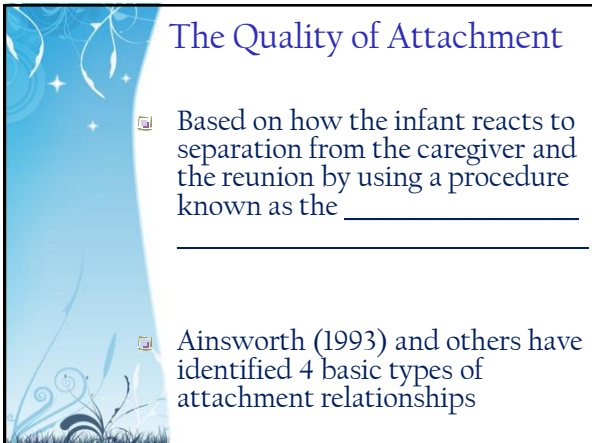


Emotional Development

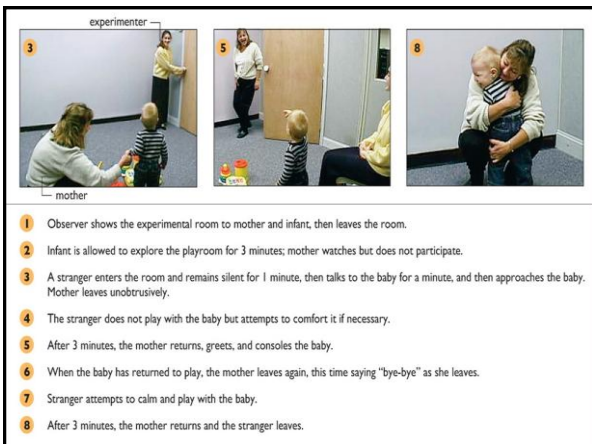
Chapter 10



The Quality of Attachment

- Based on how the infant reacts to separation from the caregiver and the reunion by using a procedure known as the _____

- Ainsworth (1993) and others have identified 4 basic types of attachment relationships



- 1 Observer shows the experimental room to mother and infant, then leaves the room.
- 2 Infant is allowed to explore the playroom for 3 minutes; mother watches but does not participate.
- 3 A stranger enters the room and remains silent for 1 minute, then talks to the baby for a minute, and then approaches the baby. Mother leaves unobtrusively.
- 4 The stranger does not play with the baby but attempts to comfort it if necessary.
- 5 After 3 minutes, the mother returns, greets, and consoles the baby.
- 6 When the baby has returned to play, the mother leaves again, this time saying "bye-bye" as she leaves.
- 7 Stranger attempts to calm and play with the baby.
- 8 After 3 minutes, the mother returns and the stranger leaves.


Ainworth's Four Attachment Categories

- ☐ _____
- ☐ Insecure/Resistant
- ☐ Insecure/Avoidant
- ☐ _____


Types of Attachment

☐ Secure attachment _____
that involves a high-quality, relatively unambivalent relationship with their caregiver


- The baby may or may not cry when the mother leaves, but when she returns, the baby wants to be with her and if the baby is crying, the baby stops.
- _____
- _____
- 60-65% of American children have secure attachment relationships (Kail, 2007).




A secure attachment relationship is likely to develop when parents



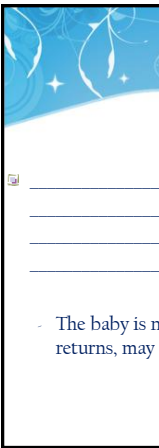
Insecure Attachments




Insecure/Resistant

 A pattern of insecure attachment in which infants or young children are

- The baby is upset when the mother leaves and remains upset or even angry when she returns, and is difficult to console




Insecure/Avoidant



- The baby is not upset when the mother leaves, and, when she returns, may ignore her by looking or turning away

If they do get upset when left alone, they are as easily



20% of middle-class American children are in insecure/avoidant relationships.

Insecure/Disorganized

☐ Disorganized attachment is a pattern of insecure attachment in which infants or young children have

☐ The baby seems confused when the mother leaves and, when she returns, seems as if the baby doesn't really understand what's happening..."what's going on here?"

- They want to approach their mother, but they also seem to

Disorganized Attachment


☐ Disorganized attachment leads to difficulties in the regulation of



- This type of attachment occurs when the child's need for emotional closeness remains unseen or ignored.



Securely attached infants appear to grow up to be better adjusted and more socially skilled than insecurely attached children.



Infants develop an internal working model, which are a set of expectations about





Researchers have found links between attachment styles and relationship patterns in adolescence and adulthood

Adult Attachment Models

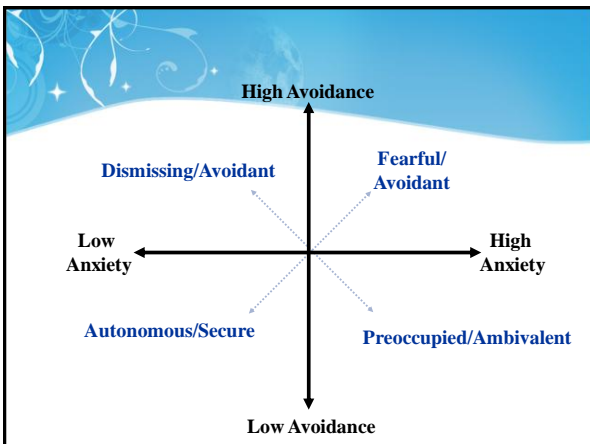
Adult attachment models are based on adults'

- Secure/Autonomous Attachment
- Dismissing/Avoidant Attachment
- Preoccupied/Ambivalent Attachment
- Unresolved/Disorganized Attachment
 - also known as Fearful/Avoidant Attachment

Hazan and Shaver (1987)

Noted that infants and caregivers and adult romantic partners share the following features:

- Both engage in close, intimate, bodily contact
- Both feel insecure when the other is inaccessible
- Both share discoveries with one another



Autonomous/Secure. It is easy for me to become emotionally close to others _____

Dismissing/Avoidant. _____

 It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

Preoccupied/Ambivalent. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. _____

Fearful/Avoidant. I am uncomfortable getting close to others. _____

 . I worry that I will be hurt if I allow myself to become too close to others.

Adults with **secure attachment styles** find it easy to get close to others and don't worry much about becoming too dependent on someone or being abandoned

Adults with **insecure avoidant attachment styles** find it difficult to develop intimate relationships

- Once in a relationship, they are more likely to quickly end it and more likely to engage in one-night stands without love

Adults with **ambivalent attachment styles** are less trusting, which makes them more possessive and jealous

- They may break up with the same individuals several times and when discussing conflicts they often become emotionally intense and angry

Are Attachment Patterns Stable from Infancy to Adulthood?

Links between earlier and later attachments may be lessened by stressful and disruptive life experiences (such as the death of a parent or instability of caregiving)

Adult attachment styles may also be related to other aspects of adult development/experience such as depression and unwanted but consensual sexual experiences

Adult Attachment

Adult attachment models are based on adults' perceptions of their own childhood relationships with their parents and of the continuing influence of those relationships

- Autonomous or Secure
- Dismissing
- Preoccupied

