

The Relations among Attachment, Self-Esteem, and Behavioral Adjustment in Adolescence

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ABSTRACT

The purposes of this study were to: (a)compare the differences among different gender, grade of adolescence 's attachment, self-esteem and behavioral adjustment ; (b)examine the relation among attachment, self-esteem and behavioral adjustment in adolescence ; (c)examine how the attachment and self-esteem in adolescence predicted behavioral adjustment ; (d)examine the mediating role of self-esteem between attachment and behavioral adjustment. The participants were 934 students from 6 junior high schools and 6 elementary schools in northern, central and southern Taiwan. The instruments for this study were Inventory of Parent and Peer Attachment, The Rosenberg Self-Esteem Scale and Behavioral Adjustment Scale. The descriptive statistic, Hotelling 's T2, multivariate analysis of variance, Pearson correlations, multiple regression and hierarchical regression were conducted to test each research question. The results clearly showed that : 1.Attachment, self-esteem, and behavioral adjustment in adolescence were associated. 2.There was significant difference of gender on mother attachment(trust, communication), peer attachment(trust, communication, alienation) and behavioral adjustment(school adjustment, interpersonal adjustment). 3. There was significant difference of grade on father attachment(trust, communication, alienation), mother attachment(communication, alienation), peer attachment(trust, communication) and behavioral adjustment(personal adjustment, interpersonal adjustment). 4.Father attachment, mother attachment and father attachment could be used to predict Self-esteem(positive definite). Self-esteem(positive definite) could be used to predict behavioral adjustment. 5.Attachment showed direct effects on behavioral adjustment and indirect effects on behavioral adjustment through self-esteem. In other words, self-esteem was the mediator between attachment and behavioral adjustment.

Keywords : attachment ; self-esteem ; behavioral adjustment ; adolescence

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