The Role of Attachment Styles, Coping Skills and Resiliency in the Internet-Addicted Users

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Abstract: Considering the investigation on theoretical background and ambiguous role of attachment style and coping skills in explaining the resiliency, the present study was carried out with the aim of examining the role of attachment styles and coping skills with resiliency in internet-addicted users, so that it would cover the research gap existing in this area. This research is a descriptive study. The research design of the study is of the predictive type plans in correlation studies. Two variables of attachment styles and coping styles, predictor variables and resiliency are the criterion variables. The study sample of the present research includes all the people referred to the internet service provider centers of the city of Rasht in year 2013 that a total number of 200 persons were selected as the study samples using multi-stage cluster random sampling. In order to collect the data, the questionnaires of attachment styles (AAI), Lazars coping skills questionnaire, Connor and Davidson Resiliency Scale (CD-RISC), and Yang's Internet Addiction Test were used. Pearson's correlation and regression were used for data analysis. Results showed that there are a significant statistical relation between attachment styles and coping styles and resiliency. These two variables could also predict a 39/0 resiliency of the people addicted to the Internet.

Keywords: Attachment Styles, Coping Skills, Resiliency, People addicted to the Internet.

1. Introduction

More than four decades have passed since the invention of the Internet and about twenty years have passed since public use of it and during this short period we have witnessed a remarkable growth of this phenomenon, so that the number of Internet sites became more than the number of people on Earth in year 2010. Statistics show that nowadays Internet over TV and satellite is allocated to the public (Brockman, 2011). Several applications of the Internet and its attractiveness has caused that the concept of Internet addiction has been emerged based on its acceptance as a valid clinical disorder that often requires treatment, over the last decade (Young, 2007). Hospitals and clinics with medical services have been created for the outpatients suffering from Internet addiction. More recently, due to further research in this area, Psychiatric Society of America, decided to add Internet addiction diagnosis, to the DSM-V appendix (Young, Abreo, 2011). In general, this disorder can be defined as a kind of usage of Internet that can create psychological, social, academic or occupational problems in the individuals' life (Gonzalez, 2008). Personality traits can be involved in Internet addiction. Psychologists believe that every behavior that one shows of himself is influenced by many factors such as environmental, emotional and personality factors. The purpose of the personality factors is actually same as personality traits that make an individual susceptible to a range of behaviors. While, it is possible that another person with a different personality trait would not do such behaviors (China and Joe Cheng, 2006). In this regard, the results of previous research indicate that attachment style is effective on the methods of confrontation of people with stressful situations (Bowlby, 1980). Another factor influencing Internet addiction is the defense mechanism. When a man fails to meet his mental conflicts directly, in fact his entire existence becomes in danger. To address this danger, the human unconsciously resorted to the coping skills in order to maintain his existence through this way (Besharat, 2008). Another variable that appears to be effective in Internet addiction is resiliency. Resiliency is a set of individual and mental capacities that helps one to resist in difficult situations and would remain secure (Richardson, 2005).

The results showed that the addicted users compared to non-addicted users, significantly have more ambivalent insecure attachment style and have lower levels of self-esteem (Ghasemzade, 2005). The research results also showed that students addicted to the Internet, have poorer coping skills and social relationships and they are entitled to feel anxiety or depression and have poor coping skills as well (Koten, 2003). The results of (Young, 2000) research showed that there is a positive

and significant relationship between emotion-focused coping style and Internet addiction and a negative relationship between problem-focused coping style and Internet addiction.

Given the role of variables of attachment style and coping skills and resiliency in Internet addiction and using the results of this research in the field of pathology and treatment, fulfillment of this study seems to be necessary. Therefore, according to investigation on the theoretical background and ambiguity of the role of attachment style and coping skills in explaining resiliency, the present study was carried out with the aim of examining the role of attachment styles and coping skills with resiliency in internet-addicted users, so that it would cover the research gap existing in this area. The main question in this study is that if there is a relationship between the attachment styles and coping skills with resiliency in the people addicted to the Internet. Based on the overall objective, the following hypotheses are tested:

1- There is a relation between attachment styles with resiliency in people addicted to the Internet.

2- There is a relation between coping skills and resiliency in people addicted to the Internet.

METHODOLOGY

Statistical population Sample and Method of Research Performance: The present paper is a descriptive study. The research design is of the predictive type plans in correlation studies. Two variables of attachment styles and coping styles, predictor variables and resiliency are the criterion variables. The study sample of the present research includes all the people referred to the internet service provider centers of the city of Rasht in year 2013.

A multi-stage cluster random sampling was used in this research. In such a way that, at first, two areas were selected randomly among five regions of North, South, East, West and Center of the City, then, among the Internet service providers in these areas, Center No. 8 was chosen randomly. Yang's Internet Addiction Test (1998) was provided to all people referring to these centers (750 persons). Finally, after completing the questionnaire and given the cut specified in Yang Internet Addiction Test, a number of 200 subjects were selected as the research sample.

The Assessment Tool

To measure the dependency level of people addicted to Internet, Yang's Internet Addiction Test was used. This questionnaire consists of 20 articles that its answers are placed in five-degree continuums of (rarely, sometimes, often, very often and always).

The reliability of this questionnaire in the studies conducted has been reported between 88% to 90% (Yu et al, 2004, Wang et al, 2003).

Hezen and Shawer Attachment Styles Questionnaire was used to measure attachment. This questionnaire was designed in year (1987) by Hezen and Shawer and includes 15 articles. Reliability coefficient of the questionnaire in two different studies, has been reported 0/73 and 0/72 and 0/78, respectively.

In order to assess coping skills, Lazars and Folkman coping skills questionnaire (WOCQ), was used which was made in year 1984. This questionnaire has 66 articles and is graded on a four-grade scale (never, sometimes, usually large) from 0 to 3. This questionnaire deals with examination of two categories of coping methods named problem-focused and emotion-focused copings. The internal consistency coefficient of this tool by using Cronbach's Alpha coefficient was reported 0/61 to 0/71 and the validity of its retest with time interval of four weeks was reported 0/59 to 0/83 (Ghadamgahi and Dezhkam, 2003).

In order to measure Resiliency Connor and Davidson Resiliency Scale (CD-RISC) has been used in this research. This questionnaire has 25 phrases which is grading in a Likert scale between zero (completely false) to five (very true). Connor and Davidson reported the Cronbach's alpha coefficient of Resiliency Scale as 0/89. Also, the retest reliability coefficient obtained at an interval of 4 weeks has been 0/87.

Findings

Pearson correlation coefficient was used to examine hypothesis of the research, the results of which are reported in the following table.

Results Table 1 shows that there is a statistically significant relationship between the resiliency with avoidant attachment style (r= 0/148), Secure (r= 0/434) and ambivalent (r= -0/155). Also there is a statistically significant relationship between the resiliency and problem-focused coping style (r= 0/551), and emotion-focused coping style (r= -0/244).

According to the results of the above table, variables of attachment style and coping skills set could predict 0/39 resiliency of the people addicted to Internet.

According to the results of the above table, the regression equation for Model 1 is as follows:

$$Y = a + b_1 \times 1 + b_2 \times 2 + b_3 \times 3$$

So by replacing the coefficients in the above formula, the resiliency prediction equation can be obtained according to the amount of variables of attachment style as follows: Prediction of resiliency:

$35/509 - 0/509$ (Avoidance style)
$-1/310$ (secure style) $+3/818$
(ambivalent style)

Due to the rate of slope, the more value of attachment styles, the more value of resiliency and the more avoidant and ambivalent styles, the less value for

resiliency is predicted.

The regression equation for Model 2 is as follows:

$$Y = a + b1 \times 1 + b2 \times 2 + b3 \times 3 + b4 \times 4$$

Prediction of Resiliency:

$37/106 - 1/211$ (Secure style) $+1/117$ (Problem-focused) $-0/579$ (emotion-focused)

Due to the rate of slope, the more value of problem-focused skill and secure style, the more value of resiliency is predicted and the more value of emotion-focused skill, the less value of resiliency in predicted.

Table 1: Correlation coefficient matrix of resiliency and predictor variables

Variables	Mean	SD	1	2	3	4	5	6
1-Resileincy	54/04	36/53	-					
2- Avoidance Style	13/75	4/64	-0/148[*]	-				
3- Secure Style	11/39	4/24	0/434[**]	0/027	-			
4- Ambivalent Style	13/76	4/44	-0/155[*]	0/445[**]	0/076	-		
5- Problem-focused Skill	28/78	13/70	0/551[**]	-0/132[*]	0/506[**]	-0/071	-	
6- Emotion-focused Skill	31/66	11/15	-0/224[**]	-0/102	-0/093	0/101	-0/057	-

[*]$P<0/05$, [**]$P<0/01$

Table 2: The Multiple Correlation Coefficient between Attachment Styles and Coping Styles in prediction of Resiliency

Model	Predictive Variable	R	R Square	Adjusted R Square	$F_{3\&196}$	Sig.
1	Attachment Styles	0/476	0/227	0/227	19/165	0/000
2	Attachment Styles, Coping Skills	0/621	0/386	0/159	25/070	0/000

[**]$P<0/01$

Table 3: Regression Analysis Coefficients to predict Resiliency through Attachment Styles and Coping Styles

Criterion Variable	Model	Predictive Variable	Unstandardized Coefficients		Standardized Coefficients	Sig.	t
			SD	B	Beta		
Resiliency	1	(Constant)	10/351	35/569	-	0/001	3/437
		Avoidance Style	0/553	-0/509	-0/065	0/358	-0/921
		Secure Style	0/543	3/818	0/444	0/000	7/033
		Ambivalent Style	0/579	-1/310	-0/159	0/025	-2/262
		(Constant)	11/747	37/106	-	0/002	3/159
		Avoidance Style	0/505	-0/492	-0/063	0/331	-0/975
	2	Secure Style	0/568	1/811	0/211	0/002	3/186
		Ambivalent Style	0/528	-0/781	-0/095	0/141	-1/478
		Problem-focused Skill	0/176	1/117	0/419	0/000	6/343
		Emotion-focused Skill	0/189	-0/579	-0/177	0/003	-3/061

[**]$P<0/01$

Discussion and Conclusion

The present study aims to investigate the role of attachment styles and coping skills in explaining resiliency of the Internet-addicted users. The findings of this research indicated that there is a significant

relationship between attachment styles and coping skills with resiliency in people addicted to the Internet. The results of the present study confirmed a positive relationship between the secure attachment style with resiliency. Explanting the positive correlation between the secure attachment style and resilience, it can be said that for people who have secure attachment style it is easy for them to connect with others and they feel free to rely on others and due to higher sense of security in relationships, they experience more emotional support with others. These people primarily suppose the communication secure and when confrontation with emotional stresses, seek for social support and are less likely to seek addictive behaviors: The present finding has been in agreement with results of researches of Gombor (2008), Bahadori Khosroshahi (2011) and Ghasemzadeh (2006).

This paper supported the negative and significant relationship between the avoidant attachment and ambivalent styles with resiliency. Since, people with an avoidant style, are incapable of establishing a deep and intimate relationship with others, they show unduly aggressive insurrections (Sugiura, 2011) therefore have a lower relationship satisfaction and do not have ability to adapt (or compatible) with changes, hence, they experience more interpersonal conflicts, and because the resiliency is defined as the ability of people to adapt and adjust against variables (Joseph, 1994), therefore Avoidance Style can be considered as a strong factor in weakening of resiliency of the individual. Also, people with ambivalent style, show considerable dissatisfaction in interpersonal relationships (Fulkman & Lazarus, 2013). These people, because of sense of insecurity, anxiety and distrust toward themselves or others, when fail to communicate with others, prefer more isolation and loneliness and seek refuge in addictive stuffs for self-regulation. Findings of the present research have been in agreement with the results of Ghasemzadeh (2006), Gombor (2008) and Armstrong (2011).

This paper has supported the positive relationship between problem-focused coping skill with resiliency, and in explanation of this conclusion it can be said, given that people with problem-focused skills persist against accepting their roles in creating problem and attempt to correct the situation, they have less stress levels and this low level of emotional stress cause that the person in the shade of a better mental relaxation would use cognitive and dynamic skills to tackle the problem better. They also have a positive attitude towards life's problems which leads to increase in their tolerance to the problems. Because the abiding people due to their higher rate of positive beliefs, are not discouraged, and continue their efforts, thus, there is a high correlation between the problem-focused skill and resiliency of people. This finding has been in agreement with the results of Shayegh (2009), Young (2000) and

Kravat (2007).

Also, the results showed that there is a negative significant relationship between emotion-focused coping skills and resiliency. Emotion-focused people are incapable of correct and proper analysis of the situation and less deal with assessing the problem against stressful and life-threatening events, and become more stressed and finally surrendered. However, abiding individuals are able to manage and would create an environment to overcome the life's pressures and have quicker adaptation. Therefore, negative correlation between these two variables is explainable. This finding has been in agreement with the results of Koten (2003), Young (2000), and Shayegh (2009).

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