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Attachment styles to predict alexithymia in people 40-20 years old

Masoumeh ZakiPour, Azita Amirfakhraei*

Department of Psychology, Islamic Azad University, Bandar Abbas Branch, Bandar Abbas, Iran.

A B S T R A C T

The aim of study examines the relationship between attachment styles and alexithymia in 40 -20 years old. This study is a descriptive - correlation. Data collection was stratified random sampling method. The population is 40-20 years old, which is based on the geographical area is divided into five regions and five questionnaires were collected. The information gathered according to the model proposed in hypotheses, using appropriate statistical tests was analyzed. The results showed that secure and avoidant attachment negative and significant relationship with alexithymia and avoidant attachment style is a significant positive correlation with alexithymia.

Keywords: Attachment Styles, Alexithymia, Bandar Abbas.

INTRODUCTION

Positive psychology emphasizes on individual abilities (Seligman & Csikszentmihalyi, 2014). One of the capabilities that enable people to better relationships and social functioning, and have a good life satisfaction, is ability of expression and emotional processing (Hooker & Park, 2002; Yang & Mossholder, 2004). Emotional capabilities create compatibility with the environment and others and make it easier to face with the challenges of life. On the other hand, alexithymia construct an expression of mood disorders and emotional disabilities that their lives are affected and reduces the efficient and their success (de Timary, Roy, Luminet, Fillée, & Mikolajczak, 2008). Alexithymia are emotional and cognitive disturbances in action, coupled with an inability to experience feelings of emotional arousal and fantasies become the symbol of the emotion. Alexithymia can describe the characteristics of persistent physical symptoms rather than emotional, speech and thoughts objective depends on external events, as well as poverty and limited imaginative life (Gil, Scheidt, Hoeger, & Nickel, 2008).

Theorists, alexithymia were considered state-dependent phenomenon, the result of psychological stress and outcome of childhood events, such as trauma or disruption of the mother-child relationship. Research conducted with adolescents

*. Corresponding Author: afakhraei2002@gmail.com

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and adults have shown that people with secure attachment styles, report lower levels of negative emotions (Cooper, Shaver, & Collins, 1998; Neff & McGehee, 2010). People with insecure attachment style, in a safe and positive emotions experience lower levels of management and the ability to show negative emotions. The results have shown a positive and significant relationship between attachment styles and alexithymia (Bekker, Bachrach, & Croon, 2007). Berenbaum and James (1994) examined correlates family alexithymia and found that children reared in environments insecure and unsafe physical condition and emotionally, or in environments where emotional expression it was forbidden, hadn't learned successful adaptation with emotional levels and had some difficulty in expressing emotions (Berenbaum & James, 1994). Gilles et al. (2008), the study alexithymia and style of parental care, to bad influence maternal behavior and Parental indifference in predicting alexithymia noted in women (Gil, Weigl, et al., 2008). Thus, some researchers concluded that early attachment relationships with caregivers of children can be an important determinant for alexithymia trait in people.

METHODOLOGY

This study is a descriptive - correlation. Data collection was stratified random sampling method. The population is 40-20 years old, which is based on the geographical area is divided into five regions and five questionnaires were collected. The information gathered according to the model proposed in hypotheses, using appropriate statistical tests was analyzed.

Instruments:

Attachment Scale Hazan and Shaver (1987): There are 2 parts. In the first part the participants to answer 21 questions based on the Likert scale says (no = 1 lot = 5). Obtained the degree of secure attachment, avoidant, and ambivalent. In the second part will determine their attachment styles. Test-retest reliability of the questionnaire method has been verified. Cordon and Finney (2008) have reported test-retest coefficient within 8 weeks 0.75 (Cordon & Finney, 2008). It was calculated that a relatively high validity test.

Tontowi -20 Alexithymia Scale (Bagby, Parker, & Taylor, 1994): a test of 20 questions and three difficulty in identifying feelings subscale (7 items), difficulty describing feelings (5 items), and externally oriented thinking (8 items) Likert scale score of 1 (completely Opposition) to score 5 (strongly agree).

A total score of the three sub-scale scores for alexithymia generally calculated. Cronbach's alpha coefficients for total alexithymia and three subscales difficulty in identifying feelings, difficulty describing feelings, and externally oriented thinking to 0.85, 0.82, 0.75, 0.72 Respectively, indicating good internal consistency of the scale.

RESULTS

In Table1 Descriptive information obtained from attachment styles and alexithymia in a given Research sample.

Table 1. Statistical distribution of attachment styles and alexithymia in a sample

Variables	N	Min	Max	Mean	SD
Secure attachment	385	4	31	15.85	4.751
Avoidant attachment	385	0	23	10.17	3.909
Ambivalent attachment	385	0	33	11.38	4.468
Alexithymia	385	36	102	60.01	10.15

Table 2. Regression model of alexithymia through attachment styles

Total result			
Test	Value		
Correlation coefficient model	0.234		
Determining model	0.055		
F	7.36		
p	0.001		
Detailed of result			
Predictor variables	Beta	t	p
Secure attachment	-0.168	-2.97	0.003
Avoidant attachment style	-0.158	-3.02	0.003
Ambivalent attachment	0.253	4.242	0.001

Regression model showed that attachment styles are able to account for 5.5% of alexithymia. The results details also showed that secure and avoidant attachment negative and significant relationship with alexithymia and avoidant attachment style is a significant positive correlation with alexithymia.

CONCLUSION

Alexithymia of important factors that improve cognition in individuals leads to the correct processes the excitement and emotion regulation. The study also examines the relationship between attachment styles and alexithymia in 40 -20 years old. The results showed that secure and avoidant attachment negative and significant relationship with alexithymia and avoidant attachment style is a

significant positive correlation with alexithymia. Style attachment is a personal matter, Lead to the correct result in improved relations. People with the correct attachment styles, better able to form relationships with others draw their emotions. Skills in the sense of attachment with others, increases the processing and emotion regulation. The results of the study showed that the model details ambivalent insecure attachment directly and significant are able to predict alexithymia ambivalent insecure attachment between alexithymia with statistical confidence. Ambivalent attachment style created tension in person and the ability to process and loses control your emotions. So ambivalent attachment style given that an attachment is considered to be impaired, leading to an inability to recognize and process the emotions of others.

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