

The Predictive Role of Early Maladaptive Schemas and Attachment Styles on Romantic Relationships

By

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Abstract

The purpose of this study is to determine whether or not the attachment styles in close relationships and early maladaptive schemas predicted psychological tendencies associated with the romantic relationships. 408 university students, with a history of involvement in an romantic relationship at present or in past, participated in the study. As a result it was found that the focus on relationship extremely was predicted by preoccupied attachment and unrelenting standards as positive; by dismissing and fearful attachment as negative. The relationship satisfaction was predicted by fearful and dismissing attachment, disconnection schema domain as negative, impaired limits and secure attachment as positive. The fact that impaired autonomy, fearful attachment, disconnection and unrelenting standards schema domains predicted fear of relationship as positive, impaired limits predicted as negative was found. It was found that impaired autonomy and unrelenting standards schema domains predicted relational monitoring as positive; impaired limits predicted as negative. It was found that relational esteem was predicted by secure attachment, impaired limits and unrelenting standards as positive; fearful and dismissing attachment, disconnection as negative. External relational control was predicted by impaired autonomy and unrelenting standards as positive. The fact that fearful attachment and disconnection schema domain as negative; impaired limits as positive predicted relational assertiveness was found. It was found that internal relational control was predicted by impaired limits and secure attachment as positive, by impaired autonomy as negative.

Keywords: *Romantic relationship, early maladaptive schema, attachment style, young adult*