

# Attachment, Sex, Gender, and Friendship Maintenance

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# Attachment Theory

- Main Idea
- Types of Attachment Styles
  - Secure (+ self, + others)
  - Pre-occupied (- self, + others)
  - Anxious-avoidant (- self, - others)
  - Dismissive (+ self, - others)
- Key: It's all your mom's fault

Aren't Sex and Gender  
the Same Thing?

Women like to talk  
and men like to do stuff  
together, right?

# Friendship Maintenance

- Positivity
- Support
- Openness
- Joint Interaction

# This Study

- 155 college students filled out a survey
- About 60% female, 40% male

RQ1: What is the relationship between sex and gender?

- No significant differences in the masculinity of men and women
- Women significantly more feminine than men

RQ2: Are there sex differences in attachment style?

- Men more likely to be dismissive than women
- Women more likely to be fearful avoidant than men



RQ3: Are there gender differences in attachment style?

- Femininity more associated with being secure or preoccupied than dismissive
- Masculinity more associated with being secure or dismissive than preoccupied

RQ4: Are there attachment style differences in friendship maintenance?

- Secure types are most likely to use all maintenance activity, followed by fearful avoidant
- Both dismissive and preoccupied use less maintenance activity

RQ5: Are there sex differences in friendship maintenance?

- Women used more positivity, support and openness
- No sex differences in joint activities

RQ6: Are there gender differences in friendship maintenance?

- Androgynous people use more maintenance than any feminine or masculine people

RQ7: Is there an interaction between sex and gender on friendship maintenance?

- Nope

RQ8: Does attachment theory explain variations in friendship maintenance above and beyond sex or gender?

- Nope