

ABSTRACT

This study investigated two questions about adult romantic attachment. First, where did the adult romantic attachment come from? Second, how are anxiety and avoidance attachment dimensions related to relationship outcomes and psychological- well-being? 153 participants who were currently engaged in a heterosexual dating relationship were recruited in this study. Results indicated that anxious attachment to same-sex parent was predictive of the anxious attachment to romantic lover. Avoidant attachment to parents was not predictive of avoidant attachment to romantic partner; instead it was anxious attachment to mother predictive of avoidant attachment to romantic partner. In addition, anxiety attachment dimension was more predictive of negative psychological well-being, such as depression and life dissatisfaction while avoidance attachment dimension was more predictive of negative romantic relationship outcomes, such as conflict, lower level of commitment and relationship dissatisfaction.

摘要

本論文探討兩個關於成人婚戀依戀的問題。首先，本文探討成人婚戀依戀與父母依戀的關係。然後本文研究成人依戀中的焦慮依戀和迴避依戀對愛情關係和心理健康的影響。本研究招募了 153 名正在談戀愛的大學生參加實驗。研究結果顯示對父母的焦慮依戀影響了對戀人的焦慮依戀，但是對父母的迴避依戀並不能預測到對戀人的迴避依戀。此外，研究顯示焦慮型成人依戀與負面的心理狀態有關，例如抑鬱和人生的不滿足感，而迴避型成人依戀則與負面的愛情關係有關，例如愛情關係中的衝突，較低的愛情關係投入感和滿足感。