Socioemotional Development in Young Adulthood

SPCL 7804
Session 14
Personality Development

Does Temperament Predict Personality Across the Lifespan?
Five Factor Model of Personality

- Low Score: Practical, conventional, prefers routine
- Trait: Openness (imagination, feelings, actions, ideas)
- High Score: Curious, wide range of interests, independent

- Low Score: Impulsive, careless, disorganized
- Trait: Conscientiousness (competence, self-discipline, thoughtfulness, goal-driven)
- High Score: Hardworking, dependable, organized

- Low Score: Quiet, reserved, withdrawn
- Trait: Extroversion (sociability, assertiveness, emotional expression)
- High Score: Outgoing, warm, seeks adventure

- Low Score: Critical, uncooperative, suspicious
- Trait: Agreeableness (cooperative, trustworthy, good-natured)
- High Score: Helpful, trusting, empathetic

- Low Score: Calm, even-tempered, secure
- Trait: Neuroticism (tendency toward unstable emotions)
- High Score: Anxious, unhappy, prone to negative emotions
Five Factor Model of Personality

Test yourself!

https://www.psychologistworld.com/influence-personality/five-factor-test/test
Adult Attachment

• Adults’ attachment representations predict the quality of their attachments to their children
• There are two parallel lines of research on adult attachment

1. **Nuclear Family Tradition** – examines the outcomes of a person’s attachment to a primary caregiver in infancy, once the person becomes an adult

2. **Peer/Romantic Partner Tradition** – examines peer attachments adults
Nuclear Family Tradition

• Main et al.’s work on adult attachment – secure and insecure
  • Autonomous (secure) Adults
  • Dismissing (insecure) Adults
  • Preoccupied (insecure) Adults
  • Unresolved (insecure) Adults
  • Cannot Classify category
While parent-child bond involves the parent as the unilateral source of caregiving, adult partners both mutually provide and receive caregiving.

Longer periods of separation can be tolerated by adults and adolescents because they know that attachment figures are dependable and available when needed.

Adult attachments typically involve a sexual partner or peer rather than a parent.
Age Changes in Attachment & Close Relationships *(Hazan and Zeifman)*

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<tr>
<th>DEVELOPMENTAL PHASE</th>
<th>Target of Attachment Behaviors</th>
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<td>Infancy</td>
<td>Parents</td>
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<td>Proximity Maintenance</td>
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<td>Late Childhood/Adolescence</td>
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Bartholomew’s Typology of Adult Attachment

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<tr>
<th>Thoughts of Partner</th>
<th>Thoughts of Self</th>
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<tr>
<td>Positive</td>
<td>Positive</td>
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<tr>
<td>Secure</td>
<td>Comfortable with intimacy and autonomy</td>
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<tr>
<td>Negative</td>
<td>Negative</td>
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<tr>
<td>Preoccupied</td>
<td>Preoccupied with relationships</td>
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<tr>
<td>Dismissive</td>
<td>Dismissing of intimacy Strongly independent</td>
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<tr>
<td>Fearful</td>
<td>Fearful of intimacy Socially avoidant</td>
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Attachment & Partner Selection

• Secure individuals prefer other secure individuals
• Insecure individuals tend to select partners who confirm their expectations of close relationships, leading to avoidant-anxious pairings
  • Avoidant-avoidant and anxious-anxious pairings are rare
• Attachment styles can change with experience in a romantic relationship, but the probability of change is not large.
• The lowest level of satisfaction is in relationships with avoidant men and anxious women
  • Yet, such matches are as stable as secure matches
  • It is possible that anxious women will do what it takes to make their relationship with an avoidant man work
• The more vulnerable relationships are with anxious men and avoidant women
Attachment and Communication Styles

• **Secure individuals**
  - exhibit more reciprocity, more self-disclosure, more compromising, and flexibility in communication
  - Possess less defensive and more favorable views about their partners

• **Avoidant individuals**
  - tend to be more uncompromising
  - less likely to provide emotional support

• **Anxious individuals**
  - tend to give in
1. What attachment category do you think you fell into as a child?
   - Securely attached?
   - Anxiously attached?
   - Avoidantly attached?

2. How are your adult attachments? Are they similar to your childhood attachments?
OER Survey