

## **ABSTRACT**

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**The description of psychological well-being in young adulthood based on attachment styles. (Dra. Fransisca Iriani, M.Si., & Dra. Ninawati, MM); Psychology study program, Strata one undergraduate program, Tarumanagara University.**

Attachment known as the strong emotional bond that develops between infants and their caregivers, especially mother. The relationship between mother and infant in the first years of life is the key to determining who the infants grows up to be, the individuals ability to develop high-quality relationships in adulthood, and his or her overall future well-being. Attachment have 4 styles, such as secure, fearful-avoidant, preoccupied, and dismissing attachment. And, psychological well-being have 6 components, such as self-acceptance, personal growth, purpose in life, positive relationship with others, environmental mastery, and autonomy. The purpose of this study are to find out the description of psychological well-being in young adulthood based on attachment styles. Total subjects in this research were 400 subjects: 154 men, and 246 women. Data was acquired from February, 28<sup>th</sup> until May, 1<sup>st</sup> 2006, by using questionnaire and processed with SPSS software ver 13.0. The result from this research showed that people with secure attachment style has better self-acceptance, personal growth, purpose in life, positive relationship with others, environmental mastery, and autonomy than people with insecure attachment.

**Keywords:** Attachment styles, Psychological well-being, Adulthood.