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INFLUENCE OF ATTACHMENT STYLES ON SUBJECTIVE WELLBEING AND RELATIONSHIP SATISFACTION AMONG HOMEMAKERS

Teertha Sukesh & Dr. Reshma N. S.

ABSTRACT

The current study aimed to explore the influence of attachment styles of subjective wellbeing and relationship satisfaction among Homemakers. The objective of the study was to see if there is a significant difference in the level of subjective wellbeing and relationship satisfaction in homemakers with secure, pre-occupied, fearful and dismissive style of attachment. There were sixty female homemakers who participated in the study from all over India. The sample for this cross-sectional study was gathered through purposive sampling. Data collection tools used for this study was Experiences in Close Relationship (ECR), Satisfaction With Life Scale (SWLS), Scale of Positive And Negative Experiences (SPANE) and Relationship Assessment Scale (RAS). The data was collected using Google Forms and analyzed using SPSS version 15.0. Non-parametric test was carried out on the data which indicated that there is a statistically significant level of difference in relationship satisfaction between the four types of attachment however, there was no significant difference in the level of Life Satisfaction and Positive and Negative Experiences.

Keywords: Attachment Styles, Subjective Wellbeing, Relationship Satisfaction, Homemakers.

