

A COMPARISON OF THE ADULT ATTACHMENT STYLES IN BULGARIA AND THE UNITED KINGDOM

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Abstract. *Attachment styles play a pivotal role in psychological research. Researchers indicates that a big part of the analysis how adult attachment theory is functioning in others is based on the patterns and models acquired and begun during childhood and the relationship with parents (Fraley & Shaver, 2000) The present article focuses on a cross cultural study conducted between two samples - Bulgarian (N=150) and United Kingdom (N=120) populations. Attachment Styles were measured by items from the Adult Style Questionnaire (ASQ). The results have a theoretical and a practical implication – although preliminary, our empirical evidence demonstrates significant cultural differences in the attachment preferences: the UK respondents are showing signs of anxiety to be in a relationship and having some difficulty in sharing feelings with others. There are also more likely to show more signs of strong dependence, unlike the BG representatives who are showing higher results in Confidence and lower in Attachment anxiety.*

Keywords: attachment styles; psychology; cultural differences.

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