



Attachments Style Influential to Violence in Dating

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ABSTRACT

This study examines attachment styles in the context of romantic relationships based on the analysis of 15 selected journals out of 154. The research results indicate a variations in attachments styles, predominantly manifesting US anxious attachments and avoidant attachments. Anxious attachment is characterized by excessive worry when not receiving attention, possibly stemming from inappropriate parenting during childhood. On the other hand, avoidant attachment is associated with a lack of parental attention and has the potential to develop into an attachment patterns that influences romantic relationships later on. Attachments styles are formed since infancy and have an impact throughout adulthood, creating specific and discriminating relationships patterns. Both types of attachment styles play a crucial roles in shaping the emotional dynamics of individuals in relationships, and can even be factors influencing violence violence in dating relationships.

Keywords *attachments style, dating violence, anxiety attachment, advoidence attachments*

1. Main text

In major cities in Indonesia, acts of violence, both individual and group, are daily news regularly presented by mass media, whether print or electronic (Dewi & Susilawati, 2016). Violence can occur anywhere, at any time, and can be perpetrated by anyone regardless of gender. Violence is a form of behavior directed toward aggressive actions (Taylor, Peplau, & Sears, 2009). According to Buss and Perry (1992), aggressive behavior is defined as an action intended to harm or injure others. Aggressive behavior includes physical aggression, verbal aggression, anger, and hostility, aiming to harm others either physically or verbally. Aggressive behavior is not limited to physical violence but can also include verbal aggression, such as insulting others, which causes emotional pain and may lead to physical aggressive behavior like hitting, stabbing, and other forms of aggression, potentially culminating in criminal acts. Data from the Online Information System for the Protection of Women and Children (Simfoni PPA) in 2024 indicated that out of 10,482 perpetrators of violence, 1,860 were boyfriends or friends. Sexual violence was the most frequently reported case, with 4,867 victims, followed by physical violence with 3,540 victims. The highest number of victims were aged 13-17 years, totaling 4,065, and the highest number based on educational status was at the high school level, with 3,301 victims. Adolescence is defined as a transitional period between childhood and adulthood, marked by puberty and associated physical, psychological, and social changes (Santröck, 2007). Ideally, adolescence is a time of cognitive and behavioral maturation, but emotional pressure combined with underdeveloped interpersonal skills can negatively impact adolescent behavior (Adhia et al., 2019). Romantic relationships during adolescence can be a source of stress and confusion due to the restructuring of interpersonal roles, sexuality issues, identity formation, and the challenges of rejection and breakup, which test problem-solving and conflict resolution skills, self-esteem, and self-concept (Erikson, 1968; Zimmer-Gembeck, 2002). Along with emotional and behavioral vulnerabilities experienced during adolescence, individual, relational, social, and community risk factors can lay the foundation for the emergence of adolescent dating violence (Centers for Disease Control and Prevention [CDC], 2019; Cucci et al., 2019; Wincentak et al., 2017; World Health Organization [WHO], 2019).

Violence is a form of aggressive behavior, which can be influenced by both internal and external sources. One significant factor influencing aggressive behavior is family dynamics, specifically parenting styles. Authoritarian parenting, which enforces strict adherence to parental values and principles through physical punishment and demands obedience, is one such external factor (Dewi & Susilawati, 2016). Parenting style refers to the interaction between parents and their children, playing a crucial role in shaping a child's personality (Talibandang & Langi, 2021). Authoritarian parenting, characterized by enforcing strict limits and control while offering minimal opportunities for verbal dialogue, is associated with physical punishment and stringent demands for obedience (Santröck, 1998; Syaiful, 2020). This form of parenting can lead to children internalizing a negative emotional climate from an early age, resulting in externalized aggression, poor self-control, and emotional regulation difficulties, ultimately leading to sadness and anger outbursts (Chapin & Stern, 2021). In contrast, authoritative and permissive parenting styles, marked by warmth and rational communication, are generally considered more conducive to positive adolescent development. Authoritative parenting, combining assertiveness with affection and reason, is traditionally seen as ideal, whereas authoritarian and neglectful styles, lacking warmth and reason, are linked to poor adolescent adaptation (Muñiz et al., 2019). Psychosocial adjustment indicators include self-esteem, self-control, emotional stress, academic achievement, learning strategies, substance use, and behavioral problems (Martínez et al., 2019). Adolescents from permissive families report the lowest levels of dating violence, while those from

authoritarian and neglectful families are more likely to engage in abusive relationships. Thus, affectionate, understanding, and supportive parenting is most beneficial in fostering healthy adolescent relationships, particularly maternal parenting (Muñiz et al., 2019). Based on the above explanation, parenting style, particularly authoritarian parenting, can be a factor contributing to dating violence. Previous research has indicated that authoritarian parenting is a factor in adolescent relationship violence. Other studies also show insignificant correlation between authoritarian parenting and dating violence. These findings highlight the crucial role of parenting style in fostering abusive behavior in romantic relationships, emphasizing the need for parenting approaches that prevent the emergence of such behavior. The factors influencing aggressive behavior in individuals can originate from both internal and external sources.

2. Method

There are several stages in conducting a systematic review, including planning *review* (identifying benefits and developing), conducting *reviews* (searching journals, selection journal primary, evaluate quality journal, extraction And synthesis data), as well as do reporting (Kitchenham, 2004). Planning *a review* by the author (AP) begins with creating research question use Systematic review question formulation that is SPIDERS (*Sample, Phenomenon of Interest, Design, Evaluation, Research Type*). Research question in this review is whether attachment style can influence internal violence dating on teenager until mature beginning?. Furthermore writer (AP) determine search and designing search protocols. The author gets the terms taken from question study And expanded on terms to make list say search Which comprehensive. The search words used are, attachments style, dating violence, anxious attachments, avoidence attachments. Words search the used For search for articles in *the databases* Sagepub, Taylor & Francis Online, Elsevier, Scopus, Publish or Perish, Science Direct and Wiley Online Library. The next stage is that all journals are checked for duplication by writer (AP) use Rayyan. Writer (AP) do filtering on all journal which has passed the duplication check based on the title and abstract. Journals that have passed screening title And abstract, furthermore analyzed based on version complete journal the. After A selection was carried out from 154 journals which found 15 journals that discussed identification of influential attachments style to violence in dating. Chart channel Journal selection can be seen in Figure 1. The author determines the limitations in this review, namely: (1) The journal discusses violence in dating which is influenced by attachment style patterns Which owned on teenager until mature beginning? (2) subject is teenager beginning until mature initial (3) journal published in English (SCOPUS), and (4) research conducted from 2013 to 2023. Journals that are not included in this *review criteria* are articles with types of *reviews* , books, reports, and research whose methods are not described clear

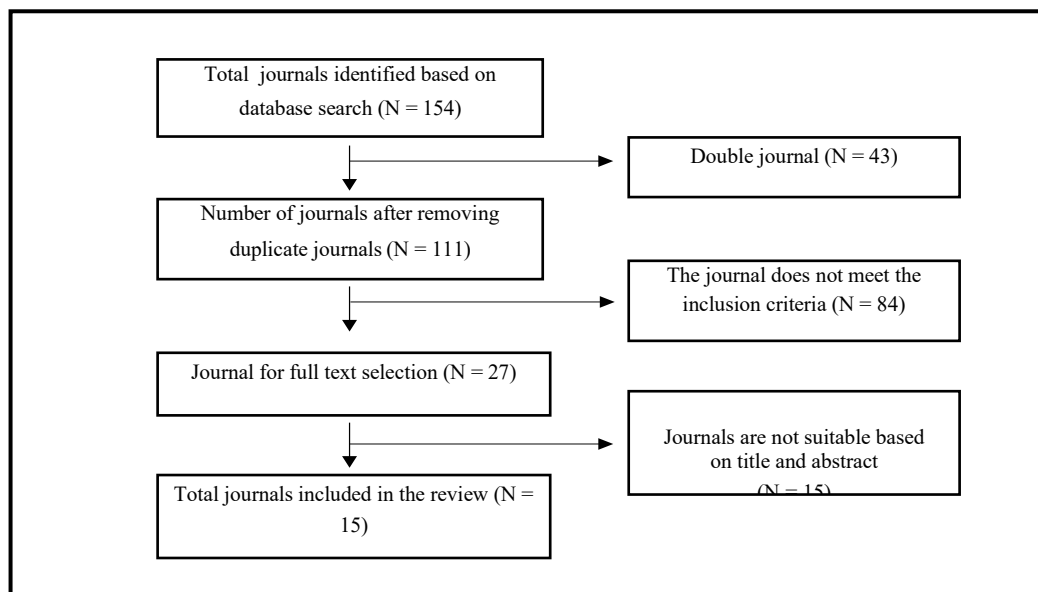


Fig. 1 - PRISMA Chart for Journal Selection Flow

3. Result and Discussion

From the descriptive results that were carried out on the 154 journals obtained, after selection the remaining ones remained only 15, out of 15 journals, of course have various kinds of attachment styles, with dominant ones anxious attachment and avoidance attachments. Where anxious attachment characters tend to be worry when you don't get attention, including from your partner or parents. Parenting inappropriate behavior when they are young can form an anxious attachment. In general that Experiencing very high pressure can cause violence in growing children mature. So it can be one of the factors that causes internal violence dating. There are also Wrong One factor Which cause violence moment dating that is avoidant attachment where lack of attention from parents can potentially grow avoidant attachments including in romance. Bowlby stated that attachment is a condition where an individual feels attached to something individual other Which can make feeling become Good And feel comfort. Attachments formed from infancy that has an emotional bond with an attached figure, and will often follows wherever the attached figure goes. Attached figures to babies are mother, father, or caregiver (Giddens & Bowlby, 1970). Bifulco and Thomas (2012) suggests that attachment is a bond between two or more individuals. Attachment

is a psychological relationship discriminatory and specific. From this explanation, it can be concluded that attachment is an emotional bond formed from infancy with an attached figure who can provide a sense of security. Defining attachment style, namely emotional bonds with people other. The definition of attachment style in this research is a strong emotional bond between somebody with figure certain in A connection near, Can means person old, Friend, friends, or girlfriends, but in this research it means peers. This definition is appropriate with opinion Bartholomew (1990), Because considered more in accordance with Meaning study This and measure more specifically. Individual dynamics with attachment figures from babies will forms a certain pattern which can be called an attachment style. Attachment style domain owned will be carried over until the individual matures (Bowlby in Gillath et al., 2016). Matter This shows that attachment style can still influence individuals even those who have mature.

Table 1. List of Language Development Interventions for Speech Delay Children

No	Writer	Subject	Attachment Style	Dating Behavior Violence
1	Bonache, H., et al. (2017)	1,298 Teenage	Anxiou, Avoidance	
2	Mcdermott, R., (2013)	419 student	Anxiou, Avoidance	Intimate partners violence violence acceptance attitudes 3
3	Fernandez-Fuertes, A., et al. (2019)	593 Teenager with age 15-18 year	Anxiou, Avoidance	Verbal-emotional aggression, physical aggression, sexual aggression
4	McClure, M and Parmenter, M (2017)	93 student	Anxiou, Avoidance	<i>Emotional abuse, Physical abuse, Emotional Neglect, Physical Neglect, Sexual Abuse</i>
5	Tussey, B., et al. (2018)	1,432 student	Anxiou, Avoidance	Dating violence perpetration
6	Cherrier, C., et al. (2023)		Parents attachment	Intimate Partner violence victimization
7	Gay, L., et al. (2019)	805 student	Anxiou, Avoidance	Intimate partners violence
8	Rodriguez, L., et al. (2015)	2,061 student	Anxiou, Avoidance	<i>Attachment anxiety moderated the associations between</i>
9	Guzman-Gonzalez, M., et al (2016)	611 student	<i>Romantic attachments (anxiety over abandonment and avoidance of intimacy)</i>	physical violence perpetration
10	Godbout, N and Daspe, M (2017)	234 student	anxious and avoidance	relationships violence violence
11	Saygii, F., et al. (2020)	842 student	Anxious and avoidant	Dating violence attitudes
12	Stover, C., (2018)	77 student	Secure, preoccupation, anxious, avoidance	Dating violence perpetration and victimization
13	Theoret, V., et al (2020)	3100 Teenage	insecurities	Psychology violence and sexual victimization
14	Morera, et al (2020)	1,799 Teenage	Anxious, Avoidance	teen dating violence
15	Lee, M., et al (2014)	392 student	Attachments anxiety	Dating violence perpetration

Table 1. In a relationship is connection between man And woman Which colored intimacy Where each other is involved in feelings of love and recognizes each other as boyfriend and girlfriend. Based on it or not, nowadays many teenagers who are dating often practice it behaviours No Good in connection dating. Wrong the only one often happen is violence in in a relationship (dating violence). Following form violence in in a relationship: 1.

Violence physical such as hitting, slapping, kicking, pushing, gripping hard on the body partner And series action physique another 2. Violence emotional or psychological like threatening, calling your partner names that embarrass your partner, bad-mouthing and other. 3. Economic violence, such as asking your partner to provide for all your needs his life is like taking advantage of or draining his partner's assets. 4. Sexual violence such as hug, kiss, fingering until force For do connection sexual below threats. 5. Violent restrictions on activities by partners haunt many women dating, like your partner is too possessive, too restrained, often suspicious, always arrange whatever Which done, until easy angry And Like threaten.

Sometimes This based by flavor jealous Which excessive with method curse, yelling, hitting and slapping. But because most people when they fall in love are teenagers in this case, they fall into the category of children who often think that their girlfriend is everything and make teenager the willing treated or do whatever sake figure his girlfriend the, even though he has been hurt in such a way. Teenagers should know that Excessive jealousy, shouting, cursing, hitting, these are not forms of love, however is form violence. See situation the, problem Which want to lifted in study This is How to protect against all types of violence in dating (*dating violence*). Objective from type violence in in a relationship (*dating violence violence*) often happen is matter Whichis not justified by statutory regulations and encourages fair law enforcement for victim.

4. Conclusion

From the descriptive results of 154 journals that had been selected into 15, various types of attachment styles were found, with anxious attachment and avoidant attachment dominant. Anxious attachment is characterized by excessive worry about not getting attention, often caused by inappropriate parenting patterns in childhood. Individuals with anxious attachment tend to experience high pressure which can lead to violence during dating. Meanwhile, avoidant attachment, which develops due to lack of parental attention, also has the potential to cause violence in romantic relationships. This research highlights that dating relationships are often characterized by violent behavior, such as physical, emotional, economic, sexual violence and restrictions on activities. Dating violence is often misinterpreted as a form of love, especially by teenagers who are often willing to be treated badly for the sake of their partners. There are variations in attachment style, from the journal results, anxiety and attachment dominate avoidant attachment. Anxious attachment is characterized by worry about not getting it attention, which may have been formed from inappropriate parenting patterns in childhood. Condition pressure Which tall on individual Can become factor reason violence moment dating, However on the other hand, avoidant attachment is related to lack of attention from parents and potentially growing into an avoidant attachment pattern in love. Attachment style, which is formed from infancy and has an impact until mature, influence How individual forming connection emotional with person others, including in the context of close relationships such as peers or boyfriends. Attachment style can be a factor that influences violence in romantic relationships, either through worries excessive (anxious attachments) nor avoidance (avoidant attachments).

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