

The Relationship Between Attachment Styles and Emotional Intelligence Among Selected College Students Amidst the COVID-19 Pandemic

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ABSTRACT

Recent articles have claimed that the COVID-19 pandemic may have had unfavorable effects on both the emotional intelligence and attachment styles of individuals on a global scale. A number of studies have established a connection between attachment styles and emotional intelligence. This research sought to verify the existence of such a relationship. 106 volunteers from a private college in Manila, Philippines took part as respondents. The Revised Adult Attachment Scale (RAAS) was administered to measure the respondents' attachment style while the Schutte Self Report Emotional Intelligence Scale was used to measure their emotional intelligence. Based on the findings, it would appear that females possess higher EI scores than males, respondents whose parents are living together possess higher EI scores than those whose parents are separated and respondents with a romantic partner possess higher EI scores than those without. Furthermore, it would seem that females have higher anxiety attachment scores than males, respondents whose parents are living together possess higher anxiety attachment scores than those whose parents are separated and respondents without a romantic partner have higher anxiety attachment scores than those with a romantic partner. In addition, it would appear that males have higher close attachment scores than females, respondents whose parents are living together possess higher close attachment scores than those whose parents are separated, and respondents without a romantic partner have higher close attachment scores than those with a

romantic partner. Moreover, it was observed that females have higher depend attachment scores than males, respondents whose parents are living together possess very slightly higher depend attachment scores than those whose parents are separated and respondents with a romantic partner have higher depend attachment scores than those without a romantic partner. A significant moderate positive relationship was found between the respondents' close attachment scores and their EI scores. Lastly, a significant low positive relationship between the respondents depends attachment scores and their EI scores was also established.

Keywords: Attachment Styles, Emotional Intelligence, COVID-19 Pandemic, Revised Adult Attachment Scale (RAAS)

INTRODUCTION

A study that attempted to look at the global emotional intelligence (EI) trends from 2017 until the COVID-19 pandemic found that most EI competencies decreased for all age groups.¹ Emotional Intelligence is the capacity to observe, construe, demonstrate, regulate and utilize emotions to communicate with and connect with others successfully and fruitfully. It includes the skill to understand and respond to others' emotions.²

One of the earliest works on the study of EI as a construct began with Mayer and Salovey, wherein they focused on four related abilities, namely: perceiving, using, understanding and managing emotions.³

Differences in EI have been shown to exert a significant impact on major life outcomes such as job performance, social relationships and mental and physical health.⁴ Some studies have proposed that there may also be two types of EI, trait EI and ability EI.⁵

Many studies have demonstrated that higher EI provides varied benefits. Individuals found to possess higher EI demonstrate increased social skills, displayed more cooperative tendencies, showed a greater capacity for close and affectionate relationships and had higher marital satisfaction.⁶ Findings also revealed that managing emotions scores correlated positively to the perceived quality of opposite sex interactions as well as success in impression management.⁷

Many argue that a person's EI can be improved.⁸ However, in an educational setting, a study claims that there is scant objective evidence that shows the utility of EI as a predictor of school success and adjustment and therefore asserts that EI interventions may not be that effective.⁹

In attempting to investigate what factors could affect a person's level of emotional intelligence, some studies have looked at attachment styles. The Attachment Theory by John Bowlby was expanded by Mary Ainsworth to come up with the initial concept of attachment styles. Four styles were identified: secure, anxious, avoidant and disorganized which are said to be products of early interactions between the baby and the primary caregiver. The theory further asserts that these styles could influence how the adult develops attachment in later life.¹⁰

A number of studies have established that attachment styles are related to a person's EI. Attachment may be formed through emotion-related traits such as the way by which children understand and control their emotions and of others.¹¹ One research found a significant positive correlation between secure attachment style and the entire range of emotional intelligence competencies.¹² In yet another study, it was

established that EI partially mediated the connection between anxious insecurity and health outcomes while it fully mediated the relationship between avoidant insecurity and health outcomes.¹³ Another study found positive relations between secure attachment, EI and resiliency, negative relationship between insecure ambivalent attachment, EI and resiliency and that secure attachment predicted EI positively while ambivalent attachment predicted EI negatively.¹⁴

However, even attachment may have suffered due to the social restrictions brought about because of the COVID-19 pandemic. It is believed that the stressful impact of the pandemic triggered the attachment systems of people. In addition, attachment styles can be passed down from caregiver to the child. The attachment style of the caregiver is believed to have influenced his or her behavior during the pandemic towards the child. Furthermore, it has been found that an insecure attachment style for both the caregiver and the child makes them more prone to the pandemic's detrimental psychological effects.¹⁵

In view of the foregoing, this study attempted to verify whether such a relationship exists between attachment styles and emotional intelligence.

Respondents of this study were students from a private college in the City of Manila, Philippines. The Revised Adult Attachment Scale (RAAS) was used to measure the respondents' attachment.¹⁶ On the other hand, the Schutte Self Report Emotional Intelligence Scale was utilized to measure the respondents' emotional intelligence.¹⁷ Specifically, this study sought to address the following research questions:

1. What are the Emotional Intelligence scores of the respondents when grouped according to
 - 1.1 Sex;
 - 1.2 Parental status (living together or separated);
 - 1.3 Romantic status (with or without a romantic partner); and
 - 1.4 as a whole?

2. What are the Close, Depend and Anxiety Attachment scores of the respondents when grouped according to
 - 2.1 Sex;
 - 2.2 Parental status (living together or separated); and
 - 2.3 Romantic status (with or without a romantic partner)?
3. Is there a relationship between the Emotional Intelligence scores of the respondents and their
 - 3.1 Close Attachment scores;
 - 3.2 Depend Attachment scores; and
 - 3.3 Anxiety Attachment scores?

The Revised Adult Attachment Scale (RAAS), which is an 18-item instrument and measures three attachment subscales (1) close, which measures an individual's comfort with intimacy and closeness, (2) depend, which is the degree to which an individual is comfortable with depending on others and believes that others can be relied upon and (3) anxiety, the level to which an individual is apprehensive about being abandoned or rejected by others, was utilized to measure the respondents' attachment.¹⁶

The 33-item Schutte Self Report Emotional Intelligence Scale¹⁷ was used to measure the respondents' emotional intelligence. The authors of both instruments have allowed their free use for research purposes. These tests were administered on the respondents online via Google Forms.

METHODOLOGY

106 students from a private college in the City of Manila, Philippines were asked to volunteer for this study. 79 were males while 27 were females. Their mean age was 20.05.

RESULTS

Table 1: Emotional Intelligence Item Weighted Means grouped according to Sex

Statement	Male Weighted Mean N=79	Female Weighted Mean N=27
1. I know when to speak about my personal problems to others.	3.734177215	3.444444444
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	3.911392405	4.185185185
3. I expect that I will do well on most things I try.	3.670886076	4.037037037
4. Other people find it easy to confide in me.	3.379746835	3.740740741
5. I find it hard to understand the nonverbal messages of other people.	3.012658228	3.074074074
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	4.025316456	4.333333333
7. When my mood changes, I see new possibilities.	3.784810127	4.000000000
8. Emotions are some of the things that make my life worth living.	3.734177215	4.074074074
9. I am aware of my emotions as I experience them.	4.050632911	4.148148148
10. I expect good things to happen.	3.658227848	3.925925926
11. I like to share my emotions with others.	3.101265823	3.074074074
12. When I experience a positive emotion, I know how to make it last.	3.46835443	3.555555556
13. I arrange events others enjoy.	3.341772152	3.592592593
14. I seek out activities that make me happy.	4.113924051	4.333333333
15. I am aware of the nonverbal messages I send to others.	3.658227848	3.777777778
16. I present myself in a way that makes a good impression on others.	3.683544304	3.925925926
17. When I am in a positive mood, solving problems is easy for me.	3.759493671	4.259259259
18. By looking at their facial expressions, I recognize the emotions people are experiencing.	3.860759494	3.888888889
19. I know why my emotions change.	3.683544304	3.851851852
20. When I am in a positive mood, I am able to come up with new ideas.	3.936708861	4.333333333
21. I have control over my emotions.	3.392405063	3.037037037
22. I easily recognize my emotions as I experience them.	3.886075949	4.000000000
23. I motivate myself by imagining a good outcome to tasks I take on.	3.898734177	4.148148148
24. I compliment others when they have done something well.	3.962025316	4.444444444
25. I am aware of the nonverbal messages other people send.	3.506329114	3.666666667
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	3.594936709	3.814814815
27. When I feel a change in emotions, I tend to come up with new ideas.	3.455696203	3.888888889
28. When I am faced with a challenge, I give up because I believe I will fail.	3.620253165	3.703703704
29. I know what other people are feeling just by looking at them.	3.227848101	3.333333333
30. I help other people feel better when they are down.	3.734177215	4.074074074
31. I use good moods to help myself keep trying in the face of obstacles.	3.835443038	4.148148148
32. I can tell how people are feeling by listening to the tone of their voice.	3.721518987	4.037037037
33. It is difficult for me to understand why people feel the way they do.	3.050632911	3.074074074
Grand weighted mean	3.650172612	3.84624018

Table 2: Emotional Intelligence Item Weighted Means grouped according to Parental Status

Statement	Parents Living Together Weighted Mean N=76	Parents Separated Weighted Mean N=30
1. I know when to speak about my personal problems to others.	3.657894737	3.666666667
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	4.026315789	3.866666667
3. I expect that I will do well on most things I try.	3.750000000	3.800000000
4. Other people find it easy to confide in me.	3.486842105	3.433333333
5. I find it hard to understand the nonverbal messages of other people.	3.052631579	2.966666667
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	4.078947368	4.166666667
7. When my mood changes, I see new possibilities.	3.815789474	3.900000000
8. Emotions are some of the things that make my life worth living.	3.855263158	3.733333333
9. I am aware of my emotions as I experience them.	4.039473684	4.166666667
10. I expect good things to happen.	3.684210526	3.833333333
11. I like to share my emotions with others.	3.131578947	3.000000000
12. When I experience a positive emotion, I know how to make it last.	3.513157895	3.433333333
13. I arrange events others enjoy.	3.513157895	3.133333333
14. I seek out activities that make me happy.	4.210526316	4.066666667
15. I am aware of the nonverbal messages I send to others.	3.605263158	3.900000000
16. I present myself in a way that makes a good impression on others.	3.723684211	3.800000000
17. When I am in a positive mood, solving problems is easy for me.	3.855263158	3.966666667
18. By looking at their facial expressions, I recognize the emotions people are experiencing.	3.842105263	3.933333333
19. I know why my emotions change.	3.776315789	3.600000000
20. When I am in a positive mood, I am able to come up with new ideas.	4.026315789	4.066666667
21. I have control over my emotions.	3.184210526	3.600000000
22. I easily recognize my emotions as I experience them.	3.907894737	3.933333333
23. I motivate myself by imagining a good outcome to tasks I take on.	3.986842105	3.900000000
24. I compliment others when they have done something well.	4.118421053	4.000000000
25. I am aware of the nonverbal messages other people send.	3.526315789	3.600000000
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	3.618421053	3.733333333
27. When I feel a change in emotions, I tend to come up with new ideas.	3.578947368	3.533333333
28. When I am faced with a challenge, I give up because I believe I will fail.	3.776315789	3.300000000
29. I know what other people are feeling just by looking at them.	3.276315789	3.200000000
30. I help other people feel better when they are down.	3.842105263	3.766666667
31. I use good moods to help myself keep trying in the face of obstacles.	3.894736842	3.966666667
32. I can tell how people are feeling by listening to the tone of their voice.	3.763157895	3.900000000
33. It is difficult for me to understand why people feel the way they do.	3.026315789	3.133333333
Grand weighted mean	3.701355662	3.696969697

Table 3: Emotional Intelligence Item Weighted Means grouped according to Romantic Status

Statement	With Romantic Partner Weighted Mean N=34	No Romantic Partner Weighted Mean N=72
1. I know when to speak about my personal problems to others.	3.705882353	3.638888889
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	4.117647059	3.916666667
3. I expect that I will do well on most things I try.	3.970588235	3.666666667
4. Other people find it easy to confide in me.	3.588235294	3.416666667
5. I find it hard to understand the nonverbal messages of other people.	2.882352941	3.097222222
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	4.382352941	3.972222222
7. When my mood changes, I see new possibilities.	3.941176471	3.791666667
8. Emotions are some of the things that make my life worth living.	4.000000000	3.736111111
9. I am aware of my emotions as I experience them.	4.058823529	4.083333333
10. I expect good things to happen.	4.000000000	3.597222222
11. I like to share my emotions with others.	3.088235294	3.097222222
12. When I experience a positive emotion, I know how to make it last.	3.735294118	3.375000000
13. I arrange events others enjoy.	3.588235294	3.319444444
14. I seek out activities that make me happy.	4.088235294	4.208333333
15. I am aware of the nonverbal messages I send to others.	3.676470588	3.694444444
16. I present myself in a way that makes a good impression on others.	3.911764706	3.666666667
17. When I am in a positive mood, solving problems is easy for me.	4.117647059	3.777777778
18. By looking at their facial expressions, I recognize the emotions people are experiencing.	3.911764706	3.847222222
19. I know why my emotions change.	3.882352941	3.652777778
20. When I am in a positive mood, I am able to come up with new ideas.	4.117647059	4.000000000
21. I have control over my emotions.	3.294117647	3.305555556
22. I easily recognize my emotions as I experience them.	3.852941176	3.944444444

23. I motivate myself by imagining a good outcome to tasks I take on.	4.029411765	3.930555556
24. I compliment others when they have done something well.	4.088235294	4.083333333
25. I am aware of the nonverbal messages other people send.	3.617647059	3.513888889
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	3.676470588	3.638888889
27. When I feel a change in emotions, I tend to come up with new ideas.	3.676470588	3.513888889
28. When I am faced with a challenge, I give up because I believe I will fail.	3.705882353	3.611111111
29. I know what other people are feeling just by looking at them.	3.470588235	3.152777778
30. I help other people feel better when they are down.	3.970588235	3.750000000
31. I use good moods to help myself keep trying in the face of obstacles.	4.058823529	3.847222222
32. I can tell how people are feeling by listening to the tone of their voice.	4.029411765	3.694444444
33. It is difficult for me to understand why people feel the way they do.	2.970588235	3.097222222
Grand weighted mean	3.794117647	3.655723906

Table 4: Emotional Intelligence Verbal Interpretation Scale

Range	Verbal Interpretation
1.00 – 1.80	Strongly Disagree
1.81 – 2.60	Disagree
2.61 – 3.40	Neither Agree nor Disagree
3.41 – 4.20	Agree
4.21 – 5.00	Strongly Agree

Table 5: Combined Respondents' Emotional Intelligence

Statement	Weighted Mean N=106	Verbal Interpretation
1. I know when to speak about my personal problems to others.	3.660377358	Agree
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	3.981132075	Agree
3. I expect that I will do well on most things I try.	3.764150943	Agree
4. Other people find it easy to confide in me.	3.471698113	Agree
5. I find it hard to understand the nonverbal messages of other people.	3.028301887	Neither agree nor disagree
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	4.103773585	Agree
7. When my mood changes, I see new possibilities.	3.839622642	Agree
8. Emotions are some of the things that make my life worth living.	3.820754717	Agree
9. I am aware of my emotions as I experience them.	4.075471698	Agree
10. I expect good things to happen.	3.726415094	Agree
11. I like to share my emotions with others.	3.094339623	Neither agree nor disagree
12. When I experience a positive emotion, I know how to make it last.	3.490566038	Agree
13. I arrange events others enjoy.	3.405660377	Agree
14. I seek out activities that make me happy.	4.169811321	Agree
15. I am aware of the nonverbal messages I send to others.	3.688679245	Agree
16. I present myself in a way that makes a good impression on others.	3.745283019	Agree
17. When I am in a positive mood, solving problems is easy for me.	3.886792453	Agree
18. By looking at their facial expressions, I recognize the emotions people are experiencing.	3.867924528	Agree
19. I know why my emotions change.	3.726415094	Agree
20. When I am in a positive mood, I am able to come up with new ideas.	4.037735849	Agree
21. I have control over my emotions.	3.301886792	Neither agree nor disagree
22. I easily recognize my emotions as I experience them.	3.91509434	Agree
23. I motivate myself by imagining a good outcome to tasks I take on.	3.962264151	Agree
24. I compliment others when they have done something well.	4.08490566	Agree
25. I am aware of the nonverbal messages other people send.	3.547169811	Agree
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	3.650943396	Agree
27. When I feel a change in emotions, I tend to come up with new ideas.	3.566037736	Agree
28. When I am faced with a challenge, I give up because I believe I will fail.	3.641509434	Agree
29. I know what other people are feeling just by looking at them.	3.254716981	Neither agree nor disagree
30. I help other people feel better when they are down.	3.820754717	Agree
31. I use good moods to help myself keep trying in the face of obstacles.	3.91509434	Agree
32. I can tell how people are feeling by listening to the tone of their voice.	3.801886792	Agree
33. It is difficult for me to understand why people feel the way they do.	3.056603774	Neither agree nor disagree

Table 6: Anxiety Attachment Item Weighted Means grouped according to Sex

Statement	Male Weighted Mean N=79	Female Weighted Mean N=27
3) I often worry that romantic partners don't really love me.	2.911392405	3.62962963
4) I find that others are reluctant to get as close as I would like.	3.151898734	3.333333333
9) I often worry that romantic partners won't want to stay with me.	3.025316456	3.518518519
10) When I show my feelings for others, I'm afraid they will not feel the same about me.	3.455696203	3.814814815
11) I often wonder whether romantic partners really care about me.	3.037974684	3.777777778
15) I want to get close to people, but I worry about being hurt.	3.215189873	3.740740741
Grand weighted mean	3.132911393	3.635802469

Table 7: Anxiety Attachment Item Weighted Means grouped according to Parental Status

Statement	Parents Living Together Weighted Mean N=76	Parents Separated Weighted Mean N=30
3) I often worry that romantic partners don't really love me.	3.184210526	2.866666667
4) I find that others are reluctant to get as close as I would like.	3.263157895	3.033333333
9) I often worry that romantic partners won't want to stay with me.	3.184210526	3.066666667
10) When I show my feelings for others, I'm afraid they will not feel the same about me.	3.552631579	3.533333333
11) I often wonder whether romantic partners really care about me.	3.328947368	2.966666667
15) I want to get close to people, but I worry about being hurt.	3.539473684	2.866666667
Grand weighted mean	3.342105263	3.055555556

Table 8: Anxiety Attachment Item Weighted Means grouped according to Romantic Status

Statement	With Romantic Partner Weighted Mean N=34	No Romantic Partner Weighted Mean N=72
3) I often worry that romantic partners don't really love me.	3.000000000	3.094339623
4) I find that others are reluctant to get as close as I would like.	2.970588235	3.198113208
9) I often worry that romantic partners won't want to stay with me.	3.029411765	3.150943396
10) When I show my feelings for others, I'm afraid they will not feel the same about me.	3.323529412	3.547169811
11) I often wonder whether romantic partners really care about me.	3.117647059	3.226415094
15) I want to get close to people, but I worry about being hurt.	3.176470588	3.349056604
Grand weighted mean	3.102941177	3.261006289

Table 9: Close Attachment Item Weighted Means grouped according to Sex

Statement	Male Weighted Mean N=79	Female Weighted Mean N=27
1) I find it relatively easy to get close to people.	3.227848101	3.333333333
6) I don't worry about people getting too close to me.	3.417721519	2.777777778
8) I am somewhat uncomfortable being close to others.	3.873417722	3.925925926
12) I am comfortable developing close relationships with others.	3.569620253	3.407407407
13) I am uncomfortable when anyone gets too emotionally close to me.	3.64556962	3.740740741
17) Romantic partners often want me to be emotionally closer than I feel comfortable being.	3.721518987	3.666666667
Grand weighted mean	3.575949367	3.475308642

Table 10: Close Attachment Item Weighted Means grouped according to Parental Status

Statement	Parents Living Together Weighted Mean N=76	Parents Separated Weighted Mean N=30
1) I find it relatively easy to get close to people.	3.315789474	3.100000000
6) I don't worry about people getting too close to me.	3.368421053	2.966666667
8) I am somewhat uncomfortable being close to others.	3.921052632	3.800000000
12) I am comfortable developing close relationships with others.	3.565789474	3.433333333
13) I am uncomfortable when anyone gets too emotionally close to me.	3.671052632	3.666666667
17) Romantic partners often want me to be emotionally closer than I feel comfortable being.	3.671052632	3.800000000
Grand weighted mean	3.585526316	3.461111111

Table 11: Close Attachment Item Weighted Means grouped according to Romantic Status

Statement	With Romantic Partner Weighted Mean N=34	No Romantic Partner Weighted Mean N=72
1) I find it relatively easy to get close to people.	3.441176471	3.166666667
6) I don't worry about people getting too close to me.	3.147058824	3.305555556
8) I am somewhat uncomfortable being close to others.	3.705882353	3.972222222
12) I am comfortable developing close relationships with others.	3.647058824	3.472222222
13) I am uncomfortable when anyone gets too emotionally close to me.	3.617647059	3.694444444
17) Romantic partners often want me to be emotionally closer than I feel comfortable being.	3.705882353	3.708333333
Grand weighted mean	3.544117647	3.553240741

Table 12: Depend Attachment Item Weighted Means grouped according to Sex

Statement	Male Weighted Mean N=79	Female Weighted Mean N=27
2) I find it difficult to allow myself to depend on others.	3.696202532	4.185185185
5) I am comfortable depending on others.	2.936708861	2.62962963
7) I find that people are never there when you need them.	3.784810127	3.777777778
14) I know that people will be there when I need them.	3.227848101	2.851851852
16) I find it difficult to trust others completely.	3.974683544	4.296296296
18) I am not sure that I can always depend on people to be there when I need them.	3.810126582	4.148148148
Grand weighted mean	3.571729958	3.648148148

Table 13: Depend Attachment Item Weighted Means grouped according to Parental Status

Statement	Parents Living Together Weighted Mean N=76	Parents Separated Weighted Mean N=30
2) I find it difficult to allow myself to depend on others.	3.907894737	3.600000000
5) I am comfortable depending on others.	2.802631579	3.000000000
7) I find that people are never there when you need them.	3.815789474	3.700000000
14) I know that people will be there when I need them.	3.171052632	3.033333333
16) I find it difficult to trust others completely.	3.960526316	4.300000000
18) I am not sure that I can always depend on people to be there when I need them.	3.947368421	3.766666667
Grand weighted mean	3.600877193	3.566666667

Table 14: Depend Attachment Item Weighted Means grouped according to Romantic Status

Statement	With Partner Romantic Weighted Mean N=34	No Partner Romantic Weighted Mean N=72
2) I find it difficult to allow myself to depend on others.	3.882352941	3.791666667
5) I am comfortable depending on others.	3.117647059	2.736111111
7) I find that people are never there when you need them.	3.764705882	3.791666667
14) I know that people will be there when I need them.	3.323529412	3.041666667
16) I find it difficult to trust others completely.	4.058823529	4.055555556
18) I am not sure that I can always depend on people to be there when I need them.	3.794117647	3.944444444
Grand weighted mean	3.656862745	3.560185185

Table 15: The Relationship between Close Attachment Scores and EI Scores:

Pearson r computation	
X Values Σ = 392.212 Mean = 3.7 Σ(X - Mx)² = SSx = 23.965	X and Y Combined N = 106 Σ(X - Mx)(Y - My) = 8.589
Y Values Σ = 376.333 Mean = 3.55 Σ(Y - My)² = SSy = 28.954	R Calculation $r = \frac{\sum((X - Mx)(Y - My))}{\sqrt{(SSx)(SSy)}}$ $r = 8.589 / \sqrt{(23.965)(28.954)} = 0.3261$
r = 0.3261, which is a moderate positive relationship The P-Value is .000646. The result is significant at p < .05.	

Table 16: The Relationship between Depend Attachment Scores and EI Scores

Pearson r computation	
X Values Σ = 392.212 Mean = 3.7 Σ(X - Mx)² = SSx = 23.965	X and Y Combined N = 106 Σ(X - Mx)(Y - My) = 6.202
Y Values Σ = 380.667 Mean = 3.591 Σ(Y - My)² = SSy = 20.507	R Calculation $r = \frac{\sum((X - Mx)(Y - My))}{\sqrt{(SSx)(SSy)}}$ $r = 6.202 / \sqrt{(23.965)(20.507)} = 0.2798$
r = 0.2798, which is a low positive relationship The P-Value is .003675. The result is significant at p < .05.	

Table 17: The Relationship between Anxiety Attachment Scores and EI Scores

Pearson r computation	
X Values $\sum = 392.212$ Mean = 3.7 $\sum(X - Mx)^2 = SSx = 23.965$	X and Y Combined N = 106 $\sum(X - Mx)(Y - My) = -3.143$
Y Values $\sum = 345.667$ Mean = 3.261 $\sum(Y - My)^2 = SSy = 82.557$	R Calculation $r = \frac{\sum((X - Mx)(Y - My))}{\sqrt{(SSx)(SSy)}}$ $r = -3.143 / \sqrt{(23.965)(82.557)} = -0.0707$
r = -0.0707, which is a low negative relationship The P-Value is .475831. The result is not significant at $p < .05$.	

DISCUSSION

Table 1 shows the item weighted means of the respondents when grouped according to sex. Looking at the grand weighted means, it would appear that females possess higher EI scores than males. Table 2 presents the item weighted means of the respondents when grouped according to parental status. Noting the grand weighted means, it would seem that respondents whose parents are living together possess higher EI scores than those whose parents are separated. Table 3 shows the item weighted means of the respondents when grouped according to romantic status. Looking at the grand weighted means, it would appear that respondents with a romantic partner possess higher EI scores than those without.

Looking at Table 6, it would appear that females have higher anxiety attachment scores than males. Based on Table 7, it would seem that respondents whose parents are living together possess higher anxiety attachment scores than those whose parents are separated. In Table 8, it can be noted that respondents without a romantic partner appear to have higher anxiety attachment scores than those with a romantic partner.

Looking at Table 9, it would appear that males have higher close attachment scores than females. Based on Table 10, it would seem that respondents whose parents are living together possess higher close attachment scores than those whose parents are separated. In Table 11, it can be noted that respondents without a romantic partner appear to have higher close attachment scores than those with a romantic partner.

Looking at Table 12, it would appear that females have higher depend attachment

scores than males. Based on Table 13, it would seem that respondents whose parents are living together possess very slightly higher depend attachment scores than those whose parents are separated. In Table 14, it can be noted that respondents with a romantic partner appear to have higher depend attachment scores than those without a romantic partner.

Table 15 presents the Pearson r computation between the respondents' close attachment scores and their EI scores. The formula yielded an r value of 0.3261, which indicates a moderate positive relationship and with a p value of 0.000646, this was found to be significant.

Table 16 shows the Pearson r computation between the respondents' depend attachment scores and their EI scores. The equation yielded an r value of 0.2798, which indicates a low positive relationship and with a p value of 0.003675, this was found to be significant.

Table 17 presents Pearson r computation between the respondents' anxiety attachment scores and their EI scores. The formula yielded an r value of -0.0707, which indicates a low negative relationship and with a p value of 0.475831, this was found to be not significant.

CONCLUSIONS

Differences between the EI scores of the respondents when grouped according to sex, parental status and romantic status were found. However, significant difference was not computed. The same is true for the close, anxiety and depend attachment scores. Although differences were found when the respondents were grouped,

significance was not tested due to the disparity in the sizes of the groups.

What would seem noteworthy in the findings is the low positive relationship between dependent attachment scores and their EI scores and this was statistically significant. This would imply that when one value increases, the other would slightly increase and vice-versa. Another finding which is of interest is the moderate positive relationship between the respondents' close attachment scores and their EI scores which was also statistically significant. This would likewise imply that as one value increases the other would moderately increase, and vice versa. However, the relationship found between the respondents' anxiety attachment scores and EI scores although negative, was not statistically significant.

It would then appear that for the respondents of this study, close and dependent attachment styles may have an influence on their emotional intelligence.

Declaration by Authors

Ethical Approval: The authors further state that the ethical standards of research were strictly followed, the informed consent of all the research participants was obtained, their responses were acquired anonymously and the data gathered was used purely for the purpose of making this study.

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