

**Attachment, Intimate Relationship and Life Satisfaction Among University Students**



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# **Attachment, Intimate Relationship and Life Satisfaction Among University Students**

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**DEPARTMENT OF HUMANITIES**

**COMSATS UNIVERSITY ISLAMABAD, LAHORE CAMPUS**

## **Research Completion Certificate**

Certificate that the research work contained in this research titled “Attachment, Intimate Relationship and Life Satisfaction Among University Students” has been carried out and completed by **Ms. Faiza Akhtar, Student ID: SP17-BPY-022**; student of BS Psychology, session (2017-2021) under my supervision. This study is an independent research work and carried out under given instruction and consideration.

Dated: \_\_\_\_\_

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## Declaration

I, **Ms. Faiza Akhtar, Student ID: SP17-BPY-022**, student of BS psychology section of 2017-2021, hereby declare that the material printed in this BS thesis project titled, **“Attachment, Intimate Relationship and Life Satisfaction Among University Students”** is an original work and has not been published previously or submitted in any form in any university or research institution in Pakistan or abroad.

At any time if my statement is found to be incorrect even after my graduation, the university has the right to withdraw my graduation degree.

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Date:\_\_\_\_\_

## **Dedication**

This research is dedicated to Allah Almighty who has given me the ability to do it, my beloved parents, my dearest SP17 batch, who always has faith in me and my most talented supervisor

Dr. Shazia Gulzar.

## **Plagiarism Undertaking**

I solemnly declare that research work presented in the thesis titles **“Attachment, Intimate Relationship and Life Satisfaction Among University Students”** is solely my research work with no significant contribution from any other person. A little contribution whenever taken has been acknowledged and that complete thesis has been written by me. I understand the zero-tolerance policy of HEC and University

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## Abstract

The focus of the current study was to determine the association between attachment, intimate relationship and life satisfaction among university students. In the current research it was hypothesized that i) there would be significant positive relationship between attachment and intimate relationship, ii) there would be significant positive relationship between attachment and life satisfaction, iii) there would be significant gender difference in terms of all three variables and iv) there would be significant effect of pertinent demographic variable on these three variables. A sample of 241 participants (men = 110 and women = 131) in age range from 19-25 were selected as the test sample. Attachment, intimate relationships and life satisfaction of students were assessed by using Adult Attachment (Scale Hazen & Shaver 1987) , Intimate Relationship Scale (Gulzar & Mehmood, 2018) and The Satisfaction with Life Scale (Pavot and Diener, 2008). Results indicated that attachment and life satisfaction have significantly positive correlation with intimate relationships. Moreover, Secure attachment has significant positive correlation with life satisfaction while ambivalent and avoidant are negatively correlated with life satisfaction, which means people with secure attachment are satisfied with their life, while those who have avoidant and ambivalent attachment their satisfaction with life is poor. It is also concluded that secure attachment has positive correlation with intimate relationship and avoidant and ambivalent attachment have negative relationship with intimate relationship. Moreover, intimacy in relation has strong positive relationship with secure attachment while negative with conflict in attachment, which represents that people having secure attachment, their intimate relations are better and they have high intimacy in relation where as their conflict in relations are really low. Whereas avoidant and ambivalent attachment have negative association with intimate relationship and intimacy in relation whereas positive relation with conflict in relation, this demonstrates that

individuals having avoidant and ambivalent attachment have low level of intimacy in their intimate relationships where they have high conflict in their relations.

**Keywords:** *attachment, intimate relationship, intimacy in relationship, conflict in relationship, life satisfaction, secure, ambivalent and avoidant attachment, and university students.*

## Chapter I

### Introduction

Joining a new educational institute or university is considered to be a transition period for students, so they feel homesickness and face many other issues. The transition from secondary school to college is laden with difficulties and that have to encourage these difficulties from the students' point of views and devise methods for helping the students to explore them easily (Chidzonga, 2014). Understudy transition to college offers significant difficulties to everyone included (students, guardians, families and collages/universities). This prompts the progress stage being influenced by a transaction between the social and scholastic conditions of the students and the institutional frameworks that should support those (Briggs et al, 2012).

This transition is also cruel in a way that students may undergo different crises including interpersonal and social issues, negative and distorted thinking patterns and changes in self-enhancing or self-defeating humor styles. Transition usually brings about certain changes normally associated with mixed emotions, specifically in the case of changing geographical location. Entering requires into new academic setup, youth has to deal with multiple transitions which includes changed living environment, academic settings and friend surroundings, also acclimatizing to superior responsibilities to their personal and academic life as well as greater independence. Though many students successfully make this transition to university, on the other hand many students face long term emotional maladjustments and eventually it leads to hopelessness (Gall, Evans, & Bellerose, 2000; Hammen, 1980; Winter & Yaffe, 2000). It has been found by The National Center of Educational Statistics (2002), one third of incoming university understudies quit education without getting their degree, and maximum do as such in their first year (Bradburn & Carroll, 2002). Therefore, acquiring an

improved understanding of the aspects which might advance constructive alteration in the first year of university, is advocated. Two potential concepts which may add to positive regulation in university students during their initial year, which have often not been considered, are the value of their companionships (Fass & Tubman, 2002) and an intellect of university belongingness (Hoffman, Richmond, Morrow & Salomone, 2002). For academic as well as socio-emotional development, schools are considered as important developmental context (Essles & Roeser, 2003) for young adults. The degree of attachment towards the university from the student (university attachment) is associated with the improved societal alteration (Tao, Dong, Pratt, Hunsberger, & Pancer, 2000), minor sapping rates, higher academic motivation and lower level of depressive symptoms (Beyers & Goossens, 2002). A better sense of attachment is associated to supposed instructor concern at university level (Freeman, Anderman, & Jenson, 2007) and more participation in university organization (Hurtado, Carter, 1997). In university and high school students' wisdom of school attachment and friendship value have been highly associated and this attachment stems from the early attach of the child with parents (Pittman & Richmond).

### **Attachment Styles**

People form emotional attachment with those who they consider important for themselves, is known as attachment (Fisher, Murray, & Frazer, 1985). Attachment practices are normal responses to the evident danger of losing the survival focal points that run with being pondered and dealt with by the fundamental caregivers. Since the children who involved with these practices will likely endure, the driving forces were ordinarily picked and strengthened over ages.

John Bowlby (1969) believed that attachment was a win huge or burst process. So far as it might, investigation has exhibited that there are particular differences in attachment quality. For sure, one of the important criterions in the attachment theory is the safekeeping

of an individual's attachment (Ainsworth & Bell, 1970). These practices make up what Bowlby named an "attachment behavioral system," the structure that helps us in our examples and penchants for forming and caring for attachment (Fraley, 2010).

Which style one is going to adopt it impacts the whole relationship with the partner and it chooses with the relationship is going to be succeeded or failed. That's why, people should try to identify their attachment styles, so that they can comprehend their strong points and susceptibilities of their connection. The attachment pattern people adopt in their early childhood, it determines and maintains their relationship and personalities in adulthood. This model of attachment marks how people counters to the needs and the means they go roughly to getting them met. With the fair and stable attachment pattern, a person will be confirmed and be self-confident and will be proficient of easily having good interaction with other masses, assembly both his very own's and another's requirements. However, with the disturbing and neglected attachment pattern, people find such partners who fits with that maladaptive sample, they will most in all possibility be electing an individual who isn't flawless penchant to make them happy (Firestone, 2013).

For instance, people with a functional model of preoccupied attachment feels that, they can get attach to someone and have their desires met, they need to be with them associate the whole time and get encouragement. To sustenance of this belief of authenticity, such people select those who are remoted and are hard to connect. Th people who have avoidant/dismissive attachment pattern, have the capability to remain at far distance, because according to their mode, the process to achieve their requirements met is to behave such as they don't have any requirement. They then select such people who are over possessive or they can be overly attention seeker. In a sense, people set themselves up by locating their companions who fit in the above models (Firestone, 2013).

Bowlby's attachment theory proven that newborn children when taken to a new situation and separated from their parents for the most part will respond in any of three different ways upon meeting the parents:

**Secure attachment:** such newborn children indicated trouble upon petition yet looked for comfort and were effectively consoled when parents came back (Fraley, 2010).

**Anxious attachment:** a little number of newborn children experienced noteworthy levels of pain and after rejoining the parents, approached both looked for comfort and endeavor to "rejection" the parents for taking off (Fraley, 2010).

**Avoidant attachment:** newborn children in the third category of attachment style proved no pressure or insignificant worry upon separation or isolation from the parents and either overlooked the parents after rejoining or effectively maintained a deliberate distance from the parents (Fraley, 2010).

After years, another attachment style was added to this list.

### **Secure Attachment**

People connected with secure attachment have the most capability to live happily in their lives. Kids with a good and stable attachment style finds their purpose as a protected base, which they can mission out and discover their surroundings openly and freely. People with secure attachment has comparable better romantic associations with their associates, sensing safe and connected, even they permit themselves and their intimate partners to move freely. Such people provide support to each other at the same time as their partners feels anguish. And when they feel any uncomfortableness or sense any kind of trouble or disturbance, they go to their partners as well and feels tranquility. The affiliation between them has the capacity to be truthful, uncluttered and equivalent with one another, as they both



feel independent and show affection to each other immensely. As postulated by the psychologist Robert Firestone that securely attached partners don't have the tendency to live in a "Fantasy Bond" and any kind of phantasm that gives a wrong experience of security (Firestone, 2013).

### **Anxious Preoccupied Attachment**

Contrasting to the securely associated partners, people with a hostile association tend to be strongminded to form a fairytale connection. Instead of sensing genuine affection and admit as reality with closer to their companions, they normally struggle for emotional starving. They are often looking to their associates to protect them or complete them with their companionship. Even though, such people are in quest of a sense of refuge and safety with the assistance of being clingy to their partners, they take such steps that impulse their partners away from them. As they try to act determined or secure, greater regularly than no longer, their behaviors make worse their own very fears and insecurities. When they feel unsure in their collaborator's feelings and unprotected in their go out, they often terminate the relationship being clingy, more hurtful or stingy toward their partner. They can also infer self-regulating moves by way of their associate as approval in their uncertainties. For example, the more their partner will hang out and socialize with his/her friends they will think that their partners don't have feelings for them and they don't love them. And if they go on this manner, they will leave them soon so they don't have to consider them from now on (Firestone, 2013).

### **Dismissive Avoidant Attachment**

Those who have adopted the dismissive avoidant attachment style, they have higher level of tendency to detach themselves, expressively from their partners. They may find segregation and feel "pseudo-independent" considering themselves as parents. They mainly

come off to give attention on themselves and may be excessively receiving to their mortal reliefs. “Pseudo-independence” is a misapprehension, as every individual starve for linking. However, individuals with dismissive avoidant attachment has tendency to live excessive hidden exists, each refuting the significance of beloved ones and cracking without complications from them. Such people are usually psychologically walled and have the aptitude to power cut themselves fervently. Even, they can hide their feelings in most troublesome or emotional situations. For instance, if their partners threat them to leave, they don’t respond or even they response they will say that they it does not matter to them. (Firestone, 2013).

### **Fearful Avoidant Attachment**

People with fearful avoidant attachment lives in uncertain situation, which create tension in them of being too near or too far from others. They try effort to hold their state of mind at bay, nonetheless they are incapable of. They try hard to resist their nervousness but cannot evade their anxiety or run far from their feelings. As an alternative, such people may be stunned through their reactions and casually experience emotive tempests. Such people have unpredictable moods (Firestone, 2013).

Each style ought to be supposed of as a scale of attachment practices, instead of specific “type” of individual; somebody with secure attachment style may show experiences more suited to alternate types now and again, or somebody with a dismissive avoidant style may shape a more secure connection with a specific individual. In this manner, these “types” ought to be considered as an approach to portray and comprehend singular conduct, as opposed to a correct fit for their identity (Positive Psychology Program, 2018).

Similarly, there are other four styles of attachment which have been divided into two categories on the bases of positive vs. negative model of self, and positive vs. negative model

of others (Bartholomew, 1990). Protected beings are those who take positive model for self as well as for others while ambivalent persons are those who have negative model for self but positive model for others. Similarly, there are two categories of insecure attachment styles, two of them with negative model of others were anticipated as: dismissing, indicating a defensive self-reliance and consequently a positive self-model (Bartholomew & Horowitz, 1991). This fearful attachment style leads to anxiety and makes relations more traumatic. The better attachment or bonding will be there, the good relationship will be there in partners.

### **Intimate Relationship**

People who have good and fair attachment style; they develop very good intimate relationship. Intimacy in any companionship refers to the feeling of being close and expressively attached and braced. It means being able of distributing almost all kinds of cognitions, feelings and appraisals that we have as human beings. This conducts openness and talk through thoughts and feelings, being vulnerable, and expressing a being else how one experience and what's one's goalmouths are (Better Health, 2020). Intimacy is constructed up with the passage of time, and it takes bravery, tolerance and hard work from both partners to produce and sustain. In dating, those who explore intimacy with the partner, they achieve one of the highest worthwhile elements of that dating. Despite from erotic and sensitive closeness, one can also be intimidated through intellect, regeneration, investment, holiness and creativity. Intimacy get ensured when people get close to someone they love, and their love is reassured from their partners whom they loved and establishes for. Kids often develops intimacy with their parents and friends. However, the adults find understanding in close associations with other adults, peers, and circle of relatives and with their life-partner (Better Health, 2020).

A therapist Mr. Alyssa Mancao, LCSW, recently posted something on Instagram which reflects that the nearness of relationships (Any kind of relationship) can be the amalgamation of four types of intimacy: mental, physical, emotional and spiritual. Therefore, one conspicuously don't have herbal off-the-charts usual understanding is vital for exploiting the liveliness of every. Helene Brenner, PHD, scientist psychologist and founder of the "I Know I'm in There Somewhere", introduced the idea that real bonding, understanding and proper attention develops A+ intimacy. She further proposed that, "intimacy is a one-on-one connection that includes a synchrony between two people," if people have need to practice intimacy, initial step they should take is that they and their companion should avoid all the other surroundings and going on things around them and should proper give time to themselves with proper attention and concentration (Garis, 2019).

As it is very clear that, intimacy is not the thing one can forcefully achieve or experience, it takes proper time, hard work and then influenced and improved upon with the passage of time. Dr. Benner have shared all types of intimacy right below this, she explained what time of understanding is calls for and how one could do effort on solidification of that constituent.

### **Emotional intimacy**

To strengthen the emotional closeness, divide it between three fragments: Sluggish down, keep it simple and percentage which is very hard to tell. People should align their emotions in their minds, before they spell out, they should contextualize their feelings, then they should express them with suitable words or effective sentences. One should first imagine, as "I got hurt." "I was given scared." "I love you." "I miss you." "I am scared to tell you how much you mean to me." People should not depend on others to tell their emotions;

however, they should do trust on themselves and their honest feelings. Moreover, they should allow themselves to expose and explain their inner feelings to their companion (Garis, 2019).

As Dr. Brenner explained that “Take the risk not to protect yourself,” “one can’t simultaneously protect oneself and be emotionally intimate, let your heart be seen.”

### **Spiritual intimacy**

It is very difficult and rare that two persons in any relationship got connected spiritually. Therefore, spiritually counts on special treatment or bureaucracy: it might be the basics of norms and morals, versus using real spiritual dialectal or experiences. As Dr. Brenner exposed that “if one partner is not spiritually persuaded, seek religious intimacy by articulating for the partner that what your spirituality has much value to you, and how it builds you like the person you are, or offer greater meanings on your life” (Garis, 2019).

With the assistance of involving in a quite emotional flash, people can also strengthen their spiritual intimacy. Dr. Brenner explained that people do feel such time when they feel spiritually connected with their partners and they experience high level of happiness in that very little instant. She further said that “Then search for the ways that you’re associate expresses deep spirituality through the movements they do and the values they stay by using (Garis, 2019).”

### **Mental intimacy**

Imagine that the meeting of minds is refer as mental intimacy: it is substantial, problematic and conceivably exciting. Dr. Brenner explains that “this is top notch waggishness and badinage for some people, who love bouncing off every other, hard each other.” Mental intimacy could be the super talks about the television series, dramas or movies, it could be about the jobs people are doing and in or it could be the reasons why

people remember each other. Therefore, find your old companions and talk with them about your life or the memories you people have shared altogether, you will feel connected (Garis, 2019).

### **Physical intimacy**

Ah, the kind of closeness most of the human beings make their complete specialty and, undoubtedly, it is now insignificant! Physical interaction may appropriately be the fondness of linguistic people talk accurately, and that is prodigious. “Physical intimacy is basically approximately relaxing into it, joining inside the go with the flow of it, getting into the second, and sharing, giving, getting, and expressing what feels good. It’s all approximately connection, excitement, the giving and getting of pleasure, and closeness,” Dr. Brenner articulates. “Ask for what feels good. Go for what feels good (Garis, 2019).”

Sometimes people confront with the conflicts in their relationships. These conflicts threaten them that either they will lose their partner or their relationship can be destroyed. As people have desires and requirements to fulfill, but those requirements clash with other people including even those whom they love or those who are important for them. For example, one partner wants to have sex with the other partner, but other partner doesn’t have interest at that time or he/she want to sleep. Both partners have different kind of hobbies for example one is interested in camping and the other one has a fierce affection for indoor plumbing. Or one partner is very social and extrovert but the other one is very shy and don’t want to have much interaction with the surrounding. These kind of desires and differences create difficulties and conflicts in relationship those should be solved out with appropriate solutions like taking, understating, giving each other proper time, accepting the individuality and subjective perspective of each other and negotiation (Alkon, 2019).

## **Intimacy in Relationship**

Intimacy is tied in with cherishing trust and backing. Intimacy is tied in with adoring trust and backing; tolerating and partaking in your accomplice's sentiments, being there when they need to allow their safeguards to down and realizing that your accomplice will be there for you. Closeness is words and activities, and sharing emotions and encounters, torment and trouble, just as satisfaction and love, difficult work and humour. Intimacy can be sexual however it's additionally a consoling touch, truly tuning in to your accomplice or permitting them to be powerless or to cry. People may esteem being free, and yet they likely need to be near somebody, to do things together, to realize that people are cherished and acknowledged for what they identity is, regardless of their flaws. People need to realize that they matter profoundly to another person (Relationship Australia, 2020).

It's essential to tell accomplice, people are cherished and acknowledged. A few different ways to help intimacy include:

- Make occasions to go out or be distant from everyone else together (regardless of whether people don't actually want to do that)
- Tune in to accomplice in the event that people need to discuss something alarming and help them discover a path through the issue, regardless of whether they believe it is anything but a serious deal
- In the event that people have had a contention, consider what was behind the annoyance. Attempt to converse with the accomplice about what happened when people are both inclinations sufficiently quiet to reflect.
- Without being asked, step in to help the partner when they look fatigued. Tune in and help out when the accomplice is battling to stay aware of life's requests.

Intimacy is demonstrating care and love by making the way for talking and sharing significant dreams and expectations. On the off chance that you can see regions where you miss the mark, finding a way to make changes, and maybe getting support from an instructor can have a major effect. For some couples, the most private they feel is the point at which they are having intercourse. Sexual movement includes trust and the danger of being open to one another. Closeness and sex are not something very similar, but rather they are firmly associated. Sex is just a single piece of closeness. The closer the couple are in manners other than sex, the additionally compensating their sexual coexistence regularly becomes. At the point when people can share normal encounters just as sensations of outrage, hurt, misery, joy and fervour, they are assisting with making closeness. Sharing feelings and emotions can be especially hard for certain men who may have been raised to accept that genuine men don't show their sentiments (Relationship Australia, 2020).

### **Reasons of conflicts in relationship**

A few couples think that it's hard to accomplish closeness in their connections. Others can locate that in the wake of accomplishing closeness it appears to sneak away. There are numerous purposes behind such troubles, including:

- **Helpless correspondence:** One accomplice or both essentially don't have the foggiest idea how to articulate their sentiments.
- **Uncertain passionate contrasts:** Outrage, hurt or disdain, alongside an absence of trust or a feeling of being neglected can break closeness
- **Reasonable challenges:** Now and then cash stresses, pressures at work, worry about youngsters, or simply being excessively occupied or excessively drained to truly associate can influence connections



- **Youth encounters:** An individual who has encountered a lot of hurt or maltreatment as a kid may think that its hard as a grown-up to confide in their accomplice, whatever amount of they might be infatuated.

In the event that a portion of these issues are a worry for people, these are the territories they need to begin chipping away at or think about expert assistance (Relationship Australia, 2020).

### **Life-Satisfaction**

People who have good interpersonal and intimate relationships with family, partners, friends, and peer group have high level of life-satisfaction. Moreover, those who have adopted good attachment style and good in their relationships have high maintenance of life satisfaction.

Life satisfaction is being connected to numerous favorable results. For instance, research constantly demonstrates that people with higher level of life satisfaction will in general have increasingly constructive societal connections, get social help, and have more noteworthy marital experience contrasted with people who have minor satisfaction with life (Barger, Donoho, & Wayment, 2009; Seligman, 2002; Pavot & Diener, 2008). In addition, individuals with higher level of satisfaction with life are at ideal terms as far as professional achievement is concerned. Significant level of contentment is identified with better occupational outcomes, more prominent vocational satisfaction, improved organizational commitment =, and decreased turnover goals (Erdogan, Bauer, Truxillo, & Mansfield, 2012). Moreover, satisfaction with life is additionally connected with wellbeing and less hauled health situations (Siahpush, spittal, & Singh, 2008). Also, people with higher life satisfaction have a fundamentally minor danger of morality than people with lesser levels of satisfaction (Lyyra, Tomakangas, Read, Rantanen, & Berg, 2006; Xu & Roberts, 2010).

Life satisfaction is the key to enjoy life freely without any tension. Those who try hard for best and make competitions with others in the surrounding, they are at the danger of taking up progressively tension and in conclusion this might concluded in place of surpassing. Therefore, those who are enjoying and loving their doings like paintings or singing and they are working with their whole effort and loyalty and genuineness, it means they are enjoying life. So, this can lead to a vigorous, successful and tension free existence ever. At the other hand, those who never gets happy by any kind of doings they are doing in their life, they are at the great danger of never-ending stressful life and at the end they have confront the failures which affects their health and cause different kind of health and mental illnesses (Kalyani, 2012).

As we see that life satisfaction is easy, no it is very complicated than it seems; the session is from time to time used interchangeably with contentment and happiness, but they both are very different and separate dimensions from each other but relatable. Fulfillment of life is the assessment of people's whole lifestyles; it does not count on the happiness of just one good day. Researcher, Ed Diener gave different functional definition of fulfillment of life with well-being and existence joy: "An overall evaluation of emotions and attitudes approximately one's existence at a particular factor in time starting from poor to positive" (Buetell, 2006).

Moreover, one of the famous definitions of existence happiness comes into existence from some other great happenings of life pride scholar. As Ruut Veenhoven (1996) has defined that "life delight is the diploma to which someone definitely evaluates the overall quality of his/her life as a whole. In different words, how tons the persons like the life they lead." at the end, Ellison and co-workers introduced the definition of existence pleasure as; "intellectual assessment of an underlying situation notion to be comparatively usual or casual and influenced through societal factor" (1989).

Though there are very small dissimilarities in between the definitions, the underlying concept is very similar: Lifestyles enjoyment tend to be a person's almost all and overall feeling about his or her life. In other words, it is a universal assessment as divergent to one this is stranded at any certain argument in time or any exclusive field (Ackerman, 2019).

As described earlier that life satisfaction and happiness aren't similar but related. Happiness is an instant, experience of very little time, hence excited, but its far for the long run transitory. A fruitful and healthy life surely comprises upon the instants of happiness; but happiness alone usually does not make for a sustaining and pleasing life. Happiness refers to "whatever we thrilled" as demonstrated by the professor of psychology at Harvard University, Daniel Gilbert" (Gilbert, 2009).

It is a more noteworthy brief build than life pride, and might be prompted by methods for any of a gigantic number of occasions, exercises, or considerations. Life enchant isn't generally most straightforward additional strong and widespread than satisfaction; it is equally more widespread in degree. It is our popular predisposition roughly our reality and how fulfilled people are with how it's happening. There are plentiful variables who cause an addition to life enchant from some of spaces, for example, labor, sappy acquaintances, connotations with loved ones, private turn of events, wellbeing and health, and others (Ackerman, 2019).

Another contrast among joy and presence fulfillment is that the last did not depend absolutely on basis that scientists consider to be crucial, yet rather on your own psychological decisions of the components that you remember to be greatest significant. This is likewise the standard qualification among wellbeing and ways of life charm; there are various scales that produce eminent proportions of an individual's prosperity; however, prosperity is commonly more noteworthy carefully depicted and dependent on exact factors. One of the most popular

hypotheses of wellbeing is the PERMA model created through Martin Seligman, one in all the "establishing fathers" of excellent brain research (Seligman, 2011). His form is fundamentally based at the possibility that there are 5 primary factors that add to wellbeing: Positive feelings, Engagement, Relationships, Meaning, and Accomplishments. This model effectively clarifies varieties in prosperity, anyway it regularly neglects to genuinely hold onto ways of life delight since it is more noteworthy target and less adjustable fundamentally dependent on what every individual quality (Ackerman, 2019).

This chapter summarizes that there is very strong relation in all three variables; attachment, intimate relationship and life satisfaction in young adults. Process begins with the attachment style the people adopted in their early childhood because it reflects their whole personality of their adulthood. The attachment style determines that either the person is going to have good intimate relationships with their family, friends and with the life partner like romantic partner. The more fair and stable attachment style one adopted, the better and strong relation he/she have in their later life. Similarly, the both variables are connected with life satisfaction, as they assess how much a person is going to find life satisfaction through their bonding of relationships. Therefore, people who have good interpersonal and intimate relationships with family, partners, friends and peer group have high level of life-satisfaction. Moreover, those who have adopted good attachment style and are good in their relationships have high maintenance of life-satisfaction.

### **Rationale of the study**

The ultimate goal of human beings is life satisfaction and it depends on early attachment and good intimate relationships. This study will guide parents to develop good relationships with children and adopt secure attachment style of life to achieve Life satisfaction.

**Aim**

To find out the relationship of attachment, intimate relationship and life satisfaction among university students.

**Objective**

- To evaluate the relationship between attachment and life satisfaction.
- To explore the relationship between attachment and intimate relationship.
- To find out the difference between male and female in terms of these three variables.
- To explore the impact of pertinent demographic variables (age, gender, education etc.) under study.

**Operational Definitions*****Attachment***

People form emotional attachment with those who they consider important for themselves, is known as attachment (Fisher, Murray, & Frazer, 1985).

***Intimate Relationship***

People who have good and fair attachment style; they develop very good intimate relationship. Intimacy in any companionship refers to the feeling of being close and expressively attached and braced (Better Health, 2020).

***Life satisfaction***

Life satisfaction (LS) is the way in which people show their emotions, feelings (moods) and how they feel about their directions and options for the future. It is a measure of

well-being assessed in terms of mood, satisfaction with relationships, achieved goals, selfconcepts, and self-perceived ability to cope with one's daily life (Pavot & Diener, 2008).

## Chapter II

### Literature Review

Previous researches on attachment, intimate relationship and life satisfaction in university students are few and are not covered yet. Especially the relationship of these variables in university student is rarely found. Therefore, this research is unique in a way that relationship of attachment, intimate relationship and life satisfaction will be examine. As this area of research has recently grabbed the attention of research so very less literature is available. Some of the relevant research are reviewed to understand and establish the relationship of the variables and their nature.

### Attachment Theory

Bowlby is considered to be the father of attachment theory (Lee, 2003). According to him attachment has started in infancy and move on throughout the whole life. It was postulated in attachment theory, proposed by Bowlby (1969; 1973; 1980), that formation of close affection bonds is a universal human need. Hofer (1995) suggested that reciprocity is a precondition for a normal development probably in mammals including human beings. The human infant's attachment behavior (clinging, seeking, smiling and proximity) are reciprocated responses by adult attachment behaviors (soothing, holding, touching). These reciprocated responses strengthen the attachment of the infant towards the particular adult or caregiver. The variety of environmental indications which become the reason in idiosyncratic experiences of safety or uncertainty on which the attachment behaviour of the infant is activated is caused by the infant's evaluation of those signals. The main purpose of attachment system is the understanding of the safety, which is the primary regulator of emotive practice (Sroufe, 1996). From this it can be seen that, it is a major contributor in many forms of mental disorders and the entire psychotherapeutic enterprise (Fonagy, 1999).

In Bowlby's attachment theory the attachment and the explorational systems are central (Elliot & Reis, 2003). This exploration and attachment is based on the caregivers, an infant's first strong attachment will establish with its primary caregiver and that caregiver will be the base of infant's exploration. To want to explore new things is the infant's innate behavior, but if a child is reached away to discover something new and turn out to be in threat or frightened, the one who would be, its prime caregiver will be its safe fortification base.

The complimentary behavioral system regulates adult caregiving. As a baby cries the parents are motivated to sooth them physically and visually. Hazan and Shahveer (1994), also demonstrated that these two systems intrigue to form that kind of a relationship that nurtures the infant's survival. The attachment perspective of love is an evolutionary view as well as developmental. The emotional relationship between infants and their mothers is of great importance in case of both the humans and primates. In case of availability of mother when an infant needs her, the infant feel extremely distracted, agitated and actively search to regain his presence.

Cassidy and Shaver (1999), reported that if this search is failed the infant become depressed or sad and eventually gains a state of defensive disregard and avoidance of mother when she comes. Three integral features of attachment relationship between infant and the mother were described by the Bowlby in 1988 were proximity maintenance, a secure base and a safe heaven. Proximity maintenance is the child's attempt to avoid separation from the caregiver and the struggle to stay closer to the caregiver. The child makes the caregiver as the secure base in order to enter in other nonattachment behaviours like exploration of environment and exercising his or her cognitive skills or developing motor skills. For sake of comfort, support and reassurance, whenever the child feels distressed, he or she uses the caregiver as the safe heaven. On the extent to which, these three attachment features are available, the child will determine his or her primary attachment style. Further it has been



asserted by Bowlby and other attachment theories that attachment patterns that embellish through initial life experiences with parents, will later pay to both the emotional selfregulation and interpersonal functioning (Guidano & Liotti, 1985; Kobak & Secery, 1988; Sroufe & Waters, 1977).

Hazan and Shaver saw that communications between those who shared resemblances to collaborations among offspring and caregiver. For instance, passionate and dispassionate accomplices want to be near each other. Adults sense comfortableness, when their associations or bonding are available, and restless or anxious and isolated when they are missing. Close relationships, for instance, fill in as a sheltered base that assistance individuals confront shocks and wonders, openings and difficulties life present. Likenesses, for example, these drove Hazan and Shaver to stretch out attachment theory to relationships of adults.

Relations of adults' contrast from numerous points of view from relations among children and parental figures (Farley, 2018). The case isn't that, the two sorts of relations are indistinguishable. The case is that, the center standards of attachment theory spread over to the two sorts of attachments.

Specialists will in general depict the center standards of the theory of attachment in the light of their particular academic interests. Their portrayals appear to be very changed on a surface level. For Instance, Farley and Shaver (2000), portray the "central propositions" of attachment in the mature adults as following:

- The conduct, passionate and social components of baby parental figure connections and grown-up connections are spoken to by the comparable organic framework.
- The kinds of individual dissimilarities found in newborn child parental figure connections resemble the ones seen in various close grown-up relationship.

- Individual contrast in grown-up connection lead are impressions of the longings and feelings people have outlined about themselves and their cozy connections dependent on their previous connections; these "working models" are tolerably adjusted and everything considered may be impressions of early providing care or parental encounters.
- Romantic love, as routinely considered, incorporates the exchange of connection, closeness or closeness and providing care.

Analyze this and five "focal recommendations" of connection hypothesis given by Rholes and Simpsons (Rholes and Simpsons, 2004).

- Although the fundamental main thrust for the game plan of connection connections is given by natural factors, the securities that kids outline with their parental figures are formed by sane experience.
- Experiences in earlier connections make inside working models and connection styles that intentionally impact connection relationship.
- The connection frameworks of grown-up gatekeepers sway the connection bond their children have with them.
- Working models and connection directions are tolerably steady after at some point, yet they are difficult to change.
- Some sorts of mental maladjustments and clinical issue are inferably somewhat to the effects of unreliable working models and connection styles.

While these two records plainly mirror the hypothetical interests of the agents who made them, a more critical look uncovers various shared topics. The shared subjects guarantee that:

- People are organically gone to outline relations with others, anyway the route toward forming relations is influenced by learning encounters.
- Individuals outline different sorts of connection depending upon the longings and feelings they have about their relations. These cravings and feelings build up inside "working models" used to control relationship rehearses.
- Internal "working models" are for the most part adjusted and stable notwithstanding the way that they can be influenced by encounters.
- Individual varies in connection can contribute contrarily or emphatically to mental wellbeing and to the idea of associations with others.

Undoubtedly these subjects could be depicted in an assortment of ways (and diverse point added to the rundown). Albeit how one portrays the focal standards of connection hypothesis, the key agreement is that comparative principles of connection apply to close connections to entire life.

### **Intimate Relationship Theory**

Rohner (1975, 1986) has invented the parental acceptance-rejection theory (PAR Theory) to investigate the association of parent-child relation and its correlation with adulthood. It is a proof-based hypothesis of the entire life's development and socialization, which attempted to investigate the parental acknowledgment dismissal's part on individuals' enthusiastic, conduct and social-intellectual turn of events and mental change all around the world (Rohner, 1986). He proposed the parental acknowledgment dismissal as a dimension indicating to the nature of the loveable connection between the guardian youngster relationship (Rohner, 1986). Child contracts with caregiver's affection, attention and warmth towards acceptance end. While at rejection side, they only get lack of attention and affection,

neglect and aggressive behavior of parents. Either the child accepted or rejected, it affects their not only childhood but also their adulthood persistently, as suggested by PAR theory (Rohner, 1975). The theory recommends that child develops mental schemas regarding their relationship with their parents, and later these schemas move into their adulthood, effecting their emotive and socio-cultural growth and psychological modification (Rohner, 2004).

Heller (1996), examined that neglect perceived from caregivers is associated with the pessimistic attribution of life. Neglect lowers self-esteem as proposed by Arenson and Kemp (1995). Yakin (2011) suggested that rejection promotes advanced neuroticism, fastidiousness and supplementary locus of control.

However, connection between parental acceptance-rejection and fulfillment of relationship was a hot theme too. Conclusion explained that if child remembers the neglect of their parents from childhood, it effects the adulthood specially the intimate relationships of maturity (Yalçinkaya, 1997; Varan, 2005; Eryavuz, 2006). Later on, it was postulated by Rohner (2008) that neglect from any attachment relation can effect the psychological wellbeing and social adjustment instead of the rejection from parents only. Rohner (2001) introduced that “intimate partner acceptance-rejection” as one’s independent thinking as similar as parental acceptance-rejection.

An investigation uncovers the end that the two guys and females that are all the more tolerating the people apparent their accomplices to be, they will be all the more mentally changed (Ripoll-Nuñez and Alvarez, 2008; Varan et al., 2008; Parmar and Rohner, 2008; Parmar et al., 2008; Chyung and Lee, 2008). One of the examinations uncovered that there is a significant connection between the recalled neglect from guardians and saw neglect from personal accomplice (Ripoll-Nuñez and Alvarez, 2008; Varan et al., 2008; Parmar and Rohner, 2008; Parmar et al., 2008; Chyung and Lee, 2008).

Intimate partners can provide each other with peace and comfort and also help each other when ever it's needed in their adulthood. Even many of the partners starts relying on each other as a source of support and warmth. It's not astonished that a study postulated that societal assistance and caregiving are vital not only for individual health and welfare, but also for the progress and preservation of strong and nourishing close affiliation (e.g., Acitelli, 1996; Carnelley, Pietromonaco, & Jaffe, 1996; Collins & Feeney, 2000; Cutrona, 1996; J. A. Feeney, 1996; Julien & Markman, 1991).

### **Life Satisfaction Theory**

Ed Diener is the innovator of the Life satisfaction theory. He postulated that there are two kind of theories about Life Satisfaction.

- The Bottom-up theory
- The Top-down Theory

Bottom-up theories consider satisfaction of life as an outcome of gratification in the many fields of life. Bottom-up theories grasp the attention, which reveals the experience fulfilment in many areas of life, like work, relations, family and friends, personal expansion, and health and capability. Our fulfilment with our lives in these extents combines to generate our complete life satisfaction.

Top-down theories had referred “life satisfaction as an influencer of domain-specific satisfaction”. These theories state that our inclusive life satisfaction impacts (or even regulates) our life satisfaction in the numerous dissimilar fields. This dispute is unending, but for most people it is sufficient to recognise that total life satisfaction and satisfaction in the multiple realms of life are strictly interrelated (Ackerman, 2020).

There is a positive correlation in good intimate relationship and life satisfaction (e.g., Arrindell, Van, Neiwenuizen, & Luteinn, 2001). In addition, those relationships which have high level of intimacy, love and commitment and support, they are defined as successful intimate relationship (Sternberg, 1998).

Guarnier, Smorti and Tani (2015) has investigated the relationship of peer attachment (colleague attachment and romantic attachment) with the association of caregiver attachment (connection with parents) and life satisfaction in emergent adults. Sample of 385 Italian adults age range from 19-25 demonstrates a significant positive connection of both parents and friend's bonding with life satisfaction and romantic attachment as they both are the correspondent and exclusive interpreter.

Ali And Premuzic (2010) has investigated the shady side of affiliation and satisfaction of life in association with intimate relationship, Machiavellianism and psychopathy. The study concluded that there is a negative relationship of Machiavellianism with components of relationship. They also have come to know that there is a significant positive relationship of primary psychopathy with the relationship component. Moreover, there is a negative correlation of secondary psychopathy with intimacy and life satisfaction.

Wright and Perron conducted a study whose conclusions showed that societal self-efficacy and occupation choice self-efficacy moderately interceded among attachment and satisfaction of life amid the students studying in colleges, the mainstream of whom were Caucasian ladies. It offers sustenance to the impression that grown-up attachment is an essential foundation of efficacy information and functions as a serious constituent in college students' insights of their effectiveness in the areas of close relations and occupation choices, both of which influence satisfaction of life (Wright & Perron, 2010).

Feenay and Collins (2001) conducted a study to explore the caregiving processes in adulthood. The results of the study concluded that communal support information, prosocial alignment, interrelationship, conviction, and self-centred motivation interceded the connection among attachment style and caregiving.

Hymphyreys, wood and Parker (2009) investigated the association of satisfaction and alexithymia in intimate relationships. The findings of the study have revealed that there is a normal negative association between alexithymia and both relationship satisfaction variables. These findings support the older researchers expressing a solid connection among alexithymia and a host of interactive issues.

Neal, Jennifer and Hourbury (2001) investigated a study to explore that how intimate relationships are influenced through parenting styles and childhood attachment. By applying this research on fifty six undergraduate students, the outcome demonstrates that albeit 92% of the understudies with definitive nurturing styles are additionally safely appended, that lone attachment styles foresee closeness designs. Those understudies who were securely attached to their caregivers scored essentially higher on trial of individual intimacy and faith in other's capacities to be personal instead of those understudies with dictator or lenient guardians. Results are examined in the setting that attachment styles structure an early working model while parenting styles are more predominant when the youngster is more established and may influence different factors.

Morrison, Goodline-jones, Urquiza (1997) investigated the college students to find the relationship of attachment and representation of intimate relationship. Outcome exposes that those respondents who adopted ambivalent attachment pattern they demonstrates high level of hostility in their relationships than secure respondents did. It has seen that avoidant respondents expressed themselves as not as much of submissive. Those who have high level

of attachment instigation and lesser attachment security were specifically more symbiotic in their relations. Moreover, there was not found the communication effects of attachment with quantity of experience in close connections.

Another study conducted by Nawaz and Samia (2011) on the association of peer and parental attachment connection with the identity development in the period of adolescence . Outcomes of the study has demonstrated, there is a significant positive association of peer and caregiver bonding connected with identity development. There was exposed the important correlation of parental association bonds with identity development in females while checking the gender differences, but there was zero correlation in case of boys. On the other hand, there was significant correlation in both males and females on the affiliation of peer bonding connects with identity development. It was concluded that both parental and peer attachment connections are the predictors of identity development in young females, while only peer relations are the predictor of identity development in males.

### **Significance of the Study**

The findings of the study will contribute to the benefit of society considering that attachment patterns develop in childhood plays very significance role in making good intimate relationship in adulthood. If people will adopt better attachment styles in their childhood, the better intimate relationship they will have in their life. The greater demand of healthy intimate relationship justifies the need for more comprehensive secure bonding which could be life-changing approach for the individuals of society. Thus, the caregivers who do not make great bonding with their children, they will be able to understand the importance of attachment patterns and how these patterns influence the new coming relationships of their children in their later life and how much they'll be satisfied with their lives due to those relations. Also, when the parents will develop good relationships with their children, their



children will be assuredly more contented and satisfied with their lives. Children will be able to develop good intimate relationships in their life through best attachment pattern and it will contribute in the enhancement of their life satisfaction.

### **Research Question**

- What is the relationship between attachment, intimate relationship, and life satisfaction among university students?

### **Hypotheses**

- There will be significant positive relationship between attachment and intimate relationship.
- There will be significant positive relationship between attachment and life satisfaction.
- There will be significant gender difference in terms of all three variables.
- There will be significant impact of pertinent demographic variables (age, gender, education, birth order, family system etc.) understudy.

## METHOD

### Sample

The sample of study was consisted of N = 241 university students, N = 110 men and N = 131 women, by using convenient sampling technique. The sample was collected from different universities of Lahore. The sample includes the students of bachelors and masters with age range of 19 to 25, without having any previous psychological history. Demographic variables were included as age, gender, qualification, no. of siblings. birth order, mother's and father's qualification and occupation and monthly income etc.

### *Inclusion Criteria*

Current study included the population of students from different universities of Lahore with age range of 19 to 25. Students selected for study were from BS and MS program.

### *Exclusion Criteria*

Those who were not university students and above or below the age range of 19 to 25 were excluded from the study. In addition, those who had any previous psychopathological history were not at all included in the study.

### Measures

1. Demographic Performa
2. Adult Attachment Scale (Hazan & Shaver, 1987)
3. The Satisfaction with life scale (Diener & Pavot, 2008)

#### 4. Intimate Relationship scale (Gulzar & Mehmood, 2018)

### **Demographic Performa**

It included the basic information of the participants, age and gender of participants, academic qualification, qualification of participants' parents and their occupation, monthly income of their family, family setup and birth order and number of siblings.

### ***Adult Attachment Scale***

The Adult Attachment Scale (AAS) was officially established in 1990 but constructed on the previous work of Hazen & Shaver (1987). For the present research, Urdu version of Hazen and Shaver, 1987 was used. The scale was comprised of three items and these three items investigate three types of attachment pattern, (i) Secure, (ii) Ambivalent, (iii) Avoidant Attachment respectively. Participant had to pick one statement which is most relevant to that person's attachment pattern.

### ***The satisfaction with life scale (SWLS)***

It was developed by Pavot and Diener (2008), was used to measure the life satisfaction of participants. SWLS is a quick test. The assessment time was 5 to 10 minutes. The coefficient alpha had value of 0.77, which demonstrated that the scale had great internal consistency and was reliable (Pavot & Diener, 2008). This scale consisted of short 5-items instrument designed to measure global cognitive judgments of satisfaction with respondent's life. The total scores determined the level of student's life satisfaction. Scores ranged between 31 to 35 meant extremely satisfied, 26 to 30 refers to satisfied, 21 to 25 slightly satisfied, 20 is neutral, 15 to 19 slightly dissatisfied, 10 to 14 dissatisfied, and 5 to 9 extremely dissatisfied.

### ***Intimate Relationship Scale (IRS)***

The intimate relationship scale (Gulzar & Mehmood, 2018) was used for investigating Intimate relationship satisfaction among university students. IRS was comprised of 34 items related to relationship satisfaction as experienced and expressed by university students. It comprised of two subscales, one is intimacy in relationship which consists of 24 items and the other one is conflict in relationship which consists of 10 items. The coefficient of  $a$  of IRS had the value of .91, while IIR has .91 and CIR has .73. These values showed the high reliability of scales and subscales. Moreover,  $a$  value represented the higher internal consistency of the items of the scale. The instructions for IRS were “*Following is a list of Intimate relationship related items which people of your age experience while interacting with their intimate partners; read each item carefully and rate the items to the extent in which you experience these difficulties while relating with other people*”. The scoring options included (0) *not at all*, (1) *rarely*, (2) *often*, (3) *always*. High score expressed more satisfaction in intimate relationship an individual experienced.

### **Procedure**

First of all, participants were located and permission was taken from the heads of institutes in order to collect the data. Then students were given informed consent i.e. They were informed about the purpose of study time required to complete the questionnaire. Their confidentiality was insured. They were approached for their written consent of voluntary participation in the study. After providing the introduction and informed consent, the demographic sheet was filled by the participants and they were asked to complete the Adult attachment Scale, Life Satisfaction Scale and intimate relationship scale. It took 15 – 20 minutes to complete questionnaire. After completion, the questionnaires were collected and participants were obliged for participating in the study.

**Ethical Consideration**

All ethical considerations were followed for conducting the research. Informed consent was taken and participants were given the right to withdraw from participation anytime. They were insured that data will only use for research purpose and confidentiality will be maintained. The scale taken for the study were used after ensuring the permission granted by authors.

**Chapter IV****Results**

This chapter highlights the results of the main study, three scales were used named Adult Attachment Scale (Hazan & Shaver, 1987), Intimate Relationship Scale (Gulzar & Mehmood, 2018) and Satisfaction with Life Scale (Diener, 1985).

The chapter was divided into four sections describe demographics characteristics of the participants, determining the relationship of attachment, intimate relationship and life satisfaction, testing the hypothesis of the main study and lastly relationship of key variables.

**Section I:** Sample Description

**Section II:** Psychometric Properties of the scale, reliability coefficient

**Section III:** Relationship between the variables

**Section IV:** Mean, Standard Divisions, t and p values of the males and females in terms of Attachment Scale, Intimate Relationship Scale and Satisfaction with Life Scale.

## Section I

This section consists of frequency distribution of the demographic characteristics of the participants (241).

**Table 1**

*Frequencies and Percentages of the Demographics (N = 241)*

Variables	<i>Mean</i>	<i>SD</i>	<i>f</i>	%
<b>Gender</b>	1.54	.49		
Men			110	45.6
Women			131	54.4
<b>Age</b>	21.97	1.73		
19			22	9.1
20			34	14.1
21			34	14.1
22			62	25.7
23			40	16.6
24			26	10.8
25			23	9.5
<b>Educational Year</b>	1.17	.38		
Undergraduate			200	83.0
Graduated			41	17.0
<b>Your Birth Order</b>	1.96	.77		
Elder			76	31.5
Middle			98	40.7
Younger			67	27.8

**Table 1 (Continued)**

Variable	<i>Mean</i>	<i>SD</i>	<i>f</i>	%
<b>Mother's Education</b>	1.83	1.21		
Uneducated			29	12.0
Metric			90	37.3
Intermediate			40	16.6
Graduated			58	24.1
Masters			24	10.0
<b>Father's Education</b>	2.42	1.13		
Uneducated			8	3.3
Metric			54	22.4
Intermediate			49	20.3
Graduated			88	36.5
Masters			42	17.4
<b>No. of Siblings</b>	3.98	1.49		
Only child			4	1.7
One			5	2.1
Two			21	8.7
Three			60	24.9
Four			73	30.3
Five			47	19.5
Six			19	7.9
Seven			8	3.3
Eight			3	1.2
Ten			1	0.4



**Table 1 (Continued)**

Variable	<i>Mean</i>	<i>SD</i>	<i>f</i>	%
<b>Mother's occupation</b>	1.11	.31		
Housewives			215	89.2
Working women			26	10.8
<b>Father's Occupation</b>	2.29	1.56		
Unemployed			29	12.0
Businessmen			62	25.7
Government employ			43	17.8
Private job holder			58	24.1
Landlord			14	5.8
Labour union			35	14.5
<b>Monthly Income</b>	3.09	1.38		
Less than 10,000			15	6.2
25,000 to 50,000			82	34.0
50,000 to 1,00,000			75	31.0
1,00,000 to 1,50,000			29	12.0
1,50,000 to 2,00,000			15	6.2
More than 2,00,000			25	10.4
<b>Family System</b>	1.35	.48		
Nuclear			156	64.7
Joint			85	35.3

*Note*, SD = Standard Deviation. f = Frequency, and % = Percentage.

As indicated in the above table, there was an unequal number of men and women.

Women were more than the man. The table also indicated that most of the respondents belonged the age of 22 and 23 and high level of population belonged to undergraduate program. Most of the participants were middle child in their birth order and comprises of three and four siblings. Moreover, major number of participants lived in nuclear family system. It had indicated in the table the most population belonged to middle class. The table also demonstrated that most of the participant's mothers were housewives and most of them did matriculation. While most of participant's father were graduated and most of them were doing business and private jobs.

## Section II

The section involves psychometric properties of the scales.

**Table 2**

*Psychometric Properties of the Scale (N = 241)*

Scales	No of items	<i>A</i>
<b>IRS</b>	5	.91
IR	24	.91
CR	10	.73
<b>SWLS</b>	5	.77

*Note*, IRS = Intimate Relationship Scale, IR = Intimacy in Relationship, CR = Conflict in Relationship and SWLS = Satisfaction with Life Scale

This table demonstrated the alpha values of Intimate Relationship Scale and its subscales, along with Satisfaction with Life Scale. The values represented that scales have higher *a* value which means that scales are reliable.

### Section III

This section comprises inter-correlation among different variables of the study.

**Table 3**

*Inter-Correlation of The Study Variables (241)*

Factors	1	2	3	4	5	6	7	8
AAS	—	.896**	.276**	.821**	.128*	.163*	.125**	-.187**
SA	—	—	-.675**	-.481**	.117**	.169**	.128*	-.196**
Av. A	—	—	—	.322**	-.040**	-.095**	-.069**	.114**
Am. A	—	—	—	—	-.102**	-.105**	-.082**	.116**
SWLS	—	—	—	—	—	.038**	.078**	-.054**
IRS	—	—	—	—	—	—	.949**	-.779**
IR	—	—	—	—	—	—	—	-.542**
CR	—	—	—	—	—	—	—	—
Mean	1.68	.50	.31	.18	25.4	79.12	58.97	20.14
SD	.76	.50	.46	.39	5.35	12.81	9.55	4.80

*Note*, AAS = Adult Attachment Scale, SA = Secure Attachment, Am. A = Ambivalent Attachment, Av. A = Avoidant Attachment, SWLS = Satisfaction with Life Scale, IRS = Intimate Relationship Scale, IR = Intimacy in Relationship, CR = Conflict in Relationship and SD = Standard Deviation. Correlation is significant at  $p < .05$  and  $.01$ .

The above table is showing inter-correlation of the scales and subscales of the study. Attachment showed a positive correlation with intimate relationship. It means that the better attachment style one adopted, the better intimate relationships they have in their life. Secure attachment has positive correlation with life satisfaction while ambivalent and avoidant are negatively correlated with life satisfaction. This means that individual with secure attachment is satisfied with their life while those who have avoidant and ambivalent attachment their satisfaction with life is poor. It has also described in the table that secure attachment has

positive correlation with intimate relationship and avoidant and ambivalent attachment have negative relationship with intimate relationship. Intimacy in relation has strong positive relationship with secure attachment while negative with conflict in attachment. This means that individual having secure attachment their intimate relations are better and they have high intimacy in relation where as their conflict in relations are really low. Whereas avoidant and ambivalent attachment have negative relationship with intimate relationship and intimacy in relation whereas positive relation with conflict in relation, this shows that individuals having avoidant and ambivalent attachment have low level of intimacy in their intimate relationships where they have high conflict in their relations.

## Section IV

**Table 4**

*Mean, Standard deviation, t and p values of Males (n = 110) and Females (n = 131) on Adult Attachment, Intimate Relationship and Its Subscales and Satisfaction with Life Scale.*

Factors	Gender	M	SD	T	P
	Male	.61	.48		
SA	Female	.40	.49	3.4	.47
	Male	.17	.37		
Av. A	Female	.42	.49	-4.4	.00
	Male	.20	.41		
Am. A	Female	.16	.37	.814	.11
	Male	26.0	5.2		
SWLS	Female	24.8	5.5.	1.7	.51
	Male	57.9	10.1		
IR	Female	59.9	9.0	-1.6	.21
	Male	19.8	4.8		
CR	Female	20.5	4.8	-1.1	.26

*Note, SA = Secure Attachment, Am. A = Ambivalent Attachment, Av. A = Avoidant Attachment, SWLS = Satisfaction with Life Scale, IR = Intimacy in Relationship and CR = Conflict in Relationship.*

The above table revealed that males and females don't differ in terms of their secure and ambivalent attachment. Moreover, there is no significant difference in terms of satisfaction in life and intimate relationship. Only avoidant attachment showed significant difference. This means that men and women they have same level of satisfaction with life and intimate relationship.

## Summary of the Results

The findings of the study revealed that all the scales used for this study with their subscales were highly reliable. It has demonstrated that attachment and life satisfaction have significantly positive correlation with intimate relationships. Moreover, Secure attachment has significant positive correlation with life satisfaction while ambivalent and avoidant are negatively correlated with life satisfaction, which means people with secure attachment are satisfied with their life, while those who have avoidant and ambivalent attachment their satisfaction with life is poor. It has also concluded that secure attachment has positive correlation with intimate relationship and avoidant and ambivalent attachment have negative relationship with intimate relationship. Moreover, intimacy in relation has strong positive relationship with secure attachment while negative with conflict in attachment, which represents that people having secure attachment, their intimate relations are better and they have high intimacy in relation where as their conflict in relations are really low. Whereas avoidant and ambivalent attachment have negative association with intimate relationship and intimacy in relation whereas positive relation with conflict in relation, this demonstrates that individuals having avoidant and ambivalent attachment have low level of intimacy in their intimate relationships where they have high conflict in their relations. In addition, males and females didn't differ in terms of their secure and ambivalent attachment, and there was no significant difference in terms of satisfaction in life and intimate relationship. Only avoidant attachment has showed significant difference. It was understood that men and women have same level of satisfaction with life and intimate relationship.

## Discussion

The present study aimed to investigate the relationship of attachment, intimate relationship and life satisfaction among university students and also to evaluate the gender differences of these variables. In addition, study wants to evaluate the impact of pertinent demographic variables like age, gender, mother's and father's education and occupation, birth order, monthly income, no. of siblings and family system.

Main objectives of the study were to evaluate the relationship between attachment, intimate relationship, and life satisfaction, to find out the difference between male and female in terms of these three variables and to explore the effect of pertinent demographic variable on these three variables.

The hypothesis of the current study states that there will be significant positive correlation between attachment and intimate relationship. Secondly, it was hypothesized that there will be significant positive correlation between attachment and life satisfaction. Thirdly, there will be significant gender differences in terms of three variables attachment, life satisfaction and intimate relationship. Lastly, there will be significant effect of pertinent demographic variables (age, gender, mother's and father's education and occupation, birth order, monthly income, no. of siblings and family system) in terms of attachment, intimate relationship and life satisfaction.

Three scales namely Adult Attachment Scale (Hazan & Shaver, 1987), Intimate Relationship Scale with its two subscales: Intimacy in Relationship and Conflict in Relationship (Gulzar & Mehmood, 2018) and The Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) were used to test the hypotheses of the current study. The Satisfaction with Life Scale (SWLS) has (.77) alpha reliability and Intimate



Relationship Scale (IRS) has (.91) alpha reliability along with its subscales. the values given show that the scales have sound alpha values that means scales are highly reliable to use for the evaluation of hypotheses of the current study.

Additionally, the descriptive analysis was carried out to see the trends in demographic of the sample studies in the present research. It was seen that there is an unequal number of males (n = 110) and females (n = 131). Females are more than the man. The analysis also indicated that most of the respondents belong the age of 22 and 23. It has seen that high level of population belonged to undergraduate program and many less participants were graduated. Most of the participants are middle child in their birth order. In addition, most of the respondents comprises of three and four siblings. Moreover, major number of participants lived in nuclear family system and fewer number lived with their joint family. It has also demonstrated in the analysis that the most population belonged to middle class, while very few were from high class society. The analysis also has shown that most of the participant's mothers are house wives and most of them did matriculation. While most of participant's father are graduated and most of them are doing business and private jobs.

Firstly, to test the first hypothesis i.e. there will be significant positive correlation of attachment and intimate relationship. Pearson Moment Correlation Analysis was carried out. The correlation indicated students has shown significant positive correlation of attachment and intimate relationship. This significance demonstrates that the better attachment style student picks in their life, the better intimate relationships they have.

Similarly, secure attachment has positive correlation with intimate relationship and avoidant and ambivalent attachment have negative relationship with intimate relationship. Intimacy in relation has strong positive relationship with secure attachment while negative with conflict in attachment. This means that individual having secure attachment their intimate relations

are better and they have high intimacy in relation whereas their conflict in relations are really low. Whereas avoidant and ambivalent attachment have negative relationship with intimate relationship and intimacy in relation whereas positive relation with conflict in relation, this shows that individuals having avoidant and ambivalent attachment have low level of intimacy in their intimate relationships where they have high conflict in their relations. The results of the study were supported by the research carried out by Neal, Jennifer and Hourbury (2001), it was explored in the research that, students who have secure attachment to their caregivers they have better intimate relationships in life. Another research supported the results of current study, carried out by Morrison, Goodline-Jones, Urquiza (1997). It was exposed in the study that students with ambivalent attachment pattern demonstrate high level of hostility in their relationships than secure respondents did. The research also explored that students with avoidant attachment pattern expressed themselves less submissive. Moreover, students with high level of attachment instigation and lesser attachment security were specifically more symbiotic in their relations. In addition, results did not find the communication effects of attachment with quantity of experience in intimate relationships.

Secondly, it was hypothesized that there will be significant positive correlation with attachment and life satisfaction among university students. To test this hypothesis, Pearson Moment Correlation Analysis was carried out. The results revealed that secure attachment has positive correlation with life satisfaction while ambivalent and avoidant are negatively correlated with life satisfaction. This means that individual with secure attachment is satisfied with their life while those who have avoidant and ambivalent attachment their satisfaction with life is poor. The results are significantly in line with the work of Guarnier, Smorti and Tani (2015) revealed a significant positive correlation of both parent's and friend's bonding with life satisfaction and romantic attachment as they both are the correspondent and exclusive interpreter. Wright and Perron's work also supported the results of the current

study. Their study exposed that attachment is an essential foundation of efficacy information and functions as a serious constituent in college students' perceptions of their efficacy in the areas of close relationships and career decisions, both of which influence life satisfaction.

Thirdly, it was hypothesized that there will be significant gender differences in terms of all three variables of the present study. To test this hypothesis, independent t-test was applied. The results indicated that both males and females don't differ in terms of their secure and ambivalent attachment. Moreover, there is no significant difference in terms of satisfaction in life and intimate relationship. This means that men and women they have same level of satisfaction with life and intimate relationship. Only avoidant attachment showed significant difference. Analysis indicated that females adopted more avoidant attachment pattern than males.

Lastly, it was hypothesized that the pertinent demographic variables like age, gender, qualification, socioeconomic status, family system, birth order etc. will predict attachment, intimate relationship and life satisfaction of university students. The result of correlation revealed that there was no significant relationship among demographic variables that is why regression analysis was not applied. Because there was no significant relationship among the elements of the study, they can never be predicted. For prediction, it is necessary that there must be a relationship among elements of the study.

## **Conclusion**

From the discussions and findings of the literature, it is concluded that the relationship of attachment, intimate relationship and life satisfaction among youth is a unique concept in Pakistan. There is almost no research available on this concept in Pakistan. Attachment styles do matter a lot and affect different personality traits and characteristics of a person in different dimensions. With those personality traits and characteristics, intimate

relationships and satisfaction of life are very basic factors of life, which are associated with attachment.

In this study almost equal number of males and females has participated and most of them are middle born. On applying correlational analysis, it has been concluded that attachment has significantly positive correlation with intimate relationship and life satisfaction, especially secure attachment. It demonstrates that the students with secure attachment pattern have better intimate relationships, which automatically enhance their satisfaction with life. It has also been explored that the students whose upbringing came into happen through avoidant and ambivalent attachment pattern, they are negatively associated with intimate relationship and life satisfaction. This expresses that avoidant and ambivalent attachment patterns contribute negatively in making intimate relationship and hence decrease the life satisfaction.

Finally, a significant impact of gender difference in terms of avoidant attachment pattern has been seen in the analysis. In Pakistani culture, females have shown more avoidant attachment pattern as compare to males. This may be because of the reason that our culture doesn't allow female to express them more and enforce them to hide their feelings to themselves. That's why females avoid to share their personal feelings and expression independently.

### **Implications of the Current Research**

This study helps to understand the relationship of attachment with respect to intimate relationships and life satisfaction. This research is helpful in the field of psychology, especially in clinical psychology, counselling, social, health and social psychology. These variables help to provide new domain for researchers as very few researches have been found in Pakistani culture. Further the relation of these variables with each other and it's impacts on

an individual's overall psychological, emotional and social development which is required to be taken into account by the researcher.

Similarly, another major practical implication for psychologist to determine how attachment is related to intimate relationships and with life satisfaction in cultural context. As in Pakistani culture, people live in joint family system or with nuclear, so how their attachment pattern affects their relationships and their satisfaction with life.

Attachment and its styles have great importance in clinical psychology as it determines which kind of personality, people are going to have in their adulthood, and how that will interfere in their relationships. In case of university students, attachment, intimate relationships and life satisfaction plays a major role in developmental and social psychology.

### **Limitations and Suggestions**

During the study and writing up discussion the following suggestions are being made to overcome some of the limitations made in the current research to expand the scope of this work.

1. This study was comprised entirely of university students and cannot be generalized to college population.
2. As this study was carried out only on urban university students, it would be very useful to carry out a parallel research for rural population to study the relationships of attachment, intimate relationships and life satisfaction in different areas of Pakistan. Moreover, attachment patterns may vary in rural population that needs to be taken into account.
3. The sample size was 241 university students, it was a small sample size, so big sample size can be more helpful in the generalizability of results.

4. The present research adopted the Quantitative approach. Further researchers can investigate these constructs with Qualitative approach.

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## **Appendices**

**Appendix A**  
**Consent Form**

**Form #****Consent Form**

The Department of Psychology of COMSATS University Islamabad, Lahore Campus supports the practice of the protection of the participants in research. The following will provide you with information about the research project that will help you in deciding whether or not you wish to participate.

This is an undergraduate level study that is being conducted to explore the relationship between attachment, intimate relationship and life satisfaction among university students. In this study, we will ask you to fill out the attached forms.

If you agree to participate, please be aware that you are free to withdraw at any point throughout the research. All information, you provide will be kept confidential and will be anonymous. When this study is complete you will be provided with the results of the research project if you are interested in them, and you will be free to ask any questions.

If you have any further queries about the study, please feel free to contact us through e-mail:

[Faizaakhtar180@gmail.com](mailto:Faizaakhtar180@gmail.com)

Please indicate with your signature on the space below that you understand your rights and agree to participate in the research. Your participation is solicited, yet strictly voluntary. All information will be kept confidential.

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Signature of Participant

---

Signature of Researcher

**Appendix B**

**Demographic Performa**



**Age:** \_\_\_\_\_ **Gender:** Male/Female **Educational Year:** \_\_\_\_\_

**Educational Year:** \_\_\_\_\_ **Birth Order:** \_\_\_\_\_

**Mother's Education:** \_\_\_\_\_ **Father's Education:**  
\_\_\_\_\_

**Mother's Occupation:** \_\_\_\_\_ **Father's Education:**  
\_\_\_\_\_

**No. of Siblings:** \_\_\_\_\_ **Family System:** Joint/Nuclear

**Monthly Income:**  Less

than 10,000  25,000 to

50,000  50,000 to

1,00,000  1,00,000 to

1,50,000  1,50,000 to

2,00,000

**Appendix C**

**Adult Attachment scale**

## Adult Attachment Scale

ہدایت :-

نیچے دئیے گئے پیرا گراف کو غور سے پڑھیں اور کسی ایک پر نشان لگائیں جو آپ کی ذات کی بہترین عکاسی کرتی ہو۔

۱۔ میرے لیے دوسرے لوگوں سے دوستی کرنا آسان ہوتا ہے۔ میں ان پر اعتماد کر لیتا/ لیتی ہوں اور ان پر بھروسہ بھی کر لیتا/ لیتی ہوں۔ مجھے دوستی کے ختم ہونے کے بارے میں کوئی خوف نہیں ہوتا

.....

۲۔ میرے لیے دوسرے لوگوں سے دوستی کرنا مشکل ہوتا ہے۔ میرے لیے ان پر مکمل اعتماد کرنا اور بھروسہ کرنا مشکل ہوتا ہے۔ جب کوئی دوسرا مجھ سے دوستی کرنا چاہتا ہے یا بعض لوگ ضرورت سے زیادہ مجھ سے قریب ہونا چاہتے ہیں۔ تو میں گھبرا جاتا/ جاتی ہوں۔

۳۔ مجھے اکثر لگتا ہے کہ دوسرے مجھ سے اتنا قریب نہیں ہونا چاہتے جتنا کہ میں چاہتی/ چاہتا ہوں۔ میں اکثر فکر مند رہتی/ رہتا ہوں کہ میرے بہترین دوست مجھے پسند نہیں کرتے اور دوستی ختم کرنا چاہتے ہیں۔ میں ہر کام اپنے بہترین دوست کے ساتھ کرنا پسند کرتا/ کرتی ہوں لیکن یہ خواہش بعض اوقات دوسرے کو مجھ سے دور کر دیتی ہے۔

**Appendix D**

**Intimate Relationship Scale**

### Intimate Relationship Scale

ہدایات:-

آپ نے ایسے لوگ دیکھے ہونگے، جو قربت کے تعلقات میں منسلک ہوتے ہیں۔ ذیل میں کچھ خصوصیات دی گئی ہیں، جو ایک اچھے قربت کے تعلق کو برقرار رکھنے کے لیے ضروری ہوتے ہیں۔ برائے مہربانی ان خصوصیات کو غور سے پڑھیں اور بتائیں کہ ایک اچھا قربت کا تعلق برقرار رکھنے کے لیے خصوصیات کس حد تک ضروری ہیں۔

نمبر	سوالات	کبھی نہیں	کبھی کبھار	اکثر	بہت زیادہ
1.	قربانی تعلق میں ایک دوسرے کے لیے اچھا محسوس کرنا				
2.	ساتھی سے ہر بات کرنا				
3.	ایک دوسرے پر اعتماد کرنا				
4.	صدقہ دل سے ساتھ نبھانا				
5.	بہتر طریقے سے ایک دوسرے کو سمجھانا				
6.	ساتھی کو اہمیت دینا				
7.	ایک دوسرے کی عزت کرنا				
8.	خوشگوار زندگی گزارنے کی خواہش کرنا				
9.	ایک دوسرے کی غلطی نظر انداز کرنا				
10.	ساتھی کے ساتھ اطمینان محسوس کرنا				
11.	تعاون کرنا				
12.	ساتھی کی قدر کرنا				
13.	توجہ چاہنا				
14.	توجہ دینا				
15.	قربانی دینا				
16.	سادگی سے زندگی گزارنا پسند کرنا				

				ایک دوسرے کو وقت دینا	17.
				اچھا اخلاق ہونا	18.
				غصے کو قابو کرنا	19.
				اپنے ساتھی کے بغیر نہ رہ پانا	20.
				ایک دوسرے سے دور نہ رہ پانا	21.
				رشتہ نبھانا	22.
				ایک دوسرے کو خوش رکھنے کی کوشش کرنا	23.
				ایمانداری سے رشتہ نبھانا	24.
				اکیلے غیر محفوظ محسوس کرنا	25.
				زندہ دلی سے زندگی گزارنا	26.
				مثبت سوچ رکھنا	27.
				دل سے پیار کرنا	28.
				روحانی ساتھی ہونا	29.
				تحمل مزاج ہونا	30.
				پیار کے بھوکے ہونا	31.
				خود کو کمزور محسوس کرنا	32.
				رشتے میں صبر سے چلنا / صابر ہونا	33.
				رشتے کا خیال رکھنا	34.

**Appendix E**  
**The Satisfaction with Life Scale**

**Instructions: Below are five statements that you may agree or disagree with. Using 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Slightly Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Slightly Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
In most ways my life is close to my ideal.	7	6	5	4	3	2	1
The conditions of my life are excellent.	7	6	5	4	3	2	1
I am satisfied with my life.	7	6	5	4	3	2	1
So far i have gotton the important things i want in life.	7	6	5	4	3	2	1
If i could live my life over, i would change almost nothing.	7	6	5	4	3	2	1



**Appendix F**  
**Permission Letter**

**Permission Letter for Data Collection COMSATS University  
Islamabad, Lahore**

**To Whom It May Concern**

**Permission Letter for Data Collection**

Respected Sir/Madam,

This is Faiza Akhtar, a BS student in Humanities Department of COMSATS University Islamabad, Lahore. I am working under the supervision of Dr. Shazia Gulzar on the topic “Attachment, Intimate Relationship and Life Satisfaction among University Students”. For this purpose, I need permission from your institute to allow me to contact your students at their respective place for data collection purpose. I make sure that the data would only be used for research purpose and all the ethics will be taken into account. Kindly give me permission for data collection. I will be very grateful to you.

Best Regards,

Faiza Akhtar

BS Psychology

\_\_\_\_\_  
Head of Department

Date: \_\_\_\_\_

**Appendix G**  
**Plagiarism Report**



# COMSATS University Islamabad Lahore Campus



## Library Information Services TURNITIN Originality Report

Title	Attachment, Intimate Relationship and Life Satisfaction Among University Students
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Author	Faiza Akhtar ID: SP17-BPY-022/LHR
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