

Attachment Styles and Relationship Satisfaction Among Gen Z

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Article History:

Date Received: May 25, 2026

Date Revised: June 1, 2026

Date Accepted: June 2, 2026

Date Published: June 13, 2026

DOI:

<https://doi.org/10.5281/zenodo.20673704>

Document ID: 2026IJROMS0134

Recommended Citation:

Marquez, E. M. G., & Diola, D. D. (2026). Attachment Styles and Relationship Satisfaction Among Gen Z. *International Journal of Research on Multidisciplinary Studies*, 1(5), 61-71.
<https://doi.org/10.5281/zenodo.20673704>

Abstract. Romantic relationships are a significant developmental context during emerging adulthood, contributing to emotional well-being, identity formation, and interpersonal functioning. Within Generation Z, these relationships are increasingly shaped by both traditional relational patterns and digital communication environments.. This study investigated the relationship between attachment styles—specifically attachment anxiety and attachment avoidance—and relationship satisfaction among Filipino Generation Z individuals currently engaged in romantic relationships. A quantitative descriptive-correlational research design was employed, involving 100 purposively selected respondents. Data were collected using the Experiences in Close Relationships Scale–Short Form (ECR-S) and the Relationship Assessment Scale (RAS), and analyzed through descriptive statistics and Pearson correlation. Findings revealed a relatively elevated level of attachment anxiety and a moderate level of attachment avoidance among respondents, alongside generally high relationship satisfaction. Correlation analysis indicated a strong negative relationship between attachment anxiety and relationship satisfaction and a moderate negative relationship between attachment avoidance and relationship satisfaction. These results suggest that higher levels of attachment insecurity correspond to lower levels of perceived relationship satisfaction. Despite this, participants maintained overall positive evaluations of their relationships, indicating that emotional support and communication may buffer the effects of insecurity. The study concludes that attachment styles significantly influence romantic relationship experiences among Generation Z individuals.

Keywords: attachment anxiety; attachment avoidance; attachment styles; Generation Z; romantic relationships

Introduction

Romantic relationships play an important role during emerging adulthood, as they contribute to emotional support, identity development, and overall psychological well-being. The quality of these relationships has been linked to important outcomes such as emotional regulation, life satisfaction, and mental health. In the context of young adults, particularly those navigating early romantic experiences, these relational outcomes are crucial in shaping both personal and social development. As individuals navigate intimacy and commitment, understanding the psychological factors that influence relationship quality becomes essential. One of the most widely studied factors in this area is attachment style, which refers to patterns of emotional bonding, closeness, and dependence in relationships.

Attachment theory suggests that early interactions with caregivers shape internal working models that guide individuals' expectations, emotions, and behaviors in later relationships. Contemporary research continues to support the relevance of these attachment processes in adult romantic relationships, particularly through the dimensions of attachment anxiety and attachment avoidance (Fraley & Roisman, 2019; Campbell & Stanton, 2021). Attachment anxiety is characterized by fear of rejection and excessive need for reassurance, while attachment avoidance involves discomfort with intimacy and emotional closeness. These dimensions influence how individuals regulate emotions, communicate with partners, and respond to relational challenges, making them critical in understanding relationship dynamics among young adults.

Relationship satisfaction, on the other hand, refers to an individual's overall evaluation of the quality and fulfillment of their romantic relationship. It is considered a key indicator of relationship health because it reflects whether emotional needs and expectations are being met. Higher levels of relationship satisfaction are associated with better psychological well-being and relationship stability, while lower levels are linked to conflict, dissatisfaction, and emotional distress. Recent research emphasizes that relationship satisfaction is shaped not only by situational factors but also by individual psychological characteristics, including attachment styles (Joel et al., 2020; Fletcher et al., 2021).

A growing body of recent literature has demonstrated that attachment styles are significantly related to relationship satisfaction. Studies have consistently shown that secure attachment is associated with higher

satisfaction, whereas anxious and avoidant attachment are associated with lower satisfaction in romantic relationships (Campbell & Stanton, 2021; Reddy & Naila, 2024). Individuals with anxious attachment tend to experience fear of abandonment and emotional dependency, while those with avoidant attachment often withdraw emotionally, both of which negatively affect relationship quality. Furthermore, attachment styles influence key relational processes such as communication patterns, emotional responsiveness, and conflict management, which are essential components of relationship satisfaction (Aguirre et al., 2024; Quan et al., 2025).

The relevance of this topic becomes more pronounced when examined among Generation Z, commonly defined as individuals born between 1997 and 2012. As a generation that has grown up in a highly digital and socially connected environment, Gen Z experiences romantic relationships within a context shaped by social media, online communication, and evolving relational norms. In the Philippine setting, these influences are particularly evident as young individuals increasingly engage in digital interactions that may affect intimacy, trust, and communication. Studies have shown that technology use, including partner distraction and online comparison, can influence relationship satisfaction and emotional connection among young adults (Drouin et al., 2021; Roberts & David, 2022). These findings suggest that relationship dynamics among Gen Z may differ from previous generations, making it important to examine psychological factors such as attachment within this context.

In the Philippine context, research on attachment and romantic relationships among young adults remains limited. Existing local studies have primarily examined attachment in relation to constructs such as emotional intelligence and interpersonal functioning rather than directly investigating relationship satisfaction. For instance, Fabella and Litao (2023) found that attachment styles were significantly associated with emotional intelligence among Filipino college students, while Aguirre et al. (2024) reported that attachment dimensions predicted romantic conflict management skills. Although these studies highlight the importance of attachment in relational functioning, they do not directly examine its relationship with relationship satisfaction, particularly among Filipino Generation Z individuals.

Despite the growing international literature on attachment and romantic relationships, a clear research gap remains. Most recent studies have focused on general young adult populations or non-Filipino samples, with limited research specifically examining Filipino Generation Z individuals who are currently engaged in romantic relationships. Moreover, there is a lack of localized empirical studies that directly explore how attachment anxiety and attachment avoidance relate to relationship satisfaction within this group. Given the unique social, cultural, and technological context of Filipino Gen Z individuals, there is a need to examine how these attachment dimensions influence their relationship satisfaction.

In response to this gap, the present study aims to examine the relationship between attachment styles, specifically attachment anxiety and attachment avoidance, and relationship satisfaction among Gen Z individuals in the Philippines. By focusing on this population, the study seeks to contribute to the growing literature on romantic relationship functioning while providing contextually relevant insights that may inform counseling practices, relationship education, and mental health interventions.

Moreover, this study aligns with the United Nations Sustainable Development Goal 3: Good Health and Well-Being, which emphasizes the promotion of mental health and emotional well-being. Healthy romantic relationships can serve as a source of emotional support and psychological stability, particularly during emerging adulthood. By understanding the factors that influence relationship satisfaction, this study may contribute to promoting healthier interpersonal relationships and overall well-being among young individuals.

Research Questions

This study aimed to examine the relationship between attachment styles and relationship satisfaction among Gen Z individuals in romantic relationships.

Specifically, it sought to answer the following questions;

1. What is the level of attachment styles among Gen Z individuals in romantic relationships in terms of:
 - 1.1 attachment anxiety, and
 - 1.2 attachment avoidance?
2. What is the level of relationship satisfaction among Gen Z individuals in romantic relationships?
3. Is there a significant relationship between Attachment Styles and relationship satisfaction among Gen Z individuals?

Scope and Delimitation of the Study

This study focused on examining the relationship between attachment styles, specifically attachment anxiety and attachment avoidance, and relationship satisfaction among Generation Z individuals currently

engaged in romantic relationships in the Philippines. The study utilized a quantitative descriptive-correlational research design involving 100 purposively selected respondents who belonged to Generation Z and were currently in a romantic relationship. Data were gathered using the Experiences in Close Relationships Scale–Short Form (ECR-S) and the Relationship Assessment Scale (RAS). The study primarily aimed to determine the levels of attachment styles and relationship satisfaction, as well as the significant relationship between these variables. The study was delimited only to Filipino Gen Z individuals born between 1997 and 2006 who were currently involved in romantic relationships and willing to participate in the study. Respondents outside the specified age range, individuals not currently in romantic relationships, and incomplete survey responses were excluded. The study was also limited to self-reported data collected through online surveys, which may be subject to response bias and social desirability bias. Furthermore, the study focused solely on attachment anxiety, attachment avoidance, and relationship satisfaction, excluding other variables such as communication patterns, family background, and social media use that may also influence romantic relationships.

Literature Review

Attachment Styles in Romantic Relationships

Attachment theory has long been used to explain how individuals form and maintain close relationships, particularly in romantic contexts. It posits that early interactions with caregivers shape internal working models that influence emotional regulation, interpersonal expectations, and relational behaviors in adulthood. These patterns are commonly expressed through attachment styles, categorized as secure, anxious, and avoidant. Contemporary research continues to support the relevance of these attachment orientations in romantic relationships, particularly among young adults. Studies consistently show that individuals with secure attachment demonstrate greater comfort with intimacy and trust, whereas those with anxious or avoidant attachment exhibit relational difficulties such as fear of abandonment, emotional dependence, or discomfort with closeness (Reddy & Naila, 2024; Ashaq & Singh, 2024). While these findings are consistent across studies, differences emerge in the way attachment styles influence relational functioning. For instance, Singh and Srivastava (2024) emphasize the emotional dimension of anxious attachment, highlighting its association with heightened emotional sensitivity and dependency. In contrast, Kanaganayagam (2024) focuses on avoidant attachment, identifying its role in emotional distancing and reduced engagement in relationships. These variations suggest that while both anxious and avoidant attachment are considered insecure, they affect relationship dynamics in distinct ways. This distinction is important, as it indicates that different attachment patterns may influence relationship satisfaction through different mechanisms.

Relationship Satisfaction Among Young Adults

Relationship satisfaction is widely recognized as a key indicator of relationship quality, reflecting how well a romantic relationship meets an individual's emotional, psychological, and interpersonal needs. High levels of satisfaction are associated with positive outcomes such as emotional well-being, stability, and effective communication, whereas low levels are linked to conflict and dissatisfaction. Recent studies emphasize that relationship satisfaction is influenced by both individual and relational factors. Research has shown that variables such as communication patterns, emotional regulation, and relational expectations significantly contribute to relationship satisfaction (Kaur, 2024; Yadav, 2025). However, these studies differ in their emphasis on internal versus external determinants. For example, Kaur (2024) highlights the role of relational factors such as love styles and relationship duration, whereas Yadav (2025) underscores the importance of individual psychological traits. These differences suggest that relationship satisfaction is a multidimensional construct influenced by both personal characteristics and relational dynamics. As such, examining psychological factors such as attachment styles provides a more comprehensive understanding of relationship satisfaction.

Attachment Styles and Relationship Satisfaction

A growing body of literature has examined the relationship between attachment styles and relationship satisfaction, consistently identifying attachment as a significant predictor of relational outcomes. Empirical findings indicate that secure attachment is positively associated with higher relationship satisfaction, while anxious and avoidant attachment are negatively associated with satisfaction (Reddy & Naila, 2024; Ashaq & Singh, 2024). However, while these studies agree on the direction of the relationship, they differ in the extent to which each attachment dimension contributes to satisfaction. For instance, some studies suggest that attachment anxiety has a stronger impact on relationship satisfaction due to its association with emotional instability and fear of rejection, while others highlight the influence of

attachment avoidance, particularly in limiting intimacy and emotional connection (Quan et al., 2025; Singh & Srivastava, 2024). These inconsistencies indicate that the relative influence of attachment anxiety and avoidance may vary depending on context and population, suggesting the need for further investigation. In addition, research demonstrates that attachment styles influence relationship satisfaction indirectly through relational processes. Aguirre et al. (2024) found that attachment insecurity is associated with ineffective conflict management, while Khilji and Ambreen (2025) reported that attachment anxiety and avoidance intensify the negative effects of partner phubbing on marital satisfaction. These findings suggest that attachment styles not only affect emotional experiences but also shape behaviors that contribute to relationship outcomes.

Attachment, Developmental Factors, and Relationship Outcomes

Several studies highlight the long-term influence of early life experiences on adult romantic relationships. Research indicates that adverse childhood experiences contribute to the development of insecure attachment patterns, which in turn negatively affect relationship satisfaction (Quan et al., 2025). These findings support the theoretical assumption that attachment serves as a mediating mechanism between early experiences and adult relational outcomes. However, not all studies emphasize developmental factors to the same extent. While some focus on early attachment experiences, others highlight current psychological functioning. For example, Fabella and Litao (2023) found that attachment styles are associated with emotional intelligence, suggesting that attachment influences relational outcomes through emotional competencies rather than solely through early experiences. This indicates that both developmental and present-day factors contribute to relationship satisfaction, reinforcing the complexity of attachment processes.

Attachment and Relationship Processes in Emerging Adults

Beyond direct effects on satisfaction, research has also examined how attachment styles influence relationship processes among young adults. Studies show that attachment patterns shape how individuals manage conflict, express emotions, and maintain closeness in romantic relationships. Aguirre et al. (2024) found that anxious and avoidant attachment predict different conflict management strategies, with insecure attachment linked to maladaptive behaviors such as withdrawal and excessive reassurance-seeking. Furthermore, contemporary studies highlight the role of social and technological contexts in shaping romantic relationships among young adults. The increasing use of digital communication has introduced new relational challenges, such as partner distraction and reduced face-to-face interaction. Khilji and Ambreen (2025) demonstrated that attachment insecurity intensifies the negative effects of these stressors on relationship satisfaction. These findings suggest that attachment styles operate within evolving relational environments, particularly among Generation Z, where digital interactions play a significant role in relationship experiences.

Methodology

Research Design

The study employed a quantitative descriptive-correlational research design. This design was appropriate as it enabled the researcher to systematically describe the levels of attachment styles and relationship satisfaction among Gen Z individuals in romantic relationships, as well as examine the relationship between these variables. A descriptive approach was used to determine the extent or level of attachment anxiety, attachment avoidance, and relationship satisfaction, while the correlational component allowed for the analysis of the association between these variables. A correlational research design is commonly used when the objective is to determine the degree and direction of relationships between variables without manipulating them (Creswell, 2014; Leedy & Ormrod, 2015). In this study, attachment styles and relationship satisfaction are naturally occurring psychological variables that cannot be experimentally controlled or manipulated, making a correlational design appropriate. This approach allows the researcher to identify whether significant relationships exist between attachment anxiety, attachment avoidance, and relationship satisfaction among the respondents. Furthermore, the use of a quantitative design allowed for objective measurement and statistical analysis of the variables through standardized instruments. By employing numerical data and statistical techniques, the study was able to provide empirical evidence regarding the relationship between attachment styles and relationship satisfaction. Overall, the chosen research design was suitable for addressing the objectives of the study, particularly in examining relationships among variables within a specific population.

Sampling Design

The study employed a purposive sampling technique, a type of non-probability sampling in which participants are deliberately selected based on specific characteristics relevant to the research objectives (Creswell, 2014). This sampling method was deemed appropriate because the study required respondents who met particular criteria, specifically individuals who are part of Generation Z and are currently engaged in a romantic relationship. Since not all individuals in the general population meet these conditions, purposive sampling allowed the researcher to obtain a more relevant and information-rich sample.

Research Locale

The study was conducted in the Philippines and focused on Generation Z individuals currently engaged in romantic relationships. Data were gathered through an online survey distributed using Google Forms and shared through various social media platforms to reach qualified respondents from different areas in the country. The chosen locale was considered appropriate because the study aimed to examine the relationship between attachment styles and relationship satisfaction within the context of Filipino Gen Z individuals, whose romantic experiences are influenced by contemporary social, cultural, and digital environments. The online setting also allowed the researcher to efficiently collect responses from participants who met the inclusion criteria of the study.

Research Participants

A total of 100 respondents were included in the study. This sample size was considered sufficient for quantitative correlational research, as it allows for the detection of statistically significant relationships among variables. According to Creswell (2014), a minimum sample size of 30 is acceptable for basic quantitative analysis, while larger samples increase statistical reliability and generalizability. Similarly, Leedy and Ormrod (2015) recommend a sample size of at least 100 participants for correlational studies to ensure stable estimates and meaningful interpretation of results. Therefore, the selected sample size was appropriate for the objectives and statistical requirements of the study. The following inclusion criteria were applied in selecting the respondents: (1) must belong to Generation Z based on birth year (1997–2006), (2) must currently be involved in a romantic relationship, and (3) must be willing to participate in the study. The following exclusion criteria were also applied: (1) individuals who do not fall within the specified birth year range, (2) individuals who are not currently in a romantic relationship, and (3) respondents who submitted incomplete or invalid survey responses. Only responses that met all inclusion criteria and passed data screening were included in the final dataset for analysis.

Research Instrument

The study utilized two standardized instruments to measure the variables: the Experiences in Close Relationships Scale – Short Form (ECR-S) and the Relationship Assessment Scale (RAS). The Experiences in Close Relationships Scale – Short Form (ECR-S) developed by Wei et al. (2007) was used to assess attachment styles. The ECR-S is a 12-item self-report measure that evaluates two key dimensions of adult attachment: attachment anxiety and attachment avoidance. Each dimension consists of six items rated on a Likert scale, typically ranging from 1 (strongly disagree) to 7 (strongly agree). Higher scores indicate higher levels of attachment insecurity in the respective dimension. The ECR-S has demonstrated strong psychometric properties, with Cronbach's alpha coefficients generally above .80 for both subscales, indicating good internal consistency. The instrument is derived from the original ECR scale and is widely used in psychological research due to its brevity and reliability, making it suitable for use in survey-based studies involving young adult populations. It was selected for this study because it directly measures the specific attachment dimensions—anxiety and avoidance—that are central to the research objectives. Relationship satisfaction was measured using the Relationship Assessment Scale (RAS) developed by Hendrick (1988). The RAS is a 7-item self-report instrument designed to assess overall satisfaction in romantic relationships. Responses are rated on a Likert-type scale, with higher scores indicating greater relationship satisfaction. The RAS has demonstrated strong reliability across studies, with Cronbach's alpha values ranging from .80 to .90, and is widely recognized as a valid measure of relationship satisfaction. In addition, the RAS has been used in studies involving Filipino respondents (Gabriel et al., 2023; Ricafrente et al., 2024), supporting its applicability within the local context. The instrument was selected for this study due to its concise structure, strong psychometric properties, and its ability to capture global evaluations of relationship satisfaction, which aligns with the objectives of the study. Both instruments were deemed appropriate for the study as they are standardized, widely validated, and aligned with the variables being examined. However, as self-report measures, responses may be subject to social desirability or response bias. Despite this limitation, the established reliability and validity of these instruments support their suitability for use in the present study.

Data Gathering Procedure

Before the conduct of the study, the researcher sought approval from the subject professor. After securing approval, the researcher prepared the research instruments, which included the demographic profile sheet, the Experiences in Close Relationships Scale–Short Form (ECR-S), and the Relationship Assessment Scale (RAS), in an online survey using Google Forms. The researcher then identified potential respondents who met the inclusion criteria. The survey link was distributed through online platforms such as social media. At the beginning of the survey, an informed consent form was provided to explain the purpose of the study, the voluntary nature of participation, the confidentiality of responses, and the respondents' right to withdraw at any time without penalty. After the respondents gave their consent, they proceeded to answer the questionnaire. The researcher monitored the responses and ensured that only completed questionnaires from qualified respondents were included in the final dataset. Responses that were incomplete or did not meet the inclusion criteria were excluded. Once the data collection period ended, the responses were encoded, organized, and prepared for statistical analysis.

Results and Discussions

Research Question 1: What is the level of attachment styles among Gen Z individuals in romantic relationships in terms of attachment anxiety, and attachment avoidance?

Table 1. Level of Attachment Styles Among Gen Z Individuals in Romantic Relationships

Variables	Mean	Standard Deviation	Interpretation
Attachment Anxiety	5.24	0.94	Relatively Elevated Tendency Toward Attachment Anxiety
Attachment Avoidance	3.69	0.83	Moderate Tendency Toward Attachment Avoidance

Table 1 presents the level of attachment styles among Gen Z individuals in romantic relationships in terms of attachment anxiety and attachment avoidance. The findings revealed that attachment anxiety obtained a mean score of 5.24 with a standard deviation of 0.94, indicating a relatively elevated tendency toward attachment anxiety. Meanwhile, attachment avoidance obtained a mean score of 3.69 with a standard deviation of 0.83, indicating a moderate tendency toward attachment avoidance. The findings suggest that the respondents generally experience emotional insecurity within their romantic relationships, particularly in relation to attachment anxiety. This implies that many respondents may frequently seek reassurance, become highly sensitive to rejection, or fear abandonment from their romantic partners. The relatively higher level of attachment anxiety compared to attachment avoidance further suggests that respondents may be more emotionally preoccupied with maintaining closeness and validation rather than avoiding emotional intimacy altogether. The findings are relevant because they demonstrate that attachment insecurity remains evident even among individuals who are currently involved in romantic relationships. This suggests that being in a relationship does not necessarily eliminate attachment-related fears and insecurities. Instead, attachment tendencies may continue to influence how individuals perceive trust, intimacy, reassurance, and emotional stability within their relationships. The findings support Attachment Theory proposed by John Bowlby, which explains that early relational experiences shape internal working models that influence emotional responses and interpersonal behaviors in adulthood. Individuals who develop insecure attachment tendencies may carry emotional insecurities into later romantic relationships, affecting how they interpret closeness, reassurance, and relational stability. The findings are also consistent with the study of Reddy and Naila (2024), who found that insecure attachment tendencies are associated with emotional insecurity and relational difficulties among young adults. Similarly, Singh and Srivastava (2024) emphasized that attachment anxiety is associated with fear of rejection, emotional dependency, and heightened emotional sensitivity. These characteristics may explain the relatively elevated tendency toward attachment anxiety observed among the respondents. Furthermore, the findings may reflect the unique relational experiences of Generation Z individuals. Contemporary romantic relationships among Gen Z are heavily influenced by digital communication and social media interactions, which may intensify fears of rejection, exclusion, or emotional disconnection. Constant online accessibility and social comparison may contribute to reassurance-seeking behaviors and attachment-related anxieties among young adults. This supports the findings of Khilji and Ambreen (2025), who explained that modern technological stressors may intensify attachment insecurity and negatively influence romantic relationship experiences.

Research Question 2: What is the level of relationship satisfaction among Gen Z individuals in romantic relationships?

Table 2. Level of Relationship Satisfaction Among Gen Z Individuals in Romantic Relationships

Variables	Mean	Standard Deviation	Interpretation
Relationship Satisfaction	25.27	3.43	High Relationship Satisfaction

Table 2 presents the level of relationship satisfaction among Gen Z individuals in romantic relationships. The findings revealed that relationship satisfaction obtained a total mean score of 25.27 with a standard deviation of 3.43, interpreted as high relationship satisfaction. The results indicate that despite experiencing tendencies toward attachment insecurity, respondents generally perceived their romantic relationships positively. This suggests that many participants still experience emotional fulfillment, support, intimacy, and satisfaction within their relationships. The findings imply that relationship satisfaction among Gen Z individuals may not solely depend on the absence of attachment insecurity, but also on the presence of emotional support, communication, trust, and companionship within the relationship. The findings are significant because they demonstrate that individuals may still maintain satisfying romantic relationships despite experiencing attachment-related insecurities. This suggests that attachment anxiety and avoidance do not automatically result in relationship dissatisfaction, particularly when relational needs and emotional expectations are sufficiently met. The findings further imply that relationship satisfaction is influenced by multiple psychological and interpersonal factors rather than attachment tendencies alone. The findings support Social Exchange Theory developed by John Thibaut and Harold Kelley, which posits that individuals evaluate relationships based on perceived rewards and costs. In the context of the present study, respondents may continue to perceive their relationships as rewarding and emotionally beneficial despite experiencing certain insecurities. Emotional connection, intimacy, support, and companionship may outweigh relationship difficulties, leading to positive evaluations of relationship satisfaction. The findings are also consistent with the study of Kaur (2024), which emphasized that communication, emotional connection, and intimacy significantly contribute to relationship satisfaction among young adults. Similarly, Yadav (2025) explained that relationship satisfaction is influenced by both psychological and relational factors, including trust, emotional support, and interpersonal functioning. These findings suggest that relationship satisfaction among Gen Z individuals extends beyond attachment tendencies alone and may depend on how partners maintain emotional connection and relational support. Moreover, the high level of relationship satisfaction may reflect the relational priorities of Generation Z individuals, who often place strong importance on emotional openness, validation, and communication within relationships. Despite modern relationship stressors associated with social media and digital communication, many respondents may still perceive their relationships positively when emotional needs and relational expectations are adequately met.

Research Question 3: Is there a significant relationship between Attachment Styles and relationship satisfaction among Gen Z individuals?

Table 3. Relationship Between Attachment Styles and Relationship Satisfaction Among Gen Z Individuals

Variables	r-value	Interpretation
Attachment Anxiety and Relationship Satisfaction	-0.656	Strong Negative Relationship
Attachment Avoidance and Relationship Satisfaction	-0.577	Moderate Negative Relationship

Table 3 presents the relationship between attachment styles and relationship satisfaction among Gen Z individuals in romantic relationships. The findings revealed a strong negative relationship between attachment anxiety and relationship satisfaction, with an r-value of -0.656. Similarly, attachment avoidance and relationship satisfaction obtained an r-value of -0.577, interpreted as a moderate negative relationship. The findings indicate that as attachment anxiety and attachment avoidance increase, relationship satisfaction tends to decrease. However, despite the negative relationship observed, respondents generally still reported high levels of relationship satisfaction overall. This suggests that attachment insecurity may negatively influence relationship experiences without necessarily eliminating relationship satisfaction entirely. The strong negative relationship between attachment anxiety and relationship satisfaction suggests that anxious attachment may significantly influence how respondents perceive the quality and stability of their romantic relationships. Individuals with higher attachment anxiety may become overly dependent on reassurance, excessively sensitive to relational threats, or preoccupied with fears of rejection and abandonment. These

tendencies may create emotional strain within relationships and gradually reduce satisfaction over time. Emotional insecurity may interfere with trust, emotional stability, and healthy communication, which are important components of relationship satisfaction. At the same time, the findings suggest that respondents with attachment anxiety may still perceive their relationships positively when emotional support, intimacy, and reassurance are sufficiently present. This implies that although attachment anxiety may contribute to emotional insecurity, relationship satisfaction may still be maintained through positive relational experiences and emotional validation from partners. Meanwhile, the moderate negative relationship between attachment avoidance and relationship satisfaction suggests that emotional distancing and discomfort with closeness may also reduce relationship satisfaction, although to a lesser extent compared to attachment anxiety. Individuals with avoidant tendencies may struggle with vulnerability, emotional openness, and dependency, which may limit emotional intimacy and connection within relationships. As a result, avoidant behaviors may contribute to reduced emotional fulfillment and satisfaction in romantic relationships. The findings are significant because they demonstrate that attachment styles play an important role in shaping how Gen Z individuals experience and evaluate their romantic relationships. The results suggest that attachment insecurity may influence not only emotional experiences but also communication patterns, emotional regulation, interpersonal functioning, and perceptions of relationship quality. The findings strongly support Attachment Theory, which explains that insecure attachment patterns influence emotional regulation, intimacy, trust, and interpersonal functioning in close relationships. Individuals with insecure attachment tendencies may interpret relational interactions through fear, uncertainty, or emotional withdrawal, which may negatively affect relationship satisfaction. The findings are also consistent with previous studies examining attachment styles and relationship outcomes. Reddy and Naila (2024) found that insecure attachment styles are negatively associated with relationship satisfaction among young adults. Similarly, Ashaq and Singh (2024) reported that anxious and avoidant attachment tendencies contribute to lower relationship satisfaction due to emotional instability and relational difficulties. Quan et al. (2025) further emphasized that attachment insecurity negatively affects emotional closeness, trust, and relational functioning. Additionally, the findings align with Aguirre et al. (2024), who found that insecure attachment patterns contribute to maladaptive conflict management behaviors such as withdrawal, emotional instability, and excessive reassurance-seeking. These behaviors may create recurring relational tension, thereby reducing relationship satisfaction among individuals with insecure attachment tendencies. The findings may also reflect the contemporary relational experiences of Generation Z individuals, whose romantic relationships are heavily influenced by digital communication and social media interactions. Online relationship dynamics may intensify emotional insecurity, comparison, reassurance-seeking, and sensitivity to perceived rejection. This suggests that attachment-related concerns may become more pronounced within modern relationship contexts, influencing how satisfaction is experienced among Gen Z individuals. Based on the findings of the study, the null hypothesis stating that there is no significant relationship between attachment styles and relationship satisfaction among Gen Z individuals in romantic relationships was rejected. The results demonstrated that attachment anxiety and attachment avoidance were significantly associated with relationship satisfaction, indicating that attachment styles play an important role in shaping romantic relationship experiences among Generation Z individuals.

Table 4. Summary of Hypothesis Testing

Null Hypothesis	Statistical Result	Decision	Interpretation
There is no significant relationship between attachment styles and relationship satisfaction among Gen Z individuals in romantic relationships.	Attachment Anxiety and Relationship Satisfaction: $r = -0.656$ Attachment Avoidance and Relationship Satisfaction: $r = -0.577$	Rejected	Attachment styles were significantly associated with relationship satisfaction among Gen Z individuals in romantic relationships.

Based on the findings presented in Table 4, the null hypothesis stating that there is no significant relationship between attachment styles and relationship satisfaction among Gen Z individuals in romantic relationships was rejected. The results revealed that attachment anxiety and attachment avoidance were negatively associated with relationship satisfaction, indicating that higher levels of attachment insecurity tend to correspond with lower levels of relationship satisfaction. These findings suggest that attachment styles play an important role in shaping the emotional experiences, interpersonal functioning, and overall relationship satisfaction of Generation Z individuals in romantic relationships.

Ethical Considerations

The study adhered to the ethical principles outlined by the American Psychological Association (APA) in conducting research involving human participants. Prior to data collection, the researcher sought approval from the subject professor, who served as the overseeing authority for the ethical conduct of the study. Participation in the study was entirely voluntary, and no form of coercion or undue influence was applied in recruiting respondents. Informed consent was obtained from all participants before they proceeded with the survey. The consent form clearly explained the purpose of the study, the procedures involved, the estimated time required to complete the questionnaire, and the participants' rights. Respondents were informed that they could refuse to participate or withdraw from the study at any point without any penalty or negative consequences. Confidentiality and anonymity were strictly maintained throughout the research process. No personally identifiable information, such as names, contact details, or identifying markers, was collected. Responses were recorded anonymously through an online survey platform, ensuring that individual participants could not be identified. All data were treated with strict confidentiality and were accessible only to the researcher. The collected data were stored securely in password-protected digital files and will be retained solely for academic purposes. After the completion of the study, the data will be securely deleted to prevent unauthorized access or misuse. Although the study involved minimal risk, the researcher recognized that questions related to romantic relationships may be considered sensitive for some participants. To address this, respondents were informed that they could skip any question they were not comfortable answering. No sensitive or invasive questions were included beyond those necessary for the research objectives. All procedures were conducted with respect for the participants' rights, dignity, and well-being, ensuring that ethical standards were upheld throughout the research process.

Conclusion

The study examined the relationship between attachment styles and relationship satisfaction among Generation Z individuals in romantic relationships in the Philippines. Specifically, it determined the levels of attachment anxiety, attachment avoidance, and relationship satisfaction, as well as the significant relationship between attachment styles and relationship satisfaction. Guided by Attachment Theory and Social Exchange Theory, the study utilized a quantitative descriptive-correlational design involving 100 Gen Z respondents currently engaged in romantic relationships. Data were gathered using the Experiences in Close Relationships Scale–Short Form (ECR-S) and the Relationship Assessment Scale (RAS). The findings revealed that respondents demonstrated a relatively elevated tendency toward attachment anxiety and a moderate tendency toward attachment avoidance. Despite these attachment-related insecurities, respondents generally reported high relationship satisfaction. These findings suggest that attachment insecurity does not necessarily eliminate positive relationship experiences among Gen Z individuals. Many respondents may still perceive their relationships as emotionally fulfilling and satisfying when emotional support, intimacy, communication, and reassurance are present. However, the correlation analysis revealed that attachment anxiety and attachment avoidance were negatively associated with relationship satisfaction, indicating that as attachment insecurity increases, relationship satisfaction tends to decrease. Attachment anxiety demonstrated a strong negative relationship with relationship satisfaction, while attachment avoidance showed a moderate negative relationship. Overall, the findings emphasize the important role of attachment styles in shaping romantic relationship experiences among Generation Z individuals. The study highlights that emotional insecurity, fear of rejection, emotional distancing, and reassurance-seeking behaviors may influence how young adults perceive relationship quality and emotional connection. At the same time, the findings suggest that positive relational factors such as emotional support, validation, and healthy communication may help maintain relationship satisfaction despite the presence of attachment insecurities. The study contributes localized evidence to the field of psychology and provides a deeper understanding of contemporary romantic relationships among Filipino Gen Z individuals within a modern social and digital context.

Recommendations

Based on the findings, several directions for research, practice, and intervention are recommended. Strengthening relationship education and emotional awareness programs is essential, as findings indicate that many Generation Z individuals experience attachment-related insecurities, particularly attachment anxiety, even when they report high levels of relationship satisfaction. Schools, colleges, and community organizations can develop relationship education initiatives that focus on emotional regulation, healthy communication, trust-building, managing reassurance-seeking behaviors, and understanding attachment patterns. Such efforts help young adults become more aware of how attachment tendencies influence their emotions, behaviors, and expectations in romantic relationships. In addition, promoting healthy digital

relationship practices and emotional awareness is crucial, given that modern relationships are often shaped by digital communication and social media, which can intensify insecurities. Schools, families, and mental health advocates can encourage open communication about online interactions, the establishment of healthy boundaries in digital communication, reduced unhealthy social comparison, and greater awareness of the effects of excessive online reassurance-seeking. These actions support the reduction of relationship stressors associated with technology and enhance emotional connection between romantic partners. Furthermore, conducting more localized and in-depth studies on attachment and romantic relationships can expand understanding of these experiences. Future research using larger and more diverse samples across different regions in the Philippines can improve the generalizability of findings, while also examining variables such as communication patterns, emotional intelligence, conflict management, social media use, and family background for a more comprehensive perspective. Incorporating qualitative or mixed-method approaches provides deeper insights into how attachment styles are experienced and expressed in contemporary Filipino romantic relationships. Such localized research contributes to the development of culturally relevant interventions, counseling practices, and relationship education programs tailored for young adults.

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