

Attachment styles, spirituality and relationship satisfaction in university students



Bachelors Thesis

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Research Completion Certificate

Certificate that the research work contained in this thesis titled “Attachment Styles, Spirituality and Relationship Satisfaction in University Students” has been carried out and completed by **Ms. Mehwish Nawaz, Student No: 13002141007**; Student of B.S. Psychology, session 2013– 2017, under my supervision. This study is an independent research work and carried out under given instruction and consideration.

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Declaration

I, Ms. Mehwish Nawaz, Student No: 13002141007, student of B.S. in the subject of psychology, session of 2013 - 2017, hereby declare that the material printed in this thesis titled “**Attachment Styles, Spirtuality And Relationship Satisfaction In University Students**” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

Dated: _____

Signature of Declarer

Dedication

I dedicate this thesis to the two people who have given me wings, who have watched me soar and watched me fall and have cheered nevertheless, who have always believed in me a little more than I ever believed in myself, who have let me make my own mistakes, who have hugged me and told me I could do anything I wanted to, without whom this thesis would have been impossible to write. This endeavor and all those to come will always be dedicated to the two most loving, understanding and kind people I have ever known, my super stars, my best friends – my parents.

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List of Abbreviations and Symbols

M	Arithmetic mean
SD	Standard deviation
LL	Lower limit
UL	Upper limit
CI	Confidence interval
N	Sample size
α	Reliability coefficient
β	Un-standardized coefficient
SE	Standard error
p	Significance
d	Cohen's measure of sample effect size
k	No. of items
f	Frequency
%	Percentage
n	Sub-sample
R^2	Coefficient of determination
F	Analysis of variance ratio
ΔR^2	R^2 change

Abstract

The present study investigated the relationship between attachment styles, spirituality and relationship satisfaction in university students. It was hypothesized that there is likely to be a relationship between attachment styles (avoidant, secure, anxious) spirituality and relationship satisfaction. Further, it was hypothesized that spirituality will act as a mediator between relationship satisfaction and attachment styles. The cross sectional research design was used. The sample comprised of 100 (males=50, females=50) in university students age range of 18-25 years were taken from private and public sectors of Lahore. Three assessment measures were used to assess the variables, Adult attachment scale (Collins, Stephen & Read, 1990), Spirituality Index of Wellbeing (Daaleman, & Frey, 2004), Relationship Assessment Scale (Hendrick, 1988) were used. The correlation analysis revealed that avoidant and anxious attachment styles were found to be positively and significantly associated with spirituality and non-significantly correlated with relationship satisfaction. Moreover, the results revealed that spirituality was found to be significantly and negatively related with relationship satisfaction. Furthermore, the mediation analysis revealed that spirituality was found to be significant between relationship satisfaction and anxious and avoidant attachment styles.

Chapter I

Introduction

Human being is social animal and is unable to live in isolation. Regular interaction among human being creates different types of relationship among them. It is believed that interpersonal relationships are vital to prosperity, and have defensive impacts regarding satisfaction, emotional wellness, physical wellbeing, and life span. Baumeister and Leary (2012) keep up that the need to have a place and with manage significant associations with others is a principal human intention. The connections that exist between individuals have been depicted as the very quintessence of human presence and almost as major to survival as air and water (Berscheid, 2000).

This research is based on the theory of attachment (Bowlby, 1969) and more specifically how this theory can be applied to better understanding of relationships. The purpose of this study was to examine whether there is any association between the attachment styles of individuals in adult romantic relationships, at the end, the research question was as follows: Is there any association between the individual attachment styles of partners in romantic relationships?