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The Relationship Between Attachment Styles and Extraversion

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The Relationship Between Attachment Styles and Extraversion

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Abstract

Attachment styles and personality are important parts of one's identity and may influence future attitudes towards close relationships. An understudied expression of personality that attachment may influence is extraversion. In this study, we examine the relationship between attachment and extraversion by testing the hypothesis that participants with secure and anxious attachment styles are more likely to be extroverted compared to participants with an avoidant attachment (fearful and dismissive). Sixty-nine participants were recruited from Cleveland State University's SONA Systems online recruitment tool, Research Match, Instagram, CSU Facebook Groups, GroupMe, and email. Participants were asked to complete a self-report survey, which measured their attachment style and extraversion by using the Revised Adult Attachment Scale and the IPIP-NEO 120. Data was analyzed by doing a correlation and linear regression analysis. This study found significant correlations between closeness, anxiety towards relationship, dependency, friendliness, gregariousness, cheerfulness, and excitement-seeking. Furthermore, positive correlations were found between friendliness and closeness, closeness and gregariousness, and friendliness and being dependent. Negative correlations were found between friendliness and anxiety, cheerfulness and anxiety, and excitement-seeking and being dependent. These correlations suggest how extraverted specific attachment styles may be and expand the knowledge of the relationship between attachment and personality.