

Attachment in the Context of the Risky Use of Alcohol and Illegal Drugs and Interpersonal Problems



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BACKGROUND: The study draws on the current concept of attachment, which considers personal attachment as an important factor in adult behaviour and experiencing, especially in relation to interpersonal relationships and risky behaviour. **AIMS:** The aim of the study was to identify relationships between attachment and the risky use of alcohol and illegal drugs, as well as the level of interpersonal problems. **DESIGN AND MEASUREMENTS:** The study used a correlational design and the following measures: Relationship Scale Questionnaire for measuring attachment, Inventory of Interpersonal Problems for the measurement of levels of interpersonal problems, and MAST and DAST for measuring the risky use of alcohol and drugs. **PARTICIPANTS:** 184 university students with a mean age of 20.96

years, 53 males with a mean age of 21.52 years and 131 females with a mean age of 20.73 years. **RESULTS:** The results confirmed that risky drug use correlated negatively with secure attachment and positively with insecure attachment featuring an underlying fearful and preoccupied attachment style. As for alcohol use, relationships with the dismissing attachment style in men and preoccupied attachment style in women were shown. The results also confirmed that secure attachment correlates with lower levels of interpersonal problems. It was also confirmed that interpersonal problems correlate with higher levels of illegal drug use. **CONCLUSIONS:** Both attachment and the level of interpersonal problems are significant predictors of the risky use of illegal drugs and alcohol.

KEY WORDS: ATTACHMENT – INTERPERSONAL PROBLEMS – RISKY ILLEGAL DRUG USE

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