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