

## **A Study on Adult Attachment Styles and Romantic Relationship Quality among Young Adults**

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**Abstract :** This study examined the relationship between anxious attachment and avoidant attachment among young adult romantic relationship quality. Our survey was administered to 300 young adult participants (126 males and 174 females) aged 18-24 years old ( $M= 20.85$ ,  $SD=1.89$ ), accomplished the English version of the Revised Adult Attachment Scale (RAAS) used to measure adult attachment and Revised Dyadic Adjustment Scale (RDAS). All the participants were tertiary level students. Findings of our study indicated that young adults experienced anxious attachment style is negatively correlated with romantic relationship quality as well as young adult from avoidant attachment also negatively correlated with romantic relationship quality among young adults. The results showed that insecure adult attachment styles which are anxious and avoidance adult attachment styles links with reduced quality of romantic relationship.

**Keywords :** adult attachment style, anxious attachment style, avoidant attachment style, romantic relationship quality

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