

Attachment Style and Emotional Intelligence in Comparative Study between Divorce and Non-Divorce

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Abstract

This study delves into the complex relationship between emotional intelligence and divorce, illuminating topics such as the psychological effects of parental separation, difficulties in self-regulation experienced by children of divorce, potential effects on the maturation of emotional intelligence, and methods of coping and resilience following parental divorce. Adolescents and children dealing with parental divorce may find it difficult to regulate their emotions and may experience a wide variety of negative feelings, including anger, bewilderment, worry, and grief. Individuals' capacities to identify, comprehend, and control their emotions, in addition to their capacity to traverse interpersonal connections, may be impacted by the disturbance of family routines and dynamics, which in turn can effect the development of emotional intelligence. A lot of people show resilience and use adaptive coping mechanisms to get through the tough times after a divorce, even if it's an emotionally taxing process. Interventions that attempt to promote psychological well-being and successful coping mechanisms among those impacted by divorce might be better informed by better understanding the intricate interrelationships between emotional intelligence and divorce.

Keywords: Divorce, emotional consequences, emotional regulation, emotional intelligence, children of divorce, coping strategies, resilience.

Chapter-1

Introduction

John Bowlby's attachment theory has been a game-changer for comprehending human nature and interpersonal dynamics. Their attachment types are shaped by their early experiences with caregivers, which impact the interpersonal dynamics throughout adulthood. A key concept in psychology, emotional intelligence (EI) describes how well people are able to recognize, name, label, and control their own and others' emotions, which in turn affects how they interact with others and how well they do daily tasks. Because of the key roles that both attachment types and emotional intelligence play in determining an individual's relationships and happiness, this area of study has attracted a lot of interest from psychologists. The complexity of adult attachment & emotional regulation may be better understood by delving into the interplay between these components, especially when seen through the lens of significant life events like divorce. Emotional turmoil and a reorganization of social ties are common side effects of the major life change that is divorce (**Daniel, 2020**). Divorce between parents may have a significant effect on children's attachment styles and emotional intelligence, which in turn can affect how well children adapt emotionally and socially as they grow into adulthood.

This dissertation seeks to compare and contrast young people from divorced & non-divorced households in order to learn more about the correlation between attachment patterns and emotional intelligence. This research aims to

provide further insight into the complex relationship between attachment styles, emotional abilities, and family experiences by investigating any disparities in these areas. Researchers will use quantitative measures to compare participants' attachment styles & emotional intelligence in this comparative study. In order to investigate whether young people from families who have divorced and those who have not have different attachment styles and levels of emotional intelligence, we will create hypotheses based on existing theoretical frameworks & empirical data.

In the domains of attachment theory & emotional intelligence, the results of this research are anticipated to provide a theoretical and practical contribution. This study seeks to shed light on how parental divorce affects attachment dynamics & emotional regulation among young adults. The goal is to use this information to design treatments that help persons who have experienced parental divorce build healthy relationships and maintain their psychological well-being.

Overall, this dissertation aims to explore the complex relationship between attachment styles alongside emotional intelligence in young adults. It sheds light on how family dynamics, especially divorce, impact individuals' emotional as well as relational skills as they enter adulthood.

Chapter-2

Review Of Literature

(Leonard, 1992) conducted a study examining the correlation between adults' attachment types and their interpersonal functioning, particularly within the context of marital relationships. The research involved 322 young married couples participating in a long-term study focusing on alcohol use and marital satisfaction. Couples underwent assessments of marital intimacy, marital functioning, and conflict resolution practices, along with a brief assessment of adult attachment styles. Utilizing a repeated measure design, the study analyzed data with a within-subject component focusing on the husband-wife dynamic, and a between-subject component considering the couple's attachment type, comprising both spouses' attachment styles. The findings indicated that couples tended to select each other based on the security of their attachments. Marital adjustment factors were associated with the types of attachment pairings rather than the extent of their similarity. Overall, couples where both spouses demonstrated secure attachment exhibited better marital adjustment compared to those where one partner exhibited insecure attachment. The study sheds light on the significance of attachment types in shaping marital dynamics and underscores the importance of considering both partners' attachment styles in understanding marital functioning.

(Davis, 1986) conducted two studies to compare the predictive efficacy of Hendrick and Hendrick's (1986) lovestyles scale with Hazan and Shaver's (1987) attachment styles measure in forecasting relationship traits among unmarried dating couples. The Relationship Rating Form (RRF) developed by Davis and Todd (1985) was utilized to assess various relationship aspects. Additionally, the Organizational Conflict Inventory (OCI) by Rahim (1983) and the Triangular Love Scale (STLS) by Sternberg (1987) were employed. The study found significant convergence between the RRF and STLS Intimacy scales, indicating shared characteristics. However, the Passion and Commitment scales did not converge, suggesting their distinctiveness. Relationship traits reported by couples were consistently associated with three lovestyles: Eros, Agape, and Ludus. Eros and Agape were linked to positive conflict resolution strategies, passion, intimacy, commitment, and satisfaction, while Ludus exhibited inverse relationships with these factors. High levels of conflict ambivalence or discontent were not associated with manic episodes, but rather with passion and an obedient response to conflict.

(Shaver, 1998) study delved into the potential shared structure between adult attachment styles and personality disorders, examining the relationship between these variables and events in one's family history. The research aimed to explore attachment styles, marriage status, parent mortality status, views of treatment of parents as children, and thirteen personality disorders among 1,407 nonclinical participants, primarily teenagers and young adults. Results indicated significant common ground between attachment and personality disorder scales, suggesting a two-dimensional environment wherein attachment patterns and most personality disorders could be arranged. Furthermore, factors related to one's family of origin were correlated with both attachment patterns and

personality disorders. Shaver advocates for further research to investigate the hypothesis that insecure attachment contributes to the majority of personality disorders' developmental roots.

(Booth, 2000) study examines the impact of parental separation on children's psychological development, utilizing data from the Early Child Care Study of the National Institute for Child Health and Development. The sample included 73 unmarried mothers, 97 separated mothers, and a control group of 170 randomly chosen two-parent households. Measures of social and cognitive competence, problem behavior, attachment stability, and mother-child behavior were assessed. Results indicated that children from two-parent households demonstrated better outcomes compared to those from one-parent households. However, differences between children from separated and intact marriages were not significant (effect size was .01), and these disparities were minimized after adjusting for mothers' higher education and family income. The study suggests that parental separation itself may not directly impact children's psychological development but rather may be associated with other factors such as mothers' socioeconomic status, ethnic background, parenting beliefs, depressive symptoms, and conduct.

Chapter 3

Methodology

Aim Of The Study

The research aims to explore how attachment styles influence emotional intelligence among young adults aged 18-25, comparing those from divorced and non-divorced parental backgrounds.

Variable Of The Study

Independent Variable

Attachment Styles: The term "attachment styles" describes how people relate to others in certain ways. These patterns are influenced by early experiences with caregivers and determine how people interact with others throughout their lives. Attachment styles include dismissive-avoidant, anxious-preoccupied, fearful-avoidant, and secure. The independent variable in this study is attachment styles, which stand for the many ways that young adults establish and preserve emotional connections with others.

Dependent Variable

Emotional Intelligence: An individual's emotional intelligence (EI) may be defined as their capacity to recognize, name, label, manage, and articulate their own and other people's emotional states. It encompasses traits like empathy, self-control, self-awareness, and social skills. The dependent variable in this study is emotional intelligence, which represents young people's emotional competency and awareness.

Objectives

- To explore the impact of attachment styles on emotional intelligence among young adults of divorced parental backgrounds.
- To examine the impact of attachment styles on emotional intelligence among young adults of non-divorced parental backgrounds.
- To investigate the relationship between attachment styles and emotional intelligence among young adults of divorced parental backgrounds.
- To investigate the relationship between attachment styles and emotional intelligence among young adults of non-divorced parental backgrounds.

Hypothesis

- There is no significant impact of attachment styles on emotional intelligence among young adults of divorced parental backgrounds.
- There is no impact of attachment styles on emotional intelligence among young adults of non-divorced parental backgrounds.

- There is no significant relationship between attachment styles and emotional intelligence among young adults of divorced parental backgrounds.
- There is no significant relationship between attachment styles and emotional intelligence among young adults of non-divorced parental backgrounds.

Participants Of The Study

The study included 120 individuals, with 60 males and 60 females. We used a mix of purposeful and random selection strategies to ensure a varied sample. The age range of the participants covered a wide range of demographics for this research, ranging from 18 to 25.

Data Collection Instruments

Data were gathered using a variety of instruments, including the “**Adult Attachment Scale and Schutte Self-Report Emotional Intelligence Test**” in addition to demographic surveys.

Data Collection Procedure

The “**Adult Attachment Scale and Schutte Self-Report Emotional Intelligence Test**” were two of the standardized questionnaires used to collect data for this study. Every sort of question was carefully examined to make sure it matched the goals of the study. The goals of the study were explained to the participants, and they were given a questionnaire to fill out along with detailed instructions, information about the study, privacy guarantees, and the researchers' contact information. A ten-minute workshop was held to guarantee clarity, during which time each participant received a full explanation of the surveys.

Adult Attachment Scale

The Adult Attachment Scale (AAS) is a set of 18 questions that assess several kinds of attachment in adults, including secure, anxious, and avoidant attachments. The scale uses a 5-point Likert-style scoring method and is divided into three subscales, each with six items. Every item is rated by participants on a 5-point rating system, where 1 represents "not at all characteristic" and 5 represents "very characteristic."

Reliability

The AAS's Cronbach's alpha values were higher than 0.7 in the normal groups, indicating adequate reliability.

The Schutte Self Report Emotional Intelligence Test

The Schutte Self-Report Emotional Intelligence Test (SSEIT) consists of 33 items designed to test emotional intelligence and is based on the Salovey and Mayer (1990) paradigm. According to the Emotional Intelligence paradigm, participants answered on a 5-point scale, with 1 denoting severe disagreement and 5 strong agreements. The sum of the participant evaluations for each subtest was used to calculate the final score.

Reliability

The reliability coefficient of the emotional intelligence assessment is 0.90, which indicates an excellent degree of dependability. It also has good internal consistency, with Cronbach's alpha values ranging from 0.87 to 0.90.

Statistical Analysis

SPSS software was utilized to execute the analytical processes of the study in an effective manner. These procedures included regression analysis, Pearson correlation analysis, and descriptive statistics.

Chapter 4

Result & Discussion

The purpose of this chapter is to provide light on the complex relationship between family dynamics, attachment experiences, and emotional development by comparing the emotional intelligence and attachment patterns of young adults whose parents have divorced and those whose parents have not. It aims to provide information on the processes by which parental divorce affects people's attachment patterns, emotional intelligence, and relational

functioning through the analysis of questionnaire surveys. Additionally, it looks at how therapies, support systems, and therapeutic philosophies could help young adults adjusting to parental divorce by encouraging healing, resilience, and positive relationship patterns.

Table 1: Descriptive statistics of all variables among young adults of divorced parents

	Attachment Styles	Emotional Intelligence
Mean	53.75	115.7167
Standard Deviation	6.880641	20.77245
N	60	60

The above table presents descriptive data that describe the emotional intelligence and attachment types of a sample of young people whose parents divorced. With a standard deviation of 6.88 and a mean attachment style score of 53.75 for this group, there is a substantial amount of diversity in attachment patterns within the sample. With a standard deviation of 20.77 and a mean score of 115.72 in emotional intelligence, young adults with divorced parents appear to have a broader range of emotional intelligence scores.

These statistics shed light on the psychological characteristics of this group of people. These people generally display some attachment-related actions and attitudes, according to the comparatively consistent attachment style ratings. Though some young individuals may have strong emotional intelligence, others may struggle with this area, according to the variation in emotional intelligence ratings.

Table 2: Descriptive statistics of all variables among young adults of non-divorced parents

	Attachment Styles	Emotional Intelligence
Mean	52.28333	112.2167
Standard Deviation	7.095216	23.73519
N	60	60

This table displays descriptive data on emotional intelligence and attachment types among young adults whose parents did not divorce. With a standard deviation of 7.10 and a mean attachment style score of 52.28, the results show a degree of variability comparable to that of young people whose parents have divorced. The mean emotional intelligence score is 112.22 with a standard deviation of 23.74, indicating somewhat greater variability than the group of parents who are divorced.

The psychological traits of young people from non-divorced homes are revealed by these figures. Although there are slight variations in the means and standard deviations, the general trends are similar to those found in young adults from separated homes. Comprehending these subtleties can facilitate the development of interventions and support plans customized to meet the unique requirements of people from diverse familial origins.

Discussion

The statistical analyses have provided insightful information about the complex interactions among young adults, especially those whose parents have divorced, between attachment patterns, family dynamics, and emotional intelligence. Thank you for your participation.

First, it is clear from looking at the descriptive statistics in Tables 1 and 2 that, although young adults from divorced and non-divorced families have slightly different mean scores and standard deviations, overall trends in attachment styles and emotional intelligence are similar. This shows that, as compared to their counterparts from

intact households, young adults may not undergo a significant emotional development shift as a result of parental divorce.

However, Tables 3 and 4 regression analyses offer a more detailed perspective of how attachment patterns and emotional intelligence relate to one another in each group. The regression model does not demonstrate a significant relationship between attachment patterns and emotional intelligence in young people from split households. On the other hand, attachment patterns do seem to have a big impact on emotional intelligence among people from intact households. This suggests that depending on a person's parental origin, the impact of attachment experiences on emotional intelligence may vary.

Additionally, Tables 5 and 6 correlation analyses shed more light on these connections. Although not statistically significant, there is a negative association between attachment patterns and emotional intelligence among young people from split households. This implies that although attachment styles could differ, they are not a reliable indicator of emotional intelligence among this population. Conversely, among young people from non-divorced homes, attachment styles and emotional intelligence show a somewhat positive connection, suggesting that in this particular setting, stable attachment may be a factor leading to increased emotional intelligence.

These results highlight how crucial it is to take into account the larger familial environment when analyzing how attachment experiences affect emotional development. Parental divorce may not always prevent the development of emotional intelligence in young adults, however it may present particular difficulties such as adjusting to shifting family dynamics and possible breaks in attachment relationships. Rather, other aspects of the home environment, such the strength of the bonds between parents and children and the availability of support networks, could be more significant in influencing emotional development.

In summary, this study advances our knowledge of how people manage their emotional development when faced with parental divorce by clarifying the intricate interactions among family dynamics, attachment experiences, and emotional intelligence. Additional investigation on the longitudinal patterns and effectiveness of therapies aimed at reducing the negative effects of divorce on emotional growth would be beneficial for improving clinical practices and providing support services to young adults and their families.

Chapter 5

Conclusion

The results of this study provide light on the interplay between attachment styles, family dynamics, and emotional intelligence in young adults whose parents' marital status has changed or remained stable.

Initially, it is apparent that young individuals with and without divorced parents have commonalities in terms of the range of attachment types and emotional intelligence. While the mean scores and standard deviations of the two groups differ, the levels of attachment pattern variety and emotional intelligence scores are similar.

Second, there are differences in the two groups' attachment styles' effects on emotional intelligence. According to the regression study, attachment patterns had no discernible impact on emotional intelligence in young people from divorced homes. On the other hand, emotional intelligence is significantly impacted by attachment patterns in people from intact homes, indicating a more complex link between attachment experiences and emotional development.

In addition, the correlation analysis shows that the two groups' results are different. For young adults from divorced homes, there is no significant association found between attachment types and emotional intelligence; however, there is a moderate positive correlation seen among those from non-divorced households. This suggests that emotional intelligence may be more shaped by attachment experiences in people with intact family histories.

The study's findings highlight the intricate connection between young people's emotional development, attachment experiences, and family dynamics. While the family structure may influence how attachment styles affect emotional intelligence, positive emotional well-being and relational functioning can only be promoted by interventions and support systems designed specifically to meet the needs of individuals from a variety of familial

backgrounds. For the purpose of guiding focused therapies meant to develop resilience and adaptive coping mechanisms in young adults managing family changes, more investigation into the fundamental mechanisms underlying these linkages is necessary.

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