THE INFLUENCE OF ADULT ATTACHMENT ON RELATIONSHIP SATISFACTION LEVELS MODERATED BY PERCEPTIONS OF TEXT MESSAGING

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It is well known that an individual's adult attachment style, whether insecure (anxious or avoidant) or secure, affect how they communicate in their romantic relationships. The current literature identifies quality communication as key to a successful, satisfying romantic relationship. In the past decade, text messaging has become a dominant form of communication that has the potential to enhance the quality of communication, especially among securely attached individuals. The research is conflicting in regard to how text messaging among anxiously or avoidantly attached individual's impacts the quality of communication in romantic relationships. I explored how the effects of attachment style on relationship satisfaction is moderated by perceptions of text messaging. As text messaging has become prevalent in communication modalities, this research is critical to enhancing our understanding of its impact on romantic relationships and subsequently satisfaction levels. Data was collected from individuals between the ages of 18 and 34 who are in romantic relationships. Recruitment occurred through Washington State University list serves, Eastern Washington University list serves and Facebook (media platform). Participants completed a survey through QUALTRICS consisting of a demographic questionnaire, Experiences in Close Relationships Inventory, the Relationship Assessment Scale and a Text-Messaging Inventory. A Multiple Linear Regression was conducted to explore the relationship between variables and found that positive perceptions were significantly associated with increased relationship satisfaction. Also, as avoidant scores increased relationship satisfaction decreased. Through exploratory analysis it was found that positive perceptions of texting messaging positively moderated the relationship between avoidant attachment style and relationship satisfaction. More specifically, as positive perceptions increased for individuals with high avoidant scores, relationship satisfaction increased. When positive perceptions were introduced into the relationship, the impact of the high avoidant scores were negated.