

A study on the relationship between the attachment patterns of adolescents with depression and parenting styles of attachment patterns

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Keywords: parental attachment model; adolescents; attachment; research analysis

Abstract: To explore and analyze the association between adolescent depression attachment symptoms and parental attachment patterns. **METHODS:** From May 2020 to April 2022 was selected as the study period, and 620 adolescents aged 11 to 18 years from outpatients and inpatients of the Third People's Hospital in Panzhihua City were selected as the study subjects during this period. This study used a questionnaire assessment to evaluate the frequency of adolescent attachment behaviours and the association with parental attachment patterns and family-related influences. **RESULTS:** In the results of the study, it was found that a total of 298 out of 620 adolescents attending the clinic had attachment behaviours (48.06%), of which 165 (55.37%) had 1-4 attachment behaviours (desire for companionship, craving for attention, craving for contact, etc.) and 133 (44.63%) had 5 or more attachment (repeated attachment behaviours) behaviours. A comparative analysis of the univariate results revealed a strong correlation between the presence or absence of a family environment, family type, primary caregiver's education level, parenting environment, family parenting style, and monthly per capita household income and non-adult attachment behaviour. **Conclusion:** Family environment, primary caregiver's education level and other factors are closely related to the occurrence of attachment behaviour in adolescents, and the development of attachment behaviour will affect the growth and development of adolescents.

1. Introduction

In a recent survey of a large sample, the prevalence of attachment in adolescents was found to be around 25%. The occurrence of attachment in adolescents [1] not only leads to direct damage to the adolescent's body tissues, but is also often closely linked to a variety of psychological disorders and increases the risk of suicide in adolescents. Therefore, a comprehensive study of the risk factors for attachment would have a very positive effect on the development of our youth. The factors that influence attachment are complex and have not been fully identified in the current social context.[2] Previous research has shown a direct correlation between the development of attachment and family factors, particularly parental efficacy, which has a profound impact on the psychological and behavioural development of adolescents. Researchers believe that effective and comprehensive management of adolescent attachment behaviour in modern educational settings can help to improve the modern social environment in our country and have a positive impact on the quality of the environment in which adolescents grow up and optimise their educational environment.[3] In this study, 620 adolescents aged 11 to 18 were selected from the outpatients and inpatients of the Third People's Hospital in Panzhihua City from May 2020 to April 2022. A questionnaire was used to assess the frequency of attachment behaviour and the association with parental attachment patterns and family-related influences.

2. Materials and methods

2.1 General information

The period from May 2020 to April 2022 was chosen as the study period, during which 620 adolescents aged 11 to 18 years old were selected from the outpatients and inpatients of the Third

People's Hospital of Panzhihua as the study subjects. The study used a questionnaire assessment to evaluate the frequency of adolescent attachment behaviour and the association with parental attachment patterns and family-related influences; the study was approved by the Medical Ethics Committee and passed and this project was investigated experimentally and organised, as reported in detail in previous studies, and a total of 620 subjects were included in the study, including 326 males and 294 females. 264 junior high school students and 356 high school students were included in the study, with a mean age of 15.2 ± 1.6 years between 11 and 18 years.

2.2 Methodology

The questionnaire used in this study is the Parent-Child Attachment Questionnaire, which was developed by Professor Fang Xiaoyi to measure the frequency and intensity levels of conflict between parents and children. The questionnaire consists of two dimensions: frequency of conflict and intensity of conflict. There are 16 questions covering eight areas including children's schooling, housework, friendships, spending, daily living arrangements, appearance, family relationships and privacy. A 5-point scale is used to assess the frequency of conflict: "1" for never and "5" for several times a day, with higher scores indicating more frequent conflict; "1" for intensity means The higher the score, the more intense the parent-child conflict.

In conducting the research, this study used a face-to-face centralised questionnaire to collect the data, with the investigators being the research staff of this subject group, and all investigators received uniform training before conducting the survey. The entire survey was completed within 30 minutes when it was conducted. Respondents were given a uniform explanation of the purpose and significance of this study by the investigators before filling it out, and upon completion, the investigators were required to check the completeness of the questionnaire and collect it on the spot. The respondents in this study included adolescent depression attachment symptom behaviours that occurred within the past year such as desire for parental attention, desire for physical contact, intense emotions, inner sensitivity and a variety of other attachment behaviour frequencies.

2.3 Evaluation criteria

The final results of the study were recorded by the researcher with regard to family factors, primary caregiver literacy, family parenting style and per capita household income status.

2.4 Statistical methods

When this study was carried out, data were registered by medical staff and statistics were carried out using SPSS 21.00 For Windows, processing was carried out by the statistician in the experiment, T and X² values of the measured values were recorded and the final result P value was recorded to determine statistical significance.

3. Results

In the results of the study, it was found that a total of 298 out of 620 adolescents (48.06%) had attachment behaviours, of which 165 (55.37%) were attached 1-4 times and 133 (44.63%) were attached 5 times or more (repeated attachment behaviours). A comparative analysis of the univariate results revealed a strong correlation between the presence or absence of a family environment, family type, primary caregiver literacy, parenting environment, family parenting style, and monthly per capita household income and non-adult attachment behaviour.

Table 1 Analysis of the association between the occurrence of attachment behaviours and parental attachment patterns.

Influencing factors	Number of people	None	Occasionally	over and over again	P
Monthly per capita household income (yuan)	<1000	121 (21.80%)	26 (57.78%)	15 (75.00%)	0.0000
	1000~6000	265 (47.75%)	16 (35.56%)	3 (15.00%)	
	>6000	169 (30.45%)	3 (6.67%)	2 (10.00%)	
Primary caregiver literacy	Lower secondary and below	308 (55.50%)	16 (35.56%)	13 (65.00%)	0.0000
	High School	161 (29.01%)	16 (35.56%)	5 (25.00%)	
	Tertiary and above	86 (15.50%)	13 (28.89%)	2 (10.00%)	
Family Parenting Style	Strictly	165 (29.73%)	8 (17.78%)	3 (15.00%)	0.0000
	Coddling	21 (3.78%)	12 (26.67%)	6 (30.00%)	
	Permissive/rude/unpredictable	65 (11.71%)	11 (24.44%)	7 (35.00%)	
	Democracy	304 (54.77%)	14 (31.11%)	4 (20.00%)	
Home environment	The nuclear family	358 (64.50%)	16 (35.56%)	3 (15.00%)	0.0000
	Single parent families	60 (10.81%)	10 (22.22%)	11 (55.00%)	
	Reconstituted families/intergenerational families	137 (24.68%)	19 (42.22%)	6 (30.00%)	
Total		555	45	20	-

4. Discussion

Depressive attachment has been a major concern in sociology, and attachment behaviour is becoming a hot issue in the field of crisis intervention and mental health, and the question of whether attachment should be included as a separate unit in the management of related health management has been an important focus of research in recent years.[4] Studies have shown that depressive attachment is a form of attachment that is on a continuum of attachment behaviours that culminates in death by suicide.

In this study, 298 of the 620 adolescents seen, or 48.06%, had attachment behaviours, which is high compared to the global rate of 17.2% for adolescents in school, and may be related to the choice of geographical location for this study, which was a psychiatric outpatient clinic and a relatively economically disadvantaged area. This also suggests that a focus on family environment and a positive upbringing can prevent and reduce the incidence of adolescent attachment to some extent. The results of this study show that the form of parenting in the family is closely related to the development of attachment, and that attachment can be curbed to a certain extent in a democratic and strict educational environment. If parents choose to educate their children in a permissive and unpredictable way, or if they spoil them, this may lead to attachment and repeated attachment. In a democratic family environment, parents often take a more democratic approach to intervening in their children's developmental problems. However, some studies have shown that democratic forms of education do not work well with adolescents in childhood, and this may be related to the cognitive naivety of adolescents in childhood. This result may be related to the age of the subjects selected for this study, which was 10 years or older.

Research has shown that parental literacy can have a significant impact on the education of young people. Parents who are less educated are more likely to have lower paid jobs in society. They are also likely to have problems with the educational methods they choose, so when it comes to teaching their children, these parents lack sufficient social and educational awareness, the concept of nurturing their offspring, and especially the psychological development of their offspring, which is an important factor in the development of children and young people and needs to be given great attention by

educators when carrying out educational activities. The concept of health is relatively backward.

In current clinical research and sociological studies, it has been shown that effective assessment of attachment intentions in people with attachment behaviours is an important element, and recent studies have shown that nearly 40% of people with attachment behaviours present with attachment intentions that require intervention, while some researchers have struggled to distinguish attachment behaviours from depression and have defined attachment in a way that would rule out suicidal intentions. However, there is no organic integration of the two behaviours, so researchers believe that attachment thoughts and depressive feelings need to be incorporated into the assessment system for attachment sufferers in order to reduce the risk of poor outcomes due to worsening depression in this group[5].

In conclusion, the family environment and the level of education of the primary caregiver are closely related to the development of attachment behaviour in adolescents, and the development of attachment behaviour has an impact on the growth and development of adolescents.

References

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