

The Relationship between Insecure Attachment and Personality

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Abstract. The simple explanation for attachment theory is the connection between people. The form of attachment between caregivers and children will influence them throughout their lives. The insecure attachment can evoke negative emotional traits, such as fear, anger, and sadness. It is related with a high risk of developing borderline personality. Therefore personality, which refers to the distinctive sets of actions, thoughts, and emotional patterns developed over time, has a significant association with insecure attachment. If children could not have a healthy attachment with their caregivers, it will affect their personalities in the future for lifelong courses. However, the past research has some limitations, as the data collected is mostly from subjects' recalling of their childhood memories. In the future, there should be more accurate and objective research methods to measure and study the subjects. This review can provide some guidance to the design of intervention programs at schools and communities for at-risk children.

Keywords: attachment theory; insecure attachment; personality

1. Introduction

The internal working model is an ethological, evolutionary, and psychological theory of human interactions. The most important is that young children need to build a relationship with at least one primary caregiver for their physical, social, and emotional development. A child's internal working model plays a crucial role in their development, since it serves as an internal system of direction for their future conduct. Within the theory, there are four categories of attachment: secure, anxious, ambivalent, avoidant, and disorganized. Disorganized attachment is common in children who had a history of being maltreated. However, some of the children who had been abused did not show disorganized attachment in "strange situations", and some showed even though they were not maltreated. They all mainly focused on childhood experiences. An infant behavior is characterized by the need for closeness to an attachment figure through challenging circumstances. From roughly six months to age of two, infants form attachments to people who are attentive to their needs and responsive to them in social interactions. During the second half of this period, children begin to use the attachment figure as a safe base for exploration and return.

The internal working model affects a person's feelings, actions, social interactions, and expectations of others in relationships. It influences one's behavior and attention in relationships in an unconscious way. Therefore, it will also affect one's future relationships and personality. The secure attachment is positive in that children are willing to accept and generally have an appropriate expectation to the attachment figure. Insecure attachment styles are the opposite. The anxious preoccupation refers to people's high anxiety towards their relationships and connections in life. The dismissive attachment is also an insecure style of attachment. The fearful-avoidant attachment is a combination of the preoccupied attachment and dismissive attachment. If the children did not have a suitable attachment when they were still infants, they would have difficulty in understanding others and their own emotions. This will affect them while they grow up and as an adult.

Personality is a particular pattern of actions, thoughts, and feelings, which is shaped by biological and environmental factors and will change over time. Therefore, the environment is also critical, since it is a significant factor in forming people's personality. Past research on personality mainly focused on its formation and identity, including personality traits, the essence of adolescent personality trait development, identity formation, and also discussions about the method for measuring identity formation [1]. For instance, there is a link between personality traits and identity formation. The

research suggests that another layer of self was developed during puberty, which is identity. It also helps with the adults' social roles [2]. This article mainly focused on the relationship between insecure attachment and personality, which is often ignored. It included a general review on the relationship between the insecure attachment and personality to help people understand this topic. This paper can provide some suggestions to future family intervention studies and practices in this area.

2. The Impact of the Insecure Attachment on Personality

2.1 The General Relationship between Attachment and Personality Development

The founder of the attachment theory, John Bowlby, had pointed out that people are more likely to survive mentally if they can comprehend their surroundings and express their demands. Individuals' past experiences can play a significant role in how they interpret and respond to various events in their lives. When many teenagers move from high school to college, it significantly changes their lives. The process of "strange situation" is a testing method created by Ainsworth, which is used to evaluate attachment behaviors in infancy as separation from caregivers in an unfamiliar context. Hence, the early attachment experience figure may serve as a foundation for various future talents, including skills and the ability to regulate one's emotions and behaviors. This attachment is linked to the development of personality traits. What's more, personality traits are also related to feelings. Stress is one of them affected by personality traits [3]. When dealing with and evaluating a stressful situation, coping strategies, and emotional consequences. Personality types and attachment styles take the role and shape the perception of stressors. From the result, the study found that women have rated higher anxiety in the study than men, but female students are less emotional.

Children first learn about the world based on how their initial parents treat them, particularly during the treatment for distress. Children who receive better and more dependably generally develop strong bonds with their caregivers, encouraging them to turn to them for solace, confidence, and support when feeling threatened or frightened. On the other side, children who get inadequate or inconsistent care typically form uneasy attachments when scared or distressed; insecure children either resist being reassured and comforted by their cares or attempt to console and soothe themselves. The research had followed the participant across 30 years earlier. Status of the attachment was evaluated with Ainsworth's personality was strange at 12 and 18 months, using the 32-year-old Big 5 measurements. Early secure attachment was connected with three. The meta-stability traits is impacted by the big five qualities. Participants who scored higher on early life security had higher adult agreeableness and conscientiousness scores and lower adult neuroticism scores. Participants who performed worse and were perceived as insecure adults scored higher on agreeableness and conscientiousness and lowered neuroticism [4]. When participants were 12 and 18 months old, they measure the infant with series situation form separation with their original caregiver by using the strange situation procedure. the classification is based on the infant behaviors how they react when they were separate and reunions with their primary caregivers. That leads the classification showed 12 months were 89 percent when participants were at the age of 19 and 26, they test their adult attachment by using AAI. Then they used the Young adult self-report. This is for various emotional and behavioral problem in young adult. Finally, when participant was at age 32 they completed an personality profile questionnaire. Specific personality qualities are influenced by developmental events in adulthood. The environment and genetics were both factors of the personality traits in adults. Heritability and early childhood events play a significant role in the formation of individual differences in personality, according to research on their etiology. And according to developmental theorists, temperament and attachment patterns are crucial in explaining why people differ in their personalities from an early age [5]. Parental behavior is an important factor as well. Parental role or behavior is a specific word that refers to the way that parent used to guide their children. The way the parents behave to guide their children highly affects the children's personality and attachment style. For instance, the attachment theory points out that young encounters with carers are significant to developing the internal working model. It will influence the relationship between each individual

over the course of their lifetime. The research on the relationship between infants' early attachment patterns and their developing personalities has revealed that some features of personality were predicted by attachment security [5]. In this research, there were 1871 participants, including 1151 women and 719 men. Some of them were undergraduate students, some were aged over 30. The methods used in this research are questionnaires such as demographic questionnaire, the five-factor model for adults and relationship questionnaire.

As a result, there was a difference between gender in personality, which is women were higher in all the domains (extraversion, agreeableness, conscientiousness, neuroticism, openness). The partial correlations were also found between the big five personality traits with the attachment security. Parental behavior has demonstrated a big role in forecasting a person's unique personality traits and biological characteristics.

2.2 Insecure Attachment and Personality Pathology

However, the disorganized attachment in children might develop insecure attachment styles that are not ideal but rather rational in close proximity in response to insensitive parenting [6]. For example, it is believed that anxiety and attachment deactivation are turned off in avoidant youngsters, which lessens the expression of demands and distress in response to overburdened or unsupportive parents. According to the theory, anxious ambivalent children's attachment systems become hyperactive in response to an unpredictable or negligent caregiver in an effort to protect the child. There were two different themes of disorganization, such as highly effective states of mind and low effective. The highly effective form of mind is connected with challenges to understand contradictory behaviors. What's more the low effectiveness is connected with highly inhibited or dissociated behavior. Some toddlers are deemed unorganized and continue to be unorganized as children, while others will exhibit intense, rigid attachment patterns, the role of control and characterization was a reversal with parents. However, disorganized attachment will also affect adulthood. The study on adulthood disorganization in adults mainly focuses on the healthy and clinical field of caregiving in infant-caregiver dyads. A lot of research has pointed out a relationship between childhood disorganized attachment and adult U, which U is referred to and the adult attachment interview code. But this U classification has been criticized on the methodological ground; it will only if participants were coded and during the discussion of trauma, reported trauma and supporting documentation is lost. The minimal rate of classifications in people with severe attachment disorders is likely explained by this coding rule. Attachment disorganized in adulthood is linked to severe psychopathology. PDs and borderline personality disorder are similar to the contradictory and disoriented behavior of disorganized infants and severe attachment disturbances. These were observed by many theorists. In this study, participants were recruited and 60 participants who had diagnosed the BPD by the DSM-IV criteria were picked out. The researcher picked two samples which include people with Borderline personality disorder, another personality disorder or without a personality disorder. After measuring, they found a correlation between attachment styles. In a word, within a highly psychopathological sample, the research found three degrees of attachment organization. Participants were grouped into a disorganized-oscillating kind previously suggested in the literature and a less commonly addressed disorganized-poor class. The severity of the PD, working, relating to others, and dating, identity, and mentalization was used to distinguish between structured and disorganized courses [7]. Additionally, these classifications were unique from one another, especially in terms of reported identity impairments and symptom profiles for personality disorders. The study is an initial attempt to define disorganized attachment in adults better and suggests that confusing attachment patterns are associated with substantial functional impairment in various domains.

The research examined adult attachments; a sample of outpatients showed dimensions of personality disorder and childhood trauma. The study also investigated whether insecure attachment could be partially responsible for childhood trauma and personality dysfunction were related. According to the findings, attachment anxiety completely mediated the link between certain trauma types of neglect, physical and emotional abuse, and emotional dysregulation. Additionally,

attachment anxiety was found to be a mediator between emotional maltreatment and dissociative behavior (partial mediation). Emotional abuse has been identified as a crucial contextual element in the emergence of BPD, with emotional dysregulation acting as the disorder-defining characteristic. The results imply that the connection between these essential traits of borderline personality disorder is explained by attachment anxiety. The results support previous research and the current understanding of the pathogenesis of the illness. To completely comprehend the symptoms and their heterogeneity, it is advised that both adult attachment types and childhood traumatic events be extensively examined. Also, when looked at how parental mental illness would affect these mediation models, but no evidence of a significant impact on personality or childhood trauma was discovered. Emotional abuse or neglect has been considered a critical environmental variable for developing Borderline personality development; Borderline personality disorders are exposures to childhood trauma like abuse or neglect. Ninety percent of the children diagnosed as BPD was related to a history of child maltreatment [8]. The result of the study in parental childhood maltreatment, which used a psychological maltreatment review, presented a result that demonstrates prevalence rates for at least one instance of physical and sexual abuse. Since only women were included in the analysis of the indicators of paternal child maltreatment, distinct models were calculated for men and women from the mean and ranges for psychological abuse. Elder life is also significantly influenced by emotional abuse or neglect, which makes people more sensitive in stressful life situations.

3. Revlant factor of this Relationship

A mediator mediates the relationship between the independent and dependent variables, which is what is meant by the phrase "mediation relationship." It may also consider a mediator variable to be having an effect [8]. People with cluster C personality disorders, such as avoidant personality disorder, may generally have poor access to their own and others' emotional states as a result of their limited awareness and low affect tolerance, which is something to keep in mind when examining the relationship between RF (reflective functioning) and other personality traits. As is well known, there are many different definitions for mentalizing capacity. Rf was subsequently found to have a negative relationship with clusters A and B in this investigation [9, 10]. The investigators also found differences in RF and personality between secure and insecure attachment functioning levels.

4. Conclusion

In a word, the relationship between insecure attachment and personality is significant. There is a significant association between parental behavior and the development of personality in later stages. The environmental and biological factors affect one's personality and also their relationships through life long. When people cannot have a healthy attachment with their caregivers, they will not have a healthy relationship with others either. One limitation of previous research is that they are mainly cross-sectional studies. Future study should adopt longitudinal experimental designs to investigate this relationship more systematically. This review can provide some suggestions to the design of prevention and intervention programs at communities and schools.

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