VALIDATION OF ATTACHMENT STYLES QUESTIONNAIRE IN INDONESIAN CULTURE

Titi Sahidah Fitriana*, Nurindah Fitria

Universitas YARSI, Faculty of Psychology, Jakarta

titi.sahidah@yarsi.ac.id (Titi Sahidah Fitriana)

ABSTRACT

In Indonesia, attachment styles research gradually become more and more popular. Still, there is no publication made about the validation of attachment styles scales for adult. Attachment styles, the way people relate to others and feel about their self, are proven to be a significant factor to predict people's psychological condition, well-being and health. This study aimed to adapt Attachment Styles Questionnaire (ASQ) from Oudenhoven in Indonesian language and culture. ASQ consists of 24 items each is rated on 5-point scale (1-5) and has 4 dimensions which are secure, fearful, preoccupied and dismissing. The adaptation process was arranged in two steps. In the first step, we translated ASQ and then panel discussion was held to discuss the translated draft. The agreed translation draft was retranslated into English version by professional with psychology background. There was no significant difference between the backward translation results with the original draft. Thereafter, the ASQ Indonesian version was reviewed by 12 people with various levels of age and education. From this reviewed process, there was some minor revision in the scale. The second step, we tested ASQ into 604 people with various sex, age, and social economy background. The reliability, validity and factor analytic structure of the scale were evaluated and reference scores for study samples were calculated. After deleting some items with low factor loading, the scale demonstrated good psychometric properties and factor analysis yielded four factors.

Keywords: attachment styles, adult, validation,

Presenting Author's biography

 Titi Sahidah Fitriana (Titis) is a psychologist and lecturer from Faculty of Psychology, Universitas YARSI, Jakarta. After graduated as Clinical Psychologist, she is taking expertise in the area of attachment and quality of life through various research and training. Her ongoing research are valuation of quality of life in Indonesian people and attachment role into people's quality of life. Aside from research, Titis also hold certification Level 1 in Theraplay, child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement.

INTRODUCTION

Discussion about attachment styles had been developed for a long time in psychology. As mention by Bowlby,attachment is the propensity of human beings to make strong affectional bonds to particular others[1]. Attachment style was originally more discussed in children. Attachment styles show how the children are attached to their caregivers. The

bonding between children with their caregiver will increase the chance of survival when the baby faces any stressing situation.

Children's attachment styles will be the basic of adult's attachment style. The interaction between child and their caregiver are internalized into mental schemas, in which it is resistant to change [2]. Children will construct initial expectation concerning self, others, and the self-in-relation-to-others referred to as internal working models [3].These internal working model will guide someone when they choose future relational and behave to others. Therefore, the child attachment style will certainly determine the adult attachment style. Attachment styles in adult not only describe how they establish bond with parents, but also with their friends even partners. [2]

The discussion about attachment styles had been developed by a lot of measurement. The attachment model which is being used to measure the adult attachment style is the attachment model from Bartholomew and Horowitz [2]. This model reveal that attachment styles consist of combination from two dimensions, model of self and model of others. Model of self is person's abstract image of the self, people see their self as a worthy love and support. On the other hand model of others is person's abstract image of others, people see others as trustworthy and available or unreliable and rejecting them. Each dimension is dichotomized as positive and negative. Hence, both dimensions form four attachment styles, namely secure style, dismissing style, preoccupied style, and fearful style [1].

People with secure style have positive model of self and do not doubt others. They feel confidence to interact with others. People with the dismissing style are feeling secure about themselves but they refrain to have personal contact with others. They strive for independence from other people. People with preoccupied style strive for personal contact with others but they have a negative self-image. They feel anxious to seek acceptance and validation from others. People with fearful style show doubt about themselves as well as others. They avoid personal contacts out of fear being hurt or deceived. [2]

It is important to measure attachment styles because many problems in healthandrelationship can be attributed to person's attachment styles. The attachment system triggers behaviors which are designed to protect individuals from physical harm and to help regulatethe effects (Bowlby cited in [3]. Therefore, how people regulate their emotion and behavior are likely to be important in predicting their health behavior [3]. The findings indicated that insecure attachment predict health risk such as inflammation based illnesses[4], drinking to cope [5], poorer health in mental and physical domains [6] and increased risk of metabolic syndrome [7]. The most adaptive (secure) representation enhance the ability to evaluate stress accurately and lead to adaptive use of resources, more rapid resolution of arousal of stress, and consequently lower allostatic load (McEwen, cited in [7]. Taken together, this evidence suggests that secure attachment highly correlates with people overall physical, mental health and daily functioning.

In relationship, people with secure style have the most long-lasting and satisfying relationship. On the contrary, people with preoccupied style experienced greater distress when their relationship ends. [8]. Insecure attachment relationship might be a precursor to the pattern of expectations and cognitions seen in depressions because they likely have fewer resources for coping when they face the stress. Furthermore, they may interpret negative interpersonal events in terms of personal unworthiness and incompetence, which will contribute to the development of depressive symptoms [9].

Attachment Styles Questionnaire (ASQ) is one of attachment styles measurement, which is created in the basis of Bartholomew's theoretical model of attachment styles and consequently on the RSQ of Griffin and Bartholomew. [2] It measures adult's attachment styles with parents, friends, and spouse. ASQ had confirmed that attachment styles consist of two dimensions, model of self and model of other. Both dimensions are important for adult to make close relationship and can vary independently. This measurement considered as relatively new in measuring attachment styles but it had been proved psychometrically.

In Indonesia, research regarding attachment styles has gradually become more and more popular. Still there is no publication made to validate attachment styles scale for adult. Therefore, the researchers have been interested to make instrument which will help tomeasure the attachment styles. The strenghts of ASQ as a newer instrument to measure attachment style, and since the root of this instrument is also from Bowlby's theory, encourage the researchers want to validate it in Indonesian culture.

Therefore, the aim of this study was to validate ASQ to Indonesian culture. Not only translated, ASQis also adapted with Indonesian culture. The adaptation of ASQ in Indonesian culture will enrich the development of the instrument widely. In validation, we used another construct to correlate with ASQ. It is used to ensure that ASQ measure attachment styles. There are several salient variables related to attachment. These variables are self-esteem [8] [10], personality [11; 12] and social anxiety (Michelson, Kessler and Shaver cited in [13]; [14]. It is hypothesized that self-esteem, extraversion, agreeableness, and conscientiousnesshave a positive correlation with secure attachment. Meanwhile, fearful attachment is assumed to have positive correlation with neuroticism and social anxiety. Apart, we also correlate ASQ with previously available test, Relationship Questionnaire.

Finally, the question in this research was whether the adaptation of ASQ fit with Indonesian culture, in which the adaptable questionnaire has a good reliability and validity to measure attachment styles. The adaptation itself had been conducted in Jakarta which involving respondent with various ages groups.

METHOD

Respondent

ASQ translation process involved two forward translators, three experts in attachment and one backward translator. After the translation process, the ASQ Indonesian final draft was tested to 12 subjects with various social economic backgrounds. The subjects age was ranging from 20 – 40 years old.

ASQ validation process involved 604 subjects consisting of 55.3% female and 44.7% male. Their age is 33.1% around 20-30 years old, 24.8% around 30-40 years old, 24.8 % around 40 – 50 years old and 16.6% were above 50. Thelevel of educational background of the respondent were 2.3 % had low education (no education or graduated from elementary school), 55.6 % are intermediate education (junior or senior high school) and 41.8% had higher education. Most subject came from Jakarta and outer ring area.

For reliability analysis, two methods were applied. The first wasan internal consistency which wasCronbach's alpha. The second was test-retest reliability. Test-retest reliability involved 80 college student with age ranging from 20-21 years old.

Instrument

The instrument consists of five measurements. The first,instrument was ASQ, which served as the main instrument. The other four measurements measured other constructs to validate the ASQ. The four measurements were Self-Esteem Inventory to measure self-esteem; State Social Anxiety Questionnaire (SSA) to measure social anxiety; Big Five Inventories to measure personalities; and Relationship Questionnaire as the previously test which measure the same construct with ASQ.

Attachment Styles Questionnaire (ASQ)

ASQ was made by Hofstra &Oudenhoven[2], consisting of 24 items. According to Hofstra &Oudenhoven, ASQ items were formulated based on the four vignettes as described by Bartholomew and Horowitz and the Relationship Scales Questionnaire by Griffin and Bartholomew. [2] The secure style was measured by seven items, such as "I find it easy to get engaged in close relationships with other people". The scale for fearful attachment consisted of five items, a sample item was: "I feel uncomfortable when relationships with other people become close". The preoccupied style was measured by seven items, such as: "I have the impression that usually I like others better than they like me". Finally, the dismissing scale contained five items, such as: "I prefer that others are independent of me, and that I am independent of others". All attachment items were measured on a 5-point scale, ranging from 1 (strongly disagree) to 5(strongly agree). Two items were mirrored. Scores on the scales were computed by summing up the scores on the items and dividing the sum score by the number of items of the scale.

Self Esteem Inventory

The purpose of the 10 item RSE scale was to measure self-esteem. Originally the measurewas designed to measure the self-esteem of high school students. However, since itsdevelopment, the scale had been used with a variety of groups including adults, withnorms available for many of those groups[15]

State Social Anxiety Questionnaire (SSA)

SSA is a 7 item measure that used a 5-point scale tomeasure social anxiety over one day [16]

Big Five Inventories

The Big Fivemodel was a well-known empirically-based framework describing major individualdifferences in personality. This model distinguished five robust personality traits which were believed to form the basicstructure of personality. The big five was already adapted in Indonesian Culture by Ramdhani[17]

Relationship Questionnaire (RQ)

The RQ consisted of four short paragraphs, eachdescribing one of the four attachment styles (see Figure 2). After reading the descriptions,the respondents were asked to indicate to what extent the description fits their feelings inclose relations. [1]

Procedures

Translation process referred to the translation guideline manual proposed by Wild, Grove, Martin, Eremenco, Verje - Lorenz, and Erikson [8]. The steps taken were preparation,

forward translation, reconciliation, back translation, back translation review, harmonization, cognitive debriefing, review of cognitive debriefing results and finalization.

First Phase: ASQ Translation Process

In this phase, ASQ was translated by two experts who had good command in English and also had psychological background. Good comprehension in English and Psychology would be a benefit in terms translation process in manner of word selection. Two translators were translated ASQ individually. After the translation process, reconciliation was held to discuss these two translated draft (1). The discussion panel consisted of three people who had an expertise in attachment. This discussion generated ASQ Indonesian draft (2). ASQ Indonesian draft was back translated into English by a doctor in psychology who pursued his degree in Netherland. The back translated draft (3) was compared with the original draft by research team to see whether the back translated draft (3) held the same meaning with the original. If there was a difference, then changes were made in ASQ Indonesian draft (2). These processes bring out ASQ Indonesian final draft.

ASQ Indonesian final draft was tested into a small group of Indonesian subject, process known by cognitive debriefing. The cognitive debriefing is a process when the researcher testing the instrument on a small group of relevant patients or lay people in order to test the alternative wording and to check understandability, interpretation, and cultural relevance of the translation. There were 12 people with various educational and social backgrounds who take a part in this process.

Second Phase: Validation of ASQ

Validation of ASQ is intended to determine the construct validity of the scale.by iInvolving 604 subjects, we use factor analysis and correlate ASQ with several construct related to attachment.

First, we measured the model of self with Rosenberg's10-item Self-Esteem Inventory. The sample item was: *"Saya mampu melakukan sesuatu sebaik kebanyakan orang"*. The participants were asked to indicate the level of agreement with the items on a 5-point scale, ranging from 1 (strongly disagree) to 5 (strongly agree). Second, we measured model of others using seven items reflecting the state of their social anxiety. The State Social Anxiety Questionnaire demonstrated acceptable reliability (.91) and demonstrated strong convergent validity [6]. The sample item is: *"Saya merasa tidak nyaman dan malu apabila saya menjadi pusat perhatian"*. The 5-point scale was used, ranging from 1 (never) to 5(very often). Third, the Relationship Questionnaire [1] was included. RQ had shown to have a good stability (ranging from .72 to .96). The RQ consisted of four short paragraphs, describing the four attachment styles. After reading the descriptions, the respondents had to indicate on a 7-point scale degree to which they resemble each of the four styles. Finally, we measured the Big Five personality traits by using the Big Five Inventory [17]. This inventory had showing goodness of fit with the score of λ between 0.43 and 0.80 and its reliability α between 0.70 and 0.79 [17]

RESULT

The result was presented in two sections;The first section described the translation process until it generated the final draft of ASQ Indonesian. The second section described the factor structure of the scale and ASQ correlation with other variable related to attachment.

First Phase : ASQ Translation Process

Forward Translation

Forward translation process was done by two translators. There were some differences in choice of word in the translation draft. Through reconciliation, experts discussed these two translation draft and choose item most reflect the meaning ofthe original draft. The differences in wording of forward translation draft were described in table 1 to Table 4.

Tab. 1 Item Translation of Secure Dimension

Original Draft	Translation A	Translation B
...close ties	**..hubungan dekat**	…komitmen
…when other people can rely on me	**…saat orang lain dapat mengandalkan saya**	…ketika orang lain dapat mempercayai saya
…intimate relationship	**…hubungan yang intim**	…hubungan yang serius
…rely on each other	**…dapat mengandalkan satu sama lain**	..dapat saling mempercayai
..will be there for me when I need them	**…akan ada untuk saya ketika saya butuh mereka**	..akan ada orang yang berada di sisi saya ketika saya membutuhkan mereka

*bold sentences are considered to have a better translation

Tab. 2 Item Translation of Fearful Dimension

Original Draft	Translation A	Translation B
..my hopes will be deceived…	..khawatir harapan saya akan tertipu..	**..saya takut terperdaya // kecewa**..
I am wary to get engaged in close relationship…	**Saya penuh waspada saat membina hubungan yang dekat…**	Saya khawatir terlibat hubungan serius…

*bold sentences are considered to have a better translation

The item 'I am wary to get engaged in close relationship…' was considered to have the closest meaning with *'saya berhati-hati untuk terlibat dalam hubungan yang dekat'*. 'Wary' in the relational context was more appropriate to be translated as *'berhati-hati'*dan*'waspada'*.

Tab. 3 Item Translation of Preoccupied Dimension

Original Draft	Translation A	Translation B
..i like others better than they like me	..saya menyukai orang lain lebih besar dari mereka menyukaisaya	**..saya menyukai orang lain lebih daripada rasa suka mereka terhadap saya**
I often afraid that other people don't like me	**Saya sering khawatir bahwa orang lain tidak menyukaisaya**	Saya sering takut orang lain tidak menyukaisaya

I fear to be left alone	**Saya takut ditinggalkan sendirian**	Saya takut ditinggal sendiri
I find it important to know whether other people like me	**Saya mendapati pentingnya mengetahui apakah orang lain menyukai saya**	Saya beranggapan bahwasanya penting mengetahui apakah orang-orang menyukai saya
I usually find other people more interesting than myself	Saya sering menemukan bahwa orang lain lebih menarik dibandingkan diri saya sendiri	**Saya beranggapan orang lain lebih menarik dari saya**

*bold sentences are considered to have a better translation

The phrase 'left alone' in item 'I fear to be left alone' was considered to be translated as *'kesendirian'* than *'ditinggalkansendirian'*. *'Kesendirian'* has the closest meaning to 'fear to be left alone'.

Tab. 4 Item Translation of Dismissing Dimension

Original Draft	**Translation A**	**Translation B**
It is important to me to be independent	**Penting bagi saya untuk menjadi orang yang mandiri**	Penting bagi saya untuk mandiri

*bold sentences are considered to have a better translation

Based on the discussion, the word "independent" was considered to have a different meaning with *'mandiri'*. People with dismissing attachment tend to have a feeling of overconfidence that makes them feel that they can do anything alone without the help from others. The panel discussion preferred to use *'berdirisendiri'* as a translation for 'independent'.

Backward Translation

After choosing the best translation for each item and revised the translated word with the context given, the ASQ translation draft was backward translated into English version. Backward translation was done by a PhD who tookhis doctorate program in Netherland. The backward translated draft than compared with the original draft. Revision was made with the word '*kecewa*' (in fearful dimension with original item ...my hopes will be deceived) become '*harapan saya akan diperdaya*'.

Cognitive Debriefing

After getting the translation results, the scale was prepared to be served for cognitive debriefing. Cognitive debriefing involve 12 people with various educational and social background.

Based on this process, changes were made in the word '*kedekatan emosional*' and '*hubungan yang intim*'. In people with low education background, '*kedekatan emosional*' is connoted with negative reaction to others. '*Emosional*' is misinterpreted with angry or feeling

emotional. '*Kedekatan emosional*' was changed into '*hubungan dekat*'. Meanwhile, for the word '*hubungan yang intim*' was changed into '*hubungan yang dekat*'. The word 'intim' was often mistaken to beunderstood as sexual relationship.

Second Phase : Validation of ASQ

Reliability

We measured the consistencies of the scale by using Cronbach's alpha and test-retest. The results showed Cronbach's alpha for each scales were ranging from 0.580 – 0.695, which was acceptable. Test-retest reliability showed that there was inconsistent result between first and second intake. This result might be caused by the fact that participants' characteristics that were still emerging adulthood. The lower stability of theattachment styles among students was understandable considering the phase of the students' lives: going to college and the transition from childhood to adulthood brought aboutmany changes and insecurities.[2]Moreover, our findings showed that the stability of the attachmentstyles is higher for adults than for students, which were in line with the previous research by Hofstra &Oudenhoven. [2] As cited in Hofstra &Oudenhoven, Bowlby and Caspistated that the stability of personality characteristics increased with the age of the respondents.[2]

Tab.5 Alpha and Stability of the Attachment Styles Questionnaire

Attachment Scales	Alpha (N = 604)	Stability (N = 80)
Secure	0.580	0.02
Fearful	0.695	0.33
Preoccupied	0.658	0.47
Dismissing	0.586	0.88

Factor structure of the Scales

The exploratory factor-analysis with a forced4-factor solution showed four factors which clearlycorresponded with the four attachment styles. The four factors explained 39.39 % of the variance. As could be seen from thetable 6, all items had reasonably high factor loadings.

Construct Validity

Internal Consistencies

The correlation between item and total score had shown that every item had a good quality. The correlation was ranging from 0.257 – 0.560. (see Table 7)

Tab.6 Items of the ASQ and their Factor Loadings on the corresponding Factors

Secure Attachment Style	
Item 1	.606
Item 7	**.359**
Item 15	.634

Item 16	.543
Item 19	.520
Item 24	.507
Item 20	**.448**
Fearful Attachment Style	
Item 2	**.424**
Item 8	.732
Item 9	.782
Item 14	.633
Item 23	**.210**
Preoccupied Attachment Style	
Item 3	.609
Item 6	**.380**
Item 10	.542
Item 12	.519
Item 17	**.407**
Item 21	.662
Item 22	.608
Dismissing Attachment Style	
Item 4	**.323**
Item 5	.667
Item 11	.613
Item 13	.691
Item 18	.555

*items in bold is eliminated from the scale

Attachment Styles and Indicators of Model of Self and Model of Others

To determine the construct validity, we examined the relations betweentheattachment styles on the one hand and indicators of model of self and model of others onthe other hand. We also investigated the relations between attachment styles Questionnaire with the previous available test, which is Relationship Questionnaire. (Table 8)

The findings were in line with Bartholomew & Horowitz theories [1]. The secure attachment style correlated positively with self-esteem and correlated negatively with social anxiety (however, the correlation is not significant). This meant that secure attachment style tended to have a positive image of self and also the tendency to have positive image of others that made them to have a low social anxiety. Fearful attachment style correlated negatively with self-esteem and correlated positively with social anxiety. This result was in line with description of fearful people; a negative image of self and negative image of others. The fourth dimensions of ASQ had significant relationship with Relationship Questionnaire (1).

Tab. 7 Correlation between Item and Total Score of ASQ Items

Secure Attachment Style	
Item 1	.401
Item 15	.430
Item 16	.371
Item 19	.270
Item 24	.242
Fearful Attachment Style	
Item 8	.502
Item 9	.560
Item 14	.471
Preoccupied Attachment Style	
Item 3	.403
Item 10	.473
Item 12	.396
Item 21	.414
Item 22	.381
Dismissing Attachment Style	
Item 5	.377
Item 11	.404
Item 13	.452
Item 18	.257

Tab. 8 Correlation between ASQ and Other Tests

Attachment Scale	Self Esteem (Image of Self)	Social Anxiety (image of others)	Relationship Questionnaire
Secure	0.193*	-0.033	0.207*
Fearful	-0.198*	0.346*	0.398*
Preoccupied	-0.255*	0.418*	0.227*
Dismissing	-0.013	0.036	0.253*

*$p < 0.01$

As a final way of determining the construct validity of the ASQ, we related theattachment styles to the Big Five personality traits. The secure style correlated positively withextraversion, as we expected, and to a lesser the extent positively with agreeableness andopenness. The fearful style is negatively related to agreeableness; and to lesser extentnegatively to extraversion. The fearful style tend to have a positive correlation with neuroticism. The preoccupied style had a negative correlation with agreeableness and

conscientiousness. Meanwhile, it was correlated positively with neuroticism. The dismissing style was positivelyassociated with conscientiousness and openness. These results are a bit different with previous study from Oudenhoven[2] and Noftle and Shaver [11]. It might be there were cultural differences between Indonesia and any other country. Indonesian norm was encouraging the mothers to develop secure attachment pattern toward their children [19]. Children are expected to show openness and willingness to interact with others. This might be a reason about different personality's trait between each dimension in attachment scale and big five personality scale.

Tab. 9 Correlation between ASQ and Big-Five Inventory

Attachment Scale	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
Secure	.237**	.186*	.074	.008	.101*
Fearful	-.050	-.093*	.005	.289*	.017
Preoccupied	-.076	-.113*	-.201*	.415*	-.013
Dismissing	.040	-.022	.120**	.056	.188**

*p <0 .01

DISCUSSION

The present research aimed to adapt and investigate the psychometric qualities of Attachment Styles Questionnaire (ASQ) in Indonesian culture. In the prior research, ASQ has proven to have good psychometric properties. Since there are no valid and reliable instruments to measure attachment styles in Indonesia, we adapt ASQ as opening research to stimulate further research about attachment in Indonesia.

ASQ has shown to have a proper internal reliability. With alpha ranging from 0.580 – 0.695, each attachment scales has an acceptable reliability. However, ASQ has shown a poor stability. With the length of the period of two measurements is only two weeks, this result in not expected. This might be happen because the age of the respondent is still transition from teenagers to adulthood. The subject might find their selvesmore insecure due to stress and changes in that period. Bowlby [2] stated that the stability of personalitycharacteristics increases with the age of the respondents. We suggested for the next study, the stability of ASQ should be checked to adult respondent.

The factor structure of ASQ hadshowed four factors which clearly corresponded to the four attachment styles as mention by Oundenhoven[2]. There were seven items that had a low factor loading (2,4, 6, 7, 17, 20, and 23) and eliminated from the instrument. The description of removed items are '*saya menghindari hubungan dekat' (2), 'saya percaya bahwa orang lain akan ada untuk saya ketika saya membutuhkan mereka' (4), 'saya ingin terbuka pada orang lain, tapi saya merasa tidak dapat percaya pada orang lain' (6), 'saya merasa tidak nyaman ketika hubungan saya dengan orang lain menjadi dekat' (7), 'saya memiliki kesan bahwasanya saya menyukai orang lain lebih daripada rasa suka mereka terhadap saya' (17), 'saya tidak khawatir apakah orang lain menyukai saya atau tidak' (20),* and *'saya merasa nyaman tanpa memiliki hubungan dekat dengan orang lain'*(23). We presumed that these seven items were eliminated from the models because of two things. First, the items were referentially ambiguous. The subjects might need to imagine several interpersonal relationships they had and interpret a different meaning about it. Attachment could be very subject related and different from time to time. Less clarity makes these items to be

interpreted differently and inconsistently. According to Fraley, Heffernan, Vicary & Brumbaugh [20] without specifying those items, misinterpretation were bound to happen. Therefore, a self-reportmeasure of attachment ideally should specify unambiguously on what kind of relationship was being assessed. Second, some items hadtwo ideas in one statement which made the subject interpret the meaning with difficulty. For instance, *'saya ingin terbuka pada orang lain, tapi saya merasa tidak dapat percaya pada orang lain'.* Azwar [21] had mentioned that every item should not contain double interpretation in its meaning. Double interpretation could trigger ambiguity in the meaning of item.

In sum, there were 17 items inASQ has 17 items. These 17 items had reasonably high homogeneity (r = 0,242 – 0,560).The construct validity of the four scales was reasonably good. The four scales in ASQ show a significant relationship with previously available test, Relationship Questionnaire (RQ). As expected, the secure style correlated positively with indicator model of self thatwasself-esteem and correlated negatively with social anxiety (even though the result had found to be insignificant).This result was in line with Bartholomew & Horowitz's[1] theory model which assigned secure people to have a positive model of self and model of others. Meanwhile, the fearful and preoccupied correlated negatively with self-esteem and correlated positively with social anxiety. Fearful attachment had expected to have a negative model of self and others. Negative model of others tend to stimulate their anxiety toward others. For the preoccupied style we found a positive relation with social anxiety, which was different from the model of Bartholomew and Horowitz. As preoccupied peoplein general are afraid of other people not liking them, it might be that preoccupied people came to anxious in interpersonal relationship. This sense distrust of others of preoccupiedpeople might stem from their negative image of the self instead of supposed badintentions of other people.We found two non-significant correlations betweenthe dismissing style and self-esteem also with social anxiety. This might beattributed to the different motives which can lead to a dismissing style [2]. Nevertheless, ourresults were in line with the studies conducted by Onishi, Gjerde and Block [22] and Hofstra & Oudenhoven [2] who also found that dismissing attachment did not significantly correlate with self-esteem.

At last, the correlations between the attachment styles and the Big Five traits werein line with the expectations. Secure attachment had significant attribute with extraversion, agreeableness and openness. These results matched the image of people with positive model of the self and self-confidence during social interactions. Highly fearful individuals appeared to have low score in agreeableness, and high level of neuroticism, which matched the image of people with a negative model of the self and a negative model of others.

In future studies, several things should be addressed. The first aspect was,the heterogeneity of the samples. Our research only controlled the age of the participant. The participant quota was determined by their age proportion in Indonesia. There should be another control regarding the respondent's sex, culture and social education. Our study only had a very limited amount of respondent coming from low social economic background, whereas Indonesia consisted most with people from low social economic background. Furthermore, in the next research, the participants' gathering should be conducted in another areasbeside Jakarta.

Second, the measurement of instrument stability should be conducted to adult participant that had more consistent attachment pattern. Lastly, the future research should consider using confirmatory factor analysis to check the goodness of fit from the theory model.

In the end, based on our adaptation process, we concluded that Attachment Styles Questionnaire was a valid and reliable new instrument for measuring adult attachment in Indonesia.

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