Attachment Style Dynamics and Wellbeing in Romantic Relationships among Young Adults

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ABSTRACT

The term "attachment style" describes how people view and handle relationships based on their early experiences as infants and children with carers. The unique way people behave with each other in intimate relationships, which is heavily influenced by interpersonal trust and self-worth. Theoretically, a person's degree of attachment security as an adult is directly tied to how well they bonded with people as children. In romantic relationships, attachment patterns are important because they affect how people approach intimacy, communicate their feelings, and resolve disputes. For this study, the sample consists only of individuals who have been in or are presently in a romantic relationship. Fifteen young people, nine of whom were female and six of whom were male and over the age of eighteen, participated in the study. Sampling with purpose was used. Individual semi-structured interviews were done face-to-face as part of the study. Thematic analysis was employed for data analysis. The findings provided a detailed insights into the interactions between many facets of wellbeing and attachment styles, such as communication styles, methods for resolving conflicts, emotional expression, and how emotional deprivation in childhood hinders trust and reciprocity in adulthood.

Keywords: *Attachment Style Dynamics, Romantic Relationship, Young Adults, Wellbeing, Mental Health*

INTRODUCTION

The typical manner that people relate to others in intimate relationships is known as attachment style, and it is greatly impacted by self-worth and interpersonal trust. Theoretically, an adult's level of attachment security is strongly tied to how successfully they associated with others when they were younger.

The attachment link, also known as attachment, is the emotional bond you developed as a baby with your primary carer, most likely your mother. The British psychiatrist John Bowlby and the American psychologist Mary Ainsworth developed attachment theory, which holds that the degree of bonding you had in your first relationship has a significant impact on how you relate to others and handle closeness in the future. Your baby probably formed a successful, secure connection if your primary carer was able to respond to your screams, understood your changing physical and emotional requirements, and made you feel safe and comfortable. That typically translates into being optimistic, self-assured, and trusting as an adult, as well as having the capacity to handle disagreement, react to

closeness, and ride the ups and downs of love relationships in a healthy way. The behaviours displayed in a relationship, particularly when the partnership is under danger, define attachment styles or types. When it comes to relationship issues, a person with a secure attachment type, for instance, might be able to talk about their feelings honestly and ask for help. On the other hand, those with insecure attachment styles could shy away from intimacy altogether, act selfishly or manipulatively when they feel vulnerable, or become needy or clingy in their closest relationships.

It's crucial to remember that a newborn's strength of attachment is not exclusively determined by the amount of parental love or the calibre of care they receive, even if attachment styles are significantly influenced by the relationship between the infant and primary carer, particularly during the first year of life. Instead, the emotional nonverbal connection that develops between a carer and an infant is the basis of attachment. A baby expresses its emotions nonverbally by wailing, cooing, and eventually by pointing and grinning. In response, the carer reads and deciphers these indications and acts to meet the child's needs for attention, nourishment, or comfort. A stable bond forms when this nonverbal communication is effective. Ethnicity, culture, wealth, or education are not socioeconomic characteristics that affect the success of attachment. It is also not appropriate to attribute all of your relationship issues to your parent because you have an insecure attachment style as an adult. Your personality as well as events that occurred throughout infancy, adolescence, and adulthood may have influenced the development of your attachment style.

Mary D. Salter Ainsworth and her colleagues were the first to describe attachment styles with regard to infant-mother relationships. They distinguished between two main styles: secure attachment and insecure attachment, the latter of which is characterised by a variety of patterns (such as ambivalent attachment and anxious-avoidant attachment). Various infant attachment patterns are linked to various psychological consequences in childhood and later life.

In the 1950s and 1960s, psychologist and psychoanalyst John Bowlby developed the attachment theory. His research on attachment behaviour has had a significant impact on the area of psychotherapy. The establishment of the caregiver-child bond, its effects on subsequent development, and attachment patterns are all examined under attachment theory. Bowlby & his colleague Robertson researched a group of small infants. They found out when separated from a parent, the children consistently displayed signs of distress. This study contradicts "behavioural theorists," who contend that a child's separation anxiety goes away after they are fed.

Bowlby (1969) asserts that certain behaviours in youngsters, such as reaching out to an attachment figure when they're unhappy or feel threatened, are indicative of attachment.

Bowlby identified three types of attachment style:

1. *Secure Attachment***:** The secure attachment style signifies a warm and loving bond between parent and child. The youngster gains the ability to build positive relationships with others around them and feels loved and cared for.

2. *Anxious-Ambivalent Attachment:* Anxious-ambivalent children tend to distrust caregivers, and this insecurity often means that their environment is explored with trepidation rather than excitement.

3. *Avoidant Attachment***:** Kids with a "avoidant" attachment style have learnt to live with the possibility that their emotional needs won't be met and that they'll always feel unloved and unimportant.

4. *Disorganised Attachment:* Disorganised attachment is a combination of avoidant and anxious attachment, and children

that fit into this group often display intense anger and rage.

The importance of attachment security in the establishment and upkeep of partner relationships is emphasised by adult attachment type theory and research. In this article, research on the impact of adult attachment style on relational cognitions, emotions, and behaviors—as well as the establishment, stability, and quality of dating and marriage relationships—is reviewed.

Attachment styles play a significant role in romantic relationships, influencing how individuals approach intimacy, express emotions, and deal with conflicts. The four main types of attachment styles: secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant. Here's how each style can affect romantic relationships:

Secure Attachment

Characteristics: Securely attached individuals are comfortable with both intimacy and independence. They can trust their partners, express their feelings openly, and offer support when their partners need it.

Impact on Relationships: Secure individuals tend to have healthy, long-lasting relationships. They can navigate conflicts effectively, communicate openly, and provide emotional support to their partners.

Anxious-Preoccupied Attachment

Characteristics: Anxious individuals often fear rejection or abandonment. They may be overly concerned about their relationships and seek constant reassurance and validation from their partners. They might fear being alone.

Impact on Relationships: Anxious individuals can be clingy and demanding, which can create tension in relationships. They may have a constant need for reassurance and validation, which can be draining for their partners. Open communication and consistent reassurance are crucial for managing this attachment style.

Dismissive-Avoidant Attachment

Characteristics: Dismissive-avoidant individuals tend to keep an emotional distance from their partners. They may prioritize independence and self-sufficiency, avoiding intimate emotional connections. They often suppress their feelings.

Impact on Relationships: People with this attachment style may have difficulties expressing emotions and connecting deeply with their partners. They might appear aloof or uninterested, making it challenging for their partners to form a strong emotional bond.

Fearful-Avoidant (Disorganized) Attachment

Characteristics: Fearful-avoidant individuals have a mix of anxious and avoidant tendencies. They desire emotional closeness but are afraid of getting hurt. They often experience internal conflict in relationships.

Impact on Relationships: Fearful-avoidant individuals can have intense, unstable relationships. They may push people away due to their fear of intimacy, only to pull them back in when they crave emotional connection. This push-pull dynamic can lead to relationship instability and emotional turmoil.

Research on attachment styles and their functions in relationships is quite popular, as is people's desire to comprehend their own thought and behaviour patterns. Given that various attachment patterns within relationships can have distinct effects on interpersonal interactions, this level of attention is quite understandable. Early in childhood, attachment styles emerge, and they frequently don't change over time. This does not, however, imply that they cannot be transformed into more stable types of attachment; rather, it suggests that you might need to gain self-awareness through comprehending and addressing attachment problems. Understanding how insecure attachment arises and shapes feelings and behaviours in the significant relationships in our life is the first step in this process.

The way a primary carer, typically a parent, responds to and supports their child's needs

essentially establishes the framework for the way the youngster views and behaves in close relationships. This is because a child is reliant on their carers and looks to them for consolation, solace, and assistance. The child forms a strong attachment to these carers if they provide a comfortable and nurturing atmosphere and are aware of their physical and emotional needs, even if they are not verbally spoken. However, insecure attachment is more likely to result from carers who are out of touch with their child's emotional and physical needs. It might be important to remember that even when a carer misattunes, the kid may still believe that their needs are not being met.

The primary carer was probably able to stay involved with as a baby, effectively manage their own stress, and soothe and calm you when upset because they had a secure attachment style. The neurological system became "securely attached" to them because they answered to the shifting needs, communicated with through emotion, and made you feel safe and secure. Naturally, nobody can be completely present and attentive to a baby all the time, and no parent or carer is flawless. In actuality, a youngster can develop a stable attachment without it. However, if the carer didn't pick up on the nonverbal indications, it's possible that they kept attempting to determine what was required in order to maintain the safe attachment process. When as a child, the solid basis of a stable attachment relationship made it possible as an adult to be optimistic, self-assured, trusting, and at ease when facing difficulties.

REVIEW OF LITERATURE

Fraley, R. C., & Davis, K. E. (1997) did research on Attachment formation and transfer in young adults' close friendships and romantic relationships. A survey consisting of 237 young adults from an American institution was meant to test various normative implications of attachment theory. Much as expected, most participants (60%) looked to their parents as their primary attachment figures, but they were also in the process of shifting parental roles associated to attachment to peers (best friends and romantic partners). It was discovered that the length of the peer relationship affected how these parental functions were transferred to peers. Additionally, it was discovered that the development of attachment in adult relationships was positively correlated with elements that often support the formation of attachment in infancy, such as caregiving, trust, and intimate touch. Two more factors that have been found to support the development of peer attachment are the perceived security of peers and secure working models of attachment. Future research on the development and transfer of attachment is said to be essential for providing a thorough understanding of attachment dynamics in adult relationships.

Mikulincer, M., & Florian, V. (1999) did a research on The Association between Spouses' Self-Reports of Attachment Styles and Representations of Family Dynamics. The current study evaluates the relationship between spouses' perceptions of family dynamics and their self-reported attachment styles. There were ninety-three married Israeli couples with small children in the sample. The adult attachment style scale and the perceived and ideal versions of FACES III were completed by both spouses. The results demonstrated that spouses who identified with the secure style in their self-reports felt their families were relatively cohesive and adaptable; those who identified with the anxious-ambivalent style reported feeling their families were very cohesive but not very adaptable; and those who identified with the avoidant style reported feeling relatively low about both family dimensions. Furthermore, strong correlations were discovered between the reports of attachment styles and the idealised depictions of family dynamics, the representations of family dynamics by the married partner, and the variations in these representations between the spouses.

Jang, S. A., Smith, S., & Levine, T. (2002) studied individuals with varying attachment

styles, the current study examined communication patterns and the ensuing relational effects when romantic partners deceive. The 213 participants who reported being duped by a romantic partner had data on attachment styles, information importance of the lie, emotional intensity after the lie was discovered, communication patterns after the lie were discovered, and relational termination outcomes collected. Analysis showed that whereas anxious/ambivalent respondents were more inclined to talk around and avoid the topic, secure attachment style respondents were more likely to report talking about it. According to their reports, both attachment groups were likely to maintain their connections. On the other hand, those who identified as having an avoidant attachment type were more likely than those in the other two attachment style groups to report ending romantic connections and avoiding the person after learning of the deception. The findings supported the hypothesis that attachment styles are related to communication patterns once a partner's deceit is discovered, but that relational termination is directly correlated with information importance and avoiding the partner.

DiTommaso, E., Brannen-McNulty, C., Ross, L., & Burgess, M. (2003) conducted research on 'Attachment styles, social skills and loneliness in young adults. Measures of social skills, attachment, and social and emotional loneliness were completed by 183 university students in total. The findings show several important relationships between social skills and safe attachment. Additional research confirms and extends earlier findings by showing a substantial relationship between loneliness and social skills and attachment security (Riggio, Throckmorton, & DePaola, 1990). These findings provide credence to the idea that people who are securely bonded possess social competence and that social competence is linked to reduced feelings of perceived loneliness. Lastly, regression studies showed that social skills acted as a partial mediating factor in the relationship between social loneliness and secure and fearful attachment. It is proposed that the study of social competence and adjustment can benefit from an approach based on attachment theory.

MATERIALS & METHODS

Problem- To explore attachment style dynamics and wellbeing in romantic relationships among adults.

Variables-
• Attachment style
• Wellbeing
• Romantic relationships.

Objective-
1. To understand how early experiences and relationships influence attachment dynamics in adult romantic relationships.
2. To explore how attachment styles may influence individuals' perceptions of trust, intimacy, and emotional connection within their romantic relationships.
3. To identify specific behaviors, communication patterns, or coping mechanisms associated with different attachment styles in romantic relationships.
4. To examine the impact of attachment style dynamics on the overall satisfaction and happiness of adults in their romantic relationship.

Research Question-
1. How early experiences and relationships influence attachment dynamics in adult romantic relationships?
2. How attachment styles may influence individuals' perceptions of trust, intimacy, and emotional connection within their romantic relationships?
3. What are the specific behaviors, communication patterns, or coping mechanisms associated with different attachment styles in romantic relationships?

4. What is the impact of attachment style dynamics on the overall satisfaction and happiness of adults in their romantic partnerships?

NEED AND SIGNIFICANCE OF THE RESEARCH:

This study provides valuable insights into how early attachment experiences with caregiver's influence adult romantic relationships and explore the nuances and complexities of attachment styles in adults, providing a deeper understanding of how these styles manifest in romantic contexts. The quality of romantic relationships is a significant determinant of individual wellbeing. Understanding the role of attachment styles in shaping the dynamics of these relationships can shed light on factors that contribute to relationship satisfaction and overall psychological health. Research on attachment styles can be beneficial for individuals seeking personal growth and couples in therapy. By understanding their own attachment styles and those of their partners, individuals can work toward more secure and fulfilling relationships. Therapists can use this knowledge to tailor interventions and strategies to meet the unique needs of their clients. Attachment styles can influence how individuals respond to conflict and emotional challenges in relationships. It provides valuable insights into how different attachment styles approach conflict resolution, helping individuals and couples develop more effective communication and problem-solving strategies. It deepens our understanding of the intricacies of human relationships and their impact on individual wellbeing. It has practical implications for therapy, policy, and personal growth, making it a valuable area of study within psychology.

Research Design

The study was conducted on adults above 18 years of age. Only people who have experienced or currently is in a romantic relationship was taken as a sample for this study. The study will consist of individual semi-structured interviews which was conducted face to face. The data was analysed using Thematic Analysis.

Participant description

The study was conducted using 15 young adults whose age is above 18yrs. Purposive sampling was employed.

Sampling technique

The sampling technique used in this study is purposive sampling technique.

A set of non-probability sampling techniques known as purposive sampling entails selecting units for your sample according to the possession of particular attributes.

PROCEDURE

Google Forms was used to provide informed consent forms to participants who expressed interest. Participants were invited to the interview when eligibility was determined and consent was acquired. The goal of the study was explained to the participants prior to the start of the session. The participants were asked open ended questions. The questions are mentioned below:

1. Can you share insights into what you learned from your family about emotions and vulnerability? How has your family environment influenced your understanding and expression of emotions?
2. Reflecting on your childhood, who did you typically turn to for comfort and support? How did these individuals contribute to your emotional well-being during that time?
3. When something is bothering you, how do you typically let others know? Can you describe the methods or communication strategies you use to express your feelings to those around you?
4. If there are instances where you don't let others know about your struggles, what might be the reasons behind this decision? Are there specific factors or

barriers that prevent you from openly sharing your emotions?

5. Can you share your experiences in developing emotional closeness with others? What makes it easy or challenging for you to establish such connections?

6. When it comes to depending on others and having them depend on you, how do you navigate feelings of being alone or potential rejection? Could you provide examples from your own experiences?

7. In attempting to form close connections with others and seeking emotional closeness, have you faced difficulties in fully trusting and depending on them? Could you elaborate on specific instances or feelings you've encountered in this process?

8. When considering the prospect of becoming too close to others, do you have concerns about potential emotional hurt? Can you share any experiences or thoughts related to this?

9. Have you ever desired complete emotional intimacy with others, and if so, do you find that there is often hesitation from them to get as close as you would prefer? Could you provide examples or reflections on these dynamics?

10. In moments when you lack close relationships, do you experience unease and fear that others may not value you as much as you value them? Can you share instances or thoughts related to this concern?

11. How do you navigate being content without close emotional relationships? What importance do you place on independence and self-sufficiency, and how does this affect your preference not to rely on others or have them rely on you?

12. Regarding your romantic relationships, have you ever had concerns that your partners may not care for you as deeply as you care for them? Alternatively, have you found yourself wishing that your partner's feelings for you were as intense as your feelings for them?

13. When expressing your feelings to romantic partners, do you ever experience fear that they may not reciprocate the same emotions towards you? Can you share any specific instances or thoughts related to this fear?

Data Analysis
Data analysis was done using thematic analysis. Thematic analysis is a method for assessing qualitative data that involves going through a collection of data and looking for patterns in the meaning to pinpoint themes. When performing Thematic Analysis, we adhere to five steps. These are the steps to follow:
1. Getting to know the data
2. scanning the codes for recurring themes.
3. Going over the topics
4. Deciding on the topics
5. Drafting the completed report.

RESULT
In the present study, adults above the age of eighteen are the subjects of the current study. For this study, the sample consists only of individuals who have been in or are presently in a romantic relationship. Fifteen young people, nine of whom were female and six of whom were male and over the age of eighteen, participated in the study. Sampling with purpose was used. Individual semi-structured interviews were done face-to-face as part of the study. Thematic analysis was employed for data analysis.

The data collected underwent analysis using the Thematic Analysis method, beginning with transcription of recorded information. Upon iterative review, several codes were identified, with the most pertinent codes subsequently employed as themes in the current study.

The four themes are:
1. Lack of emotional support influences reluctance to seek help in adulthood.
2. Emotionally dependent individuals finds it difficult without close bonds.

3. Emotional deprivation in childhood hinders trust and reciprocity in adulthood.

4. Impact of family communication patterns on romantic relationships.

Table1: Compilation of central codes elucidated through pertinent statements extracted from the interview.

ASPECT	CENTRAL CODE	STATEMENTS
Trust	Difficulty in trusting	"It takes me time to trust a person completely. I feel like if I need to trust a person they need to do something to gain my trust… I just cant easily give it to them."
		"You can't trust a person that easily. I think there's some trust issues with me, I cant really trust a person completely."
	Fear of rejection	"I have a lot of fear for getting rejected if I confront or express my feelings…what if they see me low, what if they take me for granted..all these thoughts comes to my mind."
Emotional Expression	Reluctance to share	"I've learned not to tell people about my personal issues. Purely because they don't want to actually listen."
		"Sharing my emotions haven't been my thing. I just like handling it by myself."
	Difficulty expressing	"I face a lot of issues in expressing my emotions to a person… I can't easily express my emotions."
Emotional Dependency	Reliance on connection	"I think I am emotionally dependent. If there's no emotional connection I might feel lonely."
	Fear of losing stability	"With my partner… I have this fear that if that person is going out of my life maybe that stability will also be removed which is a kind of dependency I feel."
Family Influence	Impact on expression	"As a child I had a lot of difficulty expressing my emotions."
		"I come from a family where expressing emotions is a crime, no matter how angry, no matter how happy or sad you are."
	Learned behavior	"I've learned not to tell people about my issues, I've learned to do it myself."
		"I think what I've learned from my family is zero in terms of emotions."
Fear of Vulnerability	Fear of being judged	"When I express my feelings I've this fear that it would go too fast and we wont be on the same page… so that scares me and that would lead to me not sharing my feelings to that person."
	Fear of being perceived negatively	"I've grown up to think that you're weak if you share your problem. That has just ingrained in me... I still think that way."
	Fear of being taken for granted	"I have a lot of fear for getting rejected if I confront or express my feelings…what if they see me low, what if they take me for granted ... all these thoughts comes to my mind."
	Fear of not being reciprocated	"Sometimes, I myself don't understand what's going on and when I express I fear it won't be reciprocated."
Coping Mechanisms	Preferential handling	"Sharing my emotions haven't been my thing. I just like handling it by myself."
	Use of act of service	"As a child… It would be expressed by act of service but not with words."
		"…my romantic partners would say my love language is act of service."
Intimacy Building	Difficulty in intimacy	"Its very challenging for me to build intimate relationships with others."
		"Now that I've grown up ive seen others expressing their emotions, I've started to pickup few things…like these are the ways how you should express but mostly still my romantic partners would say my love language is act of service."

Theme 1: Lack of emotional support influences reluctance to seek help in adulthood.

The act of offering someone in need empathy, comprehension, consolation, and encouragement with the goal of confirming their emotions, lessening their suffering, and advancing their well-being is referred to as emotional support. To make someone feel important, appreciated, and supported, it entails being there for them in trying times, lending a sympathetic ear, and displaying care and concern.

People who are raised without emotional support frequently acquire coping skills to handle difficulties on their own. Because of their independence, individuals may be less likely to turn to others for assistance when they encounter problems in the future. Feelings of vulnerability and an unwillingness to display weakness or ask for help might result from inadequate emotional care during childhood. People may find it difficult to accept that others actually want to help, or they may worry about being let down or deceived if they ask for aid, which makes them even less likely to ask for it. Lack of emotional support as a child could normalise the thought of going it alone. People may come to believe that asking for assistance is needless or even embarrassing,

which makes them avoid doing so even when they could need it.

Participant 6- "I've learned not to tell people about my personal issues. Purely because they don't want to actually listen. People don't sit with you to listen to your problems, to feel, or value you that this person is going through something…people just sit down for the obligation for a friendship or a relationship. They don't do it because they want to, they do it because they are obliged to. This is likely with a lot of people in my life. That is my reason to not share any of my issues or seek help."

Participant 11- "I've grown up to think that you're weak if you share your problem. That has just ingrained in me... I still think that way. Sharing my emotions haven't been my thing. I just like handling it by myself. I think I do a really good job in handling all my emotion by myself and it has worked out till now."

Theme 2: Emotionally dependent individuals find it difficult without close bonds.

Emotionally dependant people frequently experience difficulties when they don't have strong connections or relationships. People who are emotionally reliant mostly rely on intimate connections and relationships to meet their emotional requirements. They frequently feel more alone, nervous, and insecure when they don't have these close relationships. In the absence of reliable people who can offer consolation, affirmation, and support, emotionally reliant people could find it difficult to manage everyday pressures and successfully negotiate obstacles in life. They can struggle to control their emotions and feel more vulnerable than they usually do. This lack of strong relationships can exacerbate their reliance on others and prolong a cycle of emotional neediness by causing them to feel empty and extremely alone.

Participant 3- "I think I am emotionally dependent. If there's no emotional connection I might feel lonely. I think it's

the emotional connection that keeps me going. "

Participant 1 – "For me when you are close to somebody these things automatically come. With my partner… it's not I'm consciously relying on him but I know that I won't be able to carry on the amount of stability I have now… I have this fear that if that person is going out of my life maybe that stability will also be removed which is a kind of dependency I feel."

Theme 3: Emotional deprivation in childhood hinders trust and reciprocity in adulthood.

A person's capacity to trust people and form reciprocal connections as an adult can be significantly and permanently impacted by emotional abuse they experienced as a child. The formative years are crucial for the formation of attachment styles, which affect how people establish and sustain relationships over the course of their life. Secure attachment ties with carers can be hampered by emotional deprivation, such as neglect or inconsistent caregiving. This may result in insecure attachment styles in adulthood, which are marked by mistrust and make it difficult to build intimate, mutually beneficial relationships. Childhood emotional neglect might damage one's ability to trust people. A child may grow up to have a deep suspicion of other people's motives if their carers were infrequent, unreliable, or unavailable when it came to attending to their emotional needs. In partnerships, reciprocity entails offering and receiving care, empathy, and support. People who were emotionally deprived as children might not have had much experience accepting emotional support, which can make it difficult for them to accept assistance from others as adults.

Participant 2 – "There was no such figure I could turn to when I needed any support or comfort. It takes me time to trust a person completely. I feel like if I need to trust a person, they need to do something to gain my trust I just can't easily give it to them. And when I express my feelings, I've this

fear that it would go too fast and we won't be on the same page… so that scares me and that would lead to me not sharing my feelings to that person."

Participant 14 – "You can't trust a person that easily. I think there's some trust issues with me, I can't really trust a person completely. And I face a lot of issues in expressing my emotions to a person… I can't easily express my emotions. Sometimes, I myself don't understand what's going on and when I express I fear it won't be reciprocated."

Participant 10 – "I have a lot of fear for getting rejected if I confront or express my feelings…what if they see me low, what if they take me for granted..all these thoughts comes to my mind."

Theme 4: Impact of family communication patterns on romantic relationships.

Individuals' communication styles with love partners can be influenced by the communication styles modelled within the family, such as straightforward and open communication vs avoidant or passive-aggressive communication. others from families that valued open communication, for instance, might find it easier to express their emotions in romantic relationships, whereas others from homes that valued more reserved communication might find it difficult to do so. Emotionally expressive and empathetic families foster the development of emotional intelligence and empathy in their members, which in turn improves the individual's capacity to emotionally connect and support their love partners. On the other hand, people from homes where sentiments are denied or suppressed could find it difficult to communicate their emotions to their partners in romantic relationships.

Participant 2 – "As a child I had a lot of difficulty expressing my emotions. We wouldn't be open about our feelings or whatever we are feeling. It would be expressed by act of service but not with words. Now that I've grown up ive seen others expressing their emotions, I've started to pickup few things…like these are the ways how you should express but mostly still my romantic partners would say my love language is act of service. It's still difficult for me to open up about my emotions and I would keep it hidden until it gets to a point when I need to vent it out."

Participant 5 – "I come from a family where expressing emotions is a crime, no matter how angry, no matter how happy or sad you are. If you do so you're titled as immature and referred to as a person with no self control. I think what I've learned from my family is zero in terms of emotions. I've learned not to tell people about my issues, I've learned to do it myself. It's very challenging for me to build intimate relationships with others."

DISCUSSION

The study's qualitative research findings provide insight into a number of important topics, including adult romantic relationships and emotional support, dependency, early experiences, and family communication styles. Now let's talk about these concepts and how they relate:

1. Lack of emotional support affects unwillingness to ask for help as an adult: The results show how having little emotional support as a child can have a big impact on people's willingness to ask for help or open up about their feelings as adults. Due to earlier experiences of feeling ignored or disregarded, participants stated feelings of loneliness and a reluctance to discuss their difficulties. This indicates the need for interventions meant to create a welcoming atmosphere where people can ask for assistance without worrying about being rejected or judged.

2. Emotionally dependent people struggle in the absence of strong emotional ties: The study highlights the difficulties emotionally dependent people encounter in the absence of strong emotional ties. In the lack of intimate relationships, participants disclosed feelings of

uncertainty and loneliness, highlighting the significance of emotional ties for their overall wellbeing. These results highlight the necessity of interventions aimed at strengthening social support networks and improving emotional resilience in those who are at risk.

3. Childhood emotional neglect prevents people from developing reciprocal relationships and trust in adulthood: The research emphasises the long-term effects of childhood emotional neglect on people's capacity to develop reciprocal relationships and trust in adulthood. Participants talked on how it might be difficult to communicate their feelings and trust others, which can strain close relationships. This emphasises how crucial it is to implement early intervention techniques that target emotional maltreatment in children and encourage positive attachment patterns in order to create more satisfying adult relationships.

4. Effect of family communication patterns on romantic relationships: This study clarifies how people's communication styles and emotional expression in romantic relationships are influenced by their family communication patterns. Individuals from households where emotional expression was restricted found it difficult to express their emotions and had to turn to other channels of expression, including volunteering. This highlights how family factors have a significant impact in determining an individual's communication style and highlights the necessity of family-focused therapies that encourage honest and compassionate communication in order to develop more positive love relationships.

All things considered, the qualitative research findings offer insightful information about the intricate interactions that exist between early life experiences, emotional support, and adult relationship dynamics. Policymakers, educators, and mental health professionals can create focused interventions to help people cultivate better relationships and emotional well-being throughout their lives by having a thorough awareness of these issues.

CONCLUSION
To sum up, this qualitative study explored the complex dynamics of attachment types and how they affect young adults' wellbeing in romantic partnerships. Through the application of Thematic Analysis, the gathered data was examined in great detail, leading to the discovery of several unique codes. These codes were crucial in providing detailed insights into the interactions between many facets of wellbeing and attachment styles, such as communication styles, methods for resolving conflicts, emotional expression, and how emotional deprivation in childhood hinders trust and reciprocity in adulthood. This research made it clear that family communication styles are critical in determining an individual's attachment style, which in turn affects how they perceive romantic relationships. The results also highlight how crucial it is to comprehend and deal with attachment type dynamics in order to support happy and healthy romantic relationships among young adults.

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