being. [15]

The impact of attachment styles extends beyond close relationships. A study by Wang et al. (2016) explored the connection between attachment styles and academic performance in university students. Their findings suggest that students with secure attachment styles tend to have higher academic achievement compared to those with insecure attachment styles. [16]

Attachment theory is not universally applied. Mikulincer et al. (2016) examined cultural variations in attachment styles. Their research suggests that while core attachment needs, like feeling safe and secure, are similar across cultures, cultural values might influence how these needs are expressed and fulfilled. For instance, individualistic cultures might emphasize independence in seeking comfort, while collectivistic cultures might prioritize seeking support from the broader social network. [17]

Different people deal with heartbreak in different ways, and attachment types are one factor in this. Based on their research, Wei et al. (2017) concluded that people who have anxious attachment styles are more likely to be distressed and have trouble moving on after a breakup than those who have secure attachment styles. This is probably because they are too worried about being abandoned and fixated on the relationship that has ended. On the other hand, those who tend to form stable attachments are more likely to bounce back from breakups, deal with their emotions more well, and look on the bright side. [18]

Attachment theory is being applied to understand relationships formed online. A study by Fitzpatrick et al. (2018) explored attachment styles and online dating experiences. Their findings suggest that attachment styles can influence how individuals navigate online dating platforms and the types of connections they form. For instance, individuals with secure attachment styles might be more open to exploring connections and less apprehensive about potential rejection, while those with anxious attachment styles might be more hesitant to engage or become overly fixated on seeking validation online. [19]

Attachment styles can be transmitted across generations. A study by Kim et al. (2019) examined the link between maternal attachment styles and parenting behaviors. Their research suggests that mothers with secure attachment styles tend to exhibit more positive and nurturing parenting behaviors compared to mothers with insecure attachment styles. This could be because secure mothers feel more comfortable expressing love and affection, creating a safe and supportive environment for their children to develop their own secure attachment styles. Conversely, insecure mothers might struggle with emotional consistency or struggle to meet their child's needs effectively, potentially contributing to the development of insecure attachment styles in their children. [20]

The most studied factor influencing attachment styles is early caregiving experiences. A meta-analysis by van IJzendoorn and BAKERMANS-Kranenburg (2016) examined the association between caregiver responsiveness and attachment security. Their findings suggest that consistent and sensitive caregiving behaviors in infancy contribute to the development of secure attachment styles. [21]

A child's inborn temperament can also play a role. Posth et al. (2018) investigated the interaction between temperament and parenting on attachment. Their study suggests that easygoing temperaments

might buffer the effects of insensitive parenting, while difficult temperaments could make children more vulnerable to developing insecure attachment styles. [22]

The presence of multiple caregivers can influence attachment. Howe et al. (2016) explored attachment security in children raised in daycare settings. Their research suggests that the quality of interactions with daycare providers can contribute to secure attachment, alongside the primary caregiver relationship. This highlights the importance of nurturing and responsive caregiving from all figures in a child's life, not just the primary caregiver. [23]

Significant life events and trauma can also impact attachment styles. Lai et al. (2017) investigated the association between parental divorce and attachment in adolescents. Their findings suggest that parental divorce, especially when accompanied by conflict, can increase the risk of insecure attachment styles. This is likely because the experience of a fractured family environment can disrupt feelings of security and trust, leading adolescents to develop attachment styles characterized by anxiety or avoidance. [24]

A growing body of research suggests a possible genetic influence on attachment. Bakermans-Kranenburg et al. (2018) reviewed studies on the genetic underpinnings of attachment. While the exact mechanisms are still being explored, their work highlights the potential role of genes in influencing attachment development. This suggests that attachment styles may not be solely determined by early caregiving experiences, but rather a complex interplay between genes and environment. [25]

Our thinking patterns significantly influence how we regulate emotions. Aldao et al. (2015) explored the role of reappraisal, a cognitive strategy where individuals reinterpret a situation to reduce its negative impact. Their study suggests that effective reappraisal can promote emotional regulation by downregulating negative emotions and fostering positive ones. [26]

Mindfulness practices that cultivate present-moment awareness have gained traction for their potential to enhance emotion regulation. Tang et al. (2018) supervised a meta-analysis on mindfulness-based interventions (MBIs) and found positive effects on emotion regulation skills. MBIs train individuals to observe emotions without judgment, promoting greater emotional awareness and reducing reactivity. [27]

The presence of supportive social networks can bolster emotional regulation. Uchino et al. (2016) investigated the association between social support and emotion regulation in older adults. Their findings suggest that having strong social support networks can provide individuals with resources and coping mechanisms to better manage emotions. This could include feeling able to confide in others about emotional struggles, receiving encouragement and validation, or simply having a sense of belonging and connection that buffers against stress. [28]

Personality traits can influence how individuals deal with emotions. Kotov et al. (2017) explored the link between neuroticism and emotion regulation. Their research suggests that individuals high in neuroticism (prone to negative emotions) tend to have poorer emotion regulation skills compared to those with lower neuroticism. This might be because they experience negative emotions more intensely and have difficulty shifting their focus or employing coping strategies when faced with emotional challenges. [29]

A study titled as Sleep and emotion regulation says that sleep deprivation can negatively impact emotional regulation. Joo et al. (2018) investigated the association between sleep quality and emotion regulation in college students. Their study suggests that sleep-deprived individuals tend to have greater

difficulty managing negative emotions, highlighting the importance of good sleep hygiene for emotional well-being. [30]

CHAPTER 3: METHODOLOGY

Aim of the study

The aim of the study is to examine the effect of attachment style on emotional regulation and psychological well-being among adults. This research seeks to explore the relationship between individuals' attachment patterns and their ability to regulate emotions, as well as the impact of attachment style on overall psychological well-being.

Objectives of the Study

- To investigate the relationship between different attachment styles (secure, insecure-avoidant, insecure-anxious, disorganized) and emotional regulation among adults.
- To assess the impact of attachment style on specific aspects of emotional regulation, including emotion recognition, expression, and coping strategies.
- To investigate association between attachment style and overall psychological well-being among adults, encompassing aspects such as life satisfaction, self-esteem, and resilience.

Hypotheses

Hypothesis 1:

H0: There is no significant positive effect of attachment style on emotional regulation.

H1: There is a significant positive effect of attachment style on emotional regulation.

Hypothesis 2:

H0: There is no significant positive effect of attachment style on psychological wellbeing.

H1: There is a significant positive effect of attachment style on psychological wellbeing.

Participants of the study

The research uses a purposive sampling technique to choose a sample of 120 participants. We strongly urged both men and women to take part. The majority of the sample falls inside the 18–25 age bracket.

Data collection instruments

The data in this particular study has been collected using the scales named “Revised Adult Attachment Scale (Collins, 1996)”, “EMOTION REGULATION QUESTIONNAIRE (ERQ)”, and “Psychological Wellbeing” as well as a demographic information form.

Data collection procedure

The data collection process involved administering three different scales: Revised Adult Attachment Scale (Collins, 1996) comprising 18 items, Emotion Regulation Questionnaire (ERQ) 10 item and Psychological Wellbeing consisting of 18 items. In order to assemble a varied and inclusive pool of participants encompassing diverse backgrounds, questionnaires were disseminated via Google Forms

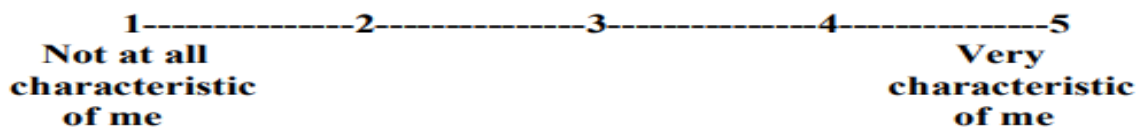
and various other channels. After outlining the study's aims, potential participants were extended invitations to participate and subsequently furnished with a questionnaire. The questionnaire provided thorough details regarding the study's objectives, privacy protocols, contact information for the researcher, and pertinent measures.

Scoring

Revised Adult Attachment Scale (Collins, 1996)

The Revised Adult Attachment Scale (Collins, 1996) is a widely-used instrument designed to assess adult attachment patterns. This scale builds upon earlier versions of the Adult Attachment Scale and incorporates advancements in attachment theory and research.

The Revised Adult Attachment Scale comprises a series of items that measure individuals' attachment orientations, including dimensions such as attachment anxiety and attachment avoidance. Participants respond to each item based on their agreement with statements reflecting their thoughts, feelings, and behaviors in close relationships.



EMOTION REGULATION QUESTIONNAIRE (ERQ)

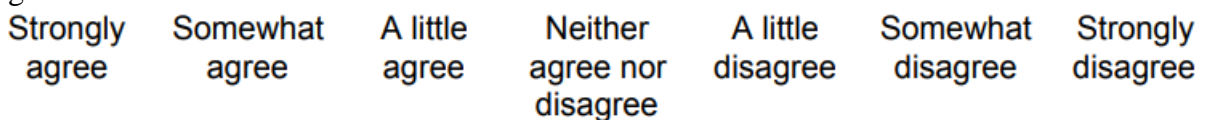
This 10-item scale was crafted to assess individuals' inclination towards regulating their emotions through two distinct methods.

1	2	3	4	5	6	7
strongly disagree			neutral			strongly agree

Psychological Wellbeing

The Psychological Wellbeing survey comprises 18 items and is included as part of the SPARQTools.org Measuring Mobility toolkit. This toolkit is designed to offer practitioners access to curated instruments for evaluating mobility from poverty, along with tools for selecting the most suitable measures for their programs. The Psychological Wellbeing survey aims to assess various dimensions of individuals' psychological well-being, including aspects such as life satisfaction, positive affect, self-esteem, and resilience. By utilizing this survey, practitioners can gain insights into the psychological well-being of participants, which is essential for understanding their overall quality of life and potential barriers to upward mobility.

Scoring:



Statistical analysis

For this study SPSS software will be used. Pearson correlation test analysis was used to prove the hypothesis along with the descriptive statistics.

CHAPTER 4: FINDINGS AND DISCUSSION

Gender
120 responses

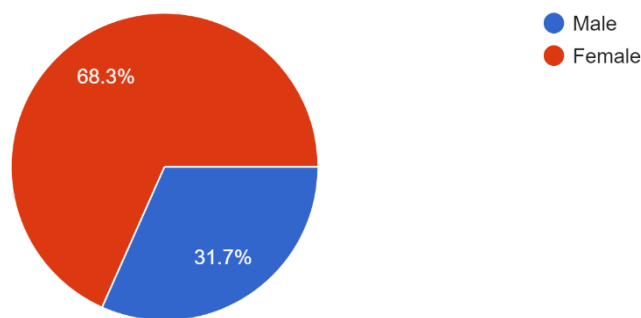


Fig 1: Gender of the respondents

The majority of the respondents were male consisting of 68.3%. Rest 31.7% are female.

Table 1: descriptive statics of variables

	N	Range	Minimum	Maximum	Mean	Std. Deviation	Variance
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic
Attachment style	120	52	20	72	52.816	7.682	59.025
Emotional regulation	120	59	11	70	38.816	9.791	95.865
Psychological well being	120	62	51	113	81.966	11.403	130.032

Attachment style: Attachment style, assessed across 120 participants, demonstrates a wide range of scores from 20 to 72, indicating variability in attachment patterns within the sample. The mean attachment style score is 52.816, suggesting a moderate level overall. Standard deviation (7.682) and variance (59.025) values indicate a relatively tight distribution around the mean, implying consistency in attachment style scores among participants.

Emotional regulation: Emotional regulation scores, derived from the responses of 120 individuals, span from 11 to 70, indicating diversity in emotional regulation abilities within the sample. The mean emotional regulation score is 38.816, suggesting a moderate level of emotional regulation overall. The

standard deviation (9.791) and variance (95.865) values indicate a degree of variability around the mean, suggesting differences in emotional regulation capacities among participants.

Psychological well-being: Psychological well-being scores, collected from 120 participants, range from 51 to 113, reflecting variations in psychological health within the sample. The mean psychological well-being score is 81.966, indicating a relatively high level of well-being among participants on average. With a standard deviation of 11.403 and a variance of 130.032, there appears to be some dispersion of scores around the mean, suggesting diversity in psychological well-being levels among participants.

Table 2: Regression analysis for hypothesis 1 testing

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.460 ^a	.212	.205	8.73029

a. Predictors: (Constant), attachment

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2414.255	1	2414.255	31.676	.000 ^b
	Residual	8993.711	118	76.218		
	Total	11407.967	119			

a. Dependent Variable: Emotional regulation

b. Predictors: (Constant), attachment styles

Hypothesis 1:

H0: There is no significant positive effect of attachment style on emotional regulation.

H1: There is a significant positive effect of attachment style on emotional regulation.

The ANOVA table further confirms the significance of the relationship between attachment style and emotional regulation. The Regression model accounts for a significant portion of the variance in emotional regulation, as evidenced by the significant F-value of 31.676 ($p < .001$). This indicates that the regression model is a good fit for the data, supporting the alternative hypothesis (H1). Based on the regression analysis results, Hypothesis 1 is supported. There is a significant positive effect of attachment style on emotional regulation. Therefore, it can be concluded that attachment style plays a crucial role in influencing emotional regulation abilities.

Table 3: Regression analysis for hypothesis 1 testing

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.165 ^a	.027	.019	11.29489

a. Predictors: (Constant), attachment

s						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	420.077	1	420.077	3.293	.072 ^b
	Residual	15053.790	118	127.574		
	Total	15473.867	119			

a. Dependent Variable: psychological wellbeing

b. Predictors: (Constant), attachment styles

Hypothesis 2:

H0: There is no significant positive effect of attachment style on psychological wellbeing.

H1: There is a significant positive effect of attachment style on psychological wellbeing.

The regression model indicates a weak association between attachment style and psychological well-being, as reflected by the low R value of .165. The R² value of .027 suggests that only approximately 2.7% of the variance in psychological well-being can be explained by attachment style. The Adjusted R Square value of .019, which considers the number of predictors in the model, remains low. The ANOVA table shows F-value of 3.293 (p = .072). Therefore, the null hypothesis (H0) cannot be rejected.

DISCUSSION

The analysis conducted aimed to explore the effect of attachment style on emotional regulation and psychological well-being among adults. The regression analyses provided insights into the relationship between attachment style and the two outcome variables: emotional regulation and psychological well-being. Let's discuss the findings and their implications in the context of existing literature and theoretical frameworks.

Effect of Attachment Style on Emotional Regulation:

The first regression analysis revealed a significant positive effect of attachment style on emotional regulation. This finding aligns with theoretical perspectives such as attachment theory, which posits that early attachment experiences shape individuals' emotion regulation abilities throughout their lifespan. Secure attachment is associated with more effective emotion regulation strategies, while insecure attachment patterns may lead to difficulties in managing emotions. The significant association observed

suggests that individuals with different attachment styles may exhibit distinct emotional regulation patterns, influencing their overall emotional well-being.

Effect of Attachment Style on Psychological Well-being:

Contrary to expectations, the second regression analysis did not find a significant positive effect of attachment style on psychological well-being. This result challenges the notion that attachment style directly predicts psychological well-being among adults. While attachment theory suggests that secure attachment fosters positive psychological outcomes, the findings suggest that other factors may play a more prominent role in shaping individuals' psychological well-being. Possible factors include coping strategies, social support, and life experiences beyond attachment relationships.

Discussion and Implications:

These results show how intricate the link is between adults' attachment style and their ability to control their emotions and mental health. Attachment style may have an effect on emotional regulation, but there are a lot of elements that could mitigate or minimize its direct effects on mental health. For example, people who struggle with attachment insecurity might still find ways to cope or find supportive connections that help them overcome the impact on their mental health. Also, the fact that attachment style doesn't have much of an impact on psychological well-being shows how complex psychological well-being is, as it includes things like self-esteem, life satisfaction, resilience, and attachment type. To fully grasp the intricacy of mental health and its factors, future studies should think about adding more variables. These results have important practical implications for treatments that target adults and try to improve their emotional control and mental health. Improving emotional regulation abilities and cultivating supportive connections might be more effective than just altering attachment types as a means to increase overall well-being. Further, by learning how people's attachment patterns vary, we may better meet each person where they are at by developing intervention plans that are unique to their needs and strengths. Individuals' internal working models are impacted by their early caregiving experiences, according to attachment theory, which in turn affects their ability to identify and control their emotions. Establishing a foundation for adaptive emotion control techniques involves establishing secure attachment, which is characterized by trust, intimacy, and responsiveness in relationships. Aversion, rumination, or emotional suppression are some of the maladaptive behaviors that may result from insecure attachment patterns like anxious, disorganized, or avoidant attachment. Attachment style and the ability to control one's emotions do not, however, have a fixed connection. To better control their emotions, people with insecure attachment types may learn adaptive coping strategies or look for help from others. In addition, attachment type is not the only contextual aspect that may influence how people manage their emotions; social support, cultural norms, and personal experiences all play a role. Therefore, while attachment style provides a foundational framework for understanding emotional regulation, its influence is intertwined with various individual and contextual factors. The non-significant effect of attachment style on psychological well-being highlights the multifaceted nature of well-being beyond attachment relationships. Psychological well-being encompasses subjective experiences of life satisfaction, positive emotions, personal growth, and fulfillment in various domains of life. While attachment security contributes to a sense of security and support in relationships, it may not directly translate into overall psychological well-being. Individuals with insecure attachment styles may still experience high levels of psychological well-being if they develop resilience, engage in

meaningful activities, cultivate positive relationships, and find purpose and meaning in life. Additionally, factors such as self-esteem, coping strategies, personality traits, and socio-economic status can significantly impact psychological well-being, independent of attachment style. Therefore, understanding the broader context in which attachment operates is crucial for comprehensively assessing its influence on psychological well-being. The findings have practical implications for interventions aimed at promoting emotional regulation and psychological well-being among adults. Interventions targeting emotional regulation could focus on enhancing individuals' awareness of their attachment patterns, identifying maladaptive emotion regulation strategies, and cultivating adaptive coping skills. Techniques such as mindfulness-based interventions, emotion-focused therapy, and interpersonal skills training may help individuals regulate emotions effectively, regardless of their attachment style. Moreover, interventions to enhance psychological well-being could adopt a holistic approach that considers multiple determinants of well-being beyond attachment relationships. Promoting resilience, fostering social connections, facilitating personal growth, and addressing socio-economic inequalities are essential components of interventions aimed at enhancing overall psychological well-being. Future research should continue to explore the dynamic interplay between attachment style, emotional regulation, and psychological well-being using longitudinal designs, diverse samples, and comprehensive measurement approaches. Additionally, investigating the role of mediators and moderators, such as coping strategies, social support, and personality factors, can provide a more nuanced understanding of how attachment influences emotional and psychological outcomes across the lifespan.

CHAPTER 5: CONCLUSION

In conclusion, the examination of the effect of attachment style on emotional regulation and psychological well-being among adults reveals a complex interplay of factors influencing individuals' emotional and psychological functioning. Regression studies show that attachment style helps with controlling emotions but may not have much of an effect on mental health in general. In order to comprehend how people's early relationship experiences mold their mechanisms for emotion regulation, attachment theory offers a helpful framework. Secure attachment is associated with more adaptive emotional regulation patterns, while insecure attachment styles may predispose individuals to maladaptive strategies. However, the relationship between attachment and emotional regulation is not deterministic, as individuals can develop alternative coping mechanisms and seek external sources of support. Furthermore, the non-significant effect of attachment style on psychological well-being underscores the multifaceted nature of well-being beyond attachment relationships. Psychological well-being encompasses subjective experiences of life satisfaction, personal growth, and fulfillment, which are influenced by various individual and contextual factors beyond attachment. Factors such as resilience, social support, coping strategies, and socio-economic status play significant roles in shaping individuals' overall well-being. Practically, these findings have implications for intervention strategies aimed at promoting emotional regulation and psychological well-being among adults. Interventions targeting emotional regulation could focus on enhancing individuals' awareness of attachment patterns, identifying maladaptive strategies, and fostering adaptive coping skills. Meanwhile, interventions aimed at enhancing psychological well-being should adopt a holistic approach that addresses multiple

determinants of well-being, including resilience-building, social connection, and addressing socio-economic inequalities. Future research should continue to explore the dynamic interplay between attachment style, emotional regulation, and psychological well-being using longitudinal designs and comprehensive measurement approaches. Investigating mediators and moderators, such as coping strategies, personality factors, and cultural influences, can provide a deeper understanding of how attachment operates in diverse contexts and populations. In summary, while attachment style serves as a foundational framework for understanding emotional regulation and psychological well-being, its influence is multifaceted and interacts with various individual and contextual factors. By recognizing these complexities, researchers and practitioners can develop more nuanced interventions and theoretical models to promote emotional and psychological well-being across the lifespan.

RECOMMENDATIONS

Recommendations for Attachment Styles:

- 1. Promote Secure Attachment in Early Relationships:** Interventions aimed at parents, caregivers, and educators should focus on creating nurturing, responsive, and supportive environments for children. Providing secure attachment experiences during infancy and childhood lays the foundation for healthy attachment styles later in life.
- 2. Therapeutic Interventions:** For individuals with insecure attachment styles, therapeutic interventions such as attachment-based therapy or psychotherapy can be beneficial. These interventions aim to explore and address attachment-related issues, promote understanding of attachment patterns, and facilitate the development of more secure attachment styles.
- 3. Couples and Relationship Counseling:** For adults experiencing difficulties in romantic relationships, couples counseling can help address attachment-related conflicts and improve communication and emotional intimacy. Couples can learn to recognize and understand each other's attachment styles, fostering more supportive and secure relationships.

Recommendations for Psychological Well-being:

- 1. Promote Resilience-building Strategies:** Interventions should focus on enhancing individuals' resilience, coping skills, and adaptive strategies for dealing with stress and adversity. Programs that teach mindfulness, cognitive-behavioral techniques, and problem-solving skills can help individuals manage challenges effectively and maintain psychological well-being.
- 2. Social Support Networks:** Encouraging the development of strong social support networks can buffer against the negative impact of stressors on psychological well-being. Community-based initiatives, support groups, and peer counseling programs can provide opportunities for individuals to connect with others, share experiences, and receive emotional support.
- 3. Focus on Positive Psychology:** Interventions that emphasize positive psychology principles, such as gratitude, optimism, and self-compassion, can enhance psychological well-being. Activities such as journaling, practicing mindfulness, and engaging in acts of kindness can promote positive emotions and a sense of fulfillment.

Recommendations for Emotional Regulation:

- 1. Emotion Regulation Training:** Implementing programs that teach individuals effective emotion regulation strategies can enhance their ability to manage and cope with emotions. Skills such as identifying emotions, understanding triggers, and employing adaptive coping mechanisms can be taught through workshops, psychoeducation, and cognitive-behavioral interventions.
- 2. Mindfulness and Relaxation Techniques:** You may improve your emotional control and stress reduction by making mindfulness-based activities and relaxation methods a part of your everyday routine. To better understand and manage one's emotions, one may practice mindfulness meditation, deep breathing, and progressive muscle relaxation.
- 3. Healthy Lifestyle Habits:** A healthy lifestyle that includes regular exercise, a balanced diet, and sufficient sleep may aid with emotional regulation. Proper sleep and nutrition contribute to general well-being and resistance to emotional problems, while physical exercise reduces stress and improves mood.

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ANNEXURE

Attachment Styles

	1-----2-----3-----4-----5	
	Not at all characteristic of me	Very characteristic of me
1)	I find it relatively easy to get close to people.	_____
2)	I find it difficult to allow myself to depend on others.	_____
3)	I often worry that romantic partners don't really love me.	_____
4)	I find that others are reluctant to get as close as I would like.	_____
5)	I am comfortable depending on others.	_____
6)	I <u>don't</u> worry about people getting too close to me.	_____
7)	I find that people are never there when you need them.	_____
8)	I am somewhat <u>un</u> comfortable being close to others.	_____
9)	I often worry that romantic partners won't want to stay with me.	_____
10)	When I show my feelings for others, I'm afraid they will not feel the same about me.	_____
11)	I often wonder whether romantic partners really care about me.	_____
12)	I am comfortable developing close relationships with others.	_____
13)	I am <u>un</u> comfortable when anyone gets too emotionally close to me.	_____
14)	I know that people will be there when I need them.	_____
15)	I want to get close to people, but I worry about being hurt.	_____
16)	I find it difficult to trust others completely.	_____
17)	Romantic partners often want me to be emotionally closer than I feel comfortable being.	_____
18)	I am not sure that I can always depend on people to be there when I need them.	_____

Psychological Well-being

1. "I like most parts of my personality."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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2. "When I look at the story of my life, I am pleased with how things have turned out so far."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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3. "Some people wander aimlessly through life, but I am not one of them."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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4. "The demands of everyday life often get me down."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

5. "In many ways I feel disappointed about my achievements in life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

6. "Maintaining close relationships has been difficult and frustrating for me."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

7. "I live life one day at a time and don't really think about the future."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

8. "In general, I feel I am in charge of the situation in which I live."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

9. "I am good at managing the responsibilities of daily life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

10. "I sometimes feel as if I've done all there is to do in life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

11. "For me, life has been a continuous process of learning, changing, and growth."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

12. "I think it is important to have new experiences that challenge how I think about myself and the world."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

13. "People would describe me as a giving person, willing to share my time with others."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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14. "I gave up trying to make big improvements or changes in my life a long time ago"

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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15. "I tend to be influenced by people with strong opinions"

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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16. "I have not experienced many warm and trusting relationships with others."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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17. "I have confidence in my own opinions, even if they are different from the way most other people think."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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18. "I judge myself by what I think is important, not by the values of what others think is important."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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Emotional Regulation

1. ___ When I want to feel more *positive* emotion (such as joy or amusement), I *change what I'm thinking about*.

2. ___ I keep my emotions to myself.

3. ___ When I want to feel less *negative* emotion (such as sadness or anger), I *change what I'm thinking about*.

4. ___ When I am feeling *positive* emotions, I am careful not to express them.

5. ____ When I'm faced with a stressful situation, I make myself *think about it* in a way that helps me stay calm.
6. ____ I control my emotions by *not expressing them*.
7. ____ When I want to feel more *positive* emotion, I *change the way I'm thinking* about the situation.
8. ____ I control my emotions by *changing the way I think* about the situation I'm in.
9. ____ When I am feeling *negative* emotions, I make sure not to express them.
10. ____ When I want to feel less *negative* emotion, I *change the way I'm thinking* about the situation.