

Exploring the Relationship Between Attachment Styles and Loneliness Levels in Young Adults

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Abstract:

This study explores the relationship between attachment styles and loneliness levels. The study utilized correlation analysis to examine how different attachment styles might influence the experience of loneliness in this demographic. The findings provide insights into how attachment patterns can be linked to varying levels of loneliness among young adults, shedding light on the complex interplay between emotional bonds and feelings of isolation in this population. This research contributes to a better understanding of the factors that contribute to loneliness levels among young adults and may have implications for interventions aimed at addressing social isolation. Loneliness levels of individuals with secure attachment style was much lower as compared to Anxious and Avoidant styles.

CHAPTER 1

INTRODUCTION

Young adults in contemporary times are encountering with an array of unprecedented challenges, like widespread loneliness and rise in parental pressure in childhood. The ever-increasing task of living up to the hopes of one's family, and the mental comparison creates sheer intrinsic stress and physical burden on the individual. It is thus quite essential for everyone in this age category to recognize the necessity for seeking a homeostasis among the varied life areas so as to develop the inner reserves so that life can be effectively managed, be attuned with others, and achieve good well-being and accomplishment. As it is irrational to expect to completely shield young adults from the socio-cultural dynamism and the obstinate life uncertainties, divulging them adaptive strategies that are essential to their holistic development.

1.1 ATTACHMENT STYLE

Individuals' expectations and behaviours in subsequent relationships are shaped by the patterns of behaviour and ideas they establish in their earlier relationships, especially with caregivers. This process is known as attachment style development. These attachment styles—which psychologists like John Bowlby and Mary Ainsworth uncovered through attachment theory—have a big impact on how people build and sustain relationships throughout the course of their lifetimes.

The four main types of attachment styles are fearful-avoidant, dismissive-avoidant, anxious-preoccupied, and secure. Different relational behaviours and self-perceptions about oneself and others define each type. Secure Attachment Style: People who exhibit a secure attachment style often think well of both themselves and other people. They are at ease being near to others as well as letting others be close to them. People who are securely attached may trust others, communicate honestly about their wants and feelings, and ask for help when they need it. They are confident in their capacity to uphold connections and handle obstacles that come up in them. Relationships that are healthier and more fulfilling are linked to secure attachment

styles. Securely bonded people's partners frequently feel appreciated and respected, creating a happy and encouraging environment.

People that exhibit an anxious-preoccupied attachment style generally have a poor self-perception while maintaining a positive image of other people. They may become extremely reliant or clinging in relationships because they frequently worry about being dumped or rejected by their partners. People who are anxious and concerned look to their spouses for continual comfort and reinforcement, and they have a tendency to see the worst in unclear circumstances. Couples with this attachment type may feel smothered by the intensity of emotions and overwhelmed by the incessant need for reassurance, which can cause conflict and discontent in the relationship.

People who have a dismissive-avoidant attachment style have a favourable self-perception but a negative one towards other people. They frequently value independence and self-reliance above emotional connection and intimacy in relationships. Dismissive-avoidant people tend to repress their feelings and minimise the value of relationships in favour of concentrating on their own goals. Although they could come across as independent, they frequently have trouble developing close relationships because they find it difficult to communicate their emotions and struggle with intimacy.

People who have a fearful-avoidant attachment style—also referred to as disorganised attachment—have low expectations of both other people and themselves. They frequently vacillate between a fear of intimacy and a want for connection, which results in a cycle of approaching and then retreating from relationships. Fearful and avoidant people often have trouble building lasting and satisfying relationships as well as trust concerns. Because people with this attachment type both dread and seek closeness, relationships may experience a cycle of push-pull dynamics.

Relationship dynamics are influenced and shaped by attachment types. People who are securely linked usually have open lines of communication and use constructive dispute resolution techniques to build mutual trust and understanding. People who are anxious or distracted may find it difficult to communicate effectively because they may act defensively or accusingly in confrontations out of a fear of being rejected or abandoned. Dismissive-avoidant people may retreat from conversations or completely avoid disagreement, which can leave problems unsolved and breed animosity in a partnership. People who are fearful or avoidant may find it difficult to communicate their wants and feelings, which can result in miscommunication and unsolved disputes.

Because securely connected people feel comfortable expressing their emotions and offering assistance to their partners, they tend to have higher degrees of emotional closeness and support in partnerships. People who are anxious and busy may desire emotional intimacy but find it difficult to trust others, and they may unintentionally alienate their relationships by being overly needy. People who are dismissive-avoidant may find it difficult to share their emotions with others, which can make them feel alone and isolated in their interactions. It can be difficult to build and sustain emotional ties with fearful-avoidant people because they may oscillate between seeking and retreating from closeness. Being safe in their partner's affection and support makes securely connected people very committed and trusting in their relationships. People who are anxious and busy could find it hard to trust their spouses, which can cause jealousy, insecurity, and attempts to control their partner's behaviour.

Dismissive-avoidant people may value their independence over a committed connection, which makes it difficult for them to establish lasting partnerships. Because they have experienced betrayal or abandonment in the past, fearful-avoidant people may have trust difficulties that make it difficult for them to completely commit to a relationship.

Since people with a secure attachment type feel understood, supported, and appreciated by their partners, they tend to have more stable and satisfying relationships. Relationship satisfaction might vary for anxious and preoccupied people based on how well their spouse meets their needs and how much they fear being abandoned. Dismissive-avoidant people may find it difficult to stay in fulfilling relationships because they shun emotional closeness and commitment. Relationships with fearful-avoidant people can be volatile and unpredictable, with cycles of closeness and detachment.

1.2 LONELINESS

A person experiences loneliness when they feel that their intended and real social interactions are not aligned. It is a subjective and upsetting state of mind. It's crucial to understand the difference between social isolation and loneliness. Social isolation is the objective situation of having few social contacts or ties. Regardless of the actual number of individuals in one's social network, loneliness is characterised by feelings of emptiness, isolation, and a lack of significant social relationships. It is a complicated emotional condition impacted by societal norms, personal characteristics, and life events.

Being alone is mostly a subjective experience that stems from a person's thoughts and emotions regarding their social connections. If someone feels disengaged or unsatisfied in their relationships, loneliness can strike even those with large social networks.

Sadness, anxiety, and low self-esteem are some of the unpleasant feelings that are linked to loneliness. emotions of loneliness can include emotions of alienation and separation from other people as well as a desire for company. One might experience temporary or persistent loneliness. The term "chronic loneliness" describes long-lasting, ongoing emotions of alienation and detachment, frequently coupled with a helplessness or hopelessness sentiment. Conversely, transient loneliness usually goes away as the person adjusts or finds new social support networks. It might arise as a result of certain life events or transitions (such as relocating to a new place or going through a breakup).

Numerous diverse things can have an impact on loneliness. Individuals who possess certain personality qualities, such introversion or poor self-esteem, may be more likely to suffer loneliness. Feelings of loneliness can also be influenced by prior rejection, trauma, or loss experiences. Loneliness risk is influenced by social support systems, the calibre of relationships, and the presence of deep social ties. Feelings of loneliness can be made worse by a lack of social support or tense relationships with loved ones, friends, or romantic partners.

There are several detrimental effects of loneliness on one's physical and emotional well-being. Prolonged isolation has been associated with heightened likelihood of depression, anxiety, substance misuse, heart disease, and death. Additionally, it can weaken the immune system, sleep patterns, and cognitive abilities, all of which can contribute to general health and wellbeing issues.

The goal of psychological therapies for loneliness is to treat the underlying behavioural, emotional, and cognitive issues that lead to feelings of loneliness. These therapies might include community-based programmes to lessen social isolation, social support interventions to improve social networks and connections, and cognitive-behavioral therapy (CBT) to challenge negative ideas and increase social skills. Furthermore, digital treatments have shown promise in the fight against loneliness, especially for younger generations. Examples of these interventions include social networking sites and online support groups.

In summary, loneliness is a complicated psychological condition marked by a lack of deep social ties and subjective experiences of isolation. It emphasises the need of treating loneliness as a public health problem since it may have significant effects on both mental and physical health.

CHAPTER 2

REVIEW OF LITERATURE

Tao (2002) has out research to look at the connection between memory retrieval and attachment style. The technique consisted of a summary of current studies to pinpoint particular relationships between memory retrieval and attachment type. The findings showed that although people with avoidant attachment used sophisticated defence mechanisms to obstruct memory recall, those with secure attachment tended to show moderate emotion and perspective on memory retrieval. On the other hand, those who experienced anxiety during attachment triggered overactivation techniques in order to suppress their emotions while retrieving memories. The study emphasised the role that attachment style plays in memory retrieval processes, positing that various attachment styles influence memory retrieval processes because they are influenced by an individual's attachment tactics and working models. This study advances knowledge about the relationship between cognitive functions and attachment style.

Tommaso, McNulty, Ross, and Burgess (2003) investigated the connections between university students' social skills, attachment patterns, and feelings of social and emotional isolation. 183 people in all finished tests measuring social skills, loneliness, and attachment. The technique comprised using a variety of data collection tools, such as self-report surveys. The findings showed that social skills and stable attachment were significantly correlated in a number of different domains. Furthermore, it was shown that, in keeping with other studies, there was a substantial correlation between loneliness and social skills and attachment security. According to regression analysis, social skills acted as a partial mediating factor in the association between certain attachment patterns and social loneliness. These results provide credence to the theory that people who are securely bonded have better social skills, which are associated with reduced levels of reported loneliness. According to the study, attachment theory provides a useful framework for comprehending university students' social skills and adjustment.

In **2005, Deniz et al** performed a study to examine how university students' attachment types affect their social skills and degrees of loneliness. The Social Skills Inventory, the UCLA Loneliness Scale, and the Relationships Scale Questionnaire were used in the technique to measure social skill levels, loneliness levels, and attachment types, respectively. Regression analysis, correlation analysis, and t-test were used in the data analysis process. The findings showed that as compared to male pupils, female students demonstrated considerably greater levels of emotional expressivity, emotional sensitivity, social control, and overall social abilities. On the other hand, male students showed noticeably better emotional regulation. Additionally, it was shown that attachment styles had a major influence on social skills and loneliness, with pupils who had stable attachment types demonstrating greater levels of social competence. Additionally, students without romantic relationships reported higher loneliness levels and lower social skill levels compared to their counterparts.

Levy, Blatt, and Shaver (2017) did a research to look at the connections between attachment types and the elements of parent mental representations. Undergraduates were required to describe their parents and complete attachment type questionnaires as part of the process. Based on participants' attachment types, the results showed clear trends in how parents were portrayed. People who were securely bonded saw their parents as unique, complex, kind, and non-punitive. Participants who were dismissed displayed higher malevolence and punitiveness in their parental representations, along with less differentiation. Participants who were afraid saw their parents as rather cruel and evil, but with distinct and sophisticated mental images. Participants who were anxious yet conflicted portrayed their parents as both kind and harsh.

Nushak (2018) conducted a study to look at the link between insecure attachment type and separation anxiety in elementary school pupils and the influence of authoritarian parenting styles. The study, which was applied, used a correlational descriptive methodology. 302 Shahrood City pupils were included in the sample, and they were chosen using the available sampling technique. Data were gathered by the administration of questionnaires evaluating parenting techniques, separation anxiety disorder, and attachment patterns. The reliability of the questionnaires was determined by Cronbach's alpha coefficient, and expert comments validated their validity. The partial least squares method of structural equation modelling was used to test the theories. The findings showed that an authoritarian parenting style significantly reduced students' separation anxiety and insecure attachment type. Also, the association between an authoritarian parenting style and insecure attachment was mediated by insecure attachment. These results highlight the significance of providing psychological treatment as well as training parents on effective techniques to support children who are suffering separation anxiety and insecure attachment.

McFarland, Edelstein, and Alici (2019) conducted a study to investigate the relationship between attachment types and trust, specifically in cancer settings. Using clinical cases to demonstrate how different attachment styles appear in interactions between cancer patients and physicians, the study examined important attachment types and their link to trust. The findings showed that, in addition to secure attachment, attachment styles like avoidant and anxious play a vital role in determining the dynamics of trust in patient-clinician interactions. Although anxious and avoidant attachment styles can also affect trust and reflect interpersonal constraints of patients or therapists, stable attachment is often linked to trust. This study provides clinical recommendations and emphasises the need of taking attachment tendencies into account when fostering trustworthy connections between professionals and cancer patients.

In this research, **Habibzadeh and Nezhad(2023)** compared the attachment patterns and early maladaptive schemas of women in romantic relationships when there was a guy who was older and an age gap of either 10 years or more. With 91 participants in the statistical population, the study employed a causal-comparative design. Group One consisted of 50 women in partnerships with an age difference of up to 10 years, whereas Group Two included 41 women in relationships with an age difference of at least 15 years. Convenient and snowball sampling techniques were used to choose participants, who then answered the 90-item Young's Schema Questionnaire and the Hazan and Shaver Attachment Styles Questionnaire. The data was analysed using multivariate analysis of variance (MANOVA) and SPSS software. The findings showed that the two groups' avoidant and anxious/ambivalent attachment styles, as well as different early maladaptive schema components, differed significantly. Certain elements of early maladaptive schemas and secure attachment style, however, did not show any appreciable variations. These results emphasise the relevance of attachment patterns and maladaptive schemas in such relationships, highlighting the necessity for schema-focused and emotion-focused interventions to treat interpersonal issues in couples with considerable age differences.

In an effort to predict nomophobia in adolescents based on attachment patterns and the mediating effect of loneliness, **Kolahkaj et al (2023)** performed a research. Using structural equation modelling and a correlational research methodology, the study included 500 working students enrolled in the second secondary course in the 2020–2021 academic year, chosen by online selection. The research variables were measured using the Loneliness Scale by DiTomaso et al., the Adult Attachment Scale by Collins and Reid, and the Nomophobia Questionnaire by Yildırım and Correa. Structural equation modelling and the Pearson correlation coefficient were used in the analysis. Except for perceived secure attachment type, the results showed a substantial direct relationship between nomophobia and avoidant and ambivalent

attachment styles. Furthermore, attachment patterns had a substantial impact on loneliness, with all tangential routes from loneliness to nomophobia being significant. The results indicate that, together, attachment types and loneliness (with a 38% coefficient of determination for loneliness) predict 54% of the changes in nomophobia. As such, adolescents' perceived attachment types are predictive of their likelihood to experience nomophobia.

During the early months of the UK lockdown (April to August 2020), **Vowels (2023)** conducted a research to examine the causal relationships between attachment patterns (secure, anxious, avoidant), mental health outcomes (depression, anxiety, loneliness), and adherence to social distancing behaviours. A nationally representative UK sample was used in the approach, consisting of both longitudinal ($n = 950$) and cross-sectional ($n = 1325$) components. To find the causative processes in the data, sophisticated causal discovery and focused learning algorithms were used for data analysis. The results showed that insecure attachment patterns and worse mental health outcomes were causally related, with loneliness acting as a mediation factor in this association. Furthermore, the sole behaviour that was directly connected to breaking social distance rules was attachment avoidance. This research highlights the unique relationship between attachment avoidance and noncompliance with social distancing protocols during the UK lockdown, underscoring the significance of insecure attachment as a risk factor for worse mental health outcomes and highlighting the mediating role of loneliness in this relationship.

Einav et al (2023) conducted a study to investigate the relationship between teachers' psychological exhaustion and relational and personal factors. The study, which used a cross-sectional methodology, included 248 Israeli instructors, the majority of whom were employed in high schools and mostly worked in educational environments for students who were usually developing. Surveys measuring teachers' fatigue, perceived social support, thankfulness, hope, active entitlement, and loneliness were filled out by participants. The findings indicated that burnout was positively correlated with loneliness and negatively correlated with hope, thankfulness, and social support. Furthermore, a serial multiple mediation analysis revealed that burnout was positively correlated with hope and social support, and negatively correlated with emotions of entitlement and loneliness. Furthermore, it was shown that the association between social support and burnout was mediated by thankfulness, optimism, a sense of entitlement, and loneliness. These results provide valuable information for future studies and treatments in this area by illuminating the intricate interactions between the relational and personal factors of teachers and their effects on psychological burnout.

Saint-Martin et al (2024) conducted a research to look into the long-term consequences of the Covid-19 epidemic on elderly people with PD, with an emphasis on post-traumatic stress disorder (PTS) and chronic pain (CP). The technique comprised measuring personality characteristics, attachment style, coping mechanisms, CP, PTS, and personality traits using validated instruments. To examine the attachment styles, personality characteristics, and coping mechanisms of patients with and without CP and/or PTS, statistical analyses such as χ^2 tests, Student's t-tests, analyses of variance, and logistic regression were used. The findings showed that apprehensive and preoccupied attachment styles, along with neurotic and extraverted personality characteristics, were linked to the development of both CP and PTS. CP and PTS were also shown to be common and frequently co-occurring. Coping mechanisms, however, were not discovered to be determinant.

Delaram(2024) conducted a study to look at the impact of insecure attachment styles on object interactions in psychotherapy among bipolar disordered women in their 25–30 year age range. Semi-

experimental approach was used, with a two-month follow-up period and a pre-test-post-test research design.

Tang(2024) conducted research using a social-personality orientation lens to integrate literature and examine how attachment types affect psychological resilience and emotion regulation. A review of the literature was part of the approach to give a summary of recent findings in this field. The findings showed that varying attachment types might have an impact on emotion regulation and resilience. More specifically, it was discovered that although attachment type affected people's choice of emotion management techniques, secure attachment promoted the development of resilience. The study offered treatments that might be used with newborns and recommended enriching future samples to improve intervention programmes. Notwithstanding these drawbacks, the study offers insightful information on the ways in which attachment patterns affect psychological toughness and emotional control, opening new avenues for research and treatment in this area.

Fatima(2024) conducted a study to look at the connection between perfectionism and attachment patterns and how it affects life or marital happiness. Four papers that looked into this link were reviewed as part of the process. The findings showed that those who are securely bonded have a tendency to be more positive perfectionists and less negative perfectionists, which increases life happiness. On the other hand, negative perfectionism was linked to higher degrees of insecure attachment and worse life satisfaction. Insecure attachment patterns have been connected to maladaptive kinds of perfectionism, which in turn have been associated to decreased levels of marital satisfaction. These results highlight the significance of taking perfectionism and attachment into account when fostering healthy mental health and relationship happiness. However, drawbacks like the use of self-reports and the absence of proof for causal links were pointed out, indicating potential directions for further investigation.

Capute et al (2024) conducted a study to look at the relationships between changes in depressive symptoms over a one-year period among mothers of school-age children during the COVID-19 epidemic, insecure attachment, and support and feedback seeking. In spring 2020, a baseline assessment was conducted, and in summer 2021, a follow-up assessment was conducted. A sample of seventy women participated in the technique, completing self-report measures of anxiety and avoidant attachment, depression severity, support and feedback-seeking behaviours, and excessive reassurance seeking. The findings showed that higher levels of connection avoidance at baseline, especially in women with moderate to high levels of attachment anxiety, predicted higher levels of depression severity at follow-up. Nevertheless, this connection was not mediated by any of the investigated support and feedback-seeking behaviours. These results highlight the significance of taking attachment patterns into account when analysing the connection between stress, support-seeking behaviours, and depressive symptoms in mothers during trying periods like the COVID-19 epidemic.

Tambelli et al (2024) conducted a research to look at the relationship between two probable behavioural addictions (BAs) among late teens and emerging adults: using social networks and watching TV shows. A sample of 493 individuals, ages 18 to 24, were asked to answer questionnaires on their usage of social networks, their viewing habits of TV shows, and their attachment type as part of the research. The findings showed a positive correlation between problematic attachment styles and behavioural abnormalities (BAs). Anxious attachment, or a strong need for relationships, was found to be a risk factor for problematic social network use, whereas avoidant attachment, or a strong need for relationships, was linked to problematic TV series watching. These results highlight how crucial it is to take into account attachment types and their many facets in order to comprehend how behavioural addictions emerge in adolescence.

In 2024, **Sadiç and Akyürek** carried out a study to look into the relationships between medical students' usage of social media, attachment styles, self-esteem, and loneliness, as well as problematic internet use (PIU). The Addiction Profile Index Internet Addiction Form (APIINT), the Experiences of Close Relationships-Revised (ECR-R), the Coopersmith Self-Esteem Inventory (CSEI), and the UCLA Loneliness Scale were among the standardised measures that were administered as part of the methodology, along with a sociodemographic form. The findings of the logistic regression analysis showed that PIU was substantially correlated with low self-esteem, anxious attachment style, and classroom social media usage. This implies that these elements contribute to medical students' problematic internet usage, emphasising the significance of addressing psychological and social issues in therapies meant to reduce PIU.

Kaba and Güngör (2024) performed a study to investigate the associations among married persons' dominant ego states, attachment patterns, and infidelity inclinations. A sample of 301 married people who volunteered to participate was used in the approach. One-way analysis of variance and independent-sample t-tests were used to analyse the data. The findings showed that whereas individuals with children had greater avoidant attachment ratings, men showed a higher predisposition towards infidelity. Furthermore, based on dominating ego-states, disparities in attachment patterns and propensity for adultery were noted. These results advance our knowledge of the intricate interactions that occur in marriage between attachment types, demographic variables, and infidelity inclinations. The study provides guidance for future research in this area and gives insights for professionals dealing with couples.

Puckett et al (2024) looked at the connection between dissociation, insecure attachment, and psychosis, specifically auditory hallucinations. Through a systematic review of the clinical and nonclinical literature, 13 publications including a total of 2096 people were found and analysed as part of the approach. Particularly in clinical samples, the results showed persistent relationships between dissociation and auditory hallucinations and paranoia, as well as between dissociation and disorganised attachment. Additionally, in clinical groups, dissociation was found to modulate the association between auditory hallucinations and paranoia and insecure attachment. This comprehensive study emphasises the significance of taking attachment and dissociation into account in understanding the development of psychosis, particularly auditory hallucinations, and offers evidence in support of suggested causative theories. But the research also finds conceptual and measurement problems that warrant further investigation in future research.

Mohamed (2024) has the research to look at the potential mediating effect of emotion dysregulation in the association between dark triad features and attachment patterns in female adolescents. 650 female secondary students in the Aswan Governorate's third grade participated in the methodology, answering questionnaires about their attachment types, dark triad characteristics, and emotion dysregulation. The results showed a strong match for the proposed model of direct and indirect connections linking dark triad features, emotion dysregulation, and attachment patterns. Additionally, through emotion dysregulation, studies of every potential indirect channel revealed substantial relationships between dark triad features and attachment style. These results point to the importance of emotion dysregulation in the relationship between dark triad features and attachment patterns in female adolescents. In order to lessen the detrimental effects of dark triad characteristics and attachment patterns on female adolescents, the study emphasises the need of treating emotion dysregulation. It also highlights the necessity of counselling and therapy programmes to assist the mental health of these teenagers.

CHAPTER 3

METHODOLOGY

OBJECTIVE

The aim of this research is to explore the relationship between the loneliness levels and attachment styles in young adults in order to gain a deeper insight into the correlation between the two variables and how one's attachment styles affects the levels of loneliness in an individual.

HYPOTHESIS

H1-Secure attachment style will show a negative correlation to loneliness levels.

H2-Anxious and avoidant attachment styles will be positively correlated to loneliness levels.

VARIABLES

1. INDEPENDENT VARIABLE-Attachment styles
2. DEPENDENT VARIABLE-Loneliness

SAMPLE SELECTION

The research design is a cross-sectional correlational design, aimed at exploring the relationship attachment styles and loneliness levels among adolescents. Data from 100 participants are collected using quota sampling, where participants are selected based on specific demographic characteristics, from 18-36 years of age to ensure representation of various groups. Two main tools used are Adult Attachment scale and UCLA Loneliness scale. Correlation is employed for data analysis to examine these relationships while controlling for potential confounding variables.

TOOL DESCRIPTION

1. ADULT ATTACHMENT SCALE (AAS)

This scale was developed by Hazen and Shaver, and consists of 18 items. The scale determines the attachment style of an individual as Secure, Anxious and Avoidant attachment style. It is designed on a 5-point likert scale ranging from strongly disagree to strongly agree and is scored from 1-5. Items 1,2,5,15,16,18 are the designated questions for Avoidant attachment style. Items 3,4,7,13,14,17 fall under the Secure Attachment style and items 6,8,9,10,11,12 are the items for Anxious Attachment. Collins & Read (1990) reported Cronbach's alpha coefficients of .69 for Close, .75 for Depend, and .72 for Anxiety. Test-retest correlations for a 2-month period were .68 for Close, .71 for Depend, and .52 for Anxiety.

2. UCLA LONELINESS SCALE

It is a 20-item questionnaire designed by Russell and Ferguson to measure one's subjective feelings of loneliness and social isolation. Each item is rated as Often, Sometimes, Rarely, Never scored as 3,2,1,0. The scoring is kept continuous throughout. The internal consistency (coefficient a ranging from .89 to .94) and test-retest reliability over a 1-year period ($r = .73$). Convergent validity for the scale was indicated by significant correlations with other measures of loneliness.

DATA ANALYSIS: Pearson's Correlational analysis method has been used for the data analysis.

PROCEDURE

The current study's primary objective is to examine the relationship between attachment styles and lon-

eliness levels among young adults. In this study, 100 volunteers made it to the study. Data was collected using two questionnaires-Adult Attachment Scale and UCLA Loneliness Scale. Before beginning the study, participants were given clear instructions about the study's purpose and the time commitment required, and requested them to sign a consent form after giving their free and clear consent. Additionally, participants were told that their answers would be kept private.. Although there was no time limit for completing the questionnaires, it was typically expected to take around 5-10 minutes to complete them. There were no right or wrong responses, and participants were instructed to reply in accordance with their personal experiences and sentiments. The scoring of each questionnaire was done according to the instructions provided in their respective manuals. Overall, ethical considerations were carefully addressed throughout the study to ensure the protection of participants' rights and privacy.

CHAPTER 4 RESULT

The purpose of this study was to examine the relationship between loneliness levels and attachment styles in young adults. To achieve these objectives, quantitative research methods were used. Correlational analysis was employed to examine the relationship between the two variables using the Adult Attachment Scale and UCLA Loneliness scale.

The three attachment styles'- Avoidant, Secure and Anxious scores were calculated separately for each category with the maximum score to be considered as the dominant attachment scale of the individual. The loneliness levels were calculated by adding up the scores of each item.

Coefficient values of individuals with Avoidant, Secure and Anxious attachment styles respectively are:

	LONELINESS LEVEL
AVOIDANT	0.498962
SECURE	-0.29027
ANXIOUS	0.320943

CHAPTER 5 DISCUSSION

The strength and direction of the correlation between each attachment style and loneliness level were determined by using Pearson's Correlation tool, an Excel application that measures the non-parametric strength and direction of association between two ranked variables and evaluates how well the relationship between two variables can be described using a monotonic function.

5.1 Avoidant Attachment Style (Correlation: 0.498962):

According to the positive correlation coefficient, those who have an avoidant attachment style typically report feeling more alone. According to this research, those who are more dismissive of closeness or afraid of it in relationships could feel more alone and cut off from other people.

5.2 Secure Attachment Style (Correlation: -0.29027):

According to the negative correlation coefficient, those who identify as secure attachment type tend to report feeling less alone. This implies that loneliness may be lessened for those who have supportive, trusted connections and feel at ease with emotional closeness.

5.3 Anxious Attachment Style (Correlation: 0.320943):

According to the positive correlation coefficient, those who have an anxious attachment style typically report feeling a little more alone. Anxious attachment is characterised by a high need for intimacy and a

fear of being abandoned. If requirements for connection and assurance are not regularly satisfied, this can exacerbate feelings of loneliness.

All things considered, these findings demonstrate the strong correlation between loneliness and attachment types. Those who have secure attachment patterns may feel less lonely and more socially connected than those who have avoidant attachment styles, which may make them more prone to loneliness. In the middle is anxious attachment, which has a moderately positive association suggesting that people with this attachment type may feel lonely more than people with secure attachment types but less than those with avoidant attachment styles.

This, thus proves the hypothesis right and gives evidence for the relevance of the study, suggesting an inverse relationship between loneliness levels and secure attachment style and direct relationship between the other two.

CHAPTER 6 CONCLUSION

This study aimed to explore the connection between loneliness levels and attachment styles in young adults, utilizing quantitative research methods. Correlational analysis was used with the Adult Attachment Scale and UCLA Loneliness scale. The three attachment styles—Avoidant, Secure, and Anxious—were assessed separately, with the highest score determining the dominant attachment style. Loneliness levels were determined by summing the scores of each item. The results indicate a significant correlation between loneliness and attachment types. Individuals with secure attachment patterns tend to feel less lonely and more socially connected, contrasting with those exhibiting avoidant attachment styles, who are more susceptible to loneliness. Anxious attachment falls in between, showing a moderate positive association, suggesting higher loneliness levels than secure attachment but lower than avoidant attachment. These findings support the hypothesis, highlighting an inverse relationship between loneliness levels and secure attachment style, and a direct relationship with the other two styles.

FUTURE IMPLICATIONS

The scope of this study is diverse and has the potential to contribute significantly to both individual well-being and societal efforts to combat loneliness. One core implication is to understand how attachment styles influence loneliness and help individuals with different attachment issues to develop tailored and targeted interventions. This can lead to more effective treatment approaches. The dynamism of these variables influences friendships, romantic relationships, and familial relationships. Understanding these dynamics can lead to healthier relationships and mental well-being. The study result facilitates in making amendments to the pre-existing public and communal policies and reduce social isolation among vulnerable populations.

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