

Possible Effects of Parents with Avoidant Attachment on Parent-Child Relationships

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Abstract: Many scientists who experience avoidant attachment in their studies of avoidant attachment focus on the child, and few articles go into the fact that this can lead to problems in the parent-child relationship, so the goal is the parent-child relationship, which is divided into the child's and parent's perspectives. By studying the experimental questionnaire administered by W. Steven Rholes to parents with avoidant attachment prenatally and postnatally, respectively, the results showed that they had low satisfaction with parenting and high levels of stress. It was also found through a study of the incidence of psychological disorders in offspring that the harm suffered by mothers at an early age can lead to avoidant attachment and severely affect their offspring, even to the point of developing anxiety disorders in adolescence.

Keywords: avoidant attachment, parent-child relationship, impact, security

1. Introduction

What makes the parent-child relationship so special among so many relationships is that it relies on blood links. This is because they are among the most enduring and intimate relationships experienced by individuals [1]. In addition, blood relationship is widely recognized as determining the family [2]. Many studies focus on parent-child relationship on different aspects. Several researchers have examined the key factors for healthy interactions between parents and children, and they mentioned three key factors, namely, a favorable home environment, a positive emotional dimension, and the presence of emotional support. This interaction positively affects the child's state and behavior and plays an important role in the child's normal physical and mental development. This interaction may be hampered by family conflict [3].

Many papers have focused on how parenting can lead to problems in children. However, little research has been done on the performance and impact of parenting on parents who already have a mental illness. These are important because of the potential for adverse effects, such as the factors that influence the supervision of child harm including caregiver characteristics such as attitudes, knowledge, cognitive and behavioral traits [4] and the impact of the epidemiology of depression among the offspring of parents with affective disorders (i.e., the Family Aggregation Study) on psychosocial development (i.e., the Family aggregation studies). In addition, certain mental characteristic can make it difficult for parents to care for their children. According to Saluja, they found that mothers who adopted an avoidant romantic attachment style provided less support (as rated by observers) to their children when trying to teach them a new task. Avoidant mothers also reported

a certain detachment from their younger children. Thus, avoidant attachment parents have a greater impact on the parent-child relationship, which is the focus of this paper [4].

2. Theoretical Framework

2.1. The Domain Perspective: Attachment Theory

Bowlby's attachment theory [5] is a key theory in understanding parent-child relationships. He suggests that children form an "attachment style" based on their early experiences with caregivers, and this style can influence their relationships throughout their lives. Since the mother takes an active role in the child's interpersonal relationships, Bowlby's theory, in terms of intervention, is reflected in the fact that help for the child's psychological development can be realized through help for the mother. According to his proposition, if mothers are given appropriate interventions and adjustments, for example, through the retrospection of their childhood life, so that they can re-experience their childhood experiences and feel accepted, it will be very helpful for mothers' empathy and acceptance in their dealings with their own children, and will help to establish good parent-child relationships, thus realizing the positive impact on children's psychological development. As there are security relationships, there are also insecurity relationships. Experiences of one's secure or insecure attachment can gradually result in the development of profound beliefs that impact perspectives on the self [6]. For instances, securely attachment individuals feel comfortable with relationships of intimacy, have self-worth, believe they are worthy of being loved, and regard others as dependable love, and perceive others as reliable, accepting, and open. Insecure people of people experience problems that affect their daily lives. Relationships as they develop into adults affect their daily lives, relationships, and even their lives [7].

2.2. Categorization of Insecure Attachment

Insecure attachment can be organized into three subclasses, anxious attachment, avoidant attachment, and fearful attachment [8]. Both anxious and avoidant lack healthy and satisfying relationships, or have experienced bad experiences, which in turn affect behavior and relationships [9]. Anxious attachment styles, more specifically, are caused by attachment figures, delaying responses to themselves, "global feelings of unlovability and pessimistic expectations about being accepted, understood, and cared by others, which in turn may negatively bias cognitions and feelings during interpersonal interactions and result in self-exasperating cycles of frustration, pain, and loneliness" [7]. The avoidant attachment style, on the other hand, employs a defensive approach to avoid relationships with others, the wall represses their need for intimacy, and falsely demonstrates their independence. Fearful attachment is patients who share both anxious and avoidant styles at the same time. This attachment situation in children can be used for adults as well, except that the object will change from attachment to parents to attachment to peers or loved ones.

3. Problems Of Postpartum Parents

3.1. An Experiment

First, a comparative experiment done by W. Steven Rholes reflects this well. They divided this experiment into two pieces, the first part was prenatal, which just asked questions about parenting intentions and so on, and the second part was postnatal, which would inquire about the meaning of parenting and the level of satisfaction and stress associated with parenting, all filled out privately, without consulting the other person, and with no communication between the couples. This experiment was conducted by a hospital in the southwestern U.S. that was looking for 106 newborn

couples to complete a counseling session in private six months before the due date (Time 1), and another six months after the delivery (Time 2) for a fee of \$50 [10].

3.2. Meaning and Satisfaction of Parenting

Following the results of Rholes' experiment, at 6 months postpartum, people with avoidant personalities derive less meaning and fulfillment from caring for their children, in addition to experiencing greater stress. Several factors that contribute to parenting stress may also prevent avoidant individuals from experiencing greater meaning and fulfillment in the early stages of parenthood. One such reason is terror management theory [11]. The prominence of death enhances the need to ward off survival anxiety and the desire to parent. However, this occurs primarily in people with secure attachment styles. A second possible reason is that avoidant parents may derive less gratification and achievement from caring for their children because caring for infants does not satisfy their more profound psychological needs.

3.3. Stress Level

Marsh and Johnston's article builds on Webster-Stratton's theory that parental perceptions are central in determining parenting behavior [12]. And many people with avoidant tendency types receive less love and more rejection in childhood and adolescence, thus causing their attachment systems to be harder to activate when their children need help, so they only have incomplete cognitive systems. However, they are also expected to play the role of a parent, which is a very contradictory conflict that causes their attachment system to be forced to activate, and therefore these mutual conflicts become strained, and parenting becomes a source of stress. It can be argued that at no time is this avoidance of attachment more of a problem than when parenting others. When parenting others, this problem of avoiding attachment can be even worse.

4. The Level of Attachment Security Affecting Generation

As shown in a study on the prevalence of psychological disorders in offspring [13]. They exhibited low self-esteem or negative intimacy at first contact, 27% (46/127) of all mothers had low self-esteem and experienced negative intimacy, and most of them had experienced severe stigmatization and abuse before the age of 17 years [66% (68/105)], which is very similar to the findings of George and Kaplan's findings on adult avoidance patterns, who had difficulty discussing attachment-related experiences. This is very similar to the findings of George and Kaplan's research on adult avoidance patterns, in that they had difficulty discussing attachment-related experiences or even recalling specific childhood events, and that they often behaved in an angry, fearful, or passive manner [14]. Ainsworth et al. also showed that insecure attachment is also associated with interpersonal difficulties, low self-esteem, and pessimistic evaluations of potentially threatening events. This is why the mothers selected for the Bifurco experiment were particularly similar in their characteristics. During this 12-month study period, the offspring of vulnerable mothers had a very high likelihood of developing psychiatric disorders, with very high heritability rates for almost all types of psychiatric disorders (i.e., depression, substance abuse, and anxiety disorders). This may also indicate that avoidant attachment patterns are passed down through generations of offspring.

4.1. Causes Children to Develop Anxiety Disorders in Adolescence

One narrative review explored the relationship between parent-child attachment and anxiety, depression, or internalizing problems during childhood or adolescence [15]. Another analysis explored the relationship between attachment and anxiety during childhood and included studies

assessing parent-child attachment. Both reviews concluded that insecure attachment has higher levels of anxiety or internalizing problems [16].

According to the research result of Kath, peer relationships are also associated with anxiety, as children with higher levels of anxiety perceive themselves as less able to get along with their peers, are more likely to be victimized by their peers, and experience more difficulties in friendships and romantic relationships [17].

5. Conclusion

This paper presents the extensive literature on avoidant attachment in adults and describes a generic definition of avoidant attachment as one of the three insecure attachment types. The paper also describes the impact of avoidant attachment on the parent-child relationship, which can make the parent feel that the relationship is less meaningful and stressful, and is also closely related to the infant's level of attachment security, which can lead to adverse effects, particularly in infancy, leading to peer inappropriate anxiety.

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