

Correlation between Attachment Style, Alexithymia and Resiliency in University Students

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Abstract. The current research has been conducted with the aim of studying the correlation between type of attachment, and alexithymia as the effective factors on the students' resiliency. The method used in this research is descriptive-correlative and the current research population includes all of the psychology university students of Islamic Azad University, Sari branch in year 2012-2013. The research population includes 400 individuals, and the research sample was chosen by the use of simple sampling, and according to the Krejcie and Morgan table (1970) 196 individuals were determined. In order to collect the required data, the adult attachment scale questionnaire, the 20-item Toronto Alexithymia Scale, and Connor-Davidson resilience scale were used. Results showed that a correlation exists between the components of attachment style and the resiliency of the university students, and also the correlation between the alexithymia and resiliency of the university students were confirmed. Thus it is concluded that secure attachment style and recognizing the emotions have positive effect on the resiliency.