

The Role of Attachment and Dyadic Coping in Shaping Relational Intimacy

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Abstract : An intimate relationship is a significant factor that influences romantic partners' well-being. In the face of stress, avoidant partners often employ a defense-against-intimacy strategy, leading to reduced relationship satisfaction, intimacy, interdependence, and longevity. Dyadic coping can buffer the negative effects of stress on relational satisfaction. Emotional competence mediates the relationship between insecure attachment and intimacy. In the current study, the link between attachment, different forms of dyadic coping, and various aspects of relationship satisfaction was examined. Both partners completed the attachment style questionnaire, the well matching couple questionnaire, and the dyadic coping inventory. The data was analyzed using the actor-partner interdependence model. The results highlighted a negative association between insecure-avoidant attachment style and intimacy. The actor effects of avoidant attachment on relational intimacy for women and for men were significant, whilst the partner effects for both spouses were not significant. The emotion-focused common dyadic coping moderated the relationship between avoidance of attachment and the partner's sense of intimacy. After controlling for the emotion-focused common dyadic coping, the actor effect of attachment on intimacy for men was slightly weaker, and the actor effect for women turned out to be insignificant. The emotion-focused common dyadic coping weakened the negative association between insecure attachment and relational intimacy. The impact of adult attachment and dyadic coping significantly contributes to subjective relational well-being.

Keywords : adult attachment, dyadic coping, relational intimacy, relationship satisfaction

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