Attachment

1. Theories
   1. Lorenz – geese
      1. behaviorist
      2. Imprint – mother figure
   2. Harlow – monkeys
      1. Metal for food yet still went for comfort
   3. Freud
      1. Begin with theories about love
      2. Oral and anal stages – gratification in infant
      3. Focused almost solely around mother – lasting impression (imprinting)
   4. Bowlby – first attachment theorist
      1. mothers who are available and responsive to their infant's needs establish a sense of security in their children
      2. Four components
         1. Safe haven
            1. When the child feels threatened or afraid, he or she can return to the caregiver for comfort and soothing.
         2. Secure base
            1. The caregiver provides a secure and dependable base for the child to explore the world.
         3. Proximity maintenance
            1. The child strives to stay near the caregiver, thus keeping the child safe.
         4. Separation distress
            1. When separated from the caregiver, the child will become upset and distressed.
   5. Ainsworth’s strange situation
      1. Influenced by Freud
      2. Expanded on Bowlby’s work
      3. Children 12 to 18 left by themselves
         1. Then parents came back
      4. Connected to characteristic of attachment
   6. Erickson
      1. 1st stage: trust vs. mistrust (birth to 18 months)
         1. Babies feel caregivers can provide
      2. 6th stage: Intimacy vs. isolation (19 to 40 years)
         1. Young adults = strong relationships
      3. 7th stage: generativity vs. stagnation (40 to 65 years)
         1. Adults need to nurture things that will outlast them - children
2. Factors
   1. Nature
      1. Temperament
         1. Pre-personality
         2. Responds emotionally
         3. Behaviors
         4. Types
            1. Slow to warm
            2. Easy
            3. difficult
   2. Nurture
      1. Parenting Styles
         1. Authoritarian – strict
         2. Authoritative – even
         3. Permissive – few rules
         4. Uninvolved – don’t even care
3. Other
   1. Age
      1. Baby (2 months to 9)
         1. Rudolph Schaffer and Peggy Emerson
         2. 3 months – indiscriminate attachments
         3. 4 months – preference for certain people, but accept care from any
         4. 7 months – special preference for single attachment figure
            1. Security, comfort, protection
            2. Fear of strangers
         5. 9 months – multiple attachments, more independent
      2. Children
         1. Secure attachment
            1. Able to separate from parent
            2. Seek comfort from parents when frightened
            3. Return to parents is met with positive emotions
            4. Prefers parents to stranger
      3. Adolescent
         1. Parents – still support
         2. Peers – take new role
      4. Adults – mirror of children
         1. Have trusting, lasting relationships
         2. Tend to have good self-esteem
         3. Comfortable sharing feelings with friends and partners
         4. Seek out social support
      5. Older
         1. Loss of attachment
            1. Gender differences
   2. Characteristics of attachment
      1. Secure
         1. When frightened, securely attached children will seek comfort from caregivers. These children know their parent or caregiver will provide comfort and reassurance, so they are comfortable seeking them out in times of need.
      2. Ambivalent
         1. Ambivalently attached children usually become very distressed when a parent leaves. This attachment style is considered relatively uncommon, affecting an estimated 7-15% of U.S. children. Research suggests that ambivalent attachment is a result of poor maternal availability. These children cannot depend on their mother (or caregiver) to be there when the child is in need.
      3. Avoidant
         1. Children with an avoidant attachment tend to avoid parents or caregivers. When offered a choice, these children will show no preference between a caregiver and a complete stranger. Research has suggested that this attachment style might be a result of abusive or neglectful caregivers. Children who are punished for relying on a caregiver will learn to avoid seeking help in the futu
   3. Attachment styles can change
      1. Same in adults as it is in children
      2. Can go both ways
         1. Self-fulfilling prophecies help keep attachment styles stable
         2. Loving relationship or traumatic love affair

Sources:

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