

# RELATIONSHIP BETWEEN INDIVIDUALITY IN ROMANTIC RELATIONSHIP AND RELATIONSHIP SATISFACTION OF YOUNG ADULTS WITH ANXIOUS ATTACHMENT STYLE

## ABSTRACT

### AUTHORS

Angelica Abejo  
Marie-Fe Atabay  
Shane Nicole Balabag  
Mary Margarette Lazarino  
Tezie Revelleza

### RESEARCH ADVISER

Jonah Andrea D. Mapula,  
RPM

### AFFILIATION

Bestlink College of the  
Philippines

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This study examines the connection between individuality and relationship satisfaction in anxiously attached young adults at Bestlink College of the Philippines. Individuality, defined through independent and interdependent self-construals, influences how individuals perceive and manage their romantic relationships. While attachment theory has been widely studied in relationship outcomes, the specific role of individuality among those with anxious attachment remains underexplored. This is particularly important in the context of college students, who are in the process of identity formation and developing romantic connections. Exploring this link can provide valuable insights into improving relationship quality and emotional well-being among young adults. A quantitative correlational research design was adopted to examine the relationship between individuality and relationship satisfaction among anxiously attached young adults. A total of 150 participants were selected through purposive sampling, based on criteria such as age, current romantic involvement, and the presence of anxious attachment traits. Data collection involved the use of standardized self-report instruments: the Experiences in Close Relationships Scale-Revised (ECR-R) to assess anxious attachment, the Self-Construal Scale to measure independent and interdependent self-construals, and the Relationship Assessment Scale (RAS) to evaluate relationship satisfaction. Pearson correlation was utilized to analyze the statistical relationships between the variables. The results revealed that participants generally exhibited high levels of both independent and interdependent self-construals, indicating a balanced sense of autonomy and connectedness. The average score for individuality was 4.90, while the mean score for relationship satisfaction was 3.52. Statistical analysis using Pearson correlation showed a very weak positive relationship between individuality and relationship satisfaction ( $r = 0.06$ ). However, the  $p$ -value of 0.45 exceeded the 0.05 level of significance, indicating that the correlation was not statistically significant. These findings suggest that individuality does not have a significant impact on relationship satisfaction among anxiously attached young adults. The study highlights the multifaceted nature of romantic relationships among anxiously attached young adults, indicating that relationship satisfaction is influenced by more than just individuality. In light of these findings, the researchers designed the Enhancement Program for Students in a Relationship, which focuses on promoting personal growth, developing emotional intelligence, and strengthening relational skills through structured workshops. To build on this work, future studies should investigate additional psychological and interpersonal factors that may play a role in relationship satisfaction within this population.

### RECOMMENDED CITATION

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