

The Influences of Attachment on Intimacy, Trust and Conflict Resolution in Romantic Relationship

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ABSTRACT

This study explores the role of attachment styles—secure, anxious, and avoidant—in shaping intimacy, trust, and conflict resolution within romantic relationships. Grounded in attachment theory, the research examines how early attachment experiences influence adult relational dynamics. A mixed-methods approach was employed, combining quantitative surveys and qualitative interviews with young adults in committed romantic relationships. Findings indicate that secure attachment is positively associated with higher levels of intimacy and trust, as well as constructive conflict resolution strategies. In contrast, anxious and avoidant attachment styles correlate with lower trust, difficulties in emotional intimacy, and maladaptive conflict behaviors such as withdrawal or hostility. The study highlights the mediating role of emotional regulation and communication patterns. These results underscore the importance of understanding attachment dynamics in clinical and educational settings to promote healthier romantic relationships.

Keywords: Attachment Theory, Intimacy, Trust, Conflict Resolution, Romantic Relationships, Secure Attachment, Anxious Attachment, Avoidant Attachment.

How to cite this article: Ghosh S, Ghosh S. The Influences of Attachment on Intimacy, Trust and Conflict Resolution in Romantic Relationship. *Int J Drug Deliv Technol.* 2026;16(56s): 1057-1066. DOI: 10.25258/ijddt.16.56s.112

Source of support: Nil.

Conflict of interest: None.

INTRODUCTION

Human beings are inherently social, and the need to form close emotional bonds is a fundamental aspect of psychological functioning. Romantic relationships, in particular, play a central role in adult life, influencing emotional well-being, mental health, and overall life satisfaction. The quality of these relationships is shaped by multiple psychological factors, among which attachment style has emerged as one of the most influential determinants. Attachment style influences how individuals experience intimacy, develop trust, and manage conflicts within romantic relationships.

The concept of attachment originated from the work of John Bowlby (1969), who proposed that early interactions with primary caregivers form internal working models that guide expectations and behaviors in later relationships. These internal working models influence how individuals perceive themselves and others, shaping emotional regulation, interpersonal communication, and relational stability. Although attachment theory was initially developed to explain infant-caregiver bonds, subsequent research has extended its application to adult romantic relationships, highlighting its relevance across the lifespan.

Romantic relationships are often characterized by emotional closeness, mutual dependence, and vulnerability. These features make such relationships particularly sensitive to attachment-related patterns. Individuals differ significantly in how they seek closeness, respond to emotional needs, and cope with relational stress. These differences are reflected in

distinct attachment styles, commonly categorized as secure, anxious, and avoidant. Each attachment style carries unique implications for relationship functioning, particularly in the domains of intimacy, trust, and conflict resolution.

Intimacy is a core component of romantic relationships and refers to emotional closeness, self-disclosure, and mutual understanding between partners. Trust, another essential element, involves confidence in a partner's reliability, honesty, and emotional availability. Conflict resolution refers to the strategies individuals use to manage disagreements and relational tensions. Together, intimacy, trust, and conflict resolution determine relationship satisfaction, longevity, and psychological well-being.

Development of Attachment styles are shaped through repeated interactions with caregivers during early childhood. Several key factors contribute to their development:

Caregiver Responsiveness: Consistent and sensitive responses promote secure attachment, while neglect or inconsistency fosters insecurity.

Emotional Availability: Caregivers who are emotionally present help children develop trust and emotional regulation.

Child Temperament: Individual differences in temperament can influence how children respond to caregiving.

Family Environment: Stability, conflict, and stress levels within the family also play a role.

Trauma and Adversity: Exposure to abuse, neglect, or loss can lead to disorganized attachment patterns.

Over time, these early experiences form internal working models that guide expectations and behaviors in later relationships, including friendships and romantic partnerships.

REVIEW OF LITERATURE

The purpose of this chapter is to review and critically analyse existing literature related on attachment styles and their influence on intimacy, trust, and conflict resolution in romantic relationships, providing a theoretical and empirical foundation for the study. Attachment theory, originally proposed by John Bowlby and later expanded by Mary Ainsworth and Hazan and Shaver, explains how early caregiver interactions shape internal working models that guide emotional and relational behaviours in adulthood.

Adult attachment is typically understood along two dimensions—*anxiety* and *avoidance*—leading to three primary styles: *secure*, *anxious*, and *avoidant*.

Secure attachment is associated with emotional stability, higher intimacy, strong trust, and constructive conflict resolution. In contrast, anxious attachment is characterized by fear of abandonment, emotional dependency, and heightened conflict reactivity, while avoidant attachment involves discomfort with closeness, reduced trust, and withdrawal during conflict. Research consistently shows that attachment styles significantly influence how individuals experience and manage intimacy, build trust, and resolve disagreements, as well as how partners interact within relationships. Overall, the literature highlights the interconnected nature of these relational factors and emphasizes the need for further research, particularly in developing integrated models and examining diverse cultural contexts.

Elif et al. (2026) conduct a review paper that examine Attachment theory, originally proposed by John Bowlby (1969), explains how early caregiving experiences influence individuals' emotional patterns in adult relationships. Mary Ainsworth et al. (1978) identified three primary attachment styles— *secure*, *anxious*, and *avoidant*—which shape how individuals experience trust and intimacy. Extending this framework, Cindy Hazan and Phillip Shaver (1987) demonstrated that securely attached individuals tend to report higher relationship satisfaction, whereas anxious and avoidant individuals often experience difficulties in emotional closeness and stability. Furthermore, Kim Bartholomew and Leonard Horowitz (1991) proposed a four-category model that provides a more detailed understanding of adult attachment patterns. In addition, theoretical perspectives such as Social Exchange Theory (Thibaut & Kelley, 1959) and the Investment Model (Caryl E Rusbult, 1980) suggest that relationship satisfaction is influenced by perceived rewards, costs, and level of commitment. Existing literature also indicates that attachment styles play a significant role in conflict resolution, with secure individuals more likely to engage in constructive communication, while insecure attachment styles are associated with

maladaptive conflict behaviours and lower relationship satisfaction.

Wu, Yuxi (2026). Authoritative, authoritarian, and permissive—affect children's emotional development, their attachment patterns, and their ability to form close relationships in adulthood. Using ideas from developmental and cross-cultural psychology, it explains how parents' emotional support, discipline, and communication influence children's ability to manage emotions, build trust, and form expectations about relationships. Research shows that authoritative parenting, which combines warmth with clear rules, helps children develop secure attachment and emotional stability, leading to healthier and more satisfying relationships later in life. In contrast, authoritarian and neglectful parenting are often linked to anxious or avoidant attachment styles, which can make emotional closeness and communication more difficult in adulthood. Cultural differences, such as those between collectivist and individualist societies, also play a role in how parenting behaviours are understood and experienced. Although early childhood experiences strongly shape adult relationships, attachment patterns can still change over time through self-awareness, reflection, and supportive relationships.

Simpson, J. A. (1990) This longitudinal study examined how secure, anxious, and avoidant attachment styles influence romantic relationships in 144 dating couples. The results showed that individuals with secure attachment experienced higher levels of trust, commitment, satisfaction, and emotional closeness in their relationships compared to those with anxious or avoidant attachment styles. In contrast, anxious and avoidant individuals reported more negative emotions and fewer positive feelings in their relationships. A six-month follow-up also found that avoidant men experienced less emotional distress after breakups compared to others. Overall, the findings suggest that secure attachment supports healthier and more stable romantic relationships, while insecure attachment styles are linked to emotional difficulties and lower relationship quality.

Objective:

- To examine the influence of different attachment styles (secure, anxious, and avoidant) on trust, intimacy, and conflict resolution in romantic relationships among young adults.
- To explore whether there are significant differences in levels of trust, intimacy, and conflict resolution patterns across different attachment styles.
- To analyse the relationship between attachment styles and trust in romantic relationships.
- To investigate the relationship between attachment styles and levels of intimacy between partners.
- To examine how attachment styles are associated with different conflict resolution strategies in romantic relationships.
- To identify whether gender differences exist in attachment styles, trust, intimacy, and conflict resolution patterns among young adults.

METHODOLOGY

3.1 Research Hypothesis:

H1: There is a significant relationship between attachment styles (secure, anxious, avoidant) and trust in romantic relationships.

H2: There is a significant relationship between attachment styles and intimacy in romantic relationships.

H3: There is a significant relationship between attachment styles and conflict resolution strategies in romantic relationships.

H4: Individuals with a secure attachment style will report higher levels of trust and intimacy compared to individuals with anxious and avoidant attachment

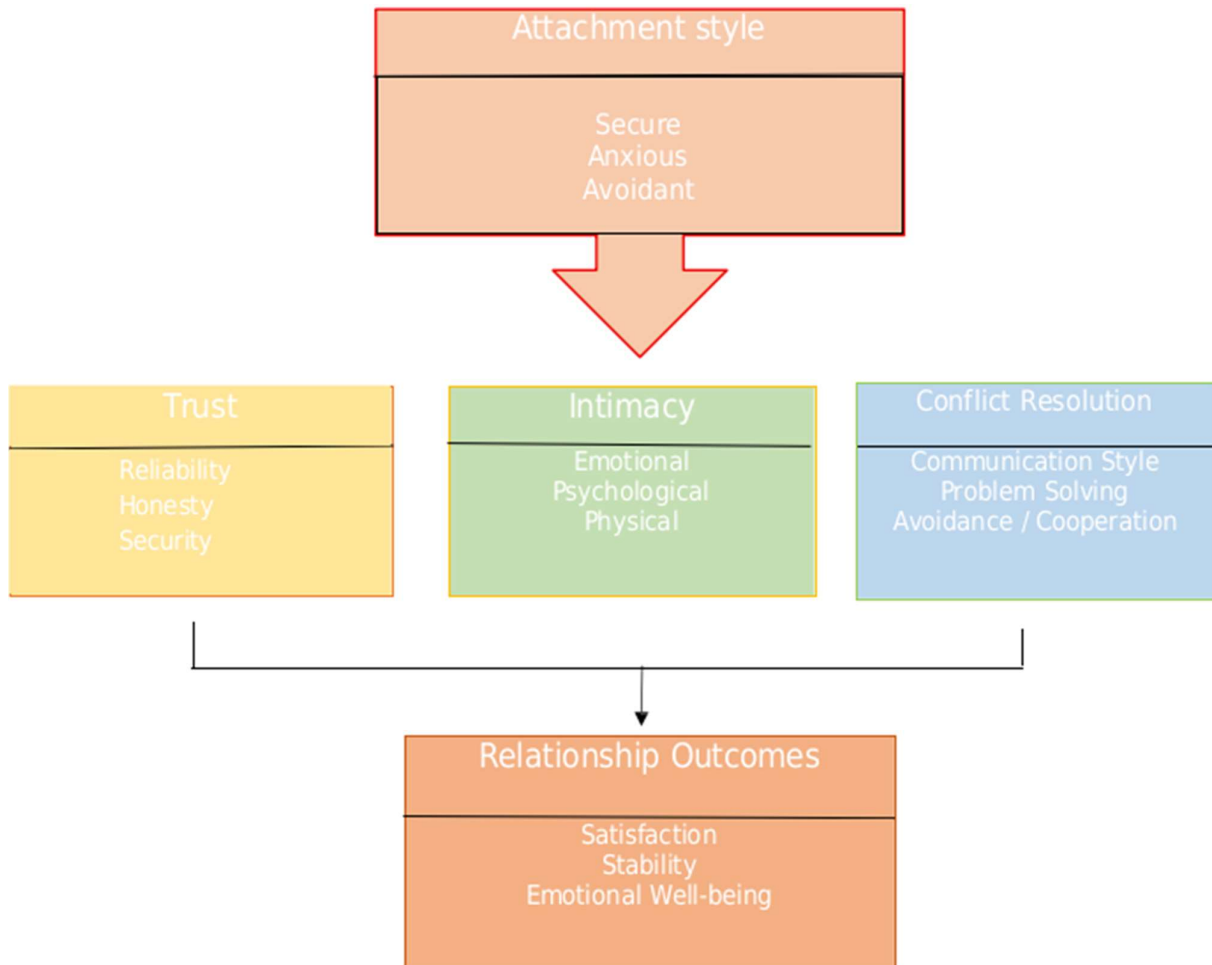
styles.

H5: Individuals with anxious attachment style will show lower levels of trust and higher emotional reactivity during conflict compared to securely attached individuals.

H6: Individuals with avoidant attachment style will report lower levels of intimacy and are more likely to use avoidant conflict resolution strategies.

H7: Trust and intimacy will be positively associated with constructive conflict resolution, while low trust and intimacy will be associated with ineffective conflict resolution strategies.

3.2 Research Design:



3.3 Types of Research Employed in this Research Study:

• **Quantitative Research:**

This study follows a quantitative research approach, which focuses on collecting numerical data and analysing it using statistical methods. In this research, variables such as attachment style, trust, intimacy, and conflict resolution are measured using structured questionnaires. The responses are converted into numerical scores, allowing the researcher to examine patterns and relationships in an objective way. This approach helps ensure accuracy, consistency, and

reliability in the findings. It also makes it possible to generalize the results to a larger population, especially when the sample size is adequate. The use of statistical analysis further strengthens the validity of the conclusions drawn from the study.

• **Correlational Research:**

The present study also adopts a correlational research design, as it aims to explore the relationships between attachment styles and the variables of trust, intimacy, and conflict resolution without manipulating any conditions. The researcher observes how these variables

naturally occur and interact with one another. By using statistical techniques such as correlation analysis, the study identifies whether a relationship exists between the variables and determines its strength and direction. This approach is useful for understanding how attachment styles are associated with different patterns of behaviour and emotional responses in romantic relationships, although it does not establish cause- and-effect relationships.

• **Descriptive Research:**

In addition, the study includes a descriptive research approach to provide a clear and detailed understanding of the sample characteristics and the variables being studied. This involves describing the levels of trust, intimacy, and conflict resolution styles among individuals with different attachment patterns. The data collected through questionnaires is summarized using statistical measures such as mean, standard deviation, and frequency distribution. This helps in presenting an organized picture of the data and identifying general trends within the sample. Descriptive research thus supports the study by offering a foundational understanding of the variables before further analysis is conducted.

Sample of the study:

❖ **General Inclusion Criteria:**

- Age: 18 to 35.
- Both Males & Females.
- Minimum qualification of 5th pass.

❖ **General Exclusion Criteria:**

- Person aged below 18 years & above 35 years.
- Person with any Mental Illness.
- Person who did not qualify till 8th standard.
- Person with previous psychiatric illness.

• **Selection of Sample:**

In this study, participants were selected using a purposive sampling method. This means that only those individuals who matched the requirements of the study were chosen. The focus was on people who are or have been in romantic relationships, as they are most suitable to provide relevant information about attachment style, trust, intimacy, and conflict resolution.

This type of sampling was chosen because it is simple, practical, and time-saving. It allows the researcher to directly reach the right participants without including unrelated individuals. It is also cost-effective and helps in collecting focused data that is closely related to the objectives of the study. Overall, purposive sampling ensures that the information gathered is meaningful and useful for understanding the relationship between the variables in this research.

• **The Final Sample:**

In the present study, a total of 102 responses were collected for analysis. No data were excluded, as all

responses met the required criteria of the research. The final sample consisted of 63 male participants and 38 female participants. These participants were considered suitable for examining the influence of attachment style on trust, intimacy, and conflict resolution in romantic relationships.

Description of the Tool:

Information Schedule –

It was used to collect basic information about the participants, such as their age, gender, education, socioeconomic status, and relationship status. It also included questions about any mental health issues and whether they had taken counselling or therapy before. The details are given in Appendix I.

Experiences in Close Relationships Questionnaire (ECR-R) by R. Chris Fraley, Niels G. Waller, and Kelly A. Brennan (2000).

• **Description of the Tool** – The ECR-R is a self-report scale developed to assess adult attachment patterns in romantic relationships. Based on Attachment Theory, it measures two dimensions: Attachment Anxiety and Attachment Avoidance. The questionnaire contains 36 items rated on a 7-point Likert scale from 1 (Strongly Disagree) to 7 (Strongly Agree).

• **Administration** – It is administered as a self-report questionnaire with no fixed time limit. Participants rate their agreement with statements based on relationship experiences.

• **Scoring** – Scores are calculated for Attachment Anxiety and Attachment Avoidance (18 items each). Some items are reverse-scored. Higher scores indicate greater anxiety or avoidance in relationships.

• **Reliability** – The scale has high internal consistency, with Cronbach’s alpha ranging from 0.90 to 0.95.

• **Validity** – The ECR-R demonstrates strong construct and convergent validity.

• **Selection of the Tool** – The tool was selected to assess attachment patterns in close romantic relationships among young adults.

• The ECR-R questionnaire is provided in **Appendix II**.

❖ **Conflict Style Assessment Inventory (CSAI)** by Thomas and Kilmann (1974).

• **Description of the Tool** – The CSAI is a self-report measure assessing how individuals respond to conflict situations. It identifies five conflict-handling styles: Competing, Collaborating, Compromising, Avoiding, and Accommodating.

• **Administration** – Participants respond to statements describing their typical reactions to conflict using a Likert-type scale.

• **Scoring** – Scores are grouped according to the five conflict styles. Higher scores indicate stronger preference for a specific style.

• **Reliability** – The inventory shows acceptable internal consistency.

• **Validity** – The CSAI demonstrates reasonable validity and aligns with established conflict management theories.

• **Selection of the Tool** – The tool was selected to assess conflict-handling patterns among young adults.

- The CSAI is provided in **Appendix III**.
- ❖ **Trust Scale** by Rempel and Holmes (1986).
- **Description of the Tool** – The Trust Scale measures trust in close relationships through three dimensions: Predictability, Dependability, and Faith. It generally consists of 17 items rated on a Likert scale.
- **Administration** – Participants respond based on their experiences in close relationships.
- **Scoring** – Scores are calculated separately for Predictability, Dependability, and Faith. Higher scores indicate greater trust.
- **Reliability** – The scale demonstrates satisfactory reliability, with alpha values ranging from 0.70 to 0.90.
- **Validity** – It shows good validity through associations with relationship satisfaction and commitment.
- **Selection of the Tool** – The scale was selected to assess trust in interpersonal relationships.
- The Trust Scale is included in **Appendix IV**.
- ❖ **Personal Assessment of Intimacy in Relationships (PAIR)** by D. H. Schaefer and D. R. Olson (1981).
- **Description of the Tool** – The PAIR assesses intimacy in close relationships across five dimensions: emotional, social, sexual, intellectual, and recreational intimacy.
- **Administration** – It is administered as a self-report questionnaire without a strict time limit.
- **Scoring** – Scores are calculated for each intimacy domain. Higher scores indicate greater intimacy.
- **Reliability** – The PAIR demonstrates acceptable reliability, with alpha values ranging from 0.70 to 0.90.
- **Validity** – The instrument shows good construct and concurrent validity.
- **Selection of the Tool** – The PAIR was selected to measure multiple dimensions of intimacy in relationships.
- The PAIR is provided in **Appendix V**.

3.6 Procedure of the Study

The study focused on attachment style and its relationship with trust, intimacy, and conflict resolution in romantic relationships. Young adults aged 18–35 years involved in romantic relationships were selected through purposive sampling. Data were collected online using Google Forms. Responses were scored according

to the respective manuals and analysed using SPSS Version 26. Descriptive statistics, correlational analysis, and group comparisons were used to examine relationships among the variables.

RESULT & DISCUSSION

The present study examined the relationship between attachment style, trust, intimacy, and conflict resolution in romantic relationships among young adults. The sample consisted of 102 participants (39 males and 63 females) aged 18–35 years. Data were systematically analysed using descriptive statistics, correlational analysis, and group-based analyses to understand the influence of attachment patterns on relationship dynamics.

• **Descriptive Statistics:** Descriptive statistics, including minimum, maximum, mean, and standard deviation, were calculated for all study variables. The mean age of participants was 21.67 years (SD = 3.06). The average scores were: attachment style (ECR-R) = 143.49 (SD = 28.03), conflict resolution (CSAI) = 55.37 (SD = 11.97), trust (TS) = 74.26 (SD = 20.49), and intimacy (PAIR) = 110.11 (SD = 22.70). A total of 102 valid responses were analysed.

• **Correlation:** Correlation analysis revealed that gender was not significantly related to attachment style, trust, intimacy, or conflict anxiety. Attachment style showed significant relationships with conflict anxiety, trust, and intimacy. Conflict anxiety was positively related to trust and intimacy, while trust and intimacy were strongly positively correlated.

• **Multivariate:** Multivariate analysis showed that neither age nor gender had a significant overall effect on the dependent variables. Age (p = .108) and gender (p = .133) were not found to significantly influence the combined relationship variables.

• **Univariate:** Univariate analysis indicated that age significantly affected conflict anxiety (F = 6.319, p = .014), while gender significantly influenced trust (F = 4.285, p = .041). No significant effects were found for trust, intimacy, or conflict anxiety across the remaining variables. Overall, age and gender showed limited influence on the study variables.

Table 1: The table shows the Mean (M) and The Standard Deviation (SD) for the selected variable among male and female young adults

	N	Minimu m	Maximu m	Mean	Std. Deviation
Gender	102	1	2	1.62	.488
AGE	102	16	38	21.67	3.062
TOT_ECR-R	102	36	231	143.49	28.037
TOT_CSAI	102	20	83	55.37	11.973
TOT_TS	102	18	208	74.26	20.497
TOT_PAIR	102	11	162	110.11	22.700
Valid (listwise)	N 102				

Table 2: Shows correlations with Attachment Styles, trust, intimacy, and conflict resolution Among Male Young Adults

		Gender	TOT_ECR-R	TOT_CS AI	TOT_TS	TOT_PAIR
Gender	Pearson Correlation	1	.177	.082	.191	.054
	Sig. (2-tailed)		.075	.412	.054	.591
	N	102	102	102	102	102
TOT_ECR-R	Pearson Correlation	.177	1	.310**	.607**	.514**
	Sig. (2-tailed)	.075		.002	.000	.000

A Pearson product-moment correlation analysis was conducted to examine the relationships among gender, attachment (ECR-R), conflict resolution (CSAI), trust (TS), and intimacy (PAIR) among 102 participants. The results showed that gender was not significantly related to attachment, conflict resolution, trust, or intimacy, indicating that gender did not meaningfully influence these variables.

In contrast, attachment showed significant positive relationships with conflict resolution ($r = .310, p < .01$), trust ($r = .607, p < .01$), and intimacy ($r = .514, p < .01$). These findings suggest that healthier attachment patterns are associated with better conflict management, higher trust, and greater intimacy in romantic

relationships.

Conflict resolution was also positively correlated with trust ($r = .358, p < .01$) and intimacy ($r = .403, p < .01$), indicating that effective conflict handling contributes to stronger trust and emotional closeness. The strongest relationship was found between trust and intimacy ($r = .655, p < .01$), suggesting that higher trust is closely linked with deeper intimacy.

Overall, the findings reveal significant positive associations among attachment, conflict resolution, trust, and intimacy, supporting theories that secure attachment contributes to healthier relationship functioning.

	N	102	102	102	102	102
TOT_CSAI	Pearson Correlation	.082	.310**	1	.358**	.403**
	Sig. (2-tailed)	.412	.002		.000	.000
	N	102	102	102	102	102
TOT_TS	Pearson Correlation	.191	.607**	.358**	1	.655**
	Sig. (2-tailed)	.054	.000	.000		.000
	N	102	102	102	102	102
TOT_PAIR	Pearson Correlation	.054	.514**	.403**	.655**	1
	Sig. (2-tailed)	.591	.000	.000	.000	
	N	102	102	102	102	102

** . Correlation is significant at the 0.01 level (2-tailed).

TABLE 3: Show multivariate Analysis of Variance Examining the Effects of Age and Gender on Trust, Conflict Resolution, and Intimacy.

Effect	Value	F	Hypothesis df	Error df	Sig.
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Intercept	Pillai's Trace	.256	11.1 37 ^b	3.000	97.0 00	.000
	Wilks' Lambda	.744	11.1 37 ^b	3.000	97.0 00	.000
	Hotelling's Trace	.344	11.1 37 ^b	3.000	97.0 00	.000
	Roy's Largest Root	.344	11.1 37 ^b	3.000	97.0 00	.000
AGE	Pillai's Trace	.060	2.07 5 ^b	3.000	97.0 00	.108
	Wilks' Lambda	.940	2.07 5 ^b	3.000	97.0 00	.108

	Hotelling's Trace	.064	2.07 5 ^b	3.000	97.0 00	.108
	Roy's Largest Root	.064	2.07 5 ^b	3.000	97.0 00	.108
Gender	Pillai's Trace	.056	1.90 8 ^b	3.000	97.0 00	.133
	Wilks' Lambda	.944	1.90 8 ^b	3.000	97.0 00	.133
	Hotelling's Trace	.059	1.90 8 ^b	3.000	97.0 00	.133
	Roy's Largest Root	.059	1.90 8 ^b	3.000	97.0 00	.133

A Multivariate Analysis of Variance (MANOVA) was conducted to examine the combined effects of age and gender on trust (TS), conflict resolution (CSAI), and intimacy (PAIR). MANOVA was appropriate as it allowed simultaneous analysis of multiple dependent variables. The analysis used Pillai's Trace, Wilks' Lambda, Hotelling's Trace, and Roy's Largest Root, with Pillai's Trace considered the most robust statistic. The results showed that the multivariate effect of age was not statistically significant, Pillai's Trace = .060, $F(3, 97) = 2.075$, $p = .108$. This indicates that age did not significantly influence the combined relationship variables. Similarly, gender also showed no significant

multivariate effect, Pillai's Trace = .056, $F(3, 97) = 1.908$, $p = .133$, suggesting no meaningful gender differences in trust, conflict resolution, and intimacy when considered together.

Although the intercept was significant ($p < .001$), it only reflected overall mean differences and was not substantively important. Overall, the findings suggest that age and gender do not significantly affect relationship functioning, whereas psychological factors such as attachment style may play a more important role in shaping trust, intimacy, and conflict resolution in romantic relationships.

TABIL 4: Show Univariate ANOVA Results (Tests of Between-Subjects Effects) for Age and Gender on Trust, Conflict Resolution, and Intimacy

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	TOT_TS	1786.198 ^a	2	893.099	2.175	.119
	TOT_CSAI	960.562 ^b	2	480.281	3.518	.033
	TOT_PAIR	699.797 ^c	2	349.898	.675	.512

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Intercept	TOT_TS	7053.276	1	7053.276	17.179	.000
	TOT_CSAI	2067.533	1	2067.533	15.143	.000
	TOT_PAIR	15698.657	1	15698.657	30.270	.000
AGE	TOT_TS	234.653	1	234.653	.572	.451
	TOT_CSAI	862.792	1	862.792	6.319	.014

	TOT_PAIR	549.319	1	549.319	1.059	.306
Gender	TOT_TS	1759.156	1	1759.156	4.285	.041
	TOT_CSAI	281.686	1	281.686	2.063	.154
	TOT_PAIR	311.017	1	311.017	.600	.441
Error	TOT_TS	40647.655	99	410.582		
	TOT_CSAI	13517.281	99	136.538		
	TOT_PAIR	51344.017	99	518.626		
Total	TOT_TS	604989.000	102			
	TOT_CSAI	327222.000	102			
	TOT_PAIR	1288665.000	102			
Corrected Total	TOT_TS	42433.853	101			
	TOT_CSAI	14477.843	101			
	TOT_PAIR	52043.814	101			
a. R Squared = .042 (Adjusted R Squared = .023)						
b. R Squared = .066 (Adjusted R Squared = .047)						
c. R Squared = .013 (Adjusted R Squared = -.006)						

Follow-up univariate analyses of variance (ANOVA) were conducted to examine the individual effects of age and gender on trust (TS), conflict resolution (CSAI), and intimacy (PAIR). These analyses helped identify which specific variables were influenced after the MANOVA results. The corrected model, representing the combined effect of age and gender, was statistically significant only for

conflict resolution, $F(2, 99) = 3.518, p = .033$. This suggests that age and gender together influence conflict management abilities. However, the model was not significant for trust, $F(2, 99) = 2.175, p = .119$, or intimacy, $F(2, 99) = 0.675, p = .512$. Age showed a significant effect on conflict resolution, $F(1, 99) = 6.319, p = .014$, indicating that conflict-handling abilities vary with age. However, age did not

significantly affect trust or intimacy. Gender significantly influenced trust, $F(1, 99) = 4.285, p = .041$, suggesting differences in trust levels between males and females. No significant gender effects were found for conflict resolution or intimacy.

Although the intercept was significant across all variables ($p < .001$), it only reflected overall mean levels. The R^2 values were low, indicating that age and gender explained only a small proportion of variance in trust, conflict resolution, and intimacy. Overall, the findings suggest that demographic factors have limited influence on relationship functioning, while psychological factors such as attachment style may play a more important role.

Discussion:

The present study examined the influence of attachment on trust, intimacy, and conflict resolution in romantic relationships, while also considering the effects of age and gender. The descriptive statistics showed that the sample mainly consisted of young adults with meaningful variation in attachment, trust, intimacy, and conflict resolution, supporting reliable analysis.

Correlation analysis revealed significant positive relationships among attachment, trust, intimacy, and conflict resolution. Attachment showed strong associations with trust and intimacy, suggesting that individuals with healthier attachment patterns experience greater emotional closeness and trust in relationships. Attachment was also positively related to conflict resolution, indicating that secure attachment contributes to better handling of disagreements. Trust and intimacy were strongly correlated, while conflict resolution was positively associated with both trust and intimacy, showing that healthy communication strengthens relationship quality.

MANOVA results indicated that age and gender did not have a significant combined effect on trust, intimacy, and conflict resolution. However, follow-up ANOVA results showed that age significantly influenced conflict resolution, while gender significantly affected trust. Older individuals appeared better at managing conflicts, possibly due to greater emotional maturity and life experience. Gender differences in trust may reflect socialization and emotional expression patterns. Nevertheless, the effects of age and gender were limited, as shown by low R^2 values.

Overall, attachment emerged as the most important factor influencing relationship functioning. The findings support attachment theory, suggesting that secure attachment promotes higher trust, deeper intimacy, and healthier conflict management.

The study also has practical implications for counselling and therapy. Understanding attachment patterns can help improve communication, emotional awareness, trust, and intimacy in relationships. However, the study was limited by its specific age group and reliance on self-report measures. Future research should include more diverse samples and multiple methods of assessment.

In conclusion, attachment plays a central role in shaping trust, intimacy, and conflict resolution in romantic

relationships, whereas age and gender have only limited effects.

Interpretation of Results:

The findings of the study suggest that attachment is strongly related to trust, intimacy, and conflict resolution in romantic relationships. Participants with healthier attachment patterns reported higher trust, greater emotional closeness, and better conflict management. Secure attachment likely helps individuals feel emotionally safe, communicate openly, and handle disagreements constructively.

Trust and intimacy were also strongly connected, indicating that greater trust encourages emotional openness and deeper bonding. Similarly, effective conflict resolution was associated with higher trust and intimacy, highlighting the importance of communication in maintaining healthy relationships.

The study further showed that age and gender did not significantly influence relationship functioning overall. However, age affected conflict resolution, suggesting that older individuals may develop better communication and emotional regulation skills over time. Gender influenced trust, possibly due to social and cultural differences in emotional expression and relationship expectations.

Despite these findings, age and gender explained only a small amount of variance, reinforcing the idea that psychological factors such as attachment are more important in understanding relationship dynamics.

These findings emphasize the long-term influence of early attachment experiences on adult romantic relationships. They also highlight the value of attachment-focused interventions in counselling to improve trust, intimacy, and conflict management. Overall, the study contributes to understanding how attachment shapes relationship quality and emotional connection in young adults.

CONCLUSION

General Conclusion:

The present study examined the influence of attachment on trust, intimacy, and conflict resolution in romantic relationships among young adults, while also considering the effects of age and gender. The findings showed that attachment plays a central role in relationship functioning. Individuals with more secure attachment patterns reported higher trust, greater intimacy, and healthier conflict resolution skills. The study also found strong interconnections among trust, intimacy, and conflict resolution, suggesting that these factors work together to strengthen relationship quality. Although age and gender showed some influence, their effects were limited compared to the strong impact of attachment. Age significantly affected conflict resolution, while gender influenced trust. However, these demographic factors explained only a small portion of the variance in relationship outcomes. Overall, the findings highlight that psychological factors, particularly attachment, are more important than demographic characteristics in understanding romantic relationship dynamics.

Specific Conclusions:

- Attachment showed significant positive relationships with trust, intimacy, and conflict resolution.
- Individuals with secure attachment patterns experienced healthier and more satisfying relationships.
- Trust and intimacy were strongly related, indicating that emotional closeness develops through trust.
- Conflict resolution was positively associated with both trust and intimacy, emphasizing the role of healthy communication in relationships.
- Age significantly influenced conflict resolution, suggesting that maturity and life experience improve conflict management.
- Gender significantly affected trust, possibly due to social and cultural differences in emotional expression and relationship expectations.
- Age and gender had limited overall influence on relationship functioning compared to attachment.

Limitations:

- The study included a relatively small sample consisting mainly of young adults, limiting generalizability to other age groups and populations.
- Self-report measures were used, which may be influenced by social desirability and subjective perceptions.
- The cross-sectional design limits conclusions about causality between attachment and relationship variables.
- The study focused on limited variables and did not examine factors such as personality, emotional regulation, communication styles, or relationship duration.
- Using total scores may have overlooked differences within subcomponents such as attachment anxiety and avoidance.

Future Directions:

- Future research should use longitudinal designs to examine how attachment and relationship outcomes change over time.
- Studies should include more diverse samples across different age groups, cultures, and relationship types.
- Multiple methods of data collection, such as observational techniques and partner reports, should be incorporated.
- Future studies can explore additional factors such as emotional regulation, coping styles, communication patterns, and cultural influences.
- Intervention-based research focusing on improving attachment security may help enhance trust, intimacy, and conflict resolution in relationships.

In conclusion, the study emphasizes that attachment is a major factor influencing trust, intimacy, and conflict resolution in romantic relationships. While demographic factors have some role, attachment remains the strongest predictor of healthy relationship functioning.

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