

# EXAMINING RELATIONSHIP PEDESTAL BELIEFS, ATTACHMENT INSECURITIES AND SINGLEHOOD SATISFACTION

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## INTRODUCTION

Highly anxious people struggle with being single and highly avoidant people tend to be okay with being single. But why?

We examined whether insecurities might be associated with beliefs about relationships, which may impact singlehood satisfaction.

## METHODS

### Participants

- 504 single adults (n= 504)

### Procedure

- Participants completed a self-report questionnaire

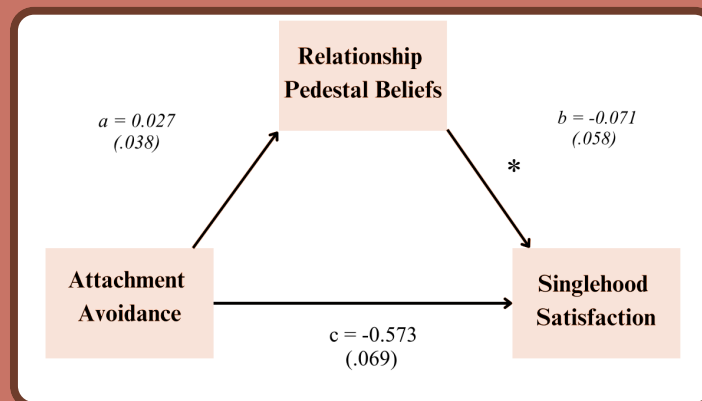
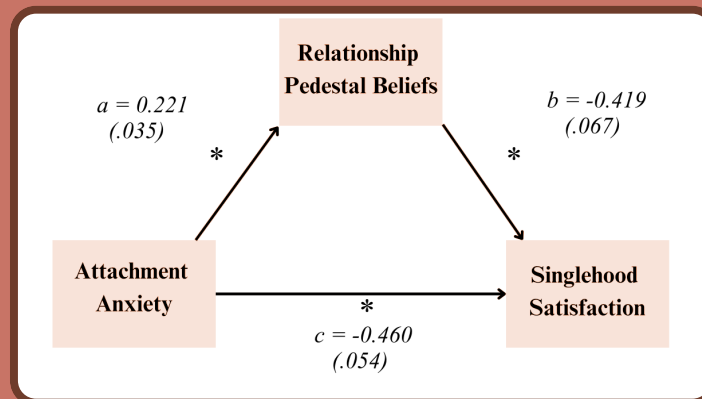
### Measures

- **Attachment Anxiety**
  - (e.g., I worry about being abandoned)
- **Attachment Avoidance**
  - (e.g., I don't feel comfortable opening up to close others)
- **Relationship Pedestal Beliefs (RPB)** (e.g., People can achieve everything they want in life even if they are single)
- **Singlehood Satisfaction** (e.g., Being single makes me very happy)

# HIGHLY ANXIOUS PEOPLE

(BUT NOT HIGHLY AVOIDANT PEOPLE)

## MAY BE LESS HAPPY BEING SINGLE, BECAUSE THEY BELIEVE PEOPLE NEED A ROMANTIC PARTNER TO BE TRULY HAPPY



## HYPOTHESIS

- **H1** = Individuals **higher** in **attachment anxiety** will report **greater RPB's** and **lower singlehood satisfaction**
- **H2** = Individuals **higher** in **attachment avoidance** will report **lower RPB's** and **higher singlehood satisfaction**

## RESULTS

- Individuals who were **higher in attachment anxiety** were **more likely to endorse RPB's**, which was associated with **lower singlehood satisfaction**
- Individuals' **attachment avoidance** was **not associated** with **RPB's** or **singlehood satisfaction**

## DISCUSSION AND IMPLICATIONS

- How **people think** about romantic **relationships** plays an important role in **determining** peoples' **singlehood satisfaction**

