

## Attachment Style, Attachment Figure, and Intimate Relationship among Emerging Adults with Anxiety and Depression

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**Abstract :** Background and Aim: Intimate relationships are one of the major sources of unhappiness for emerging adults(18-25 years) and the extent of worry from it is higher for them as compared to older adults. This increases their vulnerability to develop anxiety and depression. Current academic literature have highlighted adult attachment have a crucial role in determining the psycho social adjustment and psychopathology in Emerging Adulthood. In this context, present study is an attempt to explore patterns of adult attachment styles, availability of attachment figures and dimensions of intimate relationship among emerging adults. Method: The participants(n=30) were emerging adults diagnosed with anxiety or/and depression seeking treatment from IHBAS, Delhi. Relationship Style Questionnaire was used to assess the adult attachment styles and Multidimensional Relationship Questionnaire was used to assess dimensions of intimate relationship. Results& Discussion: Results showed that majority of the participants have insecure attachment styles. They perceived their attachment figure as insensitive and unavailable. Further, it was found that participants experience multiple difficulties to establish and maintain healthy intimate relationships. These findings highlight Adult attachment insecurities seem to contribute to anxiety and depression among emerging adults. It proved a conceptual foundation for planning interventions to deal with these attachment based correlate of anxiety and depression which may be more amenable to therapeutic change.

**Keywords :** emerging adult, adult attachment, intimate relationship, anxiety

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