

**Attachment Styles, Sexting Attitudes and Relationship Satisfaction among University**

**Students**



**Submitted to**

**Dr. Iftikhar Ahmad**

**Submitted by**

**Hooria Batool (15003238002)**

**M.Phil. (Batch 3)**

**SESSION (2015-2017)**

**DEPARTMENT OF PSYCHOLOGY**

**UNIVERSITY OF MANAGEMENT AND TECHNOLOGY, LHORE**

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University Students**

**By**

**Hooria Batool**

**Department of Psychology**

**University of Management and Technology**

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**Hooria Batool 15003238002**

**M.Phil. IV (Batch 3)**

**SESSION (2015-2017)**

**Supervisor**

**Dr. Iftikhar Ahmad**

**A thesis is submitted in partial fulfillment of the requirement for the Degree of M.Phil.  
in Applied Psychology**

**Department Of Psychology, University of Management and Technology**

**Lahore, Pakistan**

## **Declaration**

I, Hooria Batool, student of M.Phil. in Department of Psychology, University of Management and Technology, Lahore, do hereby solemnly declare that the whole work of this research thesis is my own work and has not been presented previously to any other institute or university for the degree. In my thesis, the work of other people is equally acknowledged. This work has been carried out at the Department of Psychology, University of Management and Technology, Lahore.

**Hooria Batool**

## Certificate

It is certified that Ms. Hooria Batoool has worked under my supervision of Dr. Iftikhar Ahmad. Her Thesis on “Attachment Styles, Sexting Attitudes and Relationship Satisfaction” has been approved for submission in its present form, as a requirement for fulfillment of the M.Phil. Degree of Psychology in Applied Psychology.

Research Supervisor

(Internal Examiner)

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

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**(To be signed after the Viva – Voce Examination)**

Approved/ Rejected/ Sought Revision and Resubmission.

External Examiner

Director/ Head  
of the Department

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

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

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## **Abstract**

The study was conducted to find out the relationship among attachment styles, sexting attitudes and relationship satisfaction. It was hypothesized that a) there is a relationship between attachment styles, sexting and relationship satisfaction, b) secure attachment will predict more satisfaction in relationship than avoidant and anxious attachment style, c) sexting will be a positive predictor of satisfaction in romantic partners whatever the attachment styles and d) sexting will mediate the relationship between attachment style and satisfaction e) there will be no gender differences in level of relationship satisfaction between romantic partners. The sample comprised of 50 males and 50 female university students through purposive sampling technique. The Adult Attachment Scale (Collins & Read, 1990), Sexting Attitudes-Revised Scale (Weisskirch & Delevi, 2011) and Relationship Assessment Scale (Hendrick, 1988) were used to evaluate relationship satisfaction in university students. The results showed that there was no significant relationship found among secure attachment, avoidant attachment and sexting attitudes. Only anxious attachment style had significant positive relationship with sexting attitudes. Secure attachment weakly predict relationship satisfaction whereas anxious attachment was a strong negative predictor of relationship satisfaction. Also sexting did not predict relationship satisfaction. Furthermore, no significant differences were found in relationship satisfaction between males and females. Such investigations and research papers will benefit young people who are in relationship and it will add to research literature, in the context of Pakistani adults.

***Keywords:*** Attachment Styles, Sexting Attitudes, Relationship Satisfaction.

## **Introduction**

Attachment styles with parents/caregivers are very important in every person's life. Romantic love is also an attachment system, a process in which a person becomes emotionally attached to an adult of opposite sex. The kind of relation a person has with the parents or caregivers in childhood continues to exert deep influence in adult life. Sexting is however a vital part of romantic relationship (Kisler & Christopher, 2008; Sprecher, 2002) and is related to attachment styles as well as relationship satisfaction. The term sexting has been defined as sending sexy or stimulating messages, such as videos, pictures, or texts over a cellphone (Weisskirch & Delevi, 2011).