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DISORGANIZED ATTACHMENT IN ROMANTIC RELATIONSHIPS: OR THE ONSET OF THE INHIBITION OF MENTALIZING AND EMOTION DYSREGULATION

The topic of this research is understanding the romantic relationships of individuals with disorganized attachment. Based on existing theoretical findings, it can be assumed that disorganized attachment consists of certain dimensions of affective attachment (a negative self-model and negative model of others, unresolved anger, and unresolved family trauma), and that individuals with disorganized attachment primarily have emotion dysregulation and problems in mentalizing in their romantic relationships (problems with reflective functioning). The research was carried out on a sample of 300 students (252 females and 48 males), aged 19 to 24. The measuring instruments included: the *Adult Disorganized Attachment scale (ADA)*, the *UPIPAV-R questionnaire for the assessment of the attachment quality of adults*, the *State Difficulties in Emotion Regulation Scale (S-DERS)*, and the *Reflective Functioning Questionnaire (RFQ)*. The results have confirmed most of the initial hypotheses. The dimensions which predominantly explain the disorganized attachment of an individual include: a negative self-model and negative model of others, unresolved family trauma, and unresolved anger. The hypothesis that we can predict the tendency for chaotic functioning in romantic relationships based on emotion dysregulation (both one's own and the emotions of others) has also been confirmed. The hypothesis regarding the possible predictability of disorganized attachment in romantic relationships based on low reflective functioning, or hypomentalizing, was also confirmed. We can conclude that disorganized attachment can be responsible for the failure of romantic relationships as a result of emotion dysregulation and inhibition of mentalizing, which might be significant indicators for psychotherapeutic work with individuals with this type of attachment style.

Keywords: disorganized affective attachment, dimensions of attachment, reflective functioning, emotion dysregulation

OBRAZAC DEZORGANIZOVANE AFEKTIVNE VEZANOSTI U LJUBAVNIM VEZAMA: POREKLO INHIBICIJE KAPACITETA ZA MENTALIZACIJU I KAPACITETA ZA EMOCIONALNU REGULACIJU

Osnovni problem istraživanja je razumevanje ljubavnih veza osoba dezorganizovanim obrascem. Na osnovu postojećih teorijskih dometa, pretpostavljeno je da DA organizaciju ličnosti čine određene dimenzije afektivne

vezanosti (negativna slika o sebi i drugima, disregulacija besa i nerazrešena porodična traumatizacija), kao i da DA organizacija ličnosti u ljubavnim vezama pre svega ima problem sa regulacijom emocija i kapacitetom za mentalizaciju (refleksivnom funkcijom). Istraživanje je sprovedeno na uzorku od 300 studenata (252 devojke i 48 momaka), uzrasta od 19 do 24 godine. Instrumenti: *Adult Disorganized Attachment scale (ADA)*, *Upitnik za procenu afektivne vezanosti odraslih (UPIPAV-R)*, *The State Difficulties in Emotion Regulation Scale (S-DERS)* i *The Reflective Functioning Questionnaire (RFQ)*. Rezultati su potvrdili većinu postavljenih očekivanja. Dimenzije koje dominantno opisuju kvalitet vezanosti DA organizacije ličnosti su: negativna slika o sebi i drugima, nerazrešena porodična traumatizacija i disregulacija besa. Očekivanje da na osnovu teškoća u regulaciji aktuelnih emocija (sopstvenih i tuđih) možemo predvideti sklonost haotičnom funkcionisanju u ljubavnim vezama takođe je potvrđeno. Postavljeno očekivanje o mogućoj predvidljivosti DA organizacije u ljubavi na osnovu niske refleksivne funkcije, odnosno hipomentalizacije takođe je potvrđeno. Mogli bismo zaključiti da DA organizacija ličnosti neuspeh u ljubavnim vezama duguje teškoćama sa regulacijom emocija i nerazvijenosti kapaciteta za mentalizaciju, što bi mogli biti značajni indikatori u psihoterapijskom radu sa osobama ovakve organizacije.

Ključne reči: dezorganizovana afektivna vezanost, dimenzije vezanosti, refleksivna funkcija, emocionalna disregulacija