

# Adult Attachment and Parenting Styles

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**Abstract:** This study aims to identify the relationship between adult attachment and parenting styles among staff from the Football Association in the West of Malaysia towards their offspring. This research adopted a correlational research design. The sample consisted of 43 respondents consist of all staff specifically falls in the category of caregivers. Two instruments were used in this study; Experience in Close Relationship (ECR) and Parenting Style Questionnaire. Pearson's correlation was applied to analyse the collected data. Result shows that there is a significant correlation between attachment avoidance and authoritative parenting styles ( $p = 0.000$ ,  $r = -.760$ ). Attachment avoidant and permissive parenting style has a significant correlation ( $p = 0.000$ ,  $r = .657$ ) and there is a significant correlation between attachment anxiety and authoritarian parenting style ( $p = 0.000$ ,  $r = .538$ ). This study could develop an awareness to the parents and carers not only on the importance of parenting styles, but also on how it was influenced by attachment styles that the child has been developed in their early childhood.

**Index Terms:** Keywords: Adult Attachment, Avoidance Attachment, Anxious Attachment, Parenting Styles.

## I. INTRODUCTION

In 2017 alone, there are many cases involving youngsters committing crimes at the earliest age of nine (9). Recently, Malaysians have been shocked by the news of the burning down of Darul Quran Ittifaqyah (DQI) Tahfiz school in Kuala Lumpur, which led to death of 23 students including students as young as 6 years old and this news bring more shocked to Malaysians, considering the incident were caused by 7 youngsters aged between 11 to 18 that are positively influenced by drugs (Hariz Mohd & Hani Shamira Shahrudin, 2017). According to Bowlby & Ainsworth (1992), childhood experiences can give a significant impact on shaping one's characters and behaviors in the future. In this case, how do these youngsters have the nerve to commit all these crimes at such young age and to whom do we blame? Thus, this research aims to investigate the relationship between attachment and parenting styles towards their offspring among staff from the Football Association in the West of Malaysia.

Based on the previous research, most of the research related to adult attachment and parenting styles were

conducted outside Malaysia such as Romania, Iran, Jordan and Ghana (Doinite and Maria, 2015; Ahmad M. Mahasneh, Zohair H. Al-Zoubi, Omar T. Batayenh & Mohammad S. Jawarneh, 2013). There was less research done in Malaysia context and limited research were done specifically among staff from Football Association in the West of Malaysia. Doinita and Maria (2015) have conducted a study on determining the relationship between adult attachments and parenting styles among 74 Romanians' parents. Based on the research, the result proves that there is a significant correlation between secure adult attachment and authoritative parenting styles (Doinita & Maria, 2015).

Another research was conducted in University students setting, however the students were all unmarried and does not have children. Previous study by Ahmad M. Mahasneh, Zohair H. Al-Zoubi, Omar T. Batayenh & Mohammad S. Jawarneh (2013), were done to determined the relationship between parenting styles and adult attachment styles from Jordan University students. There are about 564 unmarried students enrolled in Faculty of Educational Sciences participated in this study as participants. The instruments used in previous research were Parenting Styles Instruments by Alsaqar (1984), which were designed to measure the parenting styles of parents in the child's perspectives. Also, the Adult Attachment Styles Instrument by Abu Ghazal and Jaradat (2009) was used and the instrument consists of 20 items that has relations with three dimensions of adult attachment styles; secure attachment style, anxious-ambivalent attachment style, avoidant attachment style. The method of data analysis used in previous research by Ahmad M. Mahasneh et al. (2013) is multiple regression analysis, which differ from this current research.

This research is aimed is to investigate the relationship between attachment dimensions and parenting styles among staff from the Football Association in the West of Malaysia. The research was conducted among staff from the Football Association in the West of Malaysia that are at least has a child regardless which gender. Moreover, the finding of the research would be the first research done with such topic emphasizing on staff from the Football Association in the West of Malaysia. This study was done to give a clear understanding on whether the attachment domains of the married staff give any influenced on their parenting styles towards their children. This study could gives the benefits to all parents or caregivers as this study gives them awareness on the importance of parenting styles and how it relates to their child future behaviors, which influenced largely by the attachment given by them. Also, this research can open the opportunities for other researchers in conducting related studies in the field of

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attachment and its relationships to different variables in different schools, universities or organizations, be it government or private..

### II. LITERATURE REVIEW

#### A. Adult Attachment

The related theory used in this study is Attachment theory. This theory explained the concept in developmental psychology, which focused on the significance of attachment in the developmental process of an individual. As stated by Hazan and Shaver, the bond that develops between adult romantic partners, which is emotional bond, act as the same motivational system and attachment behavioral system that increases the emotional bond between a child and their caregivers (Hatch, 2008). There are three types of attachment styles, which are secure, anxious-ambivalent and avoidant. Firstly, the secure attachment style describes the person to have high confident emotional attachment. The anxious style describes the person to have high level of anxiety, obsessiveness with their partner and self-doubt. As for avoidant style it describes the person to hide their feelings and insecurities from their partner (Selcuk, Zayas, & Hazan, 2010).

#### B. Parenting Styles

According to the prototypical descriptions of 3 parenting styles by Baumrind (1971), there are 3 significant parenting styles, which are permissive, authoritarian, and authoritative. Based on research, they found that authoritative parents have the tendency to have higher quality relationship with their child in comparison to authoritarian parents. This is because authoritative parents choose to direct their child's activities in a rational way and issue-oriented manner, whereas, the authoritarian parents tend to shape and control their child by their own absolute standard. Also, permissive parents tend to have higher amount of warmth and lower amount of demandingness towards their child and as for authoritative parents, it is opposites of what the permissive parents tend to be (Seigler, et al., 2006).

#### C. Adult Attachment and Parenting Styles

Much previous research had been done in determining the relationship between attachment styles of an individual and their current parenting styles towards their offspring. Less research was done in Malaysia specifically in married staff in football association context, while other researches were done outside of Malaysia such as Romania, Jordan, Iran and Ghana. Hatamy, Fathi, Gorji & Esmaeily (2011) conducted a study to determine the relationship between parenting styles and attachment styles in men and women with infidelity. The study found that those whom had infidelity in their marital life has avoiding attachment style and also the result shows that there was a significant relationship between authoritarian parenting style and avoidant attachment style (Hatamy et al., 2011). Participants are chosen among who came to welfare centre in Tehran and there are a total of 90 participants which consist of 48 women and 42 men. In order to measure the parenting styles of the men and women with infidelity, Hatamy et al. (2011) uses Parenting Authoritative

Questionnaire (PAQ) which are based on Baumrind's parenting style typology. This questionnaire is using a 5-point Likert scale on each item and has 30 items, which in each parenting styles; Authoritative, authoritarian, permissive, has 10 items each. As for measuring the Attachment styles among participants, Adult Attachment Styles Questionnaire (AAQ) by Hazan and Shaver (1987) were used (Hatamy et al., 2011). This questionnaire consists of 15 items and 3 styles of attachment; secure, avoidant, anxious.

Awuah (2013) conducted a study on relationship between parenting styles, attachment styles and marital satisfaction among married men and women. This study was conducted in Ghana, which participants specifically sampled from the Greater Accra region. There are 200 married participants involves, which composed of 86 males and 114 females. In this study, correlational survey design was used and both qualitative and quantitative methods were used in the study. Qualitative method was used in exploring the factors that affect participants' marital satisfaction and two open-ended questions, which acquire them to state five things on things that make them happy and unhappy. As quantitative method, 5 questionnaires were given for them to complete that are Parental Authority Scale (PAS), Adult Attachment Scale (AAS), Africentric Worldview Scale, Duke University Religion Index (DUREL) and Enrich Marital Satisfaction (EMS). All the quantitative data were analyzed by standard multiple regression and one-way ANOVA (Awuah, 2013). The results found in this study shows that there is no significant relationship between parenting style and marital satisfaction, however, there are significant relationship between parenting style and attachment style (Awuah, 2013). Also, the results indicate that there are positive relationship between authoritative parenting style and secure attachment style. Based on the journal articles that were reviewed, there are some similarities in their findings. The results show that both parenting styles and attachment influence one another. According to the study done by Hatamy et al. (2011), the finding shows that there is a significant relationship between authoritarian parenting style and avoidant attachment. Several of questionnaires used to measure the parenting styles such as Parenting Authoritative Questionnaire (PAQ) and Parenting Authority Scale (PAS). As for measuring the attachment, the questionnaires used were Adult Attachment Scale (AAS) and Adult Attachment Styles Questionnaire (AAQ). The questionnaires used in the previous research were all validated and have achieved reliability in order to measure both parenting styles and attachment.

### III. METHODOLOGY/MATERIALS

#### A. Research Design

In this research, correlational research design was used. This is because, correlational research design is one of the quantitative methods that is used to determine the relationship between two or more groups of variables, thus correlational study is more convenience to be adopted in this research as this research focuses on determining the relationship between attachment and parenting

styles. On the other hand, two different questionnaires are used as data collection. Experience in Close Relationship Questionnaire (ECR) is used in order to determine the attachment of the participants and Parenting Style Questionnaire (PSQ) is used to determine the parenting styles of the participants towards their children.

### B. 3.2 Participants

Participants involved in this research consist of 43 staff from the Football Association in the West of Malaysia. The participants were selected by using purposive data sampling, where only staff that in the caregivers category were chosen to be part in this research. The participants are representing the whole population. Table I presents the descriptive statistics for demographic variables.

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

Attachment Style					
Demographic Variables	Secure	Preoccupied	Dismissive	Fearful	Total
<b>Gender:</b>					
Male	8	20	3	1	32
Female	0	9	0	0	9
Total	8	29	3	1	41
<b>Age:</b>					
20 – 30	2	8	0	0	10
31 – 40	1	8	0	1	10
41 – 50	4	13	3	0	20
Others	1	0	0	0	1
Total	8	29	3	1	41
<b>Religion:</b>					
Muslim	8	19	3	1	31
Christian	0	9	0	0	9
Hindu	0	1	0	0	1
Total	8	29	3	1	41
<b>Education:</b>					
SPM	6	14	2	0	22
Diploma	0	3	0	0	3
Degree	0	1	0	0	1
Others	2	11	1	1	15
Total	8	29	3	1	41
<b>Salary:</b>					
RM1000 – RM1500	0	8	0	1	9
RM2000 – RM3000	1	0	0	0	1
RM3000 – RM4000	1	7	1	0	9
RM4000 and above	6	14	2	0	22
Total	8	29	3	1	41
<b>Children:</b>					
1 – 2	3	17	2	1	23
3 – 4	5	12	1	0	18
Total	8	29	3	1	41

Table II presents descriptive statistics for age.

**Table II:** Descriptive Statistics for Age

Variable	N	Minimum	Maximum	Mean	Standard Deviation
LINT (Age)	43	1.0	4.0	2.302	.8601
Valid N (listwise)	43				

### C. Research Instrument

#### 1) Experience in Close Relationship (ECR; Brennan & Shaver, 1998)

This questionnaire is used to measure the participants' attachment. Brennan and Shaver developed experience in Close Relationship (ECR) questionnaire in 1998. This instrument has uses two fundamental attachment dimensions that are attachment avoidance and attachment anxiety. There are 36 items that has 7-point Likert scale (1= Strongly disagree to 7= Strongly agree) used in each items. A total number of 10 items (3, 5, 19, 22, 25, 27, 29, 31, 33, 35) has to be reversely scored. The total up of the even number of the 36 items which compromises of 18 items, indicates the level of attachment avoidance, whereas, the sum of the odd number items indicates the attachment anxiety. Participants who score high on attachment avoidance has the tendency to be in discomfort in depending on others emotionally, while participants with low score are opposite of it.

#### 2) Parenting Style Questionnaire (PSQ; Robinson, Mandelco, Olsen & Hart, 1995)

This questionnaire is used to determine the participants' preferred parenting styles. There are a total of 30 items, which uses 6-point Likert scale (1= Never to 6= Always). In every parenting style, that are Authoritative, Authoritarian and Permissive parenting styles has 13 items on both Authoritative and Authoritarian respectively, except for Permissive parenting style, which has only 4 items. The total up scores for respective Parenting styles would be compared and the highest score would indicate which parenting styles the participants possess.

#### 3) Validity and Reliability of the Instruments

##### Pilot study

The instruments that are used in this study are Experience in Close Relationship (ECR; Brennan & Shaver, 1998) and Parenting Style Questionnaire (PSQ; Robinson, Mandelco, Olsen & Hart, 1995). Both instruments were back translated. Two expert panels, Madam Aina Razlin and Sir Muhamad Azhari Bin Abu Bakar have reviewed the translated versions of both instruments for conceptual and content equivalence. The validity of both instruments was confirmed using concurrent validity.

The final versions of the instruments were then used to conduct a pilot study. A total of 31 married individuals with children were involved in this pilot study. The test-retest reliability was 0.729 for both ECR Avoidance and ECR Anxiety. The test-retest



reliability for PSQ Authoritative was 0.848, PSQ Authoritarian 0.925 and as for PSQ Permissive was 0.851. Based on the pilot test values, it shows that the questionnaires are suitable to be used among staff from the Football Association in the West of Malaysia, as the values are considered high.

**D. Data Analysis**

Statistical Package for the Social Sciences (SPSS) are used to analyze the data collected in this research. The data obtained from the questionnaire are entered into SPSS to be analyzed. Also, Pearson Correlation is used to determine the relationship between attachment (independent variable) and parenting styles (dependent variable).

**IV. RESULTS AND FINDINGS**

**A. Descriptive Statistics for All Variables**

Table III presents the descriptive statistics for all variables.

**Table III:** Descriptive Statistics for all variables

Variables	N	Mean	Standard Deviation
ECR_AVOIDANCE	40	47.9500	16.28268
ECR_ANXIETY	43	81.2791	13.98864
PSQ_AUTHORITATIVE	43	70.4884	9.97466
PSQ_AUTHORITARIAN	43	55.6047	7.67848
PSQ_PERMISSIVE	43	8.1163	4.91455

**B. Hypothesis Testing**

A Pearson correlation coefficient is computed to assess the relationships between attachment avoidance and authoritative parenting styles, attachment avoidance and authoritarian parenting styles, attachment avoidance and permissive parenting style, and also relationships between attachment anxiety and authoritative parenting style, attachment anxiety and authoritarian parenting style, attachment anxiety and permissive parenting style.

H<sub>01</sub>: There is no significant relationship between attachment avoidance and parenting styles: authoritative (towards their child) among staff from the Football Association in the West of Malaysia.

**Table IV:** Avoidant Attachment and Authoritative Parenting style

Variable	N	Pearson Correlation, <i>r</i>	Significant value, <i>p</i>
ECR_AVOIDANCE	40	-.760**	.000

The result based on Table IV shows that there is a significant relationship between attachment avoidance and authoritative parenting styles ( $p = 0.000$ ,  $r = -0.760$ ). The  $p$  value is lesser than the significance value of  $p = 0.01$ . Therefore, the null hypothesis is rejected and there is a strong negative relationship between attachment avoidance and authoritative parenting style. In other words, those who obtain lower score in avoidant attachment would have higher score in authoritative parenting style. The finding is accordance with previous research done by Ktistaki, Papadaki-Michailidi, and Karademas (2014), who examined

the relationship between attachment patterns and parenting styles. They reported that parents with avoidant attachment in their romantic relationship are highly linked with authoritarian and those with secure attachment style are highly linked with authoritative parenting style. Also, other previous study conducted by Millings, Walsh, Hepper, and O'Brien (2012), found that low levels of avoidant attachment are related to a more authoritative parenting styles. As parents with avoidant attachment, keep significant emotional distance with others, rarely behave in a loving way and usually emphasize discipline towards their offspring (Ktistaki et al., 2014). Put simply, parents with high level of attachment avoidance are faintly linked or do not possess authoritative parenting style, hence the strong negative relationship ( $r = -0.760$ ).

H<sub>02</sub>: There is no significant relationship between attachment avoidance and parenting styles: authoritarian (towards their child) among staff from the Football Association in the West of Malaysia.

**Table V:** Avoidant Attachment and Authoritarian Parenting style

Variable	N	Pearson Correlation, <i>r</i>	Significant value, <i>p</i>
ECR_AVOIDANCE	40	-.236	.143

According to Table V, the value of  $r$  is  $-0.236$  and the value of  $p$  is  $0.143$ . The  $p$  value is greater than the significant  $p$  value of  $0.01$ . Therefore, it can be concluded that the null hypothesis is failed to reject and there is no significant relationship between attachment avoidance and authoritarian parenting style. Also there is a weak negative relationship between attachment avoidance and authoritarian parenting style. The research done by Hatamy et al. (2011), result shows that there was a positive significant relationship between authoritarian parenting style and avoidant attachment style. Therefore, there is inconsistency in this result with previous research conducted by Hatamy et al. (2011). Also, previous research by Millings et al. (2012), found that low level of avoidant attachment is related to a more authoritative parenting styles. There is uncertain reason for the inconsistency. However, the inconsistencies might be due to the differences in the location the research were conducted. The research done by Hatamy et al. (2011) were conducted in Tehran and research done by Millings et al. (2012) were done in England, which both located out of Malaysia and hence not in Malaysian context, plus this research focuses on staff from the Football Association in the West of Malaysia.

H<sub>03</sub>: There is no significant relationship between attachment avoidance and parenting styles: permissive (towards their child) among staff from the Football Association in the West of Malaysia.

**Table VI:** Avoidant Attachment and Permissive Parenting style

Variable	N	Pearson Correlation, <i>r</i>	Significant value, <i>p</i>
ECR_AVOIDANCE	40	.657**	.000

Based on the hypothesis 3, there is a significant relationship between attachment avoidance and permissive parenting style. It can be proved from Table VI, where the *r* value is 0.657 and the *p* value is 0.000. The *p* value is much lesser than the significance value (0.01). Therefore, the null hypothesis is rejected. There is a strong positive relationship between attachment avoidance and permissive parenting style, which indicates that those obtain higher scores for attachment avoidance would also scores high for permissive parenting style. The previous study conducted by Millings et al. (2012) found that higher levels of attachment avoidance are highly associated with either an authoritarian or with a permissive parenting style. Furthermore, low level of responsive caregiving, which are avoidant and anxiety attachment that portray as individual with difficulties in attending the needs of others in attentive manner, were highly associated with both authoritarian and permissive parenting styles (Millings et al. 2012). Hence, this result is consistent with past research conducted by Millings et al. (2012), as the current result also shows a strong positive relationship between attachment avoidance and permissive parenting style.

H<sub>0</sub>4: There is no significant relationship between attachment anxiety and parenting styles: authoritative (towards their child) among staff from the Football Association in the West of Malaysia.

**Table VII:** Anxiety Attachment and Authoritative Parenting style

Variable	N	Pearson Correlation, <i>r</i>	Significant value, <i>p</i>
ECR_ANXIETY	43	.022	.888

From Table VII, it indicates that there is no significant relationship between attachment anxiety and authoritative parenting styles (*r* = 0.022, *p* = 0.888). The *p* value is higher than the significance value (*p* = 0.01). Hence, the null hypothesis is failed to reject. The result also shows that there is a weak positive relationship between attachment anxiety and authoritative parenting styles. This finding was supported by previous research conducted by Akhtar (2012). The research found that authoritative parenting style has no relationship with secure, anxious and avoidant attachment style. Moreover, according to Millings et al. (2013), results indicate that secure attachment individuals were positively correlated with authoritative parenting style, whereas avoidance and anxiety attachment are highly associated with authoritarian and permissive parenting styles. Plus, people with anxiety attachment might find it difficult to possess the criteria of a authoritative parenting style as their own attachment needs do overburden them thus it is hard for them to be attentive, loving and caring parents when they have never or lack in experiencing it during childhood or marriage.

Therefore, this finding does consistent with past research done by Akhtar (2012) and Millings et al. (2013).

H<sub>0</sub>5: There is no significant relationship between attachment anxiety and parenting styles: authoritarian (towards their child) among staff from the Football Association in the West of Malaysia.

**Table VIII:** Anxiety Attachment and Authoritarian Parenting style

Variable	N	Pearson Correlation, <i>r</i>	Significant value, <i>p</i>
ECR_ANXIETY	43	.538**	.000

Referring to the result shown in Table VIII, there is a strong positive relationship between attachment anxiety and authoritarian parenting style, which also means those who obtains higher score for attachment anxiety would also score higher for authoritarian parenting style. Also, there is a significant relationship between attachment anxiety and authoritarian parenting style (*r* = 0.538, *p* = 0.000). The significance value (*p* = 0.01) is greater than the *p* value (*p* = 0.000). Therefore, the null hypothesis is rejected. This finding is consistent with previous research done by Akhtar (2012), which is to study the effect of parenting style of parents on the attachment styles of undergraduate students, the result showed there was a significant relationship between authoritarian parenting styles and anxious attachment style of students. Also, according to Ktistaki et al. (2014), found that spouse who feels anxious and insecure with their own romantic relationship, meaning possess attachment anxiety, are most probably lack in providing love and affection towards their offspring and they usually over stressing on disciplining their offspring without any bases of explanation.

H<sub>0</sub>6: There is no significant relationship between attachment anxiety and parenting styles: permissive (towards their child) among staff from the Football Association in the West of Malaysia.

**Table IX:** Anxiety Attachment and Permissive Parenting style

Variable	N	Pearson Correlation, <i>r</i>	Significant value, <i>p</i>
ECR_ANXIETY	43	.109	.488

Based on the result in Table IX, there is no significant relationship between attachment anxiety and permissive parenting style (*r* = 0.109, *p* = 0.488). The *p* value is greater than significance value (*p* = 0.01). Therefore, the null hypothesis is failed to reject. Also, referring to *r* value, there is a weak positive relationship between attachment anxiety and permissive parenting style. Research done by Akhtar (2012), found that there was significant relationship between permissive parenting style with avoidant and anxious attachment style. Also, study done by Millings et al. (2013), found that higher levels of attachment anxiety in romantic partnerships are linked with a permissive parenting styles. According to Ktistaki et al. (2014), indicates that parents with anxious and insecure



attachment pattern are unable to give a good guidance to their children, which also due to the absence of clear rules and boundaries, that are also known as permissive parenting style. Referring to these previous studies, it shows that this finding is not consistent with previous research. Thus, this finding are linked with the previous research.

### V. CONCLUSION

The main objective of this research is to study the relationship between adult attachment dimensions and the parenting styles (towards their child) among staff from the Football Association in the West of Malaysia. This research involved 43 respondents among staff that are in the caregiver category from the Football Association in the West of Malaysia. This quantitative research is done by distributing three sets of questionnaires, which include demographic (Part A), Experience in Close Relationship (Part B) and Parenting Style Questionnaire (Part C) to each respondents. The data collected were then analyzed by using Statistical Package for Social Science (SPSS). Descriptive Statistic test and Pearson Correlation were used in this research in accordance to the objectives of this research.

According to the findings, three out of six hypotheses were failed to reject (accepted) and the other three hypotheses were rejected. The result shows that there is a significant relationship between attachment avoidance and authoritative and permissive parenting style. Also, there is a significant relationship between attachment anxiety and authoritarian parenting style. These findings are consistent with previous research done by Akhtar (2012); Millings et al. (2012); Ktistaki et al. (2014). Akhtar (2012) mentioned in the study that there was a significant relationship between authoritarian parenting styles and anxious attachment style of students. Previous research done by Millings et al. (2012), found that higher levels of attachment avoidance in are highly linked with either an authoritarian or with a permissive parenting style. Also, research conducted by Ktistaki et al. (2014), reported that attachment avoidance to have statistically significant impact on authoritarian parenting styles

There are many obstacles that the researcher faced in completing this research. Firstly, despite the fact that this research is done among staff in Football Association, the findings of this research might not be the best option to generalize other staff in similar organizations as the number of respondents was limited and location factor need to take into account as well. Secondly, in the early stage, this research's participants were married high school teachers, but due to time constraint, limited participants and distance factor, researcher had to find other alternatives for better results, which leads to current participants. Thirdly, as this research is for academic purposes, the researcher are bind with the academic requirements which one of it requires researcher to complete their research in a specific time. This has causes limitation of time for researcher, as giving more time in completing this research could result in more thorough research.

The findings of the research highlight that adult attachment affects parenting styles that they convey towards their

offspring. Other factors such as gender, level of education, age can take into account in the research by exploring these factors more thoroughly by future researchers. Also, these factors can be explored by using other research design which is qualitative design, for an example, in-depth interviews can be one of the best methods in exploring these factors. Furthermore, future researchers can study on couples instead of individual caregivers as more in-depth understanding and findings on correlations between adult attachment and parenting styles can be established.

In being a competent counselor, one should be able to distinguished their own attachment style and parenting style, in order for these counselors to have higher empathy towards their future clients. Furthermore, counselor need to have proper knowledge on attachment and parenting style as by having these knowledge, counselor are able to distinguished the attachment and parenting styles that the clients possessed. By having proper knowledge on this also would prevent counselor from having any negative perception towards their clients instead, counselors can have in-depth understanding on this issue.

This research would act as the stepping stone future researchers in conducting similar research more in-depth in Malaysian context. This study could give the benefits to all parents or caregivers as this study gives them awareness on the importance of parenting styles and how it relates to their child future behaviors, which influenced largely by the attachment given by them. Also, the findings of this study would help not only the society but also the counselor itself, in giving more understanding of this relationship and also help counselors in giving insight on how to help parents or children that have a certain parenting styles and attachment styles, in conjunction with the rising of crimes done by youngsters that frequently happened in Malaysia.

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