

Relationship Between Attachment Styles and Reducing Symptoms of Depression among High School Students at Gallehdar City

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Abstract

Relationship between quality of attachment with the psychological trauma is one of the fields that involved in a wide range of psychological research. The objective of this study was to investigate the relationship between attachment styles and reducing symptoms of depression among high school students at Gallehdar City. The study population consisted of high school students at Gallehdar City; 80 samples were selected and the Beck Depression Inventory and attachment styles have been used. The reliability of the Beck Depression Inventory scale of 0.79 and the reliability of Collins and Reid attachment style questionnaire were estimated as 0.729 using Cronbach's alpha and content validity of the questionnaire was confirmed. For data analysis, inferential statistics such as Pearson correlation coefficient was used. Obtained results show a significant relationship between attachment styles and reducing symptoms of depression at high school students.

Key words: Depression, High school, Attachment styles

INTRODUCTION

Depression has been called the common cold of mental health, but is not remained as mental cold and serious psychological therapy are needed. (Ollandick and Horch, 2006) Studies show that depression in younger people is increasing. Moreover, the rate of depression in childhood and early adolescence has been reported in girls than boys. (Lee and Hankin, 2009)

Today, our understanding of depression, according to new knowledge about the origins and causes of cognitive and behavioral disorders, mood is very different from the past. Based on the new findings, in most cases, depression in children can be remaining effects of attachment insecure and connection the of parent-child in the early years

of life. Depressed children generally suffer unfavorable environment and in particular defective relationship with the parents. (Reinecke and Rogers, 2001)

Van Wagner says (2008) failing to form secure attachments in early months of life can have negative effects on behavior in childhood and adulthood. Children with depression, anxiety or oppositional defiant disorder, often resulted by attachment problems and a history of abuse, neglect or harm of newborns' first period.

Social interaction with parents during the growth stages is very important. What is important is parent-child relationship that could reduce or increase concerns, if the mother or primary caregiver provides love and adequate security, confidence will grow slowly and regularly, and children achieve enough positive psychological development.

Childhood motivations are free to become adult autonomy efforts and personal readiness model will be formed, and the result will be healthy mature adults. If needs of children are failed, the child has not matured enough and an insecure, demanding, jealous and selfish child will be

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resulted and psychological development is prevented that all these steps can reduce the symptoms of depression.

Attachment styles indicate personality indicator and these styles not only have important effects on personality psychology and developmental psychology, but also had non-negligible effects on various aspects of psychopathology and psychotherapy, such as family and marital therapy and psychotherapy in teenagers.

Relationship between quality of attachment and psychological trauma is one of the areas that included widely in the psychological research. Main result of the interaction between mother and child is creating a kind of emotional attachment between the child and the mother. (Bowlby, 1969) This emotional attachment that expresses the relationship between the mother and her child, causing the child to seek comfort from the mother, especially when feel the fear and uncertainty. (Ainsworth, 1989)

In the childhood, we have basic needs and psychological security and material dependency to our relative and family. If, despite parents (as a safe and comfortable environment) creates an environment full of tension and worries and fears are stifling. (Due to the lack of development of defense responses in children), this leads to the formation of high anger, also sexual abuse of children by relatives play a major role in the formation of such a conflict.

Although an individual with avoidant attachment style, in case of the loss of the relationship “does not feel of being “bad, but someone with this attachment style imposes heavy price, because they do not enjoy their relationship. Enjoy, love and attachment styles of individuals in their own relationships depend on the cultural context and individual priorities and their gender differences. (Mohammadi, 2003)

According to recent research by doctor “Aaron Beck”, more than eighty percent of depressed patients consider themselves worthless man, unfortunately it does not end here. Researches by Dr. Beck have shown that depressed patients particularly in areas such as intelligence, success, appetite, attraction, health and ability with high value are disabled. Depressed human loses the ability to think clearly and is not able to analyze the situation.

Rasoul Zadeh in 1987 in a study entitled the Relationship between attachment styles and rational beliefs among young people 20 years-old at Bafq city indicated a relationship between attachment styles and rational beliefs.

Mirabi in 1991 in a study entitled the relationship between reducing symptoms of depression and rearing children

among retarded children and normal children in the Noor city showed a significant relationship between depression symptoms and child rearing.

Amin Khah in 2007 in a study entitled compare parenting styles among the first child and adolescent school children of the city of Zarand, indicated that parents’ parenting style are differences among first and last children. In this research to compare the differences, independent t test was used.

Jahanbakhsh (2010) showed a significant positive correlation between attachment problems and depression in girls.

Armsden et al (1990) showed that depressed adolescents have less parents secure attachment compared to non-depressed.

Bifulco et al (2002) demonstrated that existence of any kind of insecure attachment is associated with one-year depression. Also, attachment relationship with clinical depression with different styles and different degrees of insecurity avoidance hostile and non-hostile are increased.

Sable (2004) showed that symptoms of anxiety, depression or anger may represent a negative emotional experiences of attachment relationships in the past or present.

The main issue in this study was to investigate the relationship between attachment styles and personality traits, especially depression. To achieve this aim, questions and variables and definitions of the variables are presented. At first concept, identity and the foundations of the theory according to Erikson and Marcia views were expressed, four statuses and scenarios of Marcia identity that include depression, anxiety, confusion and early anxiety, anxiety, suspense anxiety, as well as factors affecting the development of depression has been studied; so the theoretical foundations of the concept of attachment and attachment styles in its life cycle and their interactions, according to the theory of psychoanalysis, Freud and Winnicott’s views have been examined, as well as on individual differences in attachment and the effects of the economic status of the family that importance of this issue in the relationship between attachment styles and reducing symptoms of depression in the workplace and educational institutions, families and institutions are concerned.

Objective of this study was to examine the relationship between attachment styles and reducing symptoms of depression among adolescents at Gallehdar City high school and whether there is a relationship between attachment styles and reducing symptoms of depression, is the deep emotional connection that people make in life,

can decrease or increase decrease symptoms of depression affect, do feel joy and happiness can increase attachment or not? Therefore present study was aimed to investigate the following hypothesis:

- There is a relationship between attachment styles and reducing symptoms of depression.

MATERIALS AND METHODS

The present study is descriptive and correlational. The purpose of this association is to understand the complex patterns of behavior by studying the correlation between these patterns and the variables that are assumed to exist relationship. This method is especially useful in situations where the aim is to explore the relationship between variables has been done about them.

Population and Statistical Sample: population studied in this research were all high school students at Gallehdar City. According to the study, 80 subjects were selected as sample using randomly-stratified sampling.

In most human studies, researchers would like the sample to be chosen, ensure that there are subgroups with the same ratio in population, as a population representative to be present in the sample. These samples are called classified samples. Stratified sampling method is suitable in the study that the researchers plan to compare the different subgroups. In summary, the researchers ensure that selected sample is based on the characteristics and factors that have been classified in stratified sampling method. (Delavar, 2004)

Data Collecting Tool: In this study, two standard questionnaires attachment Collins and Reid and Beck Depression Inventory were used.

A. Collins and Reid attachment Scale: this scale includes a self-assessment of skills, build relationships and descriptive way of forming relationships close attachment to the attachment figure and consists of 18 questions based on Five-Likert scale of “I did not comply with the specification” (1), to “fully complies with the specification I” (5), is measured.

Factor analysis to assess the validity of the test showed that this test has the three subscales (secure attachment, avoidant, and ambivalent). Collins and Reid (quoting chaste, 1999) reported Cronbach’s alpha for the subscales secure, avoidant and anxious, respectively, 0.81, 0.78 and 0.85. In research Pakdaman (1999), reported test-retest reliability of the scale 0.95. In the present study, Cronbach’s alpha was used to test reliability; as specified in Table 1 Cronbach’s

alpha for the internal consistency of the questionnaire obtained 0.729 and reliable is the questionnaire.

B. Beck Depression Inventory: this inventory was designed based on clinical criteria for depression by Beck in 1961 and contains 21 such groups, and each group has four options. Out of 21 articles, two for the people, eleven of cognitive problems, two material behavior, five of the physical symptoms and 1 refers to interpersonal relationships. Subjects will be asked to choose the option that is most compatible with current mood. Scores of each group of sentences between zero to 3 and total scores is from zero to 63.

Studies related to reliability and validity of the test was satisfactory. For example, Beck reliability was reported of 0.93. The reliability of this inventory in Nissi, Attari and Mojtahed Zadeh research (2004) by Half method was 0.80 and 0.90 by Cronbach’s alpha. Alpha coefficient of this inventory in this study was 0.79, this indicates internal consistency and reliability of the questionnaire (Table 2).

Information and Data

Data on 80 students who answered the research question were analyzed. For hypothesis and investigate the relationship between attachment styles and reducing symptoms of depression of students, Pearson’s correlation coefficient was used in inferential statistics. The analysis was performed using SPSS software.

Hypothesis: There is a relationship between attachment styles and reducing symptoms of depression.

To test this hypothesis, the Pearson correlation coefficient was used. The results are shown in Table 3.

As Table 3 shown, correlation between attachment styles and reducing symptoms of depression is 0.142 at high school students and the fact that a significant level is 0.076 and is greater 0.05; therefore, there is no significant relationship between attachment styles and reducing symptoms of depression at high school students.

Table 1: The reliability of collins and reid attachment questionnaire

Cronbach alpha	Items
0.729	18

Table 2: The reliability of beck depression inventory

Cronbach alpha	Items
0.79	21

Table 3: The correlation between attachment styles and reducing symptoms of depression at high school students

	Attachment styles
Depression symptoms	0.142
Correlation coefficient	0.076
Significant level	80
Number	

* Significant at Level of 0.05, **Significant at Level of 0.01

DISCUSSION AND CONCLUSION

This study aimed to investigate the relationship between attachment styles and reducing symptoms of depression among high school students at Gallehdar City. To investigate the hypothesis, Pearson correlation coefficient was used.

In hypothesis testing, "Is there a significant relationship between attachment styles and reducing symptoms of depression among high school students?" We found a significant relationship between attachment styles and reducing symptoms of depression at high school students. The result of this research are inconsistent with results of Rasoulzadeh (1987) and Mirabi (1991).

If I did not exaggerate, through simple friendly behavior dialogue by students, we can change the unbalanced to good students with good grades to finish the school with good scores. Depression in children and adolescents is often associated with low educational status, irritability, feelings of restlessness and substance abuse. Depressive disorders occur in all age groups. There is the risk of depression in children as well as adults. Although the symptoms of depression in adults, but growth factors may influence on clinical picture of them. Depression in children and adolescents often is associated with irritability, withdrawal from family and peers, educational failure, reluctance to cooperate in family histories, irritability, feeling restless, negative behavior or anti-social and drug abuse.

If this disorder untreated, these symptoms may sometimes take about 9 months. Due to the effect of depression in this age, academic achievement and self-esteem in children and young leaves, it is necessary to treat the disorder. Often when it is said that a person suffering from depression, mood such as sadness, confusion, however, wilt, in troughs, bored, is not enjoying life and not enjoying everything that normally enjoyable, withdrawal, dreams distracted are involved in the mind. While all the above is true, but depressive states are much wider.

In the definition of depression: Depression is any abnormal behavior and attitudes annoyingself and others. This definition is very broad and includes any thoughts,

emotions, feelings and aberrant behavior that is annoying to the individual and others This definition includes all behaviors and abnormal states of people from suicide to homicide, the obsessive behavior to falter, addiction, sexual dysfunction, anxiety and aggression.

The concept above will be more understandable, if we look at the emotional and behavioral disorders from other look. Depression is a repressed frustration in different ways and is reflected according to genetic background, culture, family and personality (cognitive, learning, etc.).

I believe that aggression is the same depression and person moves anger towards the environment and the people around the person. Providing a definition of depression is not easy, because proposed definition is impossible to be accepted by all professionals and researchers. Given the high rates of adolescent depression, one of the most important issues of clinical and mental health is treatment of depressed children and adolescents. Psychological studies have shown that emotional attachment styles play an important role in the control of emotional relationship, particularly in the school, also study suggests that for better understanding and friendly relations even between peers and friends in different environments and the school must be investigated and theoretical bases of attachment styles and attachment styles in the life cycle and their interactions, according to Freud's theory of psychoanalysis and views of Viennese should be examined.

Restrictions facing this study include:

- Limited number of subjects in high school.
- Limited number of participants in an urban area.
- Lack of cooperation for the implementation of the test subjects.
- Lack of access to fresh and new content related to the subject.
- Limited resources and subjects related to attachment styles.

In the results, the general recommendations about the study as presented below:

Using fresh and new content and recent studies have been done on reducing depressive symptoms and attachment styles.

Open subjects at different educational levels.

Generalization of the subject in the city other than Galehdar.

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