Examining the nature and different styles of attachment

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ABSTRACT: One of the most important features of the human being is the ability to form interpersonal relationships and maintain it. These relationships which are absolutely necessary for survival of each of us or reproduction, love, jobs and ..., are formed and deployed within the framework of the relationship between the child - mother attachment styles and are affected with special method for dealing with stressful situations by means of defense mechanisms. Attachment is one of the most prominent concepts of contemporary psychology. Bowlby has defined the topics and theoretical basis of attachment theory in his famous three-volume set of "attachment and loss book with deeds achievements of cybernetics and information theory, psychology, experimental psychology, learning theory, psychiatry and other related fields (1979, 1980, 1982). The main core concepts and theories explain this point to deal with how the baby attaches emotionally to a person who has a duty of care him, as well as how he is to be stressed when separated from that person.

KEYWORDS: affiliation, attachment, deeds, attachment styles, mother and child

1. INTRODUCTION

Basically, human being cannot live without love and attachment. Do you have any idea what happens if one day your heart don’t beat to someone and don’t wait to meet someone? World of loneliness will kill you?! Of course you accept that true love is the source which denotes vitality, freshness and dynamism to man.

In order to describe child-parent relationships, various terms are used in different psychological theories, such as: matter relationships, affiliation and attachment. Although these terms are not synonymous, but their meaning partly overlaps each other and each of them have a special meaning in the formulation of his theory.

The importance of attachment topics are not only because prominent psychologists and experts have shown more interest in it and have conducted numerous researches in this field, but also because the so called mental- behavioral system plays an active role during the transformation processes in all years of life and its effects are fateful and decisive,
and perhaps that's why in the verses and hadiths also it has mention to this regard that it will be pointed in continue, because the formation of a normal and efficient attachment system in terms of providing sense of security facing unpredictable and dangerous situations includes important and vital value.

Perry points out to the concept of connection in explaining the meaning of attachment and believes that in principle, linking is the process of forming an attachment, in other words, linking is a set of behaviors that lead to strong emotional connection between two people (attachment). But in this debate and in the psychology attachment refers to an emotional bond between a child and his/her supervisor. Some researchers of developmental psychology believe that attachment of a child to his mother in the first year of life provides a strong basis for his later emotional development. John Bowlby (1989) suggests that children and mothers find their dependence on each other instinctively. He believed that children try to keep their mother close with birch and babble, smiling and crawling. In the case of children, especially in the second six months of life, they show signs of attachment to certain people. Those who children are attached are called "attachment fulcrum". One or two months before the first symptoms of real attachment appear, most children show attachment to numerous sources like father, brother, sister, grandfather and grandmother.

This theory has left a deep and broad impact on child development studies and has many applications in various fields of psychology. Attachment t is a relatively stable emotional bond between the child and one or more people who regularly interact with him/her. Human infant life revolves around a certain person who is available and regularly responds to her care needs of her, so a newborn care-seeking behavior spins around regular response and maternal image is completed by this way. In fact, this behavior is equal to the search for that neonatal care which is called attachment (Mazaheri, 1377, p69).

In developmental psychology, the emotional relationship between the child and the adult who cares that child is called attachment. Thus, attachment is a tendency children show those take care of them. The main attachment symptom of a child to his caregiver or someone who is closely associated with him is that the child will be concerned in his absence. Bowlby not only uses the so-called attachment behavior to the response of separating the child from caregiver, but also to natural responses to any disturbance (reber, 1985). According to Bowlby dependence arises when the "warm, sincere and reliable relationship arises between the child and the mother which is satisfying and a source of pleasure" to both of them (Pour afkari, 1376).

Bowlby says we only can understand human behavior by considering the environmental adjustment, which means we should know the environment well to know people living in
Human beings throughout its history probably moved in small groups in search of food and sometimes endangered were given attack by large predators. To achieve this protection, human children need to have mechanisms that keep them close to their parents, meaning that producing continuity in their behaviors. Gestures and signs near the caregivers facilitate and sustain it. A unique form of continuity or parallel processes imprinting in other species. Bowlby also discuss the linkage behaviors such as crying, laughing and follow the instincts. He believes that such behavior are inherent in essence with a clear pattern in almost all the members of a specie and have adaptive value for them.¹

In general we can say that one of the formative factors in adulthood is one called childhood attachment; therefore a way of dealing with attachment theory can target studies on the growth and development of personality in the future.

## 2. DEFINITIONOF ATTACHMENT

The expression of human emotional attachment is composed of the words "heart" and "binding". According to the glossaries, as a member of the pineal body is located in the chest cavity and causes blood flow to the strings and in the course of development, it is the context of the spirit and the meaning of human life. The word "binding" comes in the sense of "tightening" and "knot". The term attachment, and attach are different compounds with the same word meaning as; communicating heart with a loved one, in the form of love, romance and attachment to one person (or object) is (Dehkhoda, 1389).

Attachment is the deep emotional bond that we establish with special people in our life, so that when we interact with them, the feeling of joy and happiness fill us and in stressful situations, if we have them on our side, we feel relaxed. Bowlby describes attachment as a "lasting psychological connectedness between human beings" according to him, attachment continues to adult life and the happiest time of people in all ages is when they believe that someone is standing on their side from which they can got help and rely on him (Bowlby, 1979).

In general the emotional atmosphere of the relationship between the child and caregiver can be defined as attachment. That’s why a child usually sees his mother and will stick to her; it’s a present proof of their attachment. The human baby starts to feel attachment at about 6 months of age and then shows fear of strangers. Bowlby believed
that if attachment does not take place in 1 to 9 first years of life, then it probably will form too late and arise with difficulty.

Linkage is sometimes used interchangeably with attachment, although the two phenomena are different. Linkage is concerned about the feel of mother to her baby and is different from attachment. Normally, the baby's mother does not consider him/her as the source of security sense and does not rely on him while it is true in the attachment.

Studies have shown that mother and baby bond is formed when skin or other types of contact such as audio or visual ones are established. Some researchers have concluded that if the mother touches the baby immediately after the birth with her body skin, she will establish a strong bond, and she may have more to do with his care.

Attachment theory believes that attachment relationship is universal and has spread in all human beings. This means that people are influenced by their attachment bonds. Bowlby believes that a person's emotional bond is required for his healthy growth. Sensitive parents with safe feel are the basis for their children's mental health. According to Bowlby, unsafe relationship leads to mistrust, difficulty in coordination and sensitivities in romantic relationships or emotional dissatisfaction. Attachment relationships play an important role in the sense of security. For children, established ENI relationship is formed between him and his parents and in adulthood with an established sponge. Psychologists in most years of the present century have focused on children's relationships with those who are responsible for their care and those interactions have been considered as the major emotional and cognitive development (Massen, 1380, p122).

Attachment is a behavioral system which was taken from natural ethics by Bowlby and is an affective bond between growing child and a mother whose primary responsibility is taking care. According to the bowlby, attachment is created when warm, friendly and reliable relationship between the child and mother is established, one which is satisfactory and good for both of them (Kerin, 1384, p29).

Symptoms of child's attachment to the caregiver are evident in the three major phenomena: First, this fulcrum can calm the baby better than any other person. Second, on order to play or talk, children go to their caregiver more than any other person. Finally, children feel less fear in her presence other than her absence. Bulb believes that attachment behavior is dependent on the origin of life and constitutes long term emotional bonds; because of attachment and close relationship between child and mother, the chances of child survival increases (Massen, p89).

Thompson quotes Ainsworth's knows that attachment behaviors include crying, smiling, babbling, visual orientation, crying when leaving attachment pattern, following,
imitating, hiding for a hug, holding, lifting arms when greeting, when the hands are moving towards mother (Mahmoud, 1396, p114).

Bowlby's theory is based on three principles. First, the human baby is born with the treasure of conduct that is contiguous with the other members of family, to them a "safe haven" in order to provide searching in the environment. Second adjoining them makes others accessible and accordingly, infant attachment needs are met. Third, generalizing the experiences with important new relationships is internalized (Seyyed Mohammadi, 1381, p220).

The original intention of attachment theorists was that the reason of establishing a close relationship between baby and mother, is not the need to provide food and physical health of the baby, but also to create a secure connection between the mother and child infant's mental security, and a warm and full of intimacy relationship is created between them.

In a psychoanalytic interpretation, the breast of mother is the first issue of child sexual desire. Sucking breast feeding baby not only feeds the baby but also the act of feeding will make the child to enjoy. During breast feeding the child realizes that irritating mouth and lips gives her pleasure without provocation of obtaining food. An example of this feeling is that the child sucks his thumb, this practice shows that the pleasure that the child gets from thumb sucking or pacifier breast is only pleasure on behalf of the need to stimulate the oral mucosa which is enjoyable for the child; otherwise the child would stop thumb sucking as soon as she noticed would not make any milk (Hagnevis, 1363, p47).

3. FREUD'S THEORY OF ATTACHMENT

Freud was the first asserted that emotional bond of young with her mother, is the basis for all future relationships and all researches on the implications of attachment are consistent with Freud. Psychological theory nutrition considers nutrition as an initial need. When the mother starved to cater her kids, kids learn to prefer her soft, warm smiles and words of consolation. While feeding I sunder lying to reach a close relationship, attachment is not affiliated just to satisfy the hunger. The original intention of attachment theorists was that the proximity and relationship of mother with baby, not only was because of the need to feed and supply of children's physical health, but also to create a secure connection between mother and child and gain psychological security for children in a created relationship which will be warm and full of intimacy (Shoaib, 1392, p9).
4. CHARACTERISTICS OF ATTACHMENT

- Safe Haven: When children feel threatened or afraid, he can refer to the nurse or caretaker for comfort and soothing.
- Secure Base: The caregiver creates a secure and dependable base for children to explore the world.
- Maintain contact: The baby tries to stay near the caretaker and this would make him feel safe.
- Separation distress: When separated from the caretaker, the child gets sad (Shoaib, ibid, p10).

5. ATTACHMENT STYLES

Interactive methods of attachment styles affect the stressful situations (Sroufe, 1977, p1148-1199). People who are safe acknowledge position simply and want help from others. Refusals cannot recognize the position and search for help and justice and show featured hypersensitivity and ambivalent about attachment with negative emotions and images in such a way that destroys their autonomy (Koback, 1988, p135-146). While reducing anxiety is one of the actions of secure attachment. Avoidant and double oriented attachment styles force stress and anxiety, and his increasingly impose him on the use of an inefficient way of defense (Kirkpatrik, 1994, p502-512).

Ainsworth and his colleagues observed one year-old children in an unfamiliar position different reactions and their behavior and classified them into three types of attachment quality. In future studies, other researchers, added another class to the previous ones. The indicators at this level of activity involves the amount of game, crying and other signs of distress, trying to draw attention from mother and being away from strangers and don’t interact with them. Note that the behavior of children was only classified according to reconnection with mother (Barahani, 1380, p152).

According to this test, the resulting classifications are described as follows: In general, children who show some discomfort when they are parted from their mother and then become calm and quiet as soon as she comes back are called "secure attached". Children who do not complain from their mother's absence, and when she returned continue to play willingly with her are called an "Avoidant insecure attached" and those children who are severely anxious in their mother's absence and after her returning stick to her are called "Anxious-Ambivalent insecure attach". In other words, secure children are more trusting
in accessing mother and use her as a "secure base" more than insecure children do. When the mother returned after a short break, safe children contact and interact with her easily. Avoidant children react with breaking and avoiding by increasing uncertainty and ambivalence or react angrily (Besharat, Sharifi and Yereveni, 1380, p33-45).

Some infants cannot be classified in any of the so called groups, so newer researches has identified another class as disorganized one, disorganized infants often show conflicting behavior; for example, come nearer to mother, while trying not to look at her, or come nearer to her, and then show avoidance behavior associated with dizziness, or after calming down, start sudden crying. Some of them look lost or depressed (Atkinson, et al. Ibid., P.129).

Researchers attempt to justify attachment differences in and have defined four attachment styles in them as:

Researchers attempt to justify differences in attachment four children in the children's attachment style defined:

1. Secure attachment
2. Insecure attachment (avoidance)
3. Resistant attachment
4. Confused disoriented attachment

5.1 Secure attachment

These children show a clear attachment behavior to the primary and secondary separation of mother. They call their mother, follow her, going to seek her and eventually began to cry and express signs of their concerns. When the mother returned, they hug her happily and are going to have physical contact with her, be calm shortly and try to start the game again (Shoaibi, ibid., P. 19).

5.2 Insecure attachment (avoidant)

These children do not have much objection to the separation and do not show clear attachment behavior. (Like stop mother from going or crying). They continue to play, although less explore in the environment. Occasionally, when the mother leaves the room, they look up her and going out to see him. After returning of mother, such babies avoid her and do not have any demand for hugging her. Often there is no physical contact between them (Shoaib, ibid., P. 19).
5.3 Insecure attachment (ambivalent)

These children are very anxious after separation and cry, but when the mother returned to the room, cannot relax them and it takes a long time to calm down them, sometimes they are unable to return to the game after a few minutes when their mother holds them in her arms, while these children have willingness to have physical contact and proximity, show their aggression (Shoaib, ibid., P. 19).

5.4 Confused disoriented attachment

(A class that was added to the Ainsworth classification). After Ainsworth and colleagues (1978) introduced the classes of secure and insecure attachment, in other studies in this field, certain children showed behaviors that were not in these classes. These children are called disorganized attached. Even children with secure attachment sometimes show chaotic behavior, for example, go to his mother, stop running for a short time and then start running around the room and look for his mother and when his mother returns to her, start to refuse. This disorganized attachment patterns often are seen in children exposed to clinical problems and children experiencing internal trauma like the loss of parents, separation from their parents, or have been abused (Shoaib, ibid., P. 19).

6. EFFECTIVE FACTORS IN ATTACHMENT

6.1 The opportunity to establish a close relationship

What happens if a child does not have the opportunity to establish emotional relationship with the parent? Studies show that foster youth despite the cheerful and socialize behavior before the separation, after separation respond by crying, withdrawal from the area, weight loss and sleeping problems.

When such children were adopted, many of them were able to establish a firm link with new parent which shows that the attachment bond can be created at the end of 4 to 6 years. But they have so many emotional and social problems during childhood and adolescence, such as a tendency to attract the attention of adults, excessive intimacy to adults and show weakness in friendship
6.2 The quality of nursing

Immediate response, regular and proper maintenance of the love of mothers and infants are associated with attachment security symptoms. Infants with insecure attachment have mothers who do not like physical contact, are not properly dealt with, their responses are uniform and sometimes negative and show rejection and collide with them. Avoidance nursed infants compared to safely attached infants include too much irritating and annoying behaviors. For example, when they are slept or when they are busy, start to talk with them with all her strength, it seems the youth wants to avoid engaging boring mother with escape action.

Resistant infants, usually experience unstable nursing. Parents ignore their children's symptoms. But when the children began to search, they divert his attention towards his own intervention exploration. As a result, these children are too dependent and became angry with the mother's involvement. Child's abuse and neglect are associated with this type of insecure attachment pattern.

6.3 Child characteristics

As attachment is the result of a two-person relationship, Young's characteristics can affect the ease of communication. Factors such as premature childbirth complications and newborn illness, makes nursing harder for parents. If parents have special needs to nursing time and have sufficient bearing, attachment grows well.

6.4 Family situation

Internal actual patterns are established for the reconstruction of several factors, including experiences which effect current life, personality and life satisfaction. As a result, adults who have had a bad foster parents will not be condemned, but the manner in which parents consider their children, their ability to incorporate new patterns with internal reality, coping with negative life events, and thinking about the parents for the love and the passed, effects the manner in which their children are too far many times.

6.5 Child temperament

All psychologists agree that the response to child care is the main factor in the development of attachment behavior in children (Campos, 2004). In this case, they have
focused their attention on the child's innate temperament. In response to the child's parent, the child is often a function of their behavior. For example, difficult mothers will have less time to spent playing with them (Khoy Nejhad, 1384 p139). Attachment patterns may reflect the responding interaction between the child's temperament and parents.

7. EFFECTS OF ATTACHMENT

Attachment effects not only are important on personal relations but also on the field of psychopathology in adults. Events that are related to child attachment can also be included in adult as indirect aspects of feelings and thoughts. Attachment styles of thinking, feeling and memories of adults affect is known as one of the factors in the diagnosis of new perspectives of psychopathology (Cassidy, 1999).

8. CONCLUSION

1. Emphasizing on the improvement of child care centers and the emphasis on children's development.
2. Improving the care of children who are hospitalized and for parents (especially mothers) during the stay in hospital with the child.
3. Improving training methods for caregivers of children.
4. Reducing the isolation of newborns with their mothers in hospitals.
5. Emphasizing teaching parents to learn how to take care of their children, as do not cause problems. (Maternal sensitivity)
6. Being aware of the vulnerability of young children to separation from their mothers or both parents.
7. Reducing of work time of mothers at the age of children vulnerability, so that they can properly take care of their children well. (Perhaps because of work fatigue response are not in good quality and that opportunities should be seized response)
8. Emphasizing on the role of fathers in child care, because studies have shown that children can create multiple attachments and the quality of attachment is important, not quantity.
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