

## ARTIKEL PENELITIAN

### THE INFLUENCE OF PARENT-CHILD ATTACHMENT QUALITY ON ADOLESCENCE RESILIENCE: SCOPING REVIEW

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#### ABSTRAK

Masa remaja merupakan periode kritis transisi neurokognitif dan sosio-emosional yang memerlukan mekanisme adaptif yang kuat. *Scoping review* ini mengkaji keamanan kelekatan (*attachment security*) sebagai prediktor dasar resiliensi, dengan fokus pada pergeseran dari ketergantungan orang tua menuju otonomi yang terinternalisasi. Sintesis literatur secara sistematis mengungkapkan bahwa kelekatan aman merupakan prediktor penyesuaian psikososial positif yang stabil namun dinamis. Faktor kunci dalam menumbuhkan resiliensi meliputi perilaku suportif ibu dan tidak adanya kontrol psikologis. Meskipun hierarki kelekatan mengalami reorganisasi pada masa remaja akhir, keamanan terhadap orang tua tetap menjadi penyangga pelindung utama. Pada akhirnya, memahami mekanisme ini memberikan wawasan penting untuk mendorong adaptasi positif di seluruh populasi remaja.

#### ABSTRACT

Adolescence is a critical period of neurocognitive and socioemotional transition requiring robust adaptive mechanisms. This scoping review examines attachment security as a foundational predictor of resilience, focusing on the shift from parental dependence to internalized autonomy. A systematic synthesis of the literature reveals that secure attachment is a stable yet dynamic predictor of positive psychosocial adjustment. Key factors in fostering resilience include maternal supportive behavior and the absence of psychological control. While attachment hierarchies reorganize in late adolescence, parental security remains a primary protective buffer. Ultimately, understanding these mechanisms offers essential insights for promoting positive adaptation throughout the adolescent population.

**Keywords:** *parental attachment, secure attachment, resilience*

## INTRODUCTION

Parental love and presence are the primary engines of resilience, building the internal hardware necessary for lifelong stress management. Beyond emotional support, parents foster resilience by transmitting cultural identity and a sense of belonging (Masten, 2018). Research indicates that supportive caregiving in adolescence directly predicts increased attachment security in adulthood (Allen et al., 2017). Ultimately, individual and family resilience are intertwined; secure early bonds serve as a foundational buffer, fostering psychological strength that persists throughout the developmental trajectory.

Research explores how secure parent-child bonds function as a primary precursor to resilience in transitioning adolescents. Defining resilience as a dynamic process of positive adaptation, the study examines how secure bonds provide the internal resources necessary to maintain stability during developmental shifts (Jorgensen-Wells et al., 2021; Keizer et al., 2019). Highlights how high-quality parent-child relationships strengthen primary adaptive systems. This internalization is vital, as it allows adolescents to navigate socioemotional and neurocognitive changes with a consistent sense of self-worth and safety.

Prior study indicates that adaptive coping relies on an individual's internal representational models, which are shaped by attachment quality (Fredrickson, 2013; Lyon-Ruth & Jacobvitz, 2016; He et al., 2018). As secure relationships foster flexible, organized views of the self and a trustworthy world, significantly reducing internalizing symptoms like anxiety, depression, and substance use, regardless of peer influence (Flykt et al., 2021). In contrast, the insecure attachment styles found in roughly 36% of students often result in distorted models and defensive exclusion, hindering effective coping and increasing psychological vulnerability (Thambireddy et al., 2023).

As children move into adolescence, their need for physical proximity to caregivers shifts toward a reliance on internalized security to maintain emotional stability. Studying this transition is critical, as it demonstrates how family microcultures can protect against the long-term impacts of adversity. Drawing on social cognitive theory, caregivers model conflict resolution and supportive interactions, fostering the internal hardware for resilience and positive adaptation (Benight & Cieslak, 2011). These early bonds predict an individual's ability to navigate adversity; for example, disorganized attachment in infancy robustly predicts behavioral problems by age five (Smeekens et al., 2007, 2009).

Furthermore, a parent's own ego-resiliency improves the quality of these interactions, lowering child behavioral risks. This predictive power persists into late adolescence and early adulthood; secure university students exhibit stable, low-distress patterns and higher ego-resiliency compared to insecure peers (Galatzer-Levy & Bonanno, 2013). Ultimately, secure parental bonds consolidate the adaptive systems necessary for a successful transition into adulthood, which in turn predicts future parenting quality and the intergenerational transmission of resilience.

## METHOD

### Research Design

This research utilizes a scoping review framework, with correlational and cross-sectional study in the selected paper.

### Participants

Participants in the selected studies were mostly late adolescents with one study using children.

### Data Collection Strategy

Initial citations were managed through the EndNote bibliographic database, allowing for the systematic identification and removal of duplicate records. A tiered screening process followed, assessing titles, abstracts, and eventually full-text versions to verify eligibility.

Studies were included only if they satisfied four pre-defined criteria: (1) they must be published in English, (2) focus on adolescent populations, (3) explore the quality of parent-child attachment, (4) and examine a direct link to resilience outcomes. To preserve the integrity of the selection process, any articles failing to meet these parameters were excluded, with specific justifications for their removal documented.

### Data Analysis

The researcher adheres to the PRISMA-ScR (Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews) protocol, providing a standardized structure for the entire review process. The analysis centered on extracting recurring patterns and core themes from

the diverse datasets, with particular emphasis on variables such as emotional regulation as a mediator and the impact of various attachment styles on stress recovery. These findings were synthesized to provide a holistic overview of the current research landscape. The process concluded with a gap analysis, which served to categorize established research clusters while highlighting significant voids in the existing literature for future investigation.

## RESULTS

**Table 1. Study and Findings**

| Study                           | Sample                                                 | Research Design       | Findings                                                                                                                          |
|---------------------------------|--------------------------------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Bender & Ingram, 2018           | 300 undergraduate students at Midwestern university    | Correlational study   | Secure attachment positively predicts resilience through self-efficacy and self-care                                              |
| Godor et al., 2023              | 390 primary school-aged children (9 - 12 years of age) | Cross-sectional study | A developmental pathway showing that early attachment security shapes coping capacity through its effects on emotional resilience |
| Kennison & Spooner et al., 2020 | 324 psychology or speech communication undergraduates  | Cross-sectional study | Secure attachment and nurturing maternal relationships foster resilience, while negative paternal interactions undermine it.      |
| Mohd-Zaharim & Hashim, 2022     | 955 Malay ethnicity children in year 5                 | Cross-sectional study | Secure and anxious attachments both strengthen self-efficacy and well-being which acts a resilience factor                        |
| Karreman & Vingerhoets, 2012    | 632 Dutch nationality individuals aged 16-67           | Correlational study   | Emotion regulation and resilience combined explain how attachment styles influence psychological well-being.                      |

Across the five studies, several core themes emerge regarding the developmental and psychological roots of resilience and well-being. A primary similarity is the identification of attachment security as a fundamental predictor of adaptive functioning, with secure attachment styles consistently facilitating higher levels of resilience and subjective well-being in both adolescent and adult populations. Furthermore, self-efficacy or sense of mastery is universally recognized as a critical mechanism that empowers individuals to manage stressors through active problem-solving rather than avoidance. The research also collectively emphasizes the family environment as a vital protective context, noting that positive parent-child relationships and parental marital harmony establish the internal working models necessary for healthy emotional development. Finally, there is a shared consensus that while early attachment is a robust foundation, resilience is significantly increased by other factors such as cognitive reappraisal and self-care practices, providing clear pathways for clinical intervention regardless of an individual's initial attachment orientation.

## DISCUSSION

In young adults, positive maternal relationships characterized by warmth and autonomy support, alongside a lack of negative paternal interactions such as coercion, account for a substantial portion of the variance in current resilience levels. These early dynamics are visible even in early adolescence, where anxious and avoidant attachment styles that are usually rooted in early caregiving experiences can negatively predict protective factors like a sense of mastery and relatedness. This

suggests that the capacity to withstand stress is established through internal working models formed well before the challenges of adulthood begin.

In Karreman and Vingerhoets (2012) study it is suggested that secure attachment facilitates the use of cognitive reappraisal, allowing individuals to reframe emotional situations as less stressful. This finding is then further supported by Bender and Ingram (2018), among undergraduate populations, the relationship between attachment and resilience is partially explained by self-efficacy and the frequency of self-care practices. Securely attached individuals are more likely to engage in health-promoting activities that act as a buffer during adversity. Conversely, preoccupied attachment styles often lead to lower well-being due to a poor coping repertoire and an inability to use reappraisal effectively. Those with higher levels of mastery and relatedness derived from secure foundations directly predict active coping efforts like problem-solving and positive thinking.

While the importance of attachment appears universal, its specific manifestation is influenced by cultural contexts. For example, in Western samples, relationships with both parents generally influence resilience, whereas research in Turkey and Japan suggests more parent-specific roles depending on cultural norms of childrearing (Godor et al., 2024). Furthermore, in Malay-Malaysian collectivistic society, parental marital harmony acts as a vital mediator that transmits the benefits of a child's internal self-efficacy into subjective well-being (Mohd-Zaharim & Hashim, 2022). It is important to note that, while core attachment styles may be deeply ingrained, researchers suggest focusing on more malleable factors like self-efficacy, reappraisal skills, and self-care. Even brief interventions in these areas can successfully improve resilient outcomes. This highlights that the presence of positive family interactions harmony may be just as critical as the absence of conflict in fostering resilience.

## **CONCLUSION**

In summary, a secure parental attachment relationship serves as the foundational cornerstone for adolescent psychological well-being, significantly reducing the prevalence of mental health disorders and maladaptive behaviors. This protection is primarily driven by the development of resilience, which functions as a dynamic buffer against depressive symptoms and externalizing issues. By providing a stable emotional infrastructure, secure attachment enables adolescents to maintain physiological calmness and recover effectively from environmental instabilities. Furthermore, the efficacy of this attachment is realized through the cultivation of emotional intelligence and cognitive reappraisal, and a history of secure attachment does more than just provide comfort; it actively moderates the long-term impact of trauma, ensuring that resilience evolves into a sustained defense against psychological maladaptation.

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