

Do Attachment Styles Predict General Wellness?

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Abstract

Attachment has been shown to be indicative of many different specific facets of health and wellbeing. (Rapoza et al., 2016) Generally secure attachment seems to be predictive of positive life outcomes and vice versa. (Kwon & Choi, 2022) However, there is a lack of integrative research done which examines wellness as a general construct or how the different facets of wellness interact in relation to attachment. In this study we created a construct of “general wellness” (social, emotional, and physical wellness) and examined its relationship with attachment style. 40 Belmont students (by means of a Qualtrics survey) were given an assessment of general wellbeing and then of attachment style. We anticipate that anxious and avoidant attachment will be negatively related to general wellness. Additionally, we hypothesize that avoidance will be negatively related to social wellness and anxiety will be negatively related to emotional wellness. The style of parent to child attachment has lasting implications for a child’s adulthood wellness. The findings of this study could be used to help parents improve their children's social, emotional, and physical wellness, starting with how they relate to them when they are young.

Keywords: attachment, wellness, social, physical, emotional, childhood, parent