



Analyzing the Relation between Styles of Attachment to Parents and Friends and Borderline Personality Specifications in Female Students of Islamic Azad University of Arsanjan Living in Dormitory

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ABSTRACT

In this study we intended to analyse the connection between attachment styles with borderline personality among students of female's dormitory of Islamic Azad University, Arsanjan Branch. 950 students of females' dormitory of Islamic Azad University, Arsanjan branch were firstly selected through sampling method and then being limited by employing purposeful sampling method. The manner of selection was as follows: firstly borderline personality questionnaire were distributed among samples. Then, 50 persons who had achieved the highest grade were selected through purposeful sampling method to complete Attachment styles questionnaire. Research tools were Armsden and Greenberg Attachment Questionnaire and borderline personality scale. The results indicated that there is a positive and meaningful relation between attachment to parents and friends and borderline personality ($r=0.29$, $p<0.05$). There is no meaningful relation between other dimensions of attachment to parents and friend and borderline personality. The regression model shows that alienation feeling is predicting a meaningful relation ($r= 0.68$, $p<0.05$) for personality. In whole, styles of attachment to parents and friends are explaining 33 present of variance of borderline personality.

Keywords: Attachment Styles, Borderline Personality, Female Students.

INTRODUCTION

The humankind has been seriously affected by various changes of life styles, occupational difficulties, social relations and medical problem during twentieth century. Hasty efforts for industrialization and rapid development of citizenship and mechanical life which require acceptance of modern life methods had diverse effects on human life and had caused new mental health problem. Disorganized social, economic, political, and cultural status of the world and social, environmental and mental issues had caused many pathological reactions in persons and societies that will result in more unfavorable situations [1].

Personality is a general cognitive label for visible manner and expressible mental experiences. The integrity of each personality indicates his/her both personal and social aspects. The expression "personality" may include psychological remarkable quality specifications such as passivation, aggressiveness, or other expression which didn't indicate psychopathy including ambitious, religious or nepotistic. A homogeneous group of such specifications that are including cognition of personality disorder are stating some predictions about person's manner in specific situations and also probable psychic disorder. Personality disorder is a very common and chronic disorder which is spread among 10 to 15 percent of public. About half of psychiatry patients are suffering from personality disorder which is repeatedly coincide first axis disorders (such as major depression and drug abuse). This disorder may incline the personality for other psychic disorders and also interfere treatment results

and increase patients' death rate. Borderline personality disorder is one of the most common personality disorders with signs of severe instability in humor, self-image and interpersonal relations and also impulsiveness. This disorder has been included in second axis personality disorders since 1980 [2].

The borderline patient indicates a kind of instability in humor, inter-personal relations and self-concept. As it is not necessary to exist unique character in all cases, the ones with this disorder can be easily distinguished. Four main specifications of borderline personality (impulsiveness, severe and instable relations, severe uncontrolled anger & emotional instability) were seen in 75 percent of borderline patients [3]. Bowlby believes that the quality of first intimate relation (mother-child) will determine the quality of all other intimate relations of the person during his/her life (mentioned by Milanifar)[1]. The child is bringing himself close to one he loves and expressing signs such as smile, crying or shout. He is expressing that some of the close people are important for him and trying to analyze them. This is the way that the child try to express his attachment [4]. The humor of child when his mother came back is regarded as one of the main characteristics of attachment to mother [5]. Attachment is a relatively stable emotional connection which is created between child and mother or others who the child is regularly in connection with them [6].

Freud [7] believed that the attachment of child to his mother is resulted from feeding process and physiological need. The experiences of child with his babysitter are being internalized in relation patterns of himself with others and this internalized pattern will determine the manner of his concept about himself and others; the concept that will be generalized in relationship with others.

Armsden et al. [8] believed that various styles of attachment to parents and friend are:

- 1) Mutual Trust: amount of mutual trust between the person and his/her parents and friends.
- 2) Relation Quality: the manner of person relation with his/her parents and friends.
- 3) Alienation (inattention): amount of person's anger of parents and coeval group.

Attachment theory has a special position among the theories that explain behavior because of the role it considered for childhood events and deprivation of maternal emotions. Attachment theory emphasizes two important points: firstly, the intimate, warm and consistent relation of mother (or permanent babysitter) with child is essential for his/her mental health. Secondly, the experience of separation from mother or rejecting by her is recognized in most adult criminals [9].

Aline [10] concluded from his research by title of Family Relation (Attachment) and Development of Borderline Character that family relations and processes specially the one with critical and negative status have specific impact on development of borderline personality. There are various studies indicating obvious relation between the specifications of borderline personality disorder and self-report attachment stress or distressed attachment styles in clinical and non-clinical sample. As recommended by Fosati [11], instable relation between borderline personality disorder and each patterns of adults' attachment may be definable through indirect connection of adults' attachment and borderline attachment disorder. In other words, some relations may be created between attachment patterns and borderline personality disorder by other mechanisms such as negative effect of one specific sign or stimulation.

According to attachment theory, insecure attachment patterns are creating bigger risk for abnormal personality specifications that had been affected by borderline personality disorder. Therefore, insecure attachment may be connected with borderline personality disorder indirectly and as a result of the connection with these specifications [12]. The results of a study performed by Vahedi et al. [13] by the title of the relation between styles of attachment to Parents and behavioral and social agreement in students indicate that there is a positive and meaningful relation between parents positive attachment styles (trust and relation factors) and social enthusiastic agreement of students but a negative and meaningful relation between parents negative attachment styles (trust and relation factors) and social enthusiastic agreement of students. Accordingly, the main question of current study is as follows:

Is there any relation between different styles of attachment to parents and friends and borderline personality specifications among female students of Islamic Azad University, Arsanjan branch who are living in dormitory?

MATERIALS AND METHODS

Current study is a descriptive-correlation study which the relation between variables will be analyzed on the basis of research purpose. Correlation studies can be categorized in three different groups on the basis of their purpose: a) two variable correlation study; b) regression analysis; c) correlation matrix analysis or co-variance. The goal of studies employing regression analysis is usually predicting one or more basic variables from one or more provident variables. Multiple regression models are being employed when the goal of the study is predicting one basic variable from more than one provident variable. In cases that the goal of the study is coincidental prediction of more than one basic variable from provident variables or their subcategories, multivariate regression model will be used [14].

Population, Sample Size and Sampling Method

Population of this study includes all students in girls' dormitory of Islamic Azad University, Arsanjan branch that have been studying during 2011-2012 academic year. 950 persons were selected as sample according to

Morgan Table. Firstly, available sampling method was being employed and then borderline personality questionnaire was being distributed among samples. Then, 50 persons who had achieved the highest grade were selected through purposeful sampling method to complete questionnaire of styles of attachment to parents and friends.

Performance Method

After receiving permit, the students were guaranteed about the confidentiality of research results and their answers. Then borderline personality questionnaire was distributed in aforesaid population and finally 50 persons who had achieved the highest grades were selected to complete attachment questionnaire. Data analysis was performed according to the results of these 50 samples.

Data Gathering Tools

Following tools were being employed for data gathering: a) Borderline Personality Scale (STB); b) Armsden et al. [8] Attachment Styles Scale

a) Borderline Personality Scale: Borderline personality scale includes 24 articles that will be answered in yes/no form. Yes answer will receive (1) mark and No answer will receive (0) mark. This scale has three factors: hopelessness factor, impulsivity factor and stress related paranoid/dissociative symptoms factor. Jackson et al. [15, 16] reported 0.61 for stability coefficient of borderline personality scale. Rawlings was also reported 80 alpha coefficients for borderline personality scale. In Iran, Mohammadzadeh et al. [17] reported the amount of 0.84 for retest of STB during 4 weeks and amounts of 0.53, 0.72 and 0.50 respectively for hopelessness, impulsivity and related paranoid/dissociative symptoms. Alpha coefficient for total scale is 0.77 and 0.64, 0.58 & 0.57 for hopelessness, impulsivity and related paranoid/dissociative symptoms.

B) Attachment Styles Scale [8]: This scale had been designed by Armsden et al. [8] to assess teenagers' concept about positive and negative dimensions of their emotional-mental relations with parents and friend. This scale is specifically appropriate for analyzing how these entities are providing psychological security for teenager. Theoretical base of this scale is attachment theory that had firstly been provided by Bowlby and has been improved currently. This scale includes 75 questions. Stability coefficients of this scale are calculated by employing Alpha Cronbach's method which is indicating very satisfactory stability [17]. The stability of this scale was tested by Armsden et al. [8] by a retest during three weeks on a 27 samples between 18 to 20 years old. The reported amount for attachment to parents scale was 0.93 while this amount for attachment to friends was 0.86. Alpha Cronbach's coefficient for attachment to mother, father and friends were respectively 0.87, 0.89 and 0.92 [18].

Three scales of this questionnaire are:

- 1) Trust: analyzing mutual trust of the sample and attachment appearance.
- 2) Relation: stating the manner of sample relation with her parents and friends.
- 3) Alienation: analyzing the teenager anger of her parents and friends.

RESULTS

The results of table 1 indicate that the sample group includes nineteen students between 18 to 20 years old; twelve students between 21 to 23 years old; 11 students between 24 to 26 years old; and 8 students between 27 to 29 years old. The results of table 2 indicate that the sample group includes 24 single, 16 married, and 7 divorced and 3 widow students.

Table 1. Age Status of Research Population

Age	Frequency	Percentage
18 to 20	19	38
21 to 23	12	24
24 to 26	11	22
27 to 29	8	16
Total	50	100

Table 2. Marital Status of Population

Age	Frequency	Percentage
Single	24	48
Married	16	32
Divorced	7	14
Widowed	3	6
Total	50	100

Research Hypothesis: there is a relation between attachment styles (to parents and friends) and Borderline Personality. In order to analyze this hypothesis stating that there is a meaningful relation between between

attachment styles (to parents and friends) and Borderline Personality, Pierson Correlation Coefficient was employed. The results are shown in Table 3.

Table 3. Correlation Coefficient between attachment styles (to parents and friends) and borderline personality

Variables	Attachment to Parents			Attachment to Friends			
	Trust	Relation	Alienation	Trust	Relation	Alienation	
Attachment to Parents	Trust	1					
	Relation	0.72**	1				
	Alienation	-0.78**	-0.62**	1			
Attachment to Friends	Trust	0.61**	0.54**	-0.46**	1		
	Relation	0.49**	0.50**	-0.43**	0.29*	1	
	Alienation	-0.44**	-0.29**	0.30**	-0.27	-0.34	1
Borderline Personality		-0.12	-0.08	0.29*	-0.03	-0.003	0.13

*p<0.05; ** p<0.001

As stated in above table, the alienation feeling of attachment to parents ($r=0.29$, $p<0.05$) has positive and meaningful relation with borderline personality. But there is no meaningful relation between dimensions of attachment to friend and trust and relation dimensions of attachment with borderline personality. Analyzing the Prediction of Borderline Personality according to dimensions of Attachment to Parents and Friends by Employing Multiple Regression in a coinciding method.

Table 4. Statistical Regression Specifications of dimensions of Attachment to Parents and Friends

Statistical Indices		R	R ²	B	Beta	t	Level of Meaningfulness
Independent Variables							
Attachment to Parents	Trust	0.58	0.33	-0.19	-0.37	1.17	N.S
	Relation			-0.03	-0.04	0.17	N.S
	Alienation			0.46	0.68	2.65	0.05
Attachment to Friends	Trust			-0.13	-0.19	0.98	N.S
	Relation			-0.05	-0.07	0.39	N.S
	Alienation			0.04	0.09	0.53	N.S

The results of table 4 indicate that feeling of alienation from parental attachment ($\beta=0.68$, $p<0.05$) is a positive and meaningful predictor of borderline personality. But other dimensions of attachment to parents and friends could not predict borderline personality.

DISCUSSION

First Hypothesis: there is a relation between attachment styles (to parents and friends) and borderline personality. Analyzing first hypothesis indicates that the alienation feeling of attachment to parents ($r=0.29$, $p<0.05$) has positive and meaningful relation with borderline personality. But there is no meaningful relation between dimensions of attachment to friend and trust and relation dimensions of attachment with borderline personality.

Persons with borderline personality seem enthusiast, acting and instable. They have higher degrees of distress and some of them are representing depression signs. Persons with borderline personality disorder may consider the other person as the most lovable & intimate character in one occasion and consider the same person as the most crucial one in the other occasion and this will be applicable about their parents. These characters are representing some signs including feeling of instability, emptiness, impatience, and severe anger [3]. The borderline characters have emotional and instable relations. They may act as a very intimate friend today while this intimacy will be disappeared the next day. Most of them have a dominant quality in their relations. The ones with borderline personality disorder will cause many problems for the ones are trying to help them. They also tend to consider others as mischievous persons so they couldn't cooperate with them.

The founding of current study were in accordance with the results of Malayeri [11], Vahedi et al. [12], Aline [7] and Lori [10] researches because they all concluded from their studies that there are relations between some dimensions of attachment to parents and friends and borderline personality. Therefore, the results of current study are confirming the hypothesis of the existence of relation between attachments styles and borderline personality.

For explaining this founding on the basis of attachment theory, it can be mentioned that attachment theory emphasizes two important points: firstly, the intimate, warm and consistent relation of mother (or permanent babysitter) with child is essential for his/her mental health. Secondly, the experience of separation from mother or rejecting by her is recognized in most adult criminals [9].

Totally it can be said that the recognition of personality disorders and developing health is empowering the students to recognize the elements that are affecting personal, family and social health, correct decision makings about healthy manners and consequently having healthy life pattern. According to the results of current study, it can be said that among different styles of attachment, alienation from parents has relation with borderline personality disorder and is predicting it. Accordingly, while the result of this study is confirming the results of many previous internal and foreign studies, it can aid other researches who desire in similar subjects.

Research Limitations and Its Recommendations

1. The first limitation of the study was studies sample.

As sample of the current study was girl students of Islamic Azad University's dormitory, Arsanjan branch, it is recommended to be careful in generalizing the results of this study to all girl students. It will be helpful to conduct similar researches on other sample and in a larger level.

2. Second limitation of this study was research design.

As the variables were being studied by a new design in this study, we cannot find similar researches in some cases. Therefore, it is recommended to perform new design in future studies.

3. Third limitation of the study was variables measuring tools.

The abundance of questions in assessing the variables may result in reduced accuracy of samples in answering them.

Applications: families, universities, education administration and counseling centers can employ the results of this study in preventing and treating borderline personality disorders.

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