

University Students' Adult Attachment and Love Conflict Coping Strategies: Study on the Relationship with Love Satisfaction

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Abstract: With the development of The Times, the change in university students' love situation is an important entry point in the study of an intimate relationships. In this study, a questionnaire survey of 320 University students and 5 University students showed that the overall level of love satisfaction was high, but the avoidance and anxiety of adult attachment were generally high. Love conflict coping strategies have a significant impact on the love satisfaction of university students and have a certain intermediary role in the relationship between adult attachment and love satisfaction of university students. Therefore, constructive communication is one of the effective ways to improve University students' love satisfaction, which is conducive to the healthy development of University students' love psychology.

Keywords: university students, adult attachment, love conflict, love satisfaction

1. Introduction

University Students' love problems are important issues in academic psychology. A lot of research on the problem of love problem of the university student started with the attachment type when domestic literature research was seen. According to many studies, safe and affluent University students' love satisfaction and preference for affection models are higher than the types that are not safe, so University students can have a good affection model [1-8]. From the viewpoint of foreign literature, there are many types of research on the intrinsic mechanism and individual difference of attachment to the adult, and there are few studies on the university student. However, research on the love of existing university students has been carried out since ancient times. The development of the times and the influence of the new coronavirus will change the overall situation of University Students' love.

Based on adult attachment theory, the explosion is in the new special situation of the love collision problem of the university students [2]. Also, the love situation of the whole university student was influenced by the explosion and change who studied how to deal with the problem of love collision problem and gave constant instruction to the university students to love [3]. The purpose is to guide university students to form correct love views. This issue adopts an intimate relationship experience table (Experience in Close Relationships Inventory), a relationship evaluation table (Relationship-Assessment Scale), a relationship satisfaction table, and a university student romance interview table.

2. Research Methods

2.1. Study Subjects

In this study, university students in love were the research objects. By stratified random sampling, 320 students from various universities were selected as research subjects. After the self-report in the options “in love” and “had love experience, is now single” in the title and excluding the questionnaire of incomplete answers and careless answers, the valid love subjects were finally selected as 116 and had love experience, and now the individual valid subjects are 121. For specific technical information, see figures in Table 1 below.

Table 1: Basic information about the subjects.

name	class	number of people	percentage
Your gender:	male	150	55.55
	female	120	44.45
Your grade is:	freshman	65	24.08
	sophomore	54	20.00
	junior	50	18.52
	senior	56	20.74
	graduate	45	16.66
Your degree is:	University education	115	42.59
	undergraduate education	155	57.41
Love situation	Always single	33	12.22
	Have been in love with, and is currently single	116	42.96
	In love	121	44.81
Amount		270	100.0

2.2. Research Tools

(1) The measurement of adult attachment of university students is the Chinese revision of the intimate Relationship Experience Scale (Experience in Close Relationships Inventory) completed by Li Tonggui and Kato [1]. It is a 36-item self-report questionnaire and a 7-point scoring method, including

two dimensions of avoidance and anxiety. The Chinese version of the ECR had good internal consistency reliability. The conception validity and calibration validity were also good.

(2) The measurement and evaluation of relationship satisfaction is the relationship evaluation scale (Relationship-Assessment Scale), which is 7 simple self-aging scales. The 5-point scoring method is adopted, which has a certain reliability and validity and meets the requirements of this measurement study [9].

(3) The coping strategies of love conflict are measured by using A simple Chinese version of the Communication Mode questionnaire (Communication Pattern Questionnaire) revised by Christensen [2]. The Score is scored at 9 points. The internal consistency coefficient of this questionnaire was 0.72.

2.3. Research Hypothesis

Hypothesis 1: University students have the largest share of safe bonds for adults, followed by avoidant and contradictory bond types for adults.

Hypothesis 2: The general level of love satisfaction among university students has declined due to the effects of COVID-19, and there are significant differences in gender.

Hypothesis 3: The choice of love coping strategies of boys and girls influences the love satisfaction of both sides.

Hypothesis 4: Adult attachment has an indirect influence on relationship satisfaction through the mediating variable (relationship conflict coping style).

According to Figure 1, this is the theoretical model studied of University students adult attachment and love conflict coping strategies.

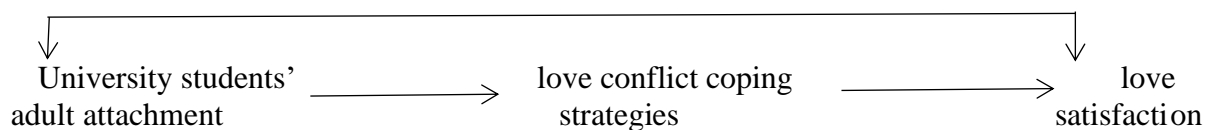


Figure 1: Theoretical model studied.

2.4. Procedure

Firstly, the research hypothesis and questionnaire were completed, and then data from the research subjects were collected by filling out the questionnaire online and conducting interviews offline. Finally, data entry and statistical analysis were carried out using SPSS 25.0.

3. Results

3.1. The Status of the Relationship Between Adult Attachment, Love Conflict Coping Strategies and Love Satisfaction

After systematic descriptive statistical analysis of the overall values of intimate relationship experiences, methods for coping with love conflicts and love satisfaction, the values of constructive communication and intimate relationship satisfaction are above average; The scores of self-demand and self-exit in love conflicts are lower than those of the constructive gap [10].

As can be seen from the table, men perceive more conflicts than women regarding gender differences among university students, and the degree of satisfaction with the intimate relationship is also more satisfactory with men than with women.

Table 2: Mean value and gender difference test of adult attachment, love conflict, and love satisfaction among university students (n=270).

dimension	mean	Male (n=150)	Female (n=120)	t
Constructive communication	2.84	3.05	2.75	0.370**
Self-needs	3.30	3.34	3.11	0.245
Self-exit	3.45	3.601	3.105	0.189*
Intimate relationship satisfaction	17.84	18.80	17.23	0.949*

Note: * $p < 0.05$ ** $p < 0.01$

The general level of love satisfaction among university students has declined under the influence of COVID-19, and there are significant differences in gender. There are significant differences between the sexes in the dimension of self-withdrawal.[3]. According to the statistical data, the overall statistics are Significant ($p < 0.05$). The Constructive communication of males is more significant than females, and they all are significant in this way.

3.2. The Influence of Adult Attachment Type on Love Satisfaction

The Adult Attachment Intimacy Experience Scale (ECR) score can be rated in dimension or attachment type [4]. In order to obtain more information about the adult attachment of university students, this study also conducted the statistics of attachment type. The results are presented in the following table 3.

Table 3: Adult type attachment distribution of University students.

Adult attachment type	number of people	percentage
Safe type	176	65
Avoid type	46	17.1
Contradictory type	48	17.7
amount to	270	100

In the University student group, the proportion of secure types was the largest, followed by avoidant and paradoxical adult attachment types. Different attachment types can have an impact on relationship satisfaction [11]. Therefore, one-way ANOVA was used to explore the differences of adult attachment in Table 4 below:

Table 4: Difference test of different types of adult attachment among university students.

Safe type	Avoid type	Contradictory type
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Table 4: (continued).

Love satisfaction	30.78	26.64	28.78
M(SD)	(2.68)	(2.78)	(3.27)

Note: * $p < 0.05$ ** $p < 0.01$

The results showed that different relationships were significantly affected by different adult attachment types. University students with secure attachment have better satisfaction with love, and less evasive and contradictory satisfaction than secure satisfaction, but there is little difference in satisfaction.

3.3. Related Statistical Analysis of Adult Attachment, Love Conflict Coping Strategies and Love Satisfaction among University Students

According to the results of Table 5, the University students' love attachment avoidance dimension means average than attachment anxiety, the overall situation of university students in love for love, affected by the outbreak, University students' adult attachment anxiety and avoidance improved compared to previous research data, for the relationship more avoidance and anxiety, the overall love satisfaction decreased [12].

Table 5: Statistical analysis of adult attachment, love conflict and love satisfaction of university students (n=270).

	mean	standard deviation	Satisfaction with love Correlation coefficient
Attachment avoidance	2.83	1.61	0.642**
Attachment anxiety	2.97	1.43	0.526**
Self exit	3.38	2.13	0.803**
Self-needs	3.21	2.62	0.871**
Constructive communication	3.51	3.41	0.662**

Note: * $p < 0.05$ ** $p < 0.01$

In the offline interview, some participants pointed out that the closure of the epidemic has a large impact on love satisfaction, and it is more likely to cause love conflicts and negative effects on partners who do not meet for a long time due to the epidemic, which leads to a decrease in love satisfaction and an increase in love conflicts. The love situation of the students is generally relatively satisfactory [8]. The epidemic has a certain impact on the overall situation of love, whereby the value of love satisfaction decreases compared to previous years [5]. The intermediary effect of love conflict coping on adult attachment on love satisfaction

The research dimensions of university students' love conflict coping methods are divided into three dimensions: constructive communication, self-demand (partner exit) and self-withdrawal (partner demand). Mediator analysis was used to determine whether relationship conflict coping style mediated between adult attachment and relationship satisfaction.

Item	c gross effect	a	b	a*b Intermediary effect value	a*b (Boot SE)	a*b (z price)	a*b (p price)	a*b (95% BootCI)
Attachment avoidance => Constructive communication => Relationships satisfaction	0.445**	0.088*	0.811**	0.071	0.050	1.415	0.157	0.026 ~ 0.223
Attachment avoidance => Self needs => Love relationship satisfaction	0.445**	0.278**	1.397**	0.388	0.073	5.346	0.020	0.552 ~ 0.836
Attachment avoidance => self-withdrawal => relationship satisfaction	0.445**	0.241**	-0.319**	-0.077	0.035	-2.175	0.030	-0.208 ~ -0.069
Attachment anxiety => Constructive communication => Relationships satisfaction	-0.078	0.037	0.811**	0.030	0.049	0.609	0.543	-0.038 ~ 0.154
Attachment anxiety => Self-needs => Relationships satisfaction	-0.078	-0.043	1.397**	-0.060	0.068	-0.893	0.372	-0.272 ~ -0.004
Attachment anxiety => Self-withdrawal => Love relationship satisfaction	-0.078	-0.023	-0.319**	0.007	0.019	0.383	0.702	-0.018 ~ 0.057

* p < 0.05 ** p < 0.01

Figure 2: Summary of mediation Results (N=270).

According to the analysis of the mediation effect test results in Figure 2, the love conflict coping style has a certain mediation effect between adult attachment and love satisfaction. In the dimension of attachment avoidance of university students, it can have some mediation effect on the satisfaction of romantic relationships through the constructive communication of love coping mode, but the mediation effect in the dimension of attachment anxiety is not significant [6]. Under the way of self-needs, University students' attachment avoidance can cover effects of relationship satisfaction, resulting in a negative intermediary effect, in the evaluation of their relationship satisfaction situation, the individual with self-exit love response, may affect the degree of adult attachment to avoid.

4. Discussion

This study still has some limitations and has the following shortcomings, which need to be improved in subsequent studies: Research samples are limited, although samples come from different provinces throughout the country, the samples are mainly from university students in Yunnan Province, the educational resources of Yunnan Province are relatively backward, the comprehensive level of students compared to developed areas has a certain gap, and rarely popular love psychology courses in Yunnan Province, Yunnan Province University students love look is not very clear realization. Therefore, there are certain differences between the perception of love relationships and love conflicts between university students and those of other regions, and there are certain random errors in the research data. Subsequent studies can promote the investigation of different regional differences in love cognition and conflict response of university students in different regions.

The analyzed data show a certain deviation, and the effect is not significant, thereby affecting the objectivity and scientific nature of the research results [7]. The method of analysis of the study is relatively widespread, without an in-depth analysis of the various deep-rooted reasons for love

satisfaction and whether the methods of coping with the love conflict are related to the choice of spouse and the ratio of marital satisfaction.

5. Conclusions

Love satisfaction is generally high among university students, and love conflicts are generally low. The response to love conflicts is more active, which is influenced to some extent by the epidemic. The general level of love satisfaction among university students has decreased as a result of COVID-19, and there are significant gender differences. The majority of university students are safe, followed by avoidant and contradictory adult attachments. The choice of love coping strategies between boys and girls influences both sides' love satisfaction. Adult attachment of university students has an indirect influence on love satisfaction via intermediate variables, which are specific coping methods with love conflicts. Constructive communication can play a regulating role in the satisfaction of love conflicts and play a partial mediator role in the relationship between adult attachment and love satisfaction. It is hoped that find the information in this template useful in the preparation of your submission. If any, should be placed before the references section without numbering.

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