

Attachment Styles and Relationship Satisfaction: A Cross-Cultural Study

Casey Moore
PhD
University of São Paulo
Av. Prof. Luciano Gualberto, 380 - Butantã, São Paulo - SP, 05508-010, Brazil

Drew Walker
PhD
University of Cape Town
Rondebosch, Cape Town, 7700, South Africa

Taylor Thomas
PhD
University of Delhi
Benito Juarez Marg, South Campus, South Moti Bagh, New Delhi, Delhi 110021, India

Abstract. This research examines the influence of attachment styles on relationship satisfaction across different cultures. Data from diverse populations reveal that secure attachment styles correlate with higher relationship satisfaction, while anxious and avoidant styles tend to decrease satisfaction. These findings offer insights into the cultural nuances of attachment and their impact on personal relationships.

Keywords: attachment styles, relationship satisfaction, cross-cultural study, attachment theory, personal relationships

Introduction

Attachment theory posits that early interactions with caregivers shape individuals' attachment styles, affecting their relationships throughout life. This study explores how these styles influence relationship satisfaction across cultures. By analyzing data from various countries, we identified patterns linking secure attachment to greater relationship satisfaction. Conversely, anxious and avoidant attachment styles were associated with lower satisfaction levels. This cross-cultural analysis provides a deeper understanding of how cultural contexts shape attachment behaviors and relationship dynamics. The insights gained can inform culturally sensitive approaches in therapy and relationship counseling, ultimately enhancing relationship quality and personal well-being globally.

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