

# Adult Attachment and Personality

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**Abstract:** *Children develop different types of emotional bonds to those who care for them. This fact is pertinent here because attachment styles take the form of disparate, relatively stable patterns of emotionality that influence love relationship, reaction to stress or loss and other emotional dilemmas in life. Different attachment style creates different personality for a developing child. That is why recognizing our attachment pattern can help us understand our strengths and vulnerabilities of our personality. This study aims to identify the relationship between adult attachment and personality among trainee counsellors in Universiti Malaysia Sarawak. This research adopted a correlational research design. The sample consisted of 54 respondents of trainee counsellors from first year of Counselling. The study involves two main variables of Adult Attachment and Big Five Personality. In this study, the questionnaires used were Experience in Close Relationship (ECR) and Big Five Personality. Statistical Package for the Social Sciences (SPSS) analysis showed a significant negative relationship between Attachment Avoidant and Big Five Personality factor: Agreeableness. This finding showed that people with attachment avoidant would have low factor of agreeableness which made them may put their own interests above those of others. They tend to be distant, unfriendly, and uncooperative.*

**Index Terms:** *Keywords: Adult Attachment, Avoidance Attachment, Anxious Attachment, Personality.*

## I. INTRODUCTION

Lumiere (2012), states that “Human beings do not thrive physically or emotionally without close bonds with other human beings”. Attachment issues are little understood but are a basic human need. Research has shown that our way of relating to significant others in adulthood is likely to be influenced by the early bonds, otherwise known as attachment patterns, which we form in infancy with our primary caregivers. Children develop different types of emotional bonds to those who care for them. This fact is pertinent here because attachment styles take the form of disparate, relatively stable patterns of emotionality that influence love relationship, reaction to stress or loss and other emotional dilemmas in life. Different attachment style creates

different personality for a developing child. That is why recognizing our attachment pattern can help us understand our strengths and vulnerabilities of our personality. An attachment pattern is established in early childhood attachments and continues to function as a working model for relationships in adulthood. Thus, our personality is related on how our attachment style working since our childhood. Personality is the combination of characteristics or qualities that form an individual's distinctive character. One's personality is different from others. Personality that we build may be affected by how we were raised up. It may be differ from the attachment style that we are growing up with based on what kind of affection that we get since childhood. While growing up, we can see how our personality reflects us physically and emotionally. The way we react, we think and we feel may be based on the style of attachment that we learned since kid. Research on person's personality is guided by the assumption that the same motivational system that gives rise to the close emotional bond between parents and their children is responsible for the bond that develops between adults in building their personality. The main idea of the study is to analyze whether the personality that was experience by the adulthood can give a positive or negative impact based on their attachment style.

Previous research has been conducted mostly in other country and in Malaysia, this matter is not really being cornered and discuss in detail. Moreover, Sangeeta and Jayanti (2014) studied about attachment style and the relation of it with marital issue whether it affected the quality of the marital good or poorly. They found out that the marital quality of the husband and wife is associated with different variables. Research also suggested that among the husbands, those with lesser neuroticism and greater extraversion have better marital quality. Other research also studied the attachment anxiety and avoidance and the big five personality traits whether it relates to self-esteem or otherwise. It shows that attachment anxiety and avoidance were both found to be positively correlated with neuroticism, and as predicted, this relationship was even stronger for anxiety. Attachment avoidance was negatively correlated with extraversion, agreeableness, and conscientiousness. Attachment anxiety and avoidance were both negatively correlated with self-esteem, the negative relationship found for avoidance and self-esteem did not replicate results from past research (Kayleigh, 2013). Plus, there was a research to show adult attachment style is associated with depressive-vulnerability factors such as low self-esteem, poor support and

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childhood adversity. The result of the study is inconsistency where in the type of insecure style most highly associated (Bifulco et al., 2002). It shows that self-esteem is related to the attachment style that the child had been brought up. Another previous research conducted was focusing on the four type of attachment style which are secure, preoccupied, dismissal and fear (Matsuoka et al., 2006) conducted to the adolescent in a university. This study of university students has demonstrated that women have more secure attachment than men. As noted, Bowlby hypothesized that children's early ties with their primary care givers would become a basis of their adult attachment to a significant other. The research was conducted using the Relationship Questionnaire to measure adult attachment, the Parental Bonding Instrument to perceived rearing, and a list of early life events.

This research is interested to find out the relationship between attachment style in term of avoidant and anxiety and the big five personality in UNIMAS. In UNIMAS, there are around 13 000 students and it is one of the prestige university in Sarawak. Students react differently because of the way they are raise and each of them may differ in a different way. Therefore, this research is to see the relationship between the attachment style and the personality trait that the student have. The research is going to be conduct with the combination of the Experience in Close Relationship (ECR) and the Big Five Personality. Hence, this research is interested to look up for because it tells us the way we react today is because how we were brought up by the attachment style.

The output of the study would be a fundamental finding that would promote people awareness on the importance of attachment and personality traits. Knowing our attachment dimension as well as our personality traits would help us to develop a working plan to face and cope with our surrounding. Besides, the findings of this research will be eye-opening as it will shed a light on the current issue of self-esteem whereas most people are not confident on themselves. This research is not only crucial for public's knowledge but as an important aspect to consider for those who are in a romantic relationship, be it non-married or married too. This is very much so because it will help them understand how their personalities and attachment styles may affect who they become now. Upon understanding, it may help them seek assistance to improve any lacking in them. Besides, this research serves as an important platform for researcher to learn and understand deeply the prospects of attachment style and its relationship with personality traits. It will help broaden our knowledge on conducting session later.

This research consists of a few limitations. One of them is the place for respondents to complete the questionnaires is not so conducive and safe. This is because the survey research may carry out in lecture rooms, library, or even places dining in for food. The significant other of the respondents or even friends may be with the respondents when they are carrying out the questionnaires. Their attentiveness in completing the survey research is low and they are easily-influenced. Moreover, some of the respondents might be in rush for their work. Therefore, the respondents may not respond after a considerate thinking and just simply answer the questionnaire to fulfil the request of

researchers. In addition, this study is fixed by the educational attainment of the respondents. This is because all the respondents are university students who are at least pursuing a bachelor degree. The result might be different if the educational level of respondents can be varied.

## II. LITERATURE REVIEW

### A. Attachment Theory

Attachment theory provides a useful model for understanding children's development in the context of relationships, and Bowlby's ideas (2008) have had a crucial impact in terms of understanding the effect of early relationships on relationships later in life. Attachment theory has its roots in the study of infants and their bond to their mothers or their significant caregiver (Shaver & Mikulincer, 2005). John Bowlby and Mary Ainsworth founded the theory in the late 1950s and early 1960s. The theory of infant attachment states that infants are genetically predetermined and biologically inclined to create a bond with their caregiver in order to get their needs met. The attachment bond created between the primary caregiver and the infant then shapes the way the infant views the world, themselves and others. Mary Ainsworth, through studies using the "strange situation," found that infants fell into four categories of attachment orientations based on their behaviors: secure, avoidant, anxious, and disorganized (Shaver & Mikulincer, 2005). The application of attachment theory grew rapidly after its creation and moved from the area of child development into the realm of social psychology in the late 1980s (Shaver & Mikulincer, 2005).

Attachment theory provides an important foundation for understanding the mechanisms underlying this prevalent form of social disruption in adulthood. The theory stipulates two important criteria for healthy human functioning. First, every individual, throughout the lifespan requires the presence and availability of a trustworthy figure who is willing and able to provide a safe haven where the person can retreat for comfort and support in times of need and a secure base from which to engage in exploration of the world and the person's own capacities. Second, everyone must be able both to recognize when another person is a trustworthy attachment figure and to collaborate with him or her to maintain a mutually rewarding relationship (Bowlby, 2008). Individuals high on either anxiety or avoidance both experience insecurity and distress within close relationships, but their reactions to this uncertainty differ considerably. Someone high on avoidance would be described as experiencing apprehension toward becoming close with others, often resulting in emotional reserve and an increased need for feelings of independence. Someone high on anxiety would be described as being overwhelmingly engrossed with the need for closeness and intimacy and ruminating about their own worth to their significant partner. An insecure individual whom has not earned a secure attachment orientation mostly describes their childhood in bits and pieces or by brushing over the negative experiences. However, conclusions about stability of attachment are probably premature. The way



attachment is measured is different at different ages and therefore the study of its stability and change is a complicated one.

Children who are securely attached generally become visibly upset when their caregivers leave and are happy when their parents return. When frightened, these children will seek comfort from the parent or caregiver. Contact initiated by a parent is readily accepted by securely attached children and they greet the return of a parent with positive behavior. While these children can be comforted to some extent by other people in the absence of a parent or caregiver, they clearly prefer parents to strangers. Parents of securely attached children tend to play more with their children. Additionally, these parents react more quickly to their children's needs and are generally more responsive to their children than the parents of insecurely attached children. As adults, those who are securely attached tend to have trusting, long-term relationships. Other key characteristics of securely attached individuals include having high self-esteem, enjoying intimate relationships, seeking out social support, and an ability to share feelings with other people.

Children with avoidant attachment styles tend to avoid parents and caregivers. This avoidance often becomes especially pronounced after a period of absence. These children might not reject attention from a parent, but neither do they seek out comfort or contact. Children with an avoidant attachment show no preference between a parent and a complete stranger. As adults, those with an avoidant attachment tend to have difficulty with intimacy and close relationships. These individuals do not invest much emotion in relationships and experience little distress when a relationship ends. Children with anxiety attachment styles tend to be extremely suspicious of strangers. These children display considerable distress when separated from a parent or caregiver, but do not seem reassured or comforted by the return of the parent. In some cases, the child might passively reject the parent by refusing comfort, or may openly display direct aggression toward the parent. As adults, those with an anxiety attachment style often feel reluctant about becoming close to others and worry that their partner does not reciprocate their feelings. This leads to frequent breakups, often because the relationship feels cold and distant. These individuals feel especially distraught after the end of a relationship.

### III. METHODOLOGY/MATERIALS

#### A. Research Design

This research adopted a correlational research design. The data was collected by using the quantitative method, which was by distributing the questionnaire to the respondents. The main source of data collection was using questionnaire and the questionnaire sheets were distributed to the participants. The data was collected by using a correlation research design where it was suitable for this study as this design determines two variables that were correlated. It can be helpful to understand the association of the variables in the study.

#### B. Research Sample

The sampling technique used in this research was purposive sampling. A purposive sample was a non-probability sample that was selected based on characteristics of a population and the objective of the study. Purposive sampling was also known as judgmental, selective, or subjective sampling. The target group of respondents in this research was the student from first year of Counseling student in UNIMAS. Each of the students had been distributed with some questionnaires. They answered the questionnaire and then the data will was collected. The entire questionnaire was used to be analyzed.

**Table I:** Descriptive Statistics for Demographic Variables Attachment Styles

Demographic Variables	Sec ure	Preocc upied	Dismis sing	Fear ful	Total
<b>Gender :</b>					
Male	1	2	2	6	11
Female	11	12	11	6	40
Total	12	14	13	12	51
<b>Race :</b>					
Malay	8	9	8	6	31
Chinese	0	1	1	1	3
Indian	0	1	0	0	1
Iban	2	2	2	4	10
Others	2	1	2	1	6
Total	12	14	13	12	51
<b>Educational Level :</b>					
Diploma	0	1	2	1	4
STPM	2	5	3	3	13
Foundation	1	4	2	4	11
Matriculation	6	3	3	1	13
Others	3	1	3	3	10
Total	12	14	13	12	51
<b>Age :</b>					
19-21	12	12	11	11	46
22-24	0	2	1	0	3
25-26	0	0	1	1	2
Total	12	14	13	12	51

**Table II:** Descriptive Statistics for Age

	N	Mini mum	Maxi mum	Mean	Std. Deviation
Age	54	1	3	1.13	0.436
Valid N (listwise)	54				

#### C. Research Instruments

The questionnaire contains three major sections, which includes the demographic part, the part using inventory of Experience in Close Relationship (ECR) and the section using inventory of Big Five Personality. Quantitative method was being applied in our study as this design can be used to explain more complex relationship among variables. First section was using the inventory of ECR, which consists of 36 questions. This inventory was used to determine types of attachment style of the personality development using 7-point of scales. Next section of questionnaire was adapted from the Big Five Personality. This questionnaire contains 50

questions which provided by five options which were disagree strongly, disagree a little, neither agree nor disagree, agree a little and agree strongly. The respondent can choose those options to answer the question given.

The instruments that were used in this study were Experience in Close Relationship (ECR) and Big Five Personality. Both instruments were back translated. The translated version was reviewed by two expert panels, Puan Aina Razlin binti Mohammad Roose and Encik Mohamad Azhari bin Abu Bakar for conceptual and content equivalence. The validity of both instruments was confirmed using concurrent validity. A pilot study was conducted using the final version of the instruments. A total of 40 random students of University Malaysia Sarawak (UNIMAS) were employed in this pilot study. Both instruments had high levels of internal consistency and validity, with constructive validity and internal consistency being 9 for ECR and 8 for Big Five Personality. The test-retest reliability obtained for ECR Avoidance was 0.784 and ECR Anxious was 0.863. the test-retest reliability obtained for Big Five Personality was 0.829. This pilot test value was considered high which showed that the questionnaire was suitable to be used among the counseling students.

**Table III.** Reliability for pilot study

Scale	Experience in Close Relationship (ECR)		Big Five Personality
	Anxiety	Avoidance	
Cronbach's Alpha	0.863	0.784	0.829

**IV. RESULTS AND FINDINGS**

The data collected was analyzed using Statistical Package for the Social Science (SPSS). The data obtained from the questionnaire was entered SPSS. The relationship between the dependent variable and independent variable was determined by using Pearson Correlation. In this chapter the result and findings will be discussed from the data analysis. These findings was use to answer the objectives and the hypothesis in this research.

Descriptive Statistics of all variable in the questionnaires

**Table IV:** Descriptive Statistics for All Variables

Variable	N	Mean	Std. Deviation
ECR_Avoidance	51	70.0	11.6
ECR_Anxiety	54	72.1	15.4
Big Five Personality	54	155.7	14.5

**A. Hypothesis Testing**

Pearson Correlation coefficient was used to examine that there was no a significant relationship of avoidant attachment on extraversion, avoidant attachment on agreeableness, avoidant attachment on conscientiousness, avoidant attachment on neuroticism, avoidant attachment on openness to experience, anxiety attachment on extraversion, anxiety attachment on agreeableness, anxiety attachment on conscientiousness, anxiety attachment on neuroticism and anxiety attachment on openness to experience.

**H01: There is no significant relationship between avoidant attachment and big five factor : extraversion**

**Table V:** Correlation between Avoidant Attachment and Extraversion

Variables	N	Pearson correlation, r	Significant value, p
ECR_Avoidant	54	-0.151	0.291

Based on the result shown in Table 5, there was a negative relationship between avoidant attachment and big five personality: extraversion. The value of  $r = -0.151$  and  $p = 0.291$ . The p value was greater than the significance value of  $p = 0.050$ . Therefore, it can be concluded that the null hypothesis was accepted and there was no significant relationship between avoidant attachment and big five personality: extraversion. It was hypothesized that avoidant attachment and extraversion is negatively correlated. This shows that both of them is not affected each other whereby when someone is having a personality of extraversion, the person would be a sociable person and he or she is likely will talk to others and this type of attachment does not stop the person to be socialize around other people. Hereby, avoidant attachment does not giving an impact to this kind of personality.

**B. Hypothesis Testing**

**Ha2 : There is a significant relationship between avoidant attachment and big five factor : agreeableness**

**Table VI:** Correlation between Avoidant Attachment and Agreeableness

Variables	N	Pearson correlation, r	Significant value, p
ECR_Avoidant	54	-0.034*	0.017

Based on the result shown in Table 6, there was a negative relationship between avoidant attachment and big five personality : agreeableness. The value of  $r = -0.034^*$  and  $p = 0.017$ . The p value was lesser than the significance value of  $p = 0.050$ . Therefore, it can be concluded that the null hypothesis was rejected and there was a significant relationship between avoidant attachment and big five personality: agreeableness. In other word, those who scored higher in avoidant attachment would have a lower level of agreeableness. This finding is consistent with previous research where agreeableness was found to be negatively correlated with attachment avoidance (McCutchan, K. A., 2013). Agreeableness measures the extent of a person's warmth and kindness. The more agreeable someone is, the more likely they are to be trusting, helpful and compassionate. Plus, an avoidant person tends to dwell on areas they are unsatisfied with and it shows that if a person is higher in this kind of attachment, they tend to disagree with other people they are cold and suspicious of others, and they are less likely to cooperate.

**H03 : There is no significant relationship between relationship of the**



**avoidant attachment and big five factor : conscientiousness**

**Table VII:** Correlation between Avoidant Attachment and Conscientiousness

Variables	N	Pearson correlation, r	Significant value, p
ECR_Avoidant	54	-0.092	0.521

Based on the result shown in Table 7, there is a negative relationship between avoidant attachment and big five personality: conscientiousness. The value of  $r = -0.092$  and  $p = 0.521$ . The p value is greater than the significance value of  $p = 0.050$ . Thus, it can be concluded that the null hypothesis is accepted and there is no significant relationship between avoidant attachment and big five personality: conscientiousness. It was hypothesized that avoidant attachment and conscientiousness is negatively correlated. People who are conscientious are organized and have a strong sense of duty. They are dependable, disciplined and achievement-focused and this shows that they are not affected with their avoidant attachment style because they always set their mind to achieve their target and there would be nothing that can stop them to fulfill the target. Conscientiousness was positively correlated with adjustment to life's challenges and the maturity of one's defensive responses, indicating that those high in conscientiousness are often well-prepared to tackle any obstacles that come their way.

**H04 : There is no significant relationship between relationship of the avoidant attachment and big five factor : neuroticism**

**Table VIII:** Correlation between Avoidant Attachment and Neuroticism

Variables	N	Pearson correlation, r	Significant value, p
ECR_Avoidant	54	0.036	0.800

Based on the result shown in Table 8, there is a positive relationship between avoidant attachment and big five personality: neuroticism. The value of  $r = 0.036$  and  $p = 0.800$ . The p value is greater than the significance value of  $p = 0.050$ . Hence, it can be concluded that the null hypothesis is accepted and there is no significant relationship between avoidant attachment and big five personality: neuroticism. It was hypothesized that avoidant attachment and neuroticism is positively correlated. Neuroticism can lead an individual to focus on and to dwell on the negative aspects of a situation rather than the positives. They experience jealousy and become envious of other people when they feel that they are in an advantaged position over themselves. They may be prone to becoming frustrated irate or angry as they struggle to cope with life stressors. People who formed an avoidant attachment to their parent or parents while growing up have what is referred to as a dismissive attachment in adulthood. Because they learned as infants to disconnect from their bodily needs and minimize the importance of emotions, they often steer clear of emotional closeness in romantic relationships. Dismissively attached adults will often seek out

relationships and enjoy spending time with their partner, but they may become uncomfortable when relationships get too close. People with this type of attachment style tend to be overly focused on themselves and their own creature comforts, and largely disregard the feelings and interests of other people. Thus, it shows that there is no relationship of these two variables.

**H05 : There is no significant relationship between relationship of the avoidant attachment and big five factor : openness to experience**

**Table IX:** Correlation between Avoidant Attachment and Openness to Experience

Variables	N	Pearson correlation, r	Significant value, p
ECR_Avoidant	54	-0.008	0.957

Based on the result shown in Table 9, there is a negative relationship between avoidant attachment and big five personality: openness to experience. The value of  $r = -0.008$  and  $p = 0.957$ . The p value is greater than the significance value of  $p = 0.050$ . Hence, it can be concluded that the null hypothesis is accepted and there is no significant relationship between avoidant attachment and big five personality: openness to experience. It was hypothesized that avoidant attachment and openness to experience is negatively correlated. People who are high in openness enjoy adventure. They are curious and appreciate art, imagination and new things. Even with this kind of attachment, they can enjoy their live to seek for new experience. This sort of attachment does not stop them to explore new thing and gather more excitement. Moreover, openness to experience has been found to contribute to likelihood of obtaining a leadership position, likely due to the ability to entertain new ideas and think outside the box. Hence, due to the leadership skill, they tend to be a good leader and care about his followers.

**H06: There is no significant relationship between anxiety attachment and big five factor : extraversion**

**Table X:** Correlation between Anxiety Attachment and Extraversion

Variables	N	Pearson correlation, r	Significant value, p
ECR_Anxiety	54	-0.096	0.490

Based on the result shown in Table 10, there is a negative relationship between anxiety attachment and big five personality: extraversion. The value of  $r = -0.096$  and  $p = 0.490$ . The p value is greater than the significance value of  $p = 0.050$ . Therefore, it can be concluded that the null hypothesis is accepted and there is no significant relationship between anxiety attachment and big five personality: extraversion. It was hypothesized that anxiety attachment and extraversion is negatively correlated. Extraversion indicates how outgoing and social a person is. A person who scores high in extraversion is likely the life of the party. They enjoy being with people, participating in social

gatherings, and are full of energy which contradict with the anxiety attachment trait. They are more likely to socialize with others and build a good relationship with others despite having a anxiety attachment style.

**H07: There is no significant relationship between anxiety attachment and big five factor : agreeableness**

**Table XI:** Correlation between Anxiety Attachment and Agreeableness

Variables	N	Pearson correlation, r	Significant value, p
ECR_Anxiety	54	-0.029	0.834

Based on the result shown in Table 11, there is a negative relationship between anxiety attachment and big five personality: agreeableness. The value of  $r = -0.029$  and  $p = 0.834$ . The p value is greater than the significance value of  $p = 0.050$ . Therefore, it can be concluded that the null hypothesis is accepted and there is no significant relationship between anxiety attachment and big five personality: agreeableness. It was hypothesized that anxiety attachment and agreeableness is negatively correlated. A person with a high level of agreeableness is usually warm, friendly, and tactful. They generally have an optimistic view of human nature and get along well with others. They does not affected by their anxious attachment where they are easy to blend with others and get new friends by being friendly.

**H08: There is no significant relationship between anxiety attachment and big five factor : conscientiousness**

**Table XII:** Correlation between Anxiety Attachment and Conscientiousness

Variables	N	Pearson correlation, r	Significant value, p
ECR_Anxiety	54	-0.121	0.384

Based on the result shown in Table 12, there is a negative relationship between anxiety attachment and big five personality: conscientiousness. The value of  $r = -0.121$  and  $p = 0.384$ . The p value is greater than the significance value of  $p = 0.050$ . Therefore, it can be concluded that the null hypothesis is accepted and there is no significant relationship between anxiety attachment and big five personality: conscientiousness. It was hypothesized that anxiety attachment and conscientiousness is negatively correlated. Conscientiousness is the personality trait of being careful or vigilant. Conscientiousness implies a desire to do a task well, and to take obligations to others seriously. Conscientious people tend to be efficient and organized as opposed to easy-going and disorderly. When there is some problem in completing their task, they will organize it efficiently so that it will going well.

**H09: There is no significant relationship between anxiety attachment and big five factor : neuroticism**

**Table XIII:** Correlation between Anxiety Attachment and Neuroticism

Variables	N	Pearson correlation, r	Significant value, p
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ECR_Anxiety	54	-0.189	0.170
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Based on the result shown in Table 13, there is strong negative relationship between anxiety attachment and big five personality: neuroticism. The value of  $r = -0.189$  and  $p = 0.170$ . The p value is greater than the significance value of  $p = 0.050$ . Hence, it can be concluded that the null hypothesis is accepted and there is no significant relationship between anxiety attachment and big five personality: neuroticism. It was hypothesized that anxiety attachment and neuroticism is negatively correlated. People with neuroticism tend to have more depressed moods and suffer from feelings of guilt, envy, anger, and anxiety more frequently and more severely than other individuals. However, the result shows that the two variables are not related with each other. This is because counseling students know how to manage their emotion well since they learned it in the class. Thus, those who are having this kind of attachment will not affected because they tend to control their emotion well.

**H010: There is no significant relationship between anxiety attachment and big five factor : openness to experience**

**Table XIV:** Correlation between Anxiety Attachment and Openness to Experience

Variables	N	Pearson correlation, r	Significant value, p
ECR_Anxiety	54	0.034	0.807

Based on the result shown in Table 14, there is a positive relationship between anxiety attachment and big five personality: openness to experience. The value of  $r = 0.034$  and  $p = 0.807$ . The p value is greater than the significance value of  $p = 0.050$ . Hence, it can be concluded that the null hypothesis is accepted and there is no significant relationship between anxiety attachment and big five personality: openness to experience. It was hypothesized that anxiety attachment and openness to experience is negatively correlated. Openness is an overarching concept or philosophy that is characterized by an emphasis on transparency and free, unrestricted access to knowledge and information, as well as collaborative or cooperative management and decision-making rather than a central authority. While learning in counseling department, the respondent tend to gain new knowledge day by day and it also help them explore more things around them. Thus, this anxiety attachment style does not give an impact to them.

## V. CONCLUSION

This study's purpose was to investigate the relationship between attachment style and big five personality to assess whether attachment styles is related on how personality of a person is build. The hypotheses were based on past research that combined these variables, and most were found to be supported. This research was carried out to 54 respondents among first year counselling students in Universiti Malaysia Sarawak. This quantitative research has been carried out using questionnaire as instrument to collect the data. The questionnaires were

distributed among them and the data gathered was analysed by using SPSS (Statistical Package for Social Science) and Pearson Correlation was used to see the correlation between those variables.

In this research, one hypothesis was accepted while the other nine hypotheses were rejected. To conclude the overall finding of the study, attachment have no significant relationship to big five personality among counselling students. The finding only shows that there is a significant relationship between avoidant attachments and big five factor: agreeableness. This research is conducted to see whether the attachment style affected a personality trait of a person. Plus, I tend to investigate if a person's personality has a connection on how that particular person was brought up. Marrero-Quevedo, R.J., Blanco-Hernández, P.J. & Hernández-Cabrera, J.A. *J Adult Dev* (2018) has conducted a research based on the attachment style and personality to identify the links between attachment and psychological well-being (PWB) and analyze the personality characteristics that mediated these relationships and it shows that both insecure attachment orientations showed negative correlations with all personality characteristic.

This research was conducted among first year counselling students from UNIMAS where the result and finding from this research cannot be generalised to other counselling students that studied in another places. During conducting this research, there were some problem that may become the limitation of the research such as limited time, lack of cooperation from some of the respondents, and participants of research changed in the middle of conducting the research. The time is limited for the researcher to conduct the research as this research is bind to the academic schedule which require researcher to complete everything within given time. Researcher find it hard to allocate a correct time to collect the data at the first place. Initially, the respondents should be a single mothers but due to the time constraint and the number of respondents is not satisfying, researcher need to change the participants in order to get immediate result and at the same time completed the research.

Future studies should attempt to replicate this study by including more diversity with regard to education level and age. A broader sample would yield more generalizable results. It would be interesting to explore the more interpersonal aspects including the participants' significant other or using more observational ways of measuring attachment. Because this study's results were significant, it would be of value for future research to explore the more applied areas of this research by studying how this research can play part in term of social problems or marital quality. Future studies may benefit by including other possible predictors such as DSM diagnoses, negative life events or self-efficacy. Plus, the next researcher could conduct similar study in another place in the future. The researcher could compare the finding from this research with the finding from the future research from different participant in another setting. Other than that, in the future the researcher could conduct the research in a longer period of time. This is because the time to distribute and collect the questionnaire might require longer time if there is no formal meeting with

the targeted respondents. The researcher might as well explain the item of the questionnaire to help the result come out in a good way.

Counsellor should aware and understand their own attachment and their personality traits as well in order for them to serve the best in their respective profession. In order to conduct a good session, they need to know themselves better so that they are ready to meet their client. They need to be genuine and congruent while conducting the session. Thus, by exploring themselves more and learning about this, counsellor also would be aware of other people attachment style and able to prevent them from judging their client. They would be able to figure out intervention to help their client and guide them based on attachment style and personality trait.

This study would benefits both field of counselling and the society. By correlating between attachment and personality a person know what kind of personality that she or he has and they would know how their attachment style affected their personality. Moreover, this study can help us in term of a relationship such as a family member, a friend, or in fact in marital quality. Then, this study would develop the counsellors according to their category. They would engage their client congruently regardless of their attachment and personality trait. As for the society, this research will increase the awareness of the public about the important of knowing and understanding their attachment and personality trait as it give a big impact in their live.

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