

The effects of Family Dynamics on Attachment and Parenting Styles

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In America, divorce rates are high and family dynamics are constantly changing. The purpose of this research was to examine the differences between families with different structures: biological, single, blended families. The rationale is that the family that we were raised in can affect how securely we connected with others. This study examined parenting styles and attachment status based on different family structures. Eighty-eight undergraduate students (35 males & 53 females) completed surveys of family structure, Alabama parenting scale (Frick 1991), and two measures of attachment (Hazan, & Shaver, 1987). For test prediction, a one-way ANOVA and post hoc Tukey test was used. The one way analysis of variance for parenting types revealed significant difference, $p < .05$, between the biological families and single parent families in parent involvement, dad involvement, and inconsistent parenting. Those from a blended or single family scored high for: inconsistent & poor monitoring. The same analysis that was used for parenting was also used for attachment style $p < .05$. Those from a single or blended family scored higher on anxious attachment than biological. The results mostly supported my hypothesis – single families did score high in anxious attachment and high in inconsistent and poor monitoring parenting styles. While biological families scored low in anxious attachment and high in involvement and positive parenting. Blended families scored high in anxious attachment and scored the same in all parenting styles except inconsistent and poor monitoring. However, future study is needed to discover how much conflict influences these families.