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Is attachment style correlated with anxiety, depression and gaming addiction? A comparative study on style of attachment of college students

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Abstract
Attachment style are characterized by different ways of interacting and behaving in relationship. Nowadays attachment style are very much important for young adults because the feelings of bad attachment style make them anxious and depressed. From this loneliness, they are spending a great deal of time with using of mobile phone gaming. Hence, The current study's goal was to investigate the effect of attachment style on anxiety, depression and gaming addiction of college students. Students with anxious and avoidant attachment style reported higher depression and gaming addiction. To collect the data as the part of the study, demographic details were taken as well as following scales were used: Perceived Parenting Style Scale (PPSS), Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI), Gaming Addiction Scale (GAS). This study involved in college students aged between 18 to 25 years. The statistical analyses of the data have given an interesting insight about how anxiety, depression and gaming addiction are related to the attachment style.

Keywords: Attachment style, anxiety, depression, gaming addiction, young adults

Introduction
Attachment style is an act to being attached. Attachment style are change in current circumstances and it is varies on individuals differences (Davila *et al*., 1997) [1].
The relationship with attachment styles and child depression is increase by insecurity and differentiating non hostile and hostile attachment (Bifulco *et al*., 2002) [2]. Autonomous vulnerability and sociotropic vulnerability are suggest fearful attachment and preoccupied attachment. Self-criticism in both attachment style are highlighted depression strongly (Barbara Murphy, Glen W Bates 1997) [3].
Sometimes attachment and anxiety is significant by emotion regulation but avoidant attachment not significantly related to the anxiety. Result suggest that anxiety disorder was increase targeting attachment related difficulty (Neilsen *et al*., 2017) [4]. Individual with anxious attachment style may be improve social anxiety, greater depression, greater impairment, avoidance and lower life satisfaction rather than the secure attached Individual (Eng *et al*., 2001) [5].
The research consist among the middle school and high school student. Result finding avoidant addiction and Anxious - ambivalent addiction significantly predict gaming addiction in positive way, but secure addiction significantly predict gaming addiction in negative way (Eurasian Journal of Educational Research 19 (83), 125-144, 201) [6].
Most coping strategies are linked with Attachment style, expect for self- critique and emotional avoidant. So, where there is a negative association between attachment and behavior addiction but self-blame and problem solving were significantly correlate with video game addiction and problematic interest use.(Estebez *et al*., 2019) [7].
Individual handle their emotions and thoughts through their self-differentiation which based on their attachment style. Insecure attachment style are effects on self-differentiation and it's related with depression (Simon *et al*., 2019) [8].
Adversity and trauma are increase vulnerability to the development of addictive disorder (Brand *et al*., 2019) [9]. Poor family child relationship are increase severity of game (Schneider, King *et al*., 2017) [10].

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Study shows that emotional abuse, neglect behavior and high level of depression are increase risk factor of internet gaming disorder (Kircaburun *et al*., 2019) [11].

Symptoms of gaming disorder are create when adverse childhood experiences, anxiety and dissociation are occurred (Grajewski and Dragan, 2020) [12].

Objectives
This study is to find out the relationship between Attachment style and 'anxiety, Depression and Gaming Addiction'.

Methodology
In study, a multistage procedure employed to understand the significant association between Attachment Style and Anxiety, Depression and Gaming Addiction.

Site and Population
In this study, 30 female and 30 male individuals aged between 18 to 25 years are used. There are some general inclusion criteria that is aged between 18 to 25, area is urban and semi urban and those who are playing games on mobile phone. Similarly, there are some general exclusion criteria like individual who are less than 18 and more than 25 are not used, rural areas participants are not used.

Sampling Design
Purposive sampling technique was been used. The sample consisted of the people who met every requirement for every group member. The criteria for inclusion and exclusion taken into account while choosing a sample.

Tools and scale
In this study, self-administered questionnaires are used. Those are:
1. Perceived Parenting Style Scale (PPSS) - Divya and Manikandan, 2013. This is a five point Likert scale and it is consist of 30 items.
2. Beck Anxiety Inventory - Beck *et al*., 1988. This scale is a self-report measure of anxiety with 21 items.
3. Beck Depression Inventory - Beck *et al*., 1961. Beck Depression Inventory is consist of 21 items and all items are related with symptoms of depression.
4. Gaming Addiction Scale - Yujie Lie *et al*., 2000. It is a five point scale with 7items which measure gaming addiction.

Ethical Issue
The respondents were informed about the consent of the study, further, informed consent from the respondents were taken before administration of the test.

Data collection and Analysis
The primary data was collected during February 1, 2024 to August 15, 2024. 30 female and 30 male individuals aged between 18-25 years participated are used. The Purposive sampling technique was used here. The aim of this study was to determine the relationship between Attachment style and 'anxiety, depression and gaming addiction'.

Result
The analysis provides comprehensive summary statistics for four variables: Attachment style, Anxiety, Depression and Gaming Addiction derived from a sample size of 60 Individual (30 female and 30 male). Individuals are aged between 18 to 25 years old and they are college students.

Table 1 shows the descriptive statistics of female individuals and Table 2 shows the correlation between four variables, which shows there is a significant relationship between Attachment style and Anxiety, Depression and Gaming Addiction.

Table 3 shows the descriptive statistics of male individuals. Table 4 shows the correlation between four variables, which indicates there is no significant relationship between Attachment style and Anxiety, Depression and Gaming Addiction.

Table 5 (comparative table) that difference between Attachment style, anxiety, depression and gaming addiction at both groups (female and male). It indicates that, there is a significant difference in Attachment style at both groups. But there is no significant difference in anxiety at both groups, there is no significant difference in Depression at both groups and there is no significant difference in gaming addiction at both groups.

Discussion and Conclusion
From this research, it was found that, in female individuals have relationship between Attachment style and Anxiety, depression and gaming addiction because they spend most of the time in her house so attachment style effects them more rather than the male candidates and they have short friends circle. When they feel anxious and avoidant attachment style they don't share it that why it's affect more on their mental health.

Research shows that 20.9% children have anxiety symptoms and depression with insecure attachment (i.e., avoident or ambivalent) rather than the child who have secure attachment (Muris *et al*., 2000) [13]. The fearful attachment style had an effect on addiction to video games (Yılmaz *et al*., 2022) [14].

Because men spend more time with their friends and share more than women do, there is no correlation found between attachment type, anxiety, depression, and gaming addiction in males. Culture plays a significant role in this outcome. They have greater awareness. Additionally, men tend to be more emotionally stable than women.

And when we see difference between both groups, we can see that there is significant difference in Attachment style at both groups because attachment style can varies in female and male individuals. But there is no difference in anxiety, depression and gaming addiction at both because mental health of the individuals are not same.

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Appendix

Table 1: Descriptive statistics of female individuals

	N	Mean	SD
PPSS	30	86.4667	16.51902
BAI	30	15.0333	15.35440
BDI	30	10.2333	10.48376
GAS	30	15.2000	8.57181

Table 2: Correlation Table of female individuals

	PPSS	BAI	BDI	GAS
PRSS	1	.474**	.565**	.549**
BAI	.474**	1	.584**	.270
BDI	.565**	.584**	1	.459
GAS	.549**	.270	.459*	1

Table 3: Descriptive statistics of male individuals

	N	Mean	SD
PPSS	30	86.5000	10.28139
BAI	30	12.8000	11.99253
BDI	30	11.6667	12.42726
GAS	30	15.9333	7.15799

Table 4: Correlation Table of male individuals

	PPSS	BAI	BDI	GAS
PPSS	1	.181	.243	-0.082
BAI	.181	1	.300	-0.071
BDI	.243	.300	1	.214
GAS	-0.082	-0.071	.214	1

Table 5: Comparative Table (t-test)

	F	Sig.	DF
PPSS	5.206	.026	58
BAI	1.461	.232	58
BDI	.134	.716	58
GAS	1.627	.207	58