

Review: S. Bukalski (editing),
Teoria przywiązania i jakość więzi.
Analiza empiryczna
(The attachment theory and the quality of ties.
An empirical analysis.),
Wyd. volumina.pl, Szczecin 2012, ss. 236.

The reviewed item constitutes a profound study of the issue which is crucial for contemporary researchers of human attachment and its influence on framing the various types of ties at the particular stages of human life. The attachment theory by J. Bowlby constitutes the main theoretical basis of this study. It allows to reveal the new and original perspective of functioning of the quality of interpersonal relationships in young and adult life: friendship, betrothal period, marriage and partnership. The book becomes an attempt of possibly integrated glance on the issues of forming interpersonal relationships seen from the angle of the attachment theory. The principal problem taken up by particular authors of this collaborative work is the issue – how can the styles of attachment stemming from childhood explain interpersonal relationships and relations with God in the adulthood of subjects? The answers for that question have been searched for through empirical analyses, which are presented in particular chapters focusing on mutual relations of attachment and interpersonal relationships. It seems that the stated research problem is currently very important since it allows to find the answers for the questions concerning the quality of human existence in the perspective of interpersonal relationships over lifetime or its particular stages.

The thesis consists of eight elaborations whose core is a human attachment which influences the quality of the ties formed by a human being. The thesis begins with the text of A. Kamińska titled: "Parental attitudes in the context of the attachment theory of John Bowlby" („Postawy rodzicielskie w kontekście teorii przywiązania Johna Bowlby’ego”). The author focuses on the parental attitudes from the perspective of the attachment theory at the same time presenting relationships occurring between them. The analysis has been done on the basis of study of people preparing to enter into matrimony. A. Kamińska has noticed a crucial relation, from the statistic point of view, between the level of safe attachment style and the attitude of demanding father. The effects statistically significant for the correlation of safe attachment style of female attachment and the attitudes of a demanding father and a protecting mother are the next important observation. The high correlation result has

been also obtained for a dismissing attachment style for the subjects in comparison with the attitude of rejecting father. A special attention has been paid to the results on the discrepancy of parental attitudes and their influence on arising the attachment styles. Contemporary parents seem not to notice how harmfully the lack of coherence, consequence and unity affects their children. Therefore a conclusion is that one should make parents and people preparing to enter into parenting aware that what is the most important in upbringing is: love, acceptance and consequence.

N. Burtan in the chapter: "*Styles of parenting in the family in the context of attachment theory by John Bowlby*" („*Style wychowania w rodzinie w kontekście teorii przywiązania Johna Bowlby'ego*") raises the issue of the relation between the styles of upbringing in the family of bride and groom and their current styles of attachment to each other. The research has shown that in the group of people representing safe attachment style, occurs a significant correlation with the democratic attachment style of father's upbringing. The higher intensity of democratic attachment style of father's upbringing, the greater intensity of safe attachment style of subjects. Whereas the people representing dismissing attachment style has shown the anxiety of closeness and intimacy, so they are not able to trust other people nor to build a steady relationship. The author acknowledges that probably the betrothed who are afraid of closeness with their partner were brought up by mothers of autocratic style, that is less characterized by love, respect or unconditional acceptance of a child. What has been marked is that people who are attached in an unsafe style more often than people who are attached in a safe style, attribute liberal, unloving style to their fathers. It has been acknowledged that probably the reason of that assessment is the feeling of distance and withdrawal towards a father.

K. Swojńóg in the chapter: "*Religious attitudes of the betrothed in the context of the attachment theory*" („*Postawy religijne narzeczonych w kontekście teorii przywiązania*") focuses on the issues of searching for relations between the possessed religious dimension and the attachment style of subjects. The researched correlations which occur between the attachment and human religiosity have delivered interesting results. It has turned out that on the ground of development (attachment and religiosity have been developing and evolving over lifetime since infancy), on the ground of ties (both of them assume the emergence of a significant tie with a concrete person and the crucial role of family or guardians), on the social ground (these two aspects are influenced by other people and the environment of a person) and on the individual ground (it is also influenced by possessed personality traits, self-assessment and the attitude to other people).

The article of W. Matys "*Psychological analysis of bond with God from the perspective of attachment theory*" („*Psychologiczna analiza więzi z Bogiem z perspekty-*

wy teorii przywiązania”) attempts to define the notion of 'bond with God', determines its structure and elaborates a new typology of this bond on the basis of the categories stemming from the attachment theory. A broader picture of religiosity associated with separate dimensions and types of bonds with God has been also characterized. Under the conducted analyses it has been concluded that the attachment theory creates the possibility of introducing a new paradigm in psychological research on relation with God, because it is also possible to define it as a bond, apart from defining this relation in the category of attitude. In conclusion of the discussion over the adopted names of separate types of bonds with God, one has emphasized that, in spite of applying the same definitions of typologies of interpersonal relationships, particular types of bonds with God maintain their specificity and differ from their counterparts in close relationships of two people. The greatest of such differences have appeared in ambivalent-anxiety relationship and dismissing relationship.

Ż. Borowska in the chapter: “*Styles of attachment in the betrothal and the sense of coherence among the betrothed*” („*Style przywiązaniowe w narzeczeństwie a poczucie koherencji wśród nupturientów*”) attempts to show the relation between the sense of coherence and attachment of the betrothed preparing to enter into matrimony. Analyses conducted between the ambivalent-anxiety relationship and a dismissing dimension of attachment and the sense of coherence have allowed to notice strong negative correlation between the anxiety style and the dimensions of the sense of resourcefulness, on the level of statistic importance. It means that the lower level of resourcefulness of the betrothed, the higher level of ambivalent-anxiety style of attachment. The betrothed characterized by that style will probably show the lower level of resourcefulness. It has been also proved that brides representing a lower level of the sense of coherence, will have a higher level of dismissing and anxiety style. They are going to show the tendency to limited confidence to their partner, timidity, excessive vigilance and suspiciousness. They will not be able to understand their fiancée or husband sufficiently and predict his behaviour, and they will perceive the world as incoherent. It will be difficult for them to make an effort to work out and explain life problems. Subsequently, it has been indicated that people representing a safe attachment style are characterized by much higher level of sense of reasonableness than the betrothed characterized by anxiety and dismissing component. A safe attachment style raises the sense of reasonableness, therefore a person is going to perceive the value of effort and approach tasks or problems on marriage with commitment. On the other hand, people characterized by anxiety and dismissing attachment style could have problems with perceiving reasonableness of undertaken effort toward the requirements of relationship. They are more liable to give up and perceive

a problem as a burden which they are not going to face. However, the betrothed characterized by dismissing and anxiety attachment style represent lower general result of sense of coherence. It means that it is more difficult for them to perceive a partner as a predictable person. Possibly they are more often suspicious and distrustful toward the future spouse. It will be easier for them to blame their partners or others for all the failures.

J. Kierzek has presented a very interesting research in the chapter: "*Attachment attitudes and the quality of marital ties of people with short period of marriage*" („*Zachowania przywiązaniowe a jakość więzi małżeńskich osób z krótkim stażem małżeńskim*”). On the basis of the conducted analyses it has been concluded that attachment style acquired in childhood is related to the quality of romantic relationships in adulthood. It has been proven that one may observe correlation on the ground of compassion and cooperation, but it is on the lower level than in the area of mutual understanding. Therefore it has been stated that spouses characterized by the same attachment style represent a coherent quality of bonds.

Next chapter is written by W. Lekszycka and it is titled: "*Understanding of love among the people dissatisfied with marriage and the attachment styles*" („*Rozumienie miłości wśród osób niezadowolonych z małżeństwa a style przywiązania*”). It concerns the relation between the attachment style by J. Bowlby and the understanding of love by the people dissatisfied with their marriages. It seems that this issue is very crucial for people supporting spouses through various kinds of psychotherapy and counseling. It has been proven that people characterized by unsafe attachment styles meet difficulties with creating relationship which is: steady, warm-hearted, open and intimate. Fear of closeness, creating boundaries, difficulties with communicating may cause the lack of satisfaction from the relationship. Conducted research has confirmed the correlation between specific attachment style (safe, dismissing or anxiety) of subjects and dimensions of love (passion, intimacy, commitment). The fear of closeness and openness, anxiety of being abandoned and the desire of relationship at the same time, which was fixed in childhood, are clearly reflected in marriage life. The results allow to get a profound insight into the problems communicated during the therapy by married couples. The knowledge about the determining influence of attachment style on the understanding of love or the dynamism of love process thanks to people perceiving their marriage as unsuccessful may be helpful for changing an attitude and enter into new, close relationship with their spouses.

The last chapter by S. Bukalski titled: "*The quality of betrothal and marriage. Longitudinal study in the perspective of attachment theory*" („*Jakość związku narzeczeńskiego i małżeńskiego. Badania podłużne w perspektywie teorii przywiązania*”) raises a crucial issue of comparison of the quality of betrothal and marriage

in the selected aspects of that quality: interpersonal communication between partners, understanding of love and defining the intensity of quality in the relationship. The value of that elaboration is that the research presented in it is a longitudinal study, which allows to introduce crucial conclusions and postulates. The indication of correlative relations between attachment styles and distinguished dimensions of the quality of betrothal and marriage become a crucial discovery of the statistic analyses. Revealed relations allow to recognize that the intense result of safe attachment style and lowered result of unsafe attachment style, which are linked on the statistically significant level with high results of particular dimensions of quality of betrothal concerning love, interpersonal communication and general quality of relationship can be also observed in marriage. The safer attachment style of betrothal, the more positive are their relations: greater commitment, passion, involvement, support, devotion, greater general quality of relationship and the lower level of attitudes depreciating oneself and a partner. Similar dependence could be observed in later marriages of those people. The results of longitudinal study on importance of differences in researched dependent and independent variables in betrothal and marriage justify that one shall treat particular attachment styles as a quality predictor of betrothal and marriage.

The reviewed book deserves for high assessment. It constitutes accurate and reliable picture of issues on family-marriage problems from the perspective of attachment theory. Unity and methodological consequence of presented topics raise the value of the elaboration. The editor has made the right choice of contents, which in a clear, holistic and synthetic way present the state of theoretical and empirical study on shaping interpersonal relationships. Substantial issues presented in the book are really up-to-date and they constitute the great starting point of the understanding contemporary problems of marriages and families. They prompt to take practical preventive and therapeutic activities.

As for the formal side the book is well-edited. The title of the work corresponds with the content. Particular chapters are logical and when divided create a coherent work. Each chapter corresponds to the attachment theory of J. Bowlby. One could have the impression that some parts of the content are regularly repeated. However, as the editor explains in the preface, it is an intentional effect, since each of the issues undertaken in the particular chapter requires an individual reference to that theory, in order to define the scope of issues and the methodology of conducted study in a precise way. We should also emphasize the variety of suggested research methods, which allows to reach crucial conclusions thanks to the statistical analysis. The variety of applied methods of the study presented in particular chapters of the

work proves its high cognitive value and certifies the advanced level of the conducted research.

The book edited by S. Bukalski deserves high general assessment for both substantial and formal point of view. It could be rated as original and very useful work among the reference books. Taking into account the values of the work, its interesting content, methods of study and a reliable methodology, a wide range of readers shall become acquainted with it.

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Translation Maria Hornung