

ATTACHMENT STYLES AS THE PREDICTORS OF CONTACT DISTURBANCES

Assist. Prof. Dr. Özlem TAGAY
Assist. Prof. Dr. Zeynep KARATAŞ
Mehmet Akif Ersoy University
Faculty of Education
Burdur- TURKEY

ABSTRACT

The main purpose of the study was to determine if there is a significant predictor of contact disturbances and attachment styles of university students. The study group covered 318 students from Faculty of Education of Mehmet Akif Ersoy University. The data were gathered by using the Contact Disturbances Scale and Relationship Scales Questionary. Relational method was employed in the research. In the analysis of the data, Pearson Moments Multiplying Correlation Coefficient and Progressive Regression Analysis were used. According to the findings, it has been found out that secure, preoccupied, fearful and dismissive attachment styles significantly predict contact, full contact and post-contact disturbances; dismissive and fearful attachment styles significantly predict dependent contact disturbances, while secure and preoccupied attachment styles did not significantly predict dependent contact disturbances. The findings have been discussed in consideration of the literature.

Key Words: Gestalt Therapy, Contact disturbances, Attachment styles, University students.