

## CHAPTER 11

# ATTACHMENT OF YOUNG ADULTS AGAINST SATISFACTION OF THE DEVELOPMENTAL TASKS REALISATION

## INTRODUCTION

It is years since we have been witnessing the changes which have taken place within the social world. The development of new technologies, the globalization process as well as the transformations of social and cultural macrostructure or the socio-cultural evolution have contributed to the significant changes in the functioning of contemporary young people (Bauman, 2004/2005; Ziółkowska in: Brzezińska, 2005). On the one hand, the vast amounts of possibilities, chances and resources available to contemporary young adults are an occasion for learning, gaining new skills and experience which undoubtedly extends the developmental spectrum and increases the standard of life. On the other hand, however, except for the obvious benefits the postmodern era brings a lot of threats and difficulties regarding the realization of personal potential (Brzezińska, 2002; Krigs, Bangerter, Gomez, Grob, 2008). These threats are connected with the necessity of taking up the responsibility for life and the newly-gained independence and, especially, taking up new roles and developmental tasks. All the new situations for a young adult may take the effect in experiencing difficulties in coping with the situations they find themselves in and the feeling of dissatisfaction. Nevertheless, providing that a person successfully goes through the trial of imposed social roles and tasks at the initial stages of young adulthood these obstacles seem to shape the feeling of control, competence and the ability to create as well as be a source of success and satisfaction.

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<sup>1</sup> Institute of Psychology, Kazimierz Wielki University, Bydgoszcz.

<sup>2</sup> Faculty of Psychology, Kazimierz Wielki University (UKW), Bydgoszcz.

Therefore, one of the sources of satisfaction during the young adulthood may be the feeling of coping and realization of the developmental tasks of this stage of life. According to Havighurst, the proper realization of the developmental tasks during a particular stage makes an individual feel happy, because they get some social approval and allows them to realize the developmental tasks ascribed to further generations (Waldowski, 2002, Gurba 2005). Among the developmental tasks of young adulthood i.e. the specific problems that an individual must face, the author of the concept drew attention to the following tasks: the choice of a partner, the learning of coexistence, setting up a family and bringing up children, running a house, taking up a job, taking up civic duties and finding a kindred social group. The effective realization of the majority of those tasks is based on a close relationship with another person. As E. H. Erikson (1997) postulated, entering into relationships with other people makes up the primary existential task of a young adult through which and individual satisfies the need of emotional contact, receiving and providing care, support, the need of importance, esprit de corps and self-development. By means of entering into relations with other is becomes possible to form and crystallize personal identity which effects in the ability to create a proper intimate relationship (Dwyer, 2006). It expresses itself in the search of close relationships, development of sexuality and the full engagement, acceptance and care for another person (Schaefer, Olson, 1981 in: Brzezińska, 2005). The content of an intimate relation is love (Sternberg, 1986; Wojciszke, 2005), that creates conditions for a long-lasting partnership and the rudiment of family life – the conception and raising of children (Ryś, 1999).

Undoubtedly. the basis for intimate relations between partners is the bond that allows them to maintain closeness, shelter and security and is a predicate of romantic relations in adulthood and their quality (Holmes, 2007). The theory of bond has moved from the field of early childhood experiences towards the area of early adulthood experiences and, despite numerous modifications (Bartholomew and Horowitz, 1991; Hazan and Shaver, 1994/1998; Frraley, 2000; Fenney, 2007), the results of a great deal of studies underline that the experience of attachment seems to lay at the bottom of a number of close relations in adult life (Rutter and Ruter, 1993 in: Birch, 2009). The attachment, therefore, allows an individual to feel secure and assured when partners are nearby or sensitive to the given signals which makes the relation similar to the attachment parent-child relationship (Mikulincer, 2007; Marchwicki, 2007). The author of the attachment theory – John Bowlby (2007) emphasized the existence of a tendency of similar patterns of attachment between children and their parents and among adult partners being in a romantic relationship. It results from the early childhood experiences which become internalized into certain models that enable to interpret the

surrounding world, build beliefs concerning individuals themselves and others (Zazzo, 1987). The internal operational models also determine the methods employed by the individuals to develop intimacy with other and achieve their acceptance. Although these models are formed at an early stage they are hardly ever transformed in the subsequent phases of development especially during adult life. They hold the tendency to maintain and self-reinforce which makes them have a significant influence into the way of functioning of a human being in their relationships with other people and entering into interpersonal relations during adulthood.

The early-shaped attachment bond induces an individual to build a particular kind of relationships with other people (Palmer, 1996; Reiser-Danner, 1996, Baron, Byrne, 2000; Carver, Shier, 2000; Ziefman, Hazan, 2000; in: Rostowski, 2003), and, above all, it influences the ability to build satisfactory relations (Plopa, 2005; Suwalska, 2010; Liberska, Suwalska, 2011). Since the pioneer works of Hazan and Shaver (1987) a vast number of research underlines the impact of an adult attachment on the functioning of relations including satisfaction of the relations (comp. Collins et. al., 2002; Feeney, 1999; Kirkpatrick and Davis, 1994; Simpson, 1990), communication (e.g. Kobak and Hazan, 1991) and trust (Mikulincer, 1998 in: Lowyck, Luyten, Demyttenaere, Corveleyn, 2008). A lot of research indicates that attachment significantly diversifies behavior, experience and satisfaction of adult relations (Bowlby, 2007; Hazan, Shaver, 1987). The results of these research underline the distinctive role of a secure attachment as a predicate of satisfactory, close, warm and intimate relations in contrast with the individuals revealing insecure styles of attachment (Rostowski, 2003; Wojciszke, 2005; Wojciechowska, 2005; Plopa, Kaźmierczak, 2006; Liberska, Suwalska, 2011).

Securely attached people create stable and long-lasting relationships with others which are full of warmth and closeness and in partner relations they are characterized by greater compliance, cooperation, sensitivity, requiring of emotions, lower level of conflicts and constructive communication. They accept the dependence on the interaction partner and eagerly turn to them searching support in case of difficulties (Mikulincer, 2007). Comparatively, individuals with developed avoidant style of attachment reflect less satisfactory and poorer interpersonal relations. A bigger number of conflicts may be observable together with verbal and physical aggression, exaggerated envy as well as malformation or rapid decline of romantic relationship (Kobak, Hazan, 1999, in: Plopa, 2003). Anxious-ambivalent attachment individuals similarly develop less satisfactory relations in contrast with people revealing the secure attachment for they frequently experience envy, conflicts and are characterised by a low level of satisfaction, intimacy and contentment (Collins and Read, 1990;

Feeney, Noller, 1990; Wojciechowska, in: Brzezińska, 2005). In conclusion, the secure attachment between partners contributes to greater ability to positive functioning in a relationship increasing the probability of deriving satisfaction of it. In contrast with the partners reflecting developed secure attachment orientation, the individuals of insecure attachment face more problems in their interpersonal relationships, experience a bigger amount of crises and difficulties in a relationship which contributes to the poorer quality of their functioning (Czub, in: Brzezińska, 2005). Moreover, the strategies employed by insecurely attached people negatively influence the quality and stability of relations.

The hitherto prevailing research of adult relationships within a respectively field of the attachment theory do not fully allow to understand the complex issue of interpersonal relationships. It indicates the high demand on a deepened exploration of the notion with respect to a number of unclear determinants of the quality of emotional and social functioning of a human being (Plopa, 2003). Moreover, the specific character of the functioning of a dyad depending on the developed type of bond remains unsolved and indeterminate despite a great number of advanced works within this area (Józefik, Iniewicz, 2008).

In the face of the abovementioned concerns the authors of this article have decided to examine the role and importance of attachment of young adults for the significant aspect of their functioning, namely the satisfaction of the realisation of the main tasks of early adulthood undoubtedly connected with entering into interactions with another person and intimate relations with a partner.

## THE MOTIVATION OF THE SUBJECT OF THE RESEARCH

Contemporary, changes within the area of functioning of young adults are observable. Such needs as individualism or autonomy is gaining importance whereas the role of such values like support, authority and dependence are diminishing (Kwak, 2005; Janicka, 2006; Slany, 2008). Young people experience considerable problems related to entering into adulthood. A young person is frequently left alone against the difficulties of the surrounding world which repeatedly leads to the feeling of personal unfulfillment. A great deal of young people is not able to cope with the overcharging society, the pressure of the surrounding to achieve success with simultaneous illegibility of social norms, the lack of interest on the part of the older adults and the impairment of family ties (Blok, 2006; Szafraniec, 2011; Krigs, Bangerter, Gomez, Grob, 2008).

As it has been signalled the early experiences connected with the relations with mother constitute a prototype of all remaining social relations. They provide with rules a person should obey both in the sphere of emotions and

behaviour towards important people as well as they are said to be the basis of the forming of subject resources of an individual (Schaffer, 2007). Consequently among adults the healthy – secure attachment will significantly influence the level of development of a unit for it stimulates to enter relations and allows for experimenting with emotions and behaviours. The insecure attachment shows an inhibitory influence on the development because the anxiety characteristic to people revealing this kind of attachment, limits the unconstrained functioning and using the whole repertoire of potential behaviour (Salovy, Sluyter, 1999). In the light of these concerns it is relevant to presume that young adults who find the so called safe house in the partner will more eagerly see the world, explore new possibilities, learn and undergo the challenges connected with entering into adulthood. The anxious people, however, present difficulties in undertaking new tasks which leads to having problems in achieving certain skills and gaining satisfaction of their realization.

What is more, the contemporary social life transformations have lead to modifications in the perception of marriage, the growing number of divorces and the growing popularity of alternative forms of relationships. These factors have placed a considerable impact on the quality of the intimate interpersonal relationships and contributed to the existence of deterioration of close bonds which in turn happened to be a threat towards marriage – so far believed to be respectively constant form of an intercourse between two people which affects both partners, shapes and develops their needs, creates a possibility of mutual care, interest, emotional engagement and deepening of the bond (Kuczyńska, 1998; Myers, 1999; Janicka, Niebrzydowski, 1994; Janicka, 2006). Such withdrawal from the traditional type of a relationship repeatedly affects other spheres of functioning of young adults as it contributes to the changes in the range of interactions between partners and their mutual commitments (Szopiński, 1986; Janicka, 2006). What also changes in the face of these transformations and the maintaining tendencies are the factors conditioning the level of satisfaction of the tasks ascribed to this stage of life and therefore the quality of life of the young adults (Rostowska, 2003). Relevant seems to be the consideration of the role of attachment in the achieving of higher satisfaction of the developmental tasks realization among young adult couples.

## **THE AIM OF THE RESEARCH**

The main aim of the presented research was to identify the importance of attachment of partners for the level of satisfaction of the realization of particular developmental asks of early adulthood. The intention of the authors was to

examine whether there exists a relationship between the style of attachment of young adults remaining in relationships and their satisfaction of the early adulthood developmental tasks realization. In order to distinguish the level of satisfaction of the realization of developmental tasks connected with living in partnership factors like: having children, the form and period of the relationship, the number of earlier relationships have been taken under consideration as well.

### RESEARCH QUESTIONS:

1. Is there a relationship between the style of attachment and the satisfaction of the realization of the developmental tasks?  
(If yes, what kind of?)
2. Does the form of the relationship of the partners differentiates their levels of satisfaction of the realization of the developmental tasks?  
(If yes, in what way?)
3. Is there a relationship between the period of the relationship and the level of satisfaction of the realization of the developmental tasks?  
(If yes, what kind of?)
4. Is there a relationship between of the number of earlier relationships of partners and the level of satisfaction of the realization of the developmental tasks?  
(If yes, what kind of?)
5. Does having children differentiate the level of satisfaction of the realization of the developmental tasks?  
(If yes, in what way?)

### THE EXAMINED VARIABLES:

An independent variable:

- The style of attachment: secure, anxious-ambivalent, avoidant
- The form of a relationship, the period of a relationship, the number of earlier relationships, having children.

A dependent variable:

- the satisfaction of the realization of the developmental tasks?

### RESEARCH TOOLS

The tools used for the needs of this research were the *Attachment Styles Questionnaire (KSP)* by Mieczysław Plopa and the self-made *Scale of Satisfaction of Developmental Tasks Realization*.

In order to identify the style of attachment of young adults the *Attachment Styles Questionnaire (KSP)* by Mieczysław Plopa was applied. The construction of this questionnaire was based on the aforementioned idea of Cindy Hazan

and Philip Shaver. The KSP questionnaire consists of twenty-four statements which the examined person takes the attitude towards by circling the number on a 7-point scale what indicates the extent to which they agree or disagree with the particular statement. The questionnaire contains three sub-scales corresponding to the three styles of attachment, namely: secure, anxious-ambivalent and avoidant. The raw data of each of the scales fall between 8 and 56 points which are further translated into sten scores. The sten scores 1 and 2 reflect the considerably low results; 3-4 – low results; 5-6 – average results; 7-8 – high results and 9-10 indicate very high results. The reliability of the measurements of this questionnaire for the secure style equals 0.91, for the anxious-ambivalent – 0.78 and for the avoidant – 0.80. The validity of the tool was estimated through the internal test-structure analysis method, inter-group differences analysis method and the criterion validity method (Brzeziński, 1997; Plopa, 2005). The questionnaire proved to be a tool that satisfies the criteria of theoretic validity.

To the needs of determining the satisfaction of the developmental tasks of young adulthood realization a scale has been prepared that consisted of a list of eight developmental tasks, enumerated by R. J. Havighurst (1981). According to Havighurst, a developmental task is a problem against which a unit is placed at a particular stage of life. The solution of the problem makes the individual feel delighted and content whereas the failures in the realization of developmental tasks make them feel dispirited and lead to difficulties in coping further problems. The developmental tasks describing the course of life of a human during the early adulthood are: the choice of a partner, the learning of the intercourse with each other, setting a family, raising children, running a house, taking up professional work, taking up civic duties and finding kindred social group (Gurba, 2005). The examined person was to determine the personal satisfaction of the realization of these tasks using a 5-point scale where 1 meant a very low satisfaction and 5 – a very high satisfaction of a developmental task realization. Additionally the questioned people filled in a survey that comprised of variables like: the period and the form of a relationship.

## THE RESEARCH GROUP

The research group consisted of people remaining in close, romantic relationships. The research embraced 90 people – 45 women and 45 men being in various types (forms) of relationships. They were marriages (17 couples), engaged couples (13) and cohabitant relationships (15 couples). Following Harwas-Napierała and Trempała (2005) the most extensive period of young adulthood was assumed i.e. between 20 and 40 years (Harwas-Napierała, Trempała, 2005). All marriages, engaged couples and cohabitant couples were diversified with regards to the period of their relationship: from 0.5 year to 23 years. The most numerous sub-group was

constituted by people with tertiary education. Fifteen couples had children together. The authors have not taken other socio-economical variables under control.

## THE COURSE OF THE RESEARCH

The sample group has been chosen consciously out of the population. The criterion for selection was the continuance in a close partner relationship. Three forms of relationships were distinguished: marriage, engaged couple and cohabitant couple. In the group of marriages there were individuals with legally sanctioned relationship. The group of engaged people consisted of people who were affianced whereas the condition determining couples to be in the cohabitant group was the fact of living together without a sanctioned relationship according to the definition by Jan Trost and Wojciech Chechliński as well as Geertje Else Wiersman (Trost, 1977, Chechliński, 1981, in: Janicka, 2006).

The second criterion for selection was the developmental stage the examined people found themselves at i.e. early adulthood meaning the range of 20 to 40 years old (Harwas-Napierała, Trempała, 2005).

The actual examination was preceded by an individual conversation in which all the testees were assured about the anonymity and strictly scientific character of the research. After expressing their consent, the examined people received questionnaires to fill in. The incomplete questionnaires were not included in the research.

## THE RESULTS OF THE RESEARCH

In the light of the statistic analysis by means of the Pearson's  $r$  correlation coefficient a connection has been indicated between the style of attachment and the satisfaction of developmental tasks realization. The results are shown by table 1.

The secure style presents a positive correlation with the realization of a developmental task of choosing a partner ( $r=0,708$   $p<0,001$ ), a moderate positive correlation with the satisfaction of learning the intercourse with a partner ( $r=0,583$ ;  $p<0,001$ ), running a house ( $r=0,434$ ;  $p=0,013$ ), taking up civic duties ( $r=0,495$ ;  $p=0,004$ ) and the general satisfaction of the developmental tasks realization ( $r=0,596$ ;  $p<0,001$ ) at the same revealing a weak positive correlation with the satisfaction of raising children ( $r=0,396$ ;  $p=0,025$ ). This implies that the more secure is the attachment between partners the more frequent declaration of greater satisfaction of the enumerated developmental tasks. In the light of the statistic analysis the secure style does not correlate significantly with the tasks of setting a family ( $r=0,310$ ;  $p=0,084$ ), taking up job ( $r=0,150$ ;  $p=0,410$ ) or finding a kindred social group ( $r=0,219$ ;  $p=0,228$ ).

The second, anxious-ambivalent style displays a weak negative correlation with the satisfaction of finding a kindred social group ( $r=-0,369$ ;  $p=0,037$ ). This



Tab. 1. The relation between the style of attachment and the satisfaction of developmental tasks realization

Pearson's r correlation coefficient									
Variable	1. W.W. <sup>1</sup>	2. U. s. W. z W.	3. Z. R	4. W. D.	5. P.D.	6. R.P.	7. P.O.O.	8. Z.P.G.S.	General satisfa- ction
Secure style	,708	,583	,310	,396	,434	,150	,495	,219	,596
	<b>p&lt;,001</b>	<b>p&lt;,001</b>	p=,084	<b>p=,025</b>	<b>p=,013</b>	p=,410	<b>p=,004</b>	p=,228	<b>p&lt;,001</b>
Anxio- am- bivalent style	-,140	-,131	-,304	-,110	-,119	,336	,014	-,369	-,112
	p=,444	p=,475	p=,090	p=,546	p=,517	p=,060	p=,941	<b>p=,037</b>	p=,541
Avo- idant style	-,748	-,782	-,565	-,458	-,593	-,082	-,542	-,317	-,731
	<b>p&lt;,001</b>	<b>p&lt;,001</b>	<b>p=,001</b>	<b>p=,008</b>	<b>p&lt;,001</b>	p=,657	<b>p=,001</b>	p=,077	<b>p&lt;,001</b>

suggests that the more anxious-ambivalent attachment between partners the lower satisfaction of the realization of this task in the course of life. According to the results of the research, the anxious-ambivalent style shows no relation with the satisfaction of realization of the remaining developmental tasks outlined by Havighurst, namely: the choice of a partner ( $r = -0,140$ ;  $p = 0,444$ ), learning the intercourse with a partner ( $r = -0,131$ ;  $p = 0,475$ ), setting a family ( $r = -0,304$ ;  $p = 0,090$ ), raising children ( $r = -0,110$ ;  $p = 0,546$ ), running a house ( $r = -0,119$ ;  $p = 0,517$ ), taking up job ( $r = 0,336$ ;  $p = 0,060$ ), taking up civic duties ( $r = 0,014$ ;  $p = 0,941$ ) and the general satisfaction of developmental tasks realization ( $r = -0,112$ ;  $p = 0,541$ ).

The results of the analysis also present the existence of strong negative correlation between the avoidant style and the satisfaction of the realization of the following tasks: finding a partner ( $r = -0,748$ ;  $p < 0,001$ ), learning the intercourse with a partner ( $r = -0,782$ ;  $p < 0,001$ ) and the general satisfaction of the tasks realization ( $r = -0,731$ ;  $p < 0,001$ ). Moderate correlation exists between the avoidant attachment and the satisfaction of setting a family ( $r = -0,565$ ;  $p = 0,001$ ), raising children ( $r = -0,458$ ;  $p = 0,008$ ), running a house ( $r = -0,593$ ;  $p < 0,001$ ), taking up civic duties ( $r = -0,542$ ;  $p = 0,001$ ). This means that the more avoidant attachment between partners the lower their satisfaction of the realization of the enlisted

<sup>3</sup> 1. The choice of a partner, 2. Learning of the intercourse with a partner, 3. Setting a family, 4. Raising children, 5. Running a house, 6. Taking up job, 7. Taking up civic duties, 8. Finding a kindred social group 9. General satisfaction of developmental tasks realization

developmental tasks. In the face of the statistic analysis results the avoidant style shows no significant correlation with the satisfaction of taking up job ( $r = -0,082$ ;  $p = 0,657$ ) or finding a kindred social group ( $r = -0,317$ ;  $p = 0,077$ ).

The results presented above prove the existence of a significant relationship between the style of attachment of partners and the satisfaction of realization of particular developmental tasks. The higher level of satisfaction was observed among partners with developed secure style of attachment whereas a lower level was revealed by individuals of insecure attachment especially the avoidant style.

The statistic analyses have demonstrated that the form of a relationship is of importance for the level of satisfaction of the developmental tasks realization (table 2).

Tab. 2. The average points obtained for the satisfaction of the developmental tasks realization in particular forms of relationships and the results of the Fisher test concerning the form of a relationship and the level of aggression

Variable	The average points obtained for the form of relationships and the satisfaction of the developmental tasks realization			One-way analysis of variance - Fisher test	
	Engage-ment pe-riod (1) N=26	Marriage (2) N=34	Cohabi-tation (3) N=30	F	Level of signifi-cance p
<b>Choice of a partner</b>	5,00	4,55	4,70	3,53	<b>p=0,034</b>
Learning the intercourse with a partner	4,53	4,05	4,40	1,93	p=0,153
Setting family	4,50	4,63	4,42	0,24	p=0,788
Raising children	4,00	4,58	4,66	0,79	p=0,459
Running a house	3,53	3,91	3,85	0,64	p=0,529
Taking up job	3,81	4,17	3,90	1,01	p=0,367
Taking up civic duties	3,32	3,58	3,37	0,45	p=0,637
Finding a kindred social group	3,72	3,65	3,83	0,38	p=0,684
<b>General satisfaction of the developmen-tal tasks realization</b>	<b>17,76</b>	<b>31,00</b>	<b>22,23</b>	<b>27,27</b>	<b>p&lt;0,001</b>

The Fisher test showed that the form of a relationship visibly diversifies the satisfaction of the realization of the developmental task of choosing a partner ( $F = 3,53$ ;  $p < 0,034$ ) and the general satisfaction of the developmental tasks realization ( $F = 27,27$ ;  $p < 0,001$ ). The results of the statistic analysis by means of the Fisher test have not revealed any significant differences within the satisfaction of

the remaining tasks realization such as: learning of the intercourse with a partner ( $F=1,93$ ;  $p=0,153$ ), setting a family ( $F=0,24$ ;  $p=0,788$ ), raising children ( $F=0,79$ ;  $p=0,459$ ), running a house ( $F=0,64$ ;  $p=0,529$ ), taking up a job ( $F=1,01$ ;  $p=0,367$ ), taking up civic duties ( $F=0,45$ ;  $p=0,637$ ), finding a kindred social group ( $F=0,38$ ;  $p=0,684$ ) depending on the form of a relationship between partners. In order to present a detailed set of differences concerning the satisfaction of the choice of a partner and the general satisfaction of the developmental tasks realization in various types (forms) of relationships a post-hoc analysis has been applied by means of the Duncan test.

The analysis with the Duncan test proved that it is engaged and married couples who differ with regard to the level of satisfaction of choosing the partner (table 3).

Tab. 3. The satisfaction of the choice of a partner in various forms of relationships determined through the Duncan test

Duncan test; variable: The satisfaction of the choice of a partner			
Approximate probabilities for post hoc tests			
The form of a relationship	{1} 5,00	{2} 4,55	{3} 4,70
1 Engagement period		$p=0,012$	$p=0,079$
2 Marriage	$p=0,012$		$p=0,364$
3 Cohabitation	$p=0,079$	$p=0,364$	

The highest level of satisfaction of the choice of a partner task is the most characteristic of the engaged couples then cohabitants whereas the lowest among marriages (chart 1).

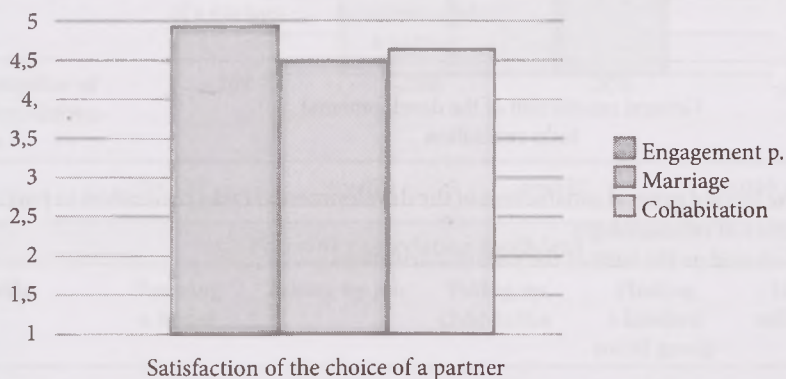


Chart 1. The level of satisfaction of the choice of a partner in particular forms of relationships

Source: self-created on the basis of the statistic calculations

The analysis through the Duncan test also showed that all types of relationships apparently differ over the level of general satisfaction of the developmental tasks realization.

Tab. 4. The general satisfaction of the developmental tasks realization in various forms of relationships distinguished through the Duncan test

The Duncan test; variable: The general satisfaction of the developmental tasks realization			
Approximate probabilities for post hoc tests			
The form of a relationship	{1} 17,76	{2} 31,00	{3} 22,23
1 Engagement period		p<0,001	p=0,018
2 Marriage	p<0,001		p=0,001
3 Cohabitation	p=0,018	p=0,001	

The highest level of the general satisfaction of the developmental tasks realization is the most characteristic of marriages then cohabitants and the lowest – among engaged couples (chart 2).

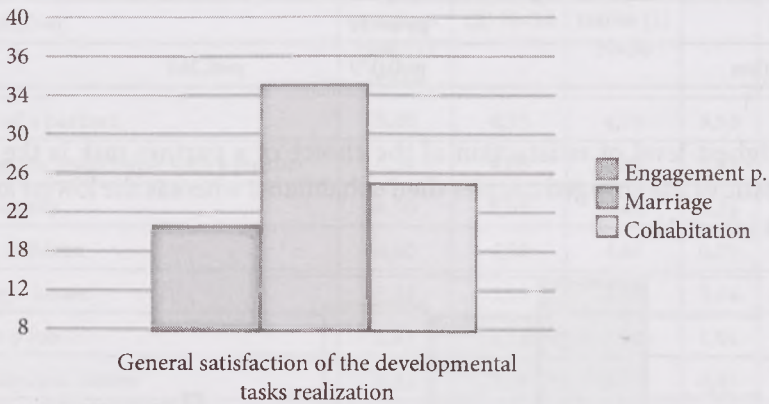


Chart 2. The level of general satisfaction of the developmental tasks realization in particular forms of relationships

Source: self-created on the basis of the statistic calculations

According to the statistic analysis with the Pearson’s r correlation coefficient it came out that there is no relation between the period of a relationship and the satisfaction of the developmental tasks realization (table 5).

Tab. 5. The relations between the period of relationship and their satisfaction of the developmental tasks realization

Pearson's r correlation coefficient				
Variable	choice of a partner	Learning of the intercourse with a partner	Setting family	Raising children
The period of a relationship	-,173	-,095	,045	,192
	p=,345	p=,607	p=,805	p=,293

Pearson's r correlation coefficient N=32					
Variable	Running a house	Taking up job	Taking up civic duties	Finding a kindred social group	General satisfaction
The period of a relationship	-,079	,114	-,006	-,346	-,068
	p=,666	p=,534	p=,972	p=,053	p=,710

The Pearson's r correlation coefficient was further used to examine the relation between the number of earlier relationships and the satisfaction of the developmental tasks realization. The results are presented in table 6.

Table 6. The connection between the number of earlier relationships of partners and their satisfaction of the developmental tasks realization

Pearson's r correlation coefficient				
Variable	choice of a partner	Learning of the intercourse with a partner	Setting family	Raising children
The number of earlier relationships	-,269	-,398	-,370	-,393
	p=,137	p=,024	p=,037	p=,026

Pearson's r correlation coefficient					
Variable	Running a house	Taking up job	Taking up civic duties	Finding a kindred social group	General satisfaction
The number of earlier relationships	-,394	,392	-,503	,139	-,313
	p=,026	p=,026	p=,003	p=,448	p=,081

In the light of the Pearson's  $r$  correlation coefficient it was revealed that there exists a significant connection between the number of earlier relationships of partners and the satisfaction of the developmental tasks realization such as: learning the intercourse with a partner, setting family, raising children, running a house, taking up a job, taking up civic duties. The lack of observable connection concerned the number of earlier relationships and the choice of a partner ( $r=-,269$ ;  $p=,137$ ), finding a kindred social group ( $r=,139$ ;  $p=,448$ ) and the general satisfaction of the developmental tasks realization ( $r=-,313$ ;  $p=,081$ ).

The number of earlier relationships shows a moderate negative correlation with the satisfaction of the learning the intercourse with a partner ( $r=-,398$ ;  $p=,024$ ), setting family ( $r=-,370$ ;  $p=,037$ ), raising children ( $r=-,393$ ;  $p=0,26$ ), running a house ( $r=-,394$ ;  $p=,026$ ) and taking up civic duties ( $r=-,503$ ;  $p=,003$ ). This implies that the more earlier relationships partners had the lower seems to be the level of their satisfaction of the developmental tasks realization .

The moderate positive correlation regards the number of earlier relationships of partners and the satisfaction of taking up a job ( $r=,392$ ;  $p=,026$ ) which means that the more earlier relationships partners had the higher is their satisfaction of taking up a job.

## DISCUSSION

The presented analyses proved that the style of attachment is connected with the satisfaction of the developmental tasks realization at early adulthood. The more secure style characterised individuals the higher satisfaction the partners experienced of their realization. In turn displaying insecure attachment involved lower contentment associated with the realization of the developmental tasks. It seems univocal with the findings of the subject literature that indicate the significant role of the secure attachment for the quality of human functioning in numerous dimensions including: mutual relations, satisfaction, well-being in marriage, support, communication (e.g. Carnelly, Pietromonaco and Jaffe, 1966; Kirkpatrick and Davis, 1994). The quoted research proved that people of secure attachment, in contrast with those who developed the insecure type, create a number of skills and abilities that appear to be useful in social and partner life. These people tend to express their feelings openly, also openly talk about their emotions, are not afraid of asking for help and admit to a positive perception of their partner and the entire surrounding. They are more emphatic, and engaged in solving the incoming problems or conflicts as well as they hold offensive processes in interpersonal relations (Belsky and Cassidy, 1994; Thompson, 1999, in: Plopa, 2003).

Just the opposite it seems in case of people featuring the insecure style of attachment. They derive lower satisfaction from the relationship which leads to a less positive assessment of the tasks the realization of which involves the presence of a partner. For instance, in case of partners attached in an avoidant style a deterioration of close relations, conflicts, aggression may be observed which may have negative influence on the realization of the developmental tasks. The relationships of people presenting the avoidant attachment are usually turbulent and full of tensions which is frequently reflected in the quality of their functioning not only in the relationship but also in everyday life. Similarly, individuals of anxious-ambivalent attachment derive lower satisfaction of a great deal of aspects of their lives including the realization of the developmental tasks what has been indicated by the presented research. They often experience envy, conflicts and display a low level of intimacy and contentment.

The researchers point out that attachment determines many spheres of human life including the attitude towards work the taking up of which constitutes one of the developmental tasks of early adulthood. Young people with the secure style of attachment perceive the world as a source of satisfaction, enjoy their work and are less afraid of social judgements whereas the anxious-ambivalent adults treat their work as an activity aiming at the search of acceptance therefore they do not like to work alone. Similarly, adults revealing the avoidant style of attachment take their job as an escape from undesirable social conflicts (Franken, 2005). The results of these research showing the connection between the secure style of attachment and higher satisfaction of the developmental tasks realization corresponds with findings of the adduced results.

The conducted research confirmed that the form of a relationship differentiates the level of satisfaction of the choice of a partner as well as the general satisfaction of the developmental tasks realization. It turned out that the highest level of satisfaction of the choice of a partner is characteristic of the engaged couples. The highest satisfaction of the choice of a partner among the engaged couples may be related to the freshness of the experience of choosing the ultimate partner and therefore the lack of experience bearing negative influence on the perception of the partner with regards to the early stage of the relationship. Several research show there are changes of the sense of satisfaction at different phases of the development cycle of a family. The initially high level of satisfaction of a relationship undergoes a strong deterioration when children arrive. The persistent decreased satisfaction is observable until the children enter the period of adolescence (Wojciszke, 2005; Rollins, Feldman, 1970, in: Boyd, Bee, 2008). It is, yet, the phase of the development of a family rather than the period of the relationship which diversify young adults in terms of the satisfaction derived from the early adulthood developmental tasks realization

connected with marriage and family which was confirmed by the research.

The outcome of the Robins, Caspi and Moffitt studies (2002) disclose a general tendency of several young adults towards being happy or unhappy in a relationship. Through their studies over the structure of young adults' personality, the mentioned authors ascribe significance to a certain set of character traits towards the perception of happiness derived from a relationship. The ability to take satisfaction of functioning in an intimate relationship further determines the willingness of entering into a relationship which may explain the differences between cohabitants, engaged and married couples in terms of the satisfaction of the realization of tasks involving entering into partner relationship.

Comparatively, the general satisfaction of the developmental tasks realization is the highest among marriages. It corresponds with the outcome of multifarious research that proved the significance of marriage for a lot of psychological aspects of the functioning of partners. Marriages in comparison to extramarital relationships provide more beneficial relations transparent in better communication, higher involvement and lower level of conflict behaviour (Brown, Booth, 1996, in: Janicka, 2006). It is a confirmation of the thesis claimed by several researchers that the institution of marriage provides partners with greater sense of security and stability, greater possibility of the realization of mutual expectations and needs in contrast with other forms of relationships (Braun-Gałkowska, 1992; Matuszewska, 2003; Kwak, 2005). The wedding ceremony not only becomes the beginning of the acquisition of new social roles by individuals and provides spouses with the sense of responsibility or mutual affiliation but also assumes the indissolubility of the relationship. The greater level of trust, closeness and stability of a married couple enhances their effective coping with problems of everyday life in comparison to couples remaining in other types of relationships. In this respect the positive bond between spouses becomes at the same time the aim of marriage and the basis for its stabilization (Ryś, 1999).

Furthermore, the results of the conducted research indicate a positive correlation between the number of earlier relationships with the satisfaction derived from taking up job and the negative correlation of the number of earlier relationships and the satisfaction of the realization of such tasks as: learning the intercourse with a partner, setting a family, raising children, running a house as well as taking up civic duties. It is highly likely that the search of a partner and a great number of earlier relationships is connected with openness to experience which is a trait of character that determines positive assessment of new experiences (Zawadzki, Strelau, Szczepaniak, Śliwińska, 1998). According to the outcome of the latest research, the openness to experience may be related to the effective coping with some of the early adulthood developmental tasks. It



is conducive to the realization of the beyond-family tasks such as taking up job and hinders the functioning within tasks like learning of the intercourse with a partner which, in turn, limits the satisfaction derived from the realization of the afore-mentioned tasks (Malina 2012).

## CONCLUSIONS

The conducted research enabled to obtain the answer to the posed research questions. A significant connection has been proven between the style of attachment and the satisfaction of the realization of the majority of the early adulthood developmental tasks. The results of the analysis indicate that the higher level of satisfaction of the realization of these tasks is characteristic of partners who developed the secure style of attachment rather than those of insecure styles.

The statistic analyses disclosed that the form of a relationship is of importance for the level of satisfaction of the developmental tasks realization. The differences between people representing dissimilar forms of relationships concern the task of choosing a partner and the general level of satisfaction of the realization of the tasks.

The conducted research have also lead to the conclusion that there is a considerable relation between the number of earlier relationships of the partners and the satisfaction of the realization of some of the early adulthood developmental tasks (learning the intercourse with a partner, setting a family, raising children, running a house, taking up job, taking up civic duties).

The period of a relationship has appeared no to diversify young adults in terms of the satisfaction of the realization of the developmental tasks ascribed to this stage.

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