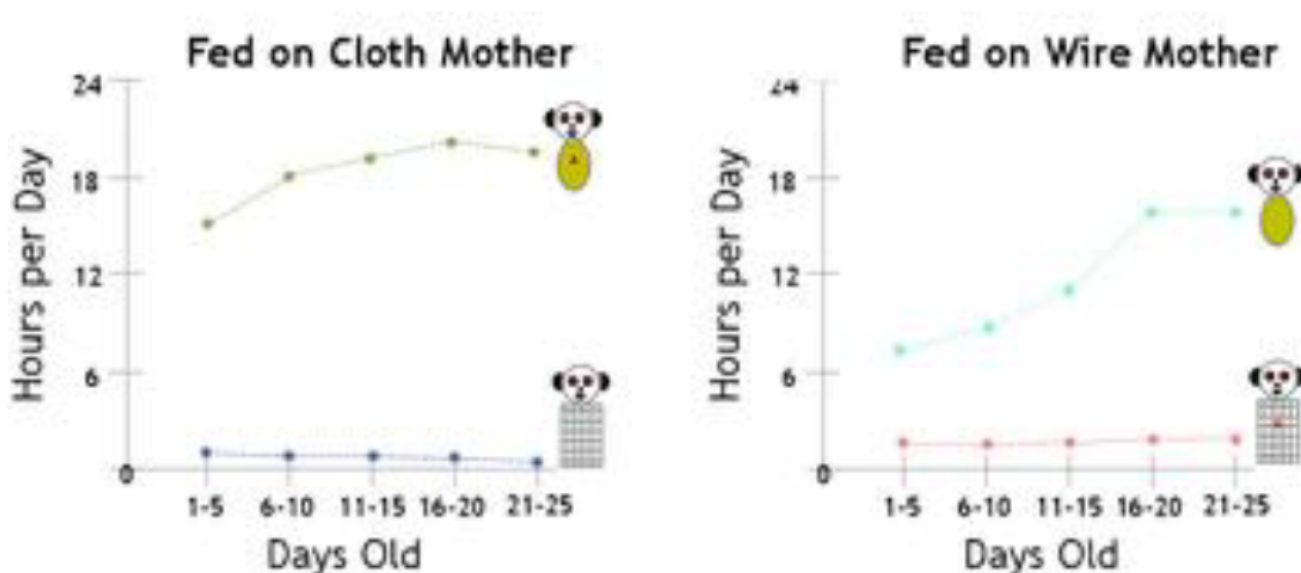


Attachment

- Definition => Close emotional bond between two people (or animals).
- Different theories:
 - Freud: infants become attached to the person who provides oral satisfaction (e.g. Through feeding) : ผ่านการพัฒนาขั้นแรก oral stage
 - Behaviorism: attachment through reinforcement : ผ่านการเสริมแรง
 - Erikson: trust comes from physical comfort and sensitive care
 - Harlow: infants prefer contact comfort over food : ผ่านการให้ความอบอุ่นมากกว่าอาหารของทารก
 - Harlow monkey experiment

Harlow's Study

- Time spent with "mother"

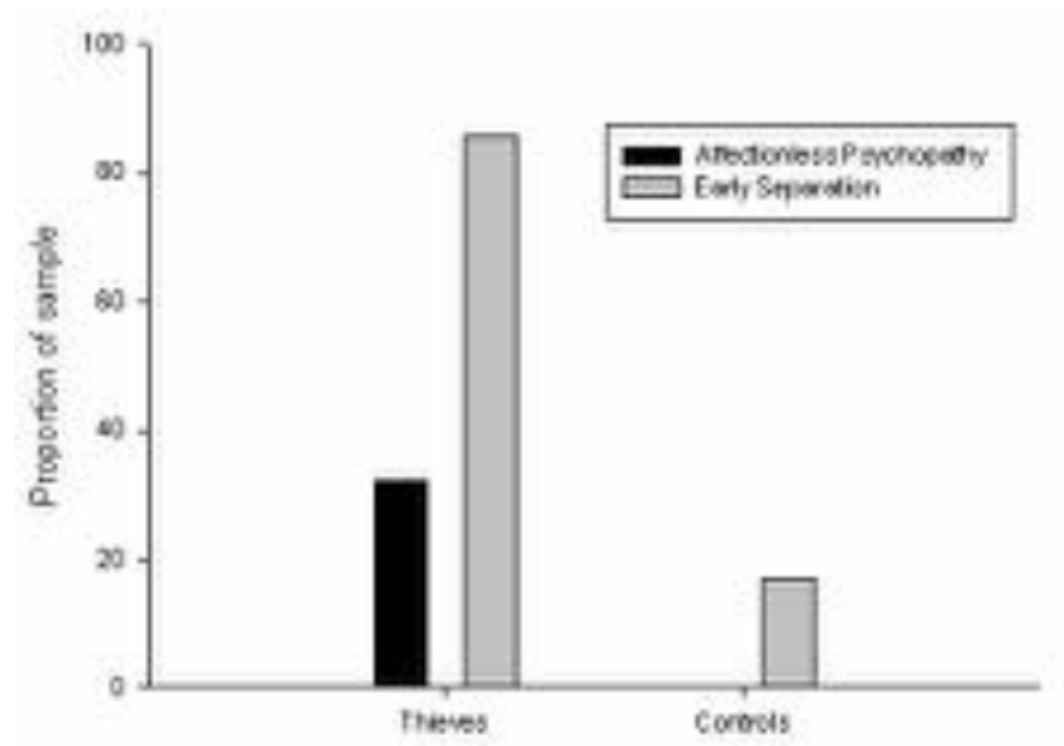


Bowlby's Theory

- Infants + parents biologically predisposed to **form attachments** : มักจะผ่านร่างกายในทารกกับพ่อแม่
 - E.G. Lorenz (1935) study on imprinting (Critical period for imprinting is shortly after birth)
 - E.G. Crying, cooing, **clinging to mother**, smiling, following the mother
- **Critical period: 6 months – 2-3 years**
- During this time, infant should receive continuous care : ช่วงนี้ต้องได้รับการดูแลอย่างสม่ำเสมอ
- Develops in 4 phases
 - Phase 1: birth – 2 months
 - Attachment directed to other humans (eg. Parents, strangers)
 - Phase 2: 2-7 months
 - Attachment focused on one person (usually primary caregiver)
 - Learns to distinguish between familiar and unfamiliar people : หัดแยกแยะว่าใครคุ้นเคย
 - Phase 3: 7-24 months
 - Specific attachments develop (eg. Mother and father)
 - Locomotor skills -> Actively seek contact with regular caregivers

- Phase 4: 24 months +
 - Become aware of others' feelings
 - Take these into account in forming own actions
- Consequences of maternal deprivation : ผลเสียจากการกีดกันจากแม่
 - Delinquency : การกระทำผิด
 - Reduced IQ
 - Increased aggression : ความก้าวร้าว
 - Depression
 - Affectionless psychopathy : โรคจิตเภทที่ไม่มีความรัก

► E.G. Thieves study (Bowlby, 1944)



Ainsworth

Ainsworth's Strange Situation

- Individual differences in attachment
 - Strange situation: observational measure of infant attachment
 - Requires infant to move through
 - Introductions
 - Separations
 - Reunions and adult stranger in [prescribed order : (ตามลำดับที่กำหนดไว้)] : การกลับมาพบใหม่

Ainsworth's Theory of Attachment

- 4 attachment styles
 1. Securely attached babies ส่วนมาก

- When caregiver is present, infants will explore the room
- When caregiver leaves infant cries
- When caregiver returns, infants reestablish positive interaction (e.g. Climbing onto lap, smiling)
- Resume playing with toys in room

2. Avoidant babies

- Avoid caregiver
- Not distressed when caregiver leaves room
- Does not interact when caregiver comes back
- If contact then infant leans/looks away

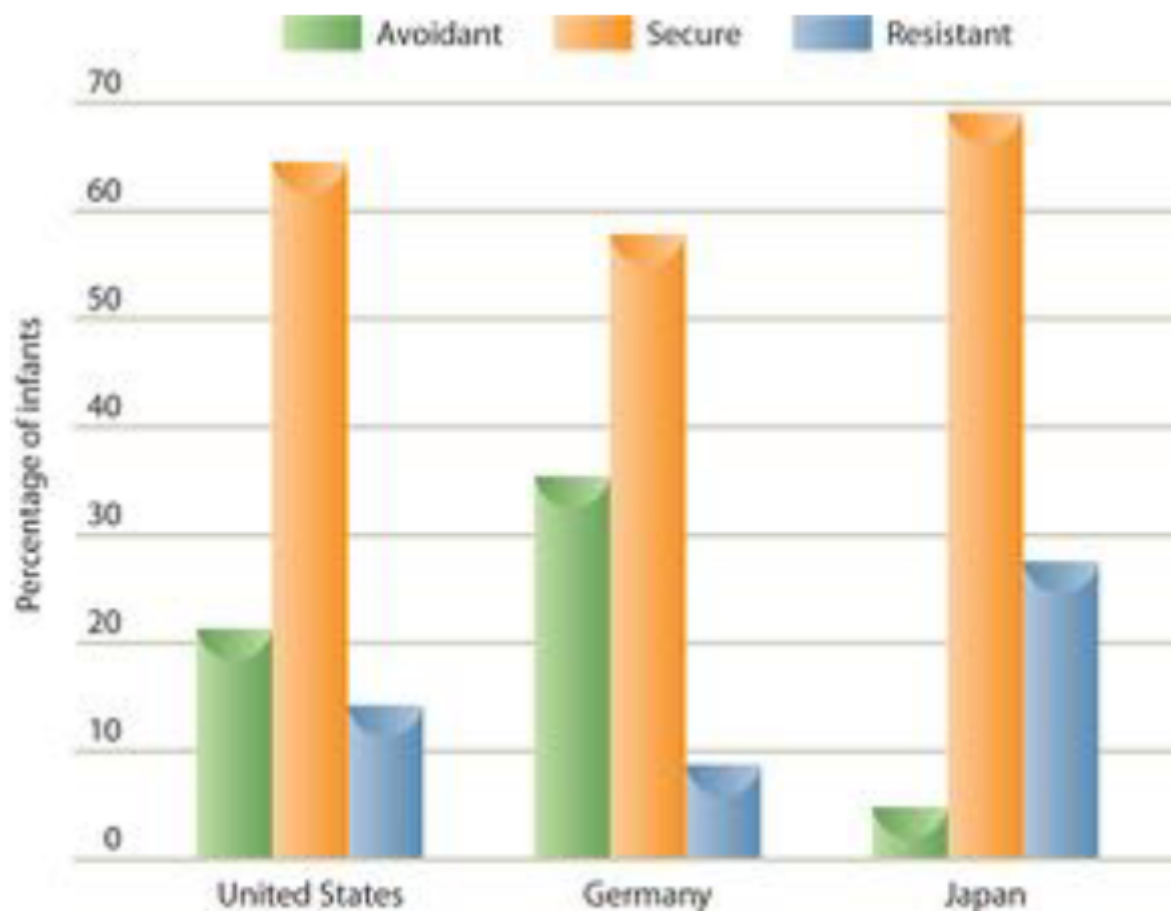
3. Resistant (ambivalent) babies

- Clings to caregiver in strange situation room
- Do not explore playroom
- Cry when caregiver leaves
- Push caregiver away when he/she returns

4. Disorganized babies

- Dazed, confused, fearful
- Strong avoidance and resistance of caregiver
 - E.g. Extreme fearfulness around caregiver

- Evaluating Ainsworth's Theory of Attachment



Adult Attachment

- Adult Attachment in **romantic relationships** (Hazan & Shaver, 1987)
 - Secure attachment style: Have a positive view of relationships and find it easy to get close to other
 - Avoidant attachment style: Are hesitant about getting involved in romantic relationships
 - Anxious attachment style: Demand closeness, are less trusting, more emotional, jealous, and possessive

Research Findings for Adult Attachment

- 60-80% of adults describe themselves as being securely attached (Zeifman & Hazan, 2008)
- Infants who were securely attached at 1 years old were securely attached in adult relationship at age 21 (Steele et al., 1998)
- Securely attached infants were in more stable romantic relationships than insecurely attached infants (Salvatore et al., 2011)
- Security predicts more positive romantic relationships (Holland & Roisman, 2010)
- Anxiously attached individuals showed strong ambivalence toward romantic partner (Mikulincer et al., 2010) and relationship commitment than securely attached individuals (Joel, MacDonald & Shimotomai, 2011)
- Avoidant and anxious adults have lower sexual satisfaction than secure adults (Brassard et al., 2012)
- Insecure attachment linked with chronic disease such as cardiovascular disease (McWilliams & Bailey, 2010)
- Avoidant and anxious adults linked with depressive symptoms (Jinyao et al., 2012)

Benefit of Secure Attachment

- Mikulincer and Shaver (2012)
 - Self-acceptance
 - Self-esteem
 - Self-efficacy
 - Emotional control
 - Optimistic
 - Resilient : ยืดหยุ่น
 - Activate cognitive representations of stability -> effective coping strategies : สามารถเผชิญกับปัญหาได้
- Li and Chan (2012)
 - Better relationships with partners

Conclusion

- Attachment linked to relationship problems
- Other factors may also play a role in relationship functioning