

## PSYCHOLOGICAL WELL-BEING AND ADULT ATTACHMENT DIMENSIONS

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### Abstract

The relationship between psychological well-being and adult attachment dimensions (anxiety, avoidance) were investigated in this descriptive study. Attachment dimensions have been evaluated both in terms of friendship and romantic relationships. Data were obtained from 239 college students attending Faculty of Education of Dokuz Eylöl University. To collect information about research variables Personal Information Form, Scales of Psychological Well-being and The Experiences in Close Relationships-II were used. In this research there were significant associations between psychological well-being and attachment dimensions in friendship and romantic relationships. The findings are discussed in the relevant literature.

**Key Words:** Psychological well-being, attachment, anxiety, avoidance.