

Attachment theory



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of the of the of the The Theory of Attachment The honor of discovering the theory of attachment goes to the British psychoanalyst John Bowlby. He had closely observed the severe anguish of infants who had been separated from their parents. In addition, he noted that such infants would adopt all possible means to come close to a missing parent or to prevent such separation. His contemporaries were of the opinion that such behavior was prompted by a defense mechanism, which had not yet developed adequately, to contain emotional distress. Bowlby, on the other hand, contended that such conduct was common amongst several mammals and hypothesized that it represented an evolutionary function (Fraley).

The principal postulate in the context of research on attachment in human infants is that an infant depicts secure attachment, only if its needs are responded to in a sensitive manner by its parent. Analogously, insecure attachment can be attributed to insensitive response by a parent (Acton). One researcher, namely Ainsworth, opined that there were two types of insecure attachment, namely, ambivalent and avoidant. Thereupon, this classification of infant behavior, as ambivalent, avoidant and resistant was applied to such behavior. According to this perception, a secure infant tries to come into contact, attempts to come near a parent, or greets a parent who is at a distance from it. On the other hand, an infant of the avoidant category attempts to evade a parent. Finally, an infant that has been classified as resistant or ambivalent displays its hostility towards a parent, either in an active or passive manner (Acton).

The attachment theory is not restricted to the emotional response in infants, but also to obtain a proper perception of unhappiness, love and solitude amongst adults. The various styles, regarding attachment, found in adult are <https://assignbuster.com/attachment-theory/>

a consequence of the working models of that person, which had formed during that person's early years, after birth (Acton).

A person whose perception of secure attachment has been developed is likely to behave in a manner that is culturally acceptable. As such, when people, who are in each other's presence, communicate with each other, they tend to be courteous and agreeable, irrespective of their identities. Whereas, the very same individuals, may not depict such behavior if they are communicating from a distance or in some symbolic fashion. In a study on Israeli Jewish students, it was discovered that a primed secure attachment enhanced appreciation for benevolence and universalism. Moreover, universalism was seen to be intimately associated with a lowering of military attitudes. These conclusions are not final and further research is essential before arriving at any generalizations (Christopher and Park).

Works Cited

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