

The Relationship Between Avoidant Attachment and Self-Disclosure and the Quality of Interpersonal Relationships Among Young Adults in Romantic Relationships in Bandung

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Abstract

The quality of interpersonal relationships among young adults in romantic relationships is an important aspect of an individual's psychological and relational life. The quality of these relationships is related to various psychological factors, including avoidant attachment and self-disclosure. This study aims to examine the relationship between avoidant attachment and self-disclosure and the quality of interpersonal relationships among young adults aged 18–25 in Bandung. This study employed a quantitative approach with a correlational design. The sample consisted of 100 young adults currently in romantic relationships and was selected using purposive sampling. Data were collected via a questionnaire and analyzed using the Pearson product-moment correlation test and the coefficient of determination (R^2). The results showed that avoidant attachment and self-disclosure together had a strong and significant relationship with the quality of interpersonal relationships ($R = 0.743$; Adjusted $R^2 = 0.542$; $p < 0.001$). Specifically, avoidant attachment was found to have a significant negative correlation ($r = -0.514$; $p < 0.001$), while self-disclosure had a significant positive correlation ($r = 0.586$; $p < 0.001$) with the quality of interpersonal relationships. The results of the study indicate that the quality of interpersonal relationships tends to be better among individuals with lower levels of avoidant attachment and higher levels of self-disclosure.

Keywords: Avoidant Attachment, Young Adults, Quality of Interpersonal Relationships, Self-Disclosure.

1. Introduction

Young adulthood is characterized by an individual's growing need to build intimate, meaningful, and stable interpersonal relationships with a partner ([Arnett, 2000](#)). One indicator of success in maintaining such a relationship is the quality of the interpersonal relationship, which reflects an individual's assessment of satisfaction, emotional closeness, and the quality of interactions with their partner ([Hendrick, 1988](#)). Although data from [Ipsos \(2025\)](#) indicate

that relationship satisfaction rates in Indonesia reach 88%, a preliminary study conducted among young adults in Bandung revealed that various issues still exist in romantic relationships, such as ineffective interactions, a tendency to avoid conflict resolution, misunderstandings, and a decline in trust toward one's partner. These barriers to interpersonal communication are related to emotional factors ([Ramdan & Lubis, 2023](#)) as well as individuals' personal characteristics in responding to their social interactions ([Nuradina et al., 2023](#)). These conditions indicate that the quality of interpersonal relationships among young adults remains an important issue to study.

One factor often associated with the quality of interpersonal relationships is attachment style. According to [Bowlby \(1969\)](#), individuals with an avoidant attachment style tend to feel uncomfortable with emotional closeness, maintain more distance in relationships, and limit their emotional expression toward their partners. Research by [Putri and Roswiyani \(2023\)](#) shows that attachment style is significantly related to relationship quality in early adulthood. These findings are supported by [Angela and Ariela \(2021\)](#), who found that attachment dimensions are linked to the quality of romantic relationships, with avoidant attachment showing a stronger association than anxious attachment. Characteristics of avoidant attachment were also found in a preliminary study, in which some respondents admitted to intentionally limiting their emotional involvement with their partners as a way to maintain distance when facing relationship stress. These findings align with research by [Putra and Nuradina \(2023\)](#) on relational coping strategies, as well as research by [Akbar and Ekanesia \(2025\)](#), which links emotional regulation to the dynamics of interpersonal relationships in adulthood.

In addition to attachment style, the quality of interpersonal relationships is also related to self-disclosure. [Jourard \(1971\)](#) defines self-disclosure as the process by which individuals reveal their personal information, thoughts, and feelings to others. This view is supported by Social Penetration Theory, proposed by [Altman and Taylor \(1973\)](#), which explains that closeness in a relationship develops through an increasingly broad and deep exchange of information. In the context of romantic relationships, self-disclosure allows partners to understand each other's needs, expectations, and experiences. Research by [Halawa and Akbar \(2025\)](#) indicates a relationship between self-disclosure and the quality of interpersonal relationships, while research by [Pahlawani and Qonitatin \(2025\)](#) shows that self-disclosure is strongly associated with relationship satisfaction. However, preliminary study results indicate that some respondents prefer to keep their feelings to themselves out of concern that they might burden their partner or trigger conflict. This aligns with [Akbar's \(2023\)](#) findings regarding anxiety about negative evaluation by others, as well as [Akbar's \(2022\)](#) research linking self-disclosure to an individual's ability to regulate emotions.

Theoretically, avoidant attachment and self-disclosure are closely linked in the dynamics of interpersonal relationships. Individuals with high levels of avoidant attachment tend to limit their self-disclosure as a form of protection against the possibility of emotional closeness, which they perceive as uncomfortable. Conversely, greater self-disclosure provides an opportunity for partners to build better understanding, trust, and emotional closeness. The relationship between these factors highlights the importance of understanding the dynamics of interpersonal relationships in young adults. In addition to influencing the quality of a couple's relationship, interpersonal dynamics are also known to be linked to various other psychological aspects. Research by [Samillah et al. \(2026\)](#) shows that interpersonal conflict is related to an individual's psychological well-being, while [Astuti and Sastri \(2026\)](#) found a relationship between relationship dynamics and psychological well-being in young adults. Furthermore, perceptions

of social support from close others are also known to be related to an individual's mental health ([Ekanesia et al., 2024](#)).

Although numerous studies have been conducted on attachment and self-disclosure, research that integrates these two variables in relation to the quality of interpersonal relationships remains relatively limited. Previous studies have generally examined the relationships between these variables separately. This is evident in the study by [Halawa and Akbar \(2025\)](#), which focused on the relationship between self-disclosure and the quality of interpersonal relationships, as well as the studies by [Marhan \(2022\)](#) and [Pangestu and Ariela \(2020\)](#), which examined attachment in the context of romantic relationships among different groups of participants. Other studies have also shown that the quality of interpersonal relationships is related to factors such as intimacy and commitment ([Aryani, 2016](#)). These findings indicate that various psychological aspects have been examined in relation to romantic relationships. However, research simultaneously examining avoidant attachment and self-disclosure in relation to the quality of interpersonal relationships among young adults in romantic relationships remains relatively limited, particularly in the context of Bandung. Thus, there is still room to understand how avoidant attachment and self-disclosure relate to the quality of interpersonal relationships when examined together. Because of this, this study was conducted to examine the relationship between avoidant attachment and self-disclosure and the quality of interpersonal relationships among young adults in romantic relationships in Bandung.

2. Literature Review

2.1 Avoidant Attachment

Avoidant attachment is a pattern of emotional behavior that actually stems from early childhood caregiving experiences. According to attachment theory, individuals develop this defense mechanism as a form of excessive independence in response to inconsistent or frequently rejecting responses from parents or caregivers in the past ([Bowlby, 1969](#)). This pattern carries over into young adults and influences how they view romantic relationships.

In romantic relationships, individuals with a high level of avoidant attachment typically feel uncomfortable with emotional closeness and view intimacy as a threat to their freedom. They tend to create psychological distance, withdraw during conflicts, and are reluctant to depend on their partner. As a result, this tendency to avoid, carried over from childhood, often acts as a barrier to creating deep emotional closeness ([Fraley & Shaver, 2000](#)).

2.2 Self- Disclosure

Self-disclosure is a pillar of communication defined as the process by which a person voluntarily shares personal information, thoughts, and even their deepest feelings with others ([Jourard, 1971](#)). Through this process of mutual openness, romantic partners have the opportunity to build mutual trust and gain a more complete understanding of each other's personalities. Interpersonal closeness will also develop gradually as the topics they discuss become broader and deeper.

Conversely, a low level of self-disclosure is often the primary trigger for relationship breakdowns. When individuals choose to bottle up their problems and are reluctant to honestly reveal their vulnerabilities, emotional communication within the relationship becomes blocked, leading to prolonged misunderstandings. It is these communication barriers that ultimately have

a direct impact on the decline in the quality of the interpersonal relationships they experience ([Laurenceau et al., 1998](#)).

2.3 Quality of Interpersonal Relationships

The quality of this relationship is not determined solely by the frequency of conflicts, but rather by mutual trust, emotional intimacy, and the way couples resolve problems together ([Hendrick, 1988](#); [Laurenceau et al., 1998](#)). For young adults, having a healthy and supportive relationship serves as a crucial foundation for their psychological well-being as they build long-term commitments ([Arnett, 2000](#); [Collins & Van Dulmen, 2006](#)).

However, the quality of interpersonal relationships is a dynamic aspect and is closely linked to each individual's personality traits and communication patterns ([Fletcher et al., 2000](#)). When a romantic relationship is dominated by anxiety or one partner tends to withdraw, relationship quality can decline significantly due to reduced trust, openness, and satisfaction within the relationship ([Mikulincer & Shaver, 2016](#); [Laurenceau et al., 1998](#)). Conversely, high-quality relationships are characterized by a healthy balance between maintaining personal space and preserving emotional closeness with a partner, thereby fostering a sense of security, mutual support, and greater relationship satisfaction ([Reis & Shaver, 1988](#); [Collins & Feeney, 2004](#)).

3. Research Methods

3.1 Research Type and Design

This study employs a quantitative approach with an associative correlational research design. The purpose of selecting this method is to analyze, explain, and understand the strength and direction of the relationship between two independent variables avoidant attachment and self-disclosure and one dependent variable: the quality of interpersonal relationships.

3.2 Population, Sample, and Instruments

The target population in this study consists of young adults currently in romantic relationships in the city of Bandung. The research subjects are between the ages of 18 and 25, unmarried, and currently in active romantic relationships. The exact number of young adults in romantic relationships in Bandung cannot be determined because there is no official data documenting individuals' romantic relationship status. Therefore, the sample size was determined using Lemeshow's formula for an unknown population. Based on calculations at the 95% confidence level, a proportion (p) of 0.5, and a margin of error of 10%, the minimum sample size was determined to be 96 respondents, rounded up to 100. The sampling technique used was non-probability purposive sampling, in which respondents were selected based on predetermined characteristics determined by the researchers.

Data were collected using three adapted measurement instruments. Avoidant attachment was assessed using 10 items adapted from the attachment-avoidance dimension of the Experiences in Close Relationships framework ([Brennan, Clark, & Shaver, 1998](#)), which is grounded in Bowlby's attachment theory. The adapted items assess two aspects: discomfort with closeness and emotional distancing. Self-disclosure was measured using 10 items adapted from the Emotional Self-Disclosure Scale developed by [Snell, Miller, and Belk \(1988\)](#), with [Jourard's \(1971\)](#) self-disclosure theory serving as the theoretical foundation. These items assess respondents' willingness to disclose feelings, thoughts, and personal experiences to their romantic partners. The quality of romantic relationships was assessed using nine items adapted and developed with reference to [Hendrick's \(1988\)](#) Relationship Assessment Scale. The items

cover the fulfillment of relationship needs, conformity with relationship expectations, and general evaluations of the relationship. The complete dimensions, indicators, item distribution, item statements, and reverse-scored items are presented in Table 1.

Table 1. Operationalization of Research Instruments

Variable	Dimension/Indicator	Number of Items	Items
Avoidant Attachment, adapted from the ECR attachment-avoidance dimension	Closeness Discomfort	5	I try to avoid getting too close to my partner. I feel more comfortable not depending too much on my partner. I feel safe when I have a close relationship with my partner. [R] I try to limit closeness so that I can maintain my freedom in the relationship. I feel comfortable depending on my partner in certain situations. [R]
	Emotional Distancing	5	I prefer to keep my deepest feelings to myself rather than sharing them with my partner. I feel uncomfortable when my partner wants to get too close emotionally. I feel the need to keep some of my feelings to myself. I feel safe when I have a close emotional relationship with my partner. [R] I often restrain myself from becoming too emotionally involved in the relationship.
Self-Disclosure, adapted from the ESDS	Feelings	4	I am willing to express my sadness/disappointment to my partner. I am willing to express my anxiety (nervousness/fear) to my partner. I am willing to express my happiness to my partner. I am willing to express my anger to my partner.
	Thoughts	3	I am willing to share my thoughts when I feel insecure to my partner. I am willing to express my pride in my partner. I am willing to share my worries about the future with my partner.

Relationship Quality, adapted and developed with reference to the RAS	Experiences	3	I am willing to share my happy experiences with my partner. I am willing to admit my mistakes to my partner. I am willing to share my experiences of jealousy with my partner.
	Needs	3	I feel my partner meets my needs well. I feel I receive emotional support from my partner. I feel my needs are often ignored in this relationship. [R]
	Expectations	3	The relationship I am in meets my expectations. I feel this relationship is developing the way I want it to. This relationship is sometimes not what I expected. [R]
	General Relationship Status	3	I feel satisfied with the relationship I am currently in. I love my partner very much. I feel there are many problems in the relationship I am in. [R]

Source: Primary Data Processed by the Researcher (2026)

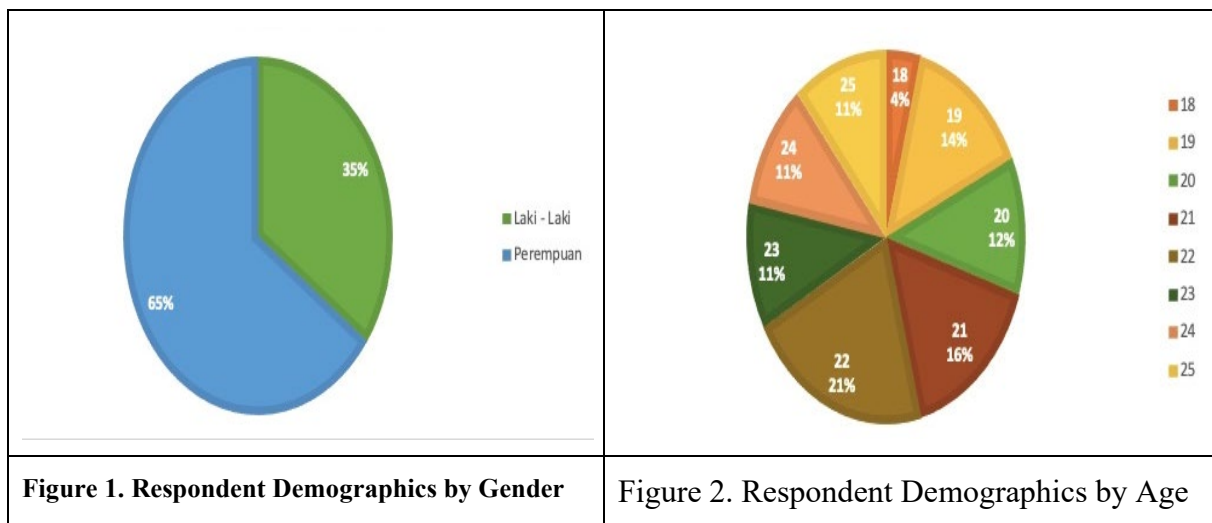
3.3 Procedures and Data Analysis

All collected data were statistically analyzed through several stages. Descriptive analysis was used to examine the general demographic profile of the subjects and the scores on each research variable, followed by validity and reliability tests to ensure the instrument's suitability. Prior to hypothesis testing, assumption tests were conducted, including a normality test (Kolmogorov-Smirnov) and a multicollinearity test (Tolerance & VIF). Hypothesis testing was performed using the Pearson Product-Moment Correlation test to determine the relationships among avoidant attachment, self-disclosure, and the quality of interpersonal relationships. In addition, the coefficient of determination (R^2) was used to determine the extent of the independent variables' contribution to the dependent variable.

4. Results and Discussion

4.1 Research Findings

This study aimed to examine the relationship between avoidant attachment and self-disclosure and the quality of interpersonal relationships in romantic partnerships among young adults in Bandung. Data were collected through an online questionnaire administered to 100 respondents who met the study criteria. Respondent characteristics were analyzed based on gender, age, and relationship duration to provide an overview of the study participants.



As shown in Figure 1, the majority of respondents were women, accounting for 65%. Meanwhile, male respondents accounted for 35%. These findings indicate that the early-adult participants in this study were predominantly women.

Figure 2 shows that the age distribution of respondents varies considerably within the early adulthood range, specifically from 18 to 25 years old. The respondents in this study were predominantly 22-year-olds, accounting for 21% of the total, followed by 21-year-olds at 16%, and 19-year-olds at 14%. Meanwhile, 12% of the respondents were 20 years old, followed by those aged 23, 24, and 25, each of whom accounted for an equal proportion of 11%, and the 18-year-old age group at 4%.

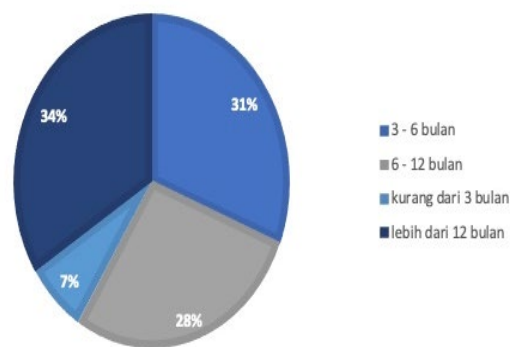


Figure 3. Respondent Characteristics Based on Relationship Duration

Based on Figure 3, the characteristics of respondents based on the duration of their romantic relationships show a varied distribution. The largest proportion consists of respondents who have been in a relationship for more than 12 months, at 34%, followed by the group with a relationship duration of 3 to 6 months, at 31%. Next, respondents in the 6- to 12-month relationship range accounted for 28%, while the group with relationships lasting less than 3 months was the smallest, at 7%.

4.2 Hypothesis Formulation

4.2.1 Descriptive Analysis

Table 2. Results of the Descriptive Analysis

	N	Min	Max	Mean	Std. Deviation
Avoidant Attachment	100	10,00	50,00	21,9900	10,89574
Self-Disclosure	100	23,00	50,00	38,5700	8,00537
Quality of Relationships	100	9,00	45,00	29,5300	9,25121
Valid N (listwise)	100				

Source: Data analysis was conducted by the researchers.

Based on the descriptive statistical analysis, the avoidant attachment variable ranged from 10.00 to 50.00, with a mean of 21.99 and a standard deviation of 10.90. The self-disclosure variable ranges from 23.00 to 50.00, with a mean of 38.57 and a standard deviation of 8.01. Meanwhile, the interpersonal relationship quality variable ranges from 9.00 to 45.00, with a mean of 29.53 and a standard deviation of 9.25. The differences in the mean and standard deviation values for each variable indicate variation in the respondents' scores in this study.

4.2.2 Validity Test

Table 3. Validity Test Results

Variable	Number of Items	r (Min-Max)	Description
Avoidant Attachment	10	0,873–0,937	Valid
Self – Disclosure	10	0,747–0,857	Valid
Quality of Relationships	9	0,801–0,883	Valid

Source: Data analysis was conducted by the researchers.

The validity test results indicate that all items in the variables of avoidant attachment (10 items), self-disclosure (10 items), and interpersonal relationship quality (9 items) met the validity criteria. Thus, all items were deemed suitable for use as research instruments.

4.2.3 Reliability Test

Table 4. Reliability Test Results

Variable	Reliability			
	Number of Items	Cronbach's Alpha	Requirements	Description
Avoidant Attachment	10	0,976	0,60	Reliable
Self – Disclosure	10	0,943	0,60	Reliable
Quality of Relationships	9	0,948	0,60	Reliable

Source: Data analysis was conducted by the researchers.

The reliability test results show that the avoidant attachment variable obtained a Cronbach's Alpha value of 0.976, the self-disclosure variable 0.943, and the interpersonal relationship quality variable 0.948. All of these values are above the threshold of 0.60, so it can be concluded that the research instrument has excellent internal consistency and is deemed reliable for use in this study.

4.2.4 Normality Test

Table 5. Results of the Normality Test

			Unstandardized Residual
N			100
Normal	Mean		0,0000000
Parameters ^{a,b}	Std. Deviation		6,19674647
Most Extreme Differences	Absolute		0,051
	Positive		0,051
	Negative		-0,049
Test Statistic			0,051
Asymp. Sig. (2-tailed) ^c			.200 ^d
Monte Carlo Sig. (2-tailed) ^e	99%		0,759
	Confidence Interval	Lower Bound	0,747
		Upper Bound	0,770

Source: Data analysis was conducted by the researchers.

Based on the results of the normality test using the one-sample Kolmogorov-Smirnov test, the significance coefficient (Asymp. Sig.) was 0.200. Since this significance value is greater than the standard threshold (> 0.05), it can be concluded that these residuals are normally distributed and meet the requirements for parametric statistical testing.

4.2.5 Linearity Test

Table 6. Linearity Test Results

Variable	Linearity		
	Deviation from Linearity	Requirements	Description
Quality of Relationships (Y) and Avoidant Attachment (X1)	0,227	0,05	Linear
Quality of Relationships (Y) and Self – Disclosure (X2)	0,305	0,05	Linear

Source: Data analysis was conducted by the researchers.

Based on the results of the linearity test, the relationship between the quality of interpersonal relationships and avoidant attachment yielded a Deviation from Linearity value of 0.227, while the relationship between the quality of interpersonal relationships and self-disclosure yielded a value of 0.305. Both values are greater than 0.05; therefore, it can be concluded that the relationship between each independent variable and the dependent variable is linear. Thus, the assumption of linearity in this study has been met.

4.2.6 Multicollinearity Test

Table 7. Multicollinearity Test Result

Variable	Tolerance	VIF	Description
Avoidant Attachment	0,989	1,011	There Is No Multicollinearity
Self – Disclosure	0,989	1,011	There Is No Multicollinearity

Source: Data analysis was conducted by the researchers.

The results of the multicollinearity test show that the variables “avoidant attachment” and “self-disclosure” have a Tolerance value of 0.989 (> 0.10) and a VIF value of 1.011 (< 10). These results indicate that there is no multicollinearity among the variables, meaning that both variables meet the assumptions required for simultaneous analysis.

4.2.7 Heteroscedasticity Test

Table 8. Heteroscedasticity Test Result

Variable	Sig.	Description
Avoidant Attachment	0,551	There Is No Heteroscedasticity
Self – Disclosure	0,063	There Is No Heteroscedasticity

Source: Data analysis was conducted by the researchers.

Based on the heteroscedasticity test results, the avoidant attachment variable yielded a p-value of 0.551, while the self-disclosure variable yielded a p-value of 0.063. Both significance values are greater than 0.05; therefore, there is no evidence of heteroscedasticity for each independent variable. Thus, the assumption of heteroscedasticity in this study has been met.

4.2.8 Pearson Correlation Test

Table 9. Pearson Correlation Test Result

		Avoidant Attachment (X1)	Self – Disclosure (X2)	Quality of Relationships (Y)
Avoidant Attachment (X1)	Pearson Correlation	1	-0,103	-.514**
	Sig. (2-tailed)		0,307	0,000
	N	100	100	100
Self – Disclosure (X2)	Pearson Correlation	-0,103	1	.586**
	Sig. (2-tailed)	0,307		0,000
	N	100	100	100
Quality of Relationships (Y)	Pearson Correlation	-.514**	.586**	1
	Sig. (2-tailed)	0,000	0,000	
	N	100	100	100

Source: Data analysis was conducted by the researchers.

Based on the results of the Pearson product-moment correlation analysis, the avoidant attachment variable was found to have a significant negative correlation of moderate strength with the quality of interpersonal relationships ($r = -0.514$, $p < 0.001$). This negative (inverse) relationship indicates that the higher an individual’s level of avoidant attachment, the lower the quality of their interpersonal relationship with their partner. Conversely, the lower the level of avoidant attachment, the higher the quality of interpersonal relationships.

Meanwhile, the self-disclosure variable showed a significant, moderate positive relationship with the quality of interpersonal relationships ($r = 0.586$, $p < 0.001$). This positive relationship indicates that the higher an individual's level of self-disclosure, the higher the quality of the interpersonal relationship they have with their partner. Conversely, the lower the level of self-disclosure, the lower the quality of the interpersonal relationship.

4.2.9 Multiple Regression Analysis Test

Table 10. Multiple Regression Analysis Test Result

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.743 ^a	0,551	0,542	6,26030

Source: Data analysis was conducted by the researcher.

Based on the results of the multiple regression analysis presented in Table 10, the multiple correlation coefficient (R) was 0.743. This result indicates that avoidant attachment and self-disclosure, when considered simultaneously, have a strong relationship with the quality of interpersonal relationships among young adults in Bandung. According to Sugiyono's (2019) classification, an R value within the range of 0.60–0.79 represents a strong correlation. Furthermore, the adjusted coefficient of determination (Adjusted R²) was 0.542, indicating that avoidant attachment and self-disclosure jointly explained 54.2% of the variation in interpersonal relationship quality. The remaining 45.8% was associated with other factors not examined in this study.

4.2.10 F Test

Table 11. F Test Result

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	4671,343	2	2335,671	59,597	<.001 ^b
Residual	3801,567	97	39,191		
Total	8472,910	99			

Source: Data analysis was conducted by the researchers .

Based on the test results, an F-value of 59.597 was obtained with a significance level of $p < 0.001$ ($p < 0.05$). These results indicate that avoidant attachment and self-disclosure are simultaneously and significantly associated with the quality of interpersonal relationships among young adults in Bandung. Thus, these two variables are jointly associated with the quality of interpersonal relationships.

4.2.11 T Test

Table 12. T Test Result

Model	Unstandardized Coefficients		Standardized Coefficients		Sig.
	B	Std. Error	Beta	t	

(Constant)	14,097	3,480		4,050	0,000
Avoidant Attachment (X1)	-0,390	0,058	-0,459	-6,709	0,000
Self – Disclosure (X2)	0,622	0,079	0,538	7,874	0,000

Source: Data analysis was conducted by the researchers

Based on the partial hypothesis testing, the avoidant attachment variable had a coefficient of -0.390 with a t-value of -6.709 and a significance level of $p < 0.001$. These results indicate that avoidant attachment is negatively associated with the quality of interpersonal relationships. The direction of this negative relationship indicates that the higher an individual's level of avoidant attachment, the lower the quality of their interpersonal relationships tends to be. Meanwhile, the self-disclosure variable has a coefficient of 0.622 with a t-value of 7.874 and a significance level of $p < 0.001$. These results indicate that self-disclosure has a significant positive relationship with the quality of interpersonal relationships. This positive relationship indicates that the higher an individual's level of self-disclosure, the higher the quality of their interpersonal relationships tends to be.

Based on standardized beta values, the self-disclosure variable ($\beta = 0.538$) showed a stronger relationship than avoidant attachment ($\beta = -0.459$) in this research model. These findings suggest that self-disclosure is more strongly associated with the quality of interpersonal relationships than avoidant attachment among the study participants.

4.3 Discussion

Based on the hypothesis test results, a multiple correlation coefficient (R) of 0.743 was obtained. This value indicates that avoidant attachment and self-disclosure together have a strong relationship with the quality of interpersonal relationships among young adults in Bandung ([Sugiyono, 2019](#)). These results are supported by an Adjusted R-Square of 0.542 ($p < 0.001$), indicating that the two variables account for 54.2% of the variation in interpersonal relationship quality. These findings suggest that the quality of interpersonal relationships is related to both the emotional and communicative aspects of romantic relationships. Avoidant attachment describes an individual's tendency to establish emotional closeness with a partner, which is often characterized by discomfort with intimacy and a tendency to maintain emotional distance in romantic relationships ([Fraleigh & Shaver, 2000](#)). Self-disclosure reflects an individual's openness in sharing thoughts, feelings, and personal experiences with others ([Jourard, 1971](#)). These two aspects complement each other in forming high-quality interpersonal relationships, as emotional closeness and open communication are essential components of romantic relationships. These factors may help explain why avoidant attachment and self-disclosure together show a fairly strong association with the quality of interpersonal relationships in early adulthood.

The standardized beta values indicate that self-disclosure ($\beta = 0.538$) has a relatively stronger association than avoidant attachment ($\beta = -0.459$). These findings suggest that the quality of interpersonal relationships in early adulthood is related not only to how individuals perceive emotional closeness but also to how that closeness is manifested in daily interactions. Self-disclosure is a behavior that is directly observable in relationships, making it easier to discern in the processes of communication, trust-building, and conflict resolution with a partner. This may explain why self-disclosure showed a relatively stronger association with the quality of interpersonal relationships than avoidant attachment did in this study.

In part, avoidant attachment shows a significant negative correlation with the quality of interpersonal relationships ($r = -0.514$; $p < 0.001$). This correlation coefficient indicates a negative relationship of moderate strength. These findings suggest that the greater an individual's tendency to avoid emotional closeness, the lower the quality of their interpersonal relationships. Individuals with an avoidant attachment style tend to be less comfortable with emotional intimacy, place greater emphasis on independence, and limit their emotional involvement in romantic relationships. These factors can hinder the development of trust, openness, and emotional closeness—all of which are crucial components of the quality of interpersonal relationships. These findings align with Attachment Theory proposed by [Bowlby \(1969\)](#), which explains that attachment patterns developed from previous relational experiences form the foundation for individuals in building relationships in adulthood. Individuals with avoidant attachment tendencies tend to maintain emotional distance and avoid dependence on their partners, resulting in interpersonal relationships that are less intimate and less open. These research results support the findings of [Pangestu and Ariela \(2020\)](#), which indicate that attachment dimensions are related to the quality of romantic relationships. In early adulthood, a tendency to avoid emotional intimacy can be an obstacle to building closer, more meaningful relationships with a partner.

Self-disclosure showed a significant positive correlation with the quality of interpersonal relationships ($r = 0.586$; $p < 0.001$). This correlation coefficient indicates a positive relationship with relationship strength, ranging from moderate to strong. These findings suggest that individuals who are more open in sharing their thoughts, feelings, and experiences with their partners tend to have better-quality interpersonal relationships. Self-disclosure allows partners to better understand each other's circumstances, thereby fostering trust, emotional closeness, and more effective communication. These findings align with [Jourard's \(1971\)](#) theory of self-disclosure, which explains that interpersonal relationships develop through the process of openly sharing personal information, thoughts, and feelings. These characteristics are relevant to the early adult phase, which [Arnett \(2000\)](#) refers to as “emerging adulthood”—a period when individuals begin to explore romantic relationships more seriously and strive to build more intimate and meaningful relationships. In this process, self-disclosure serves as a means to help individuals understand their partners and build emotional closeness. The results of this study support [Akbar's \(2023\)](#) findings, which indicate that individuals who struggle with self-disclosure tend to face obstacles in social interactions. These findings suggest that self-disclosure is one of the aspects associated with the quality of interpersonal relationships in early adulthood.

Based on respondents' characteristics, the majority (34%) had been in a relationship for more than 12 months, followed by those in relationships lasting 3–6 months (31%) and 6–12 months (28%). Respondents in relationships lasting less than 3 months constituted the smallest group, at 7%. This distribution indicates that the majority of respondents have been in relationships for a relatively long period of time. Longer relationship durations provide couples with the opportunity to get to know one another, build emotional closeness, and develop more stable communication patterns ([Goodfriend, 2022](#)). These characteristics align with the early adulthood phase, which is characterized by the need to build more intimate and committed relationships. At this stage, romantic relationships begin to play a significant role in an individual's life, making the ability to build emotional closeness and open communication increasingly relevant.

The results of this study support the findings of previous research indicating that attachment and self-disclosure are related to various aspects of romantic relationships. [Marhan \(2022\)](#) found a negative relationship between avoidant attachment and self-disclosure among psychology students ($r = -0.460$), while [Pangestu and Ariela \(2020\)](#) found that attachment dimensions were associated with dating relationship quality by 44.8%. Unlike previous studies that examined the relationships between variables separately, this study examined avoidant attachment and self-disclosure simultaneously in relation to the quality of interpersonal relationships in early adulthood.

The adjusted R-squared value of 0.542 indicates that 45.8% of the variation in interpersonal relationship quality remains unexplained in this study. These findings suggest that interpersonal relationship quality is not only related to avoidant attachment and self-disclosure but also to various other factors not examined in this study. Several studies have shown that intimacy and commitment are positively associated with the quality of interpersonal relationships ([Aryani, 2016](#)). Personality traits such as neuroticism, extraversion, openness, and conscientiousness are also associated with the quality of romantic relationships ([Agustini & Zulkaida, 2022](#)). These findings suggest that the quality of interpersonal relationships is not only related to attachment styles and self-disclosure but also to other factors that shape the dynamics of romantic relationships. Future research may consider these variables to gain a broader understanding of the factors associated with the quality of interpersonal relationships in early adulthood.

In practical terms, this study's findings indicate that the quality of interpersonal relationships in early adulthood is associated with an individual's ability to build emotional closeness and foster open communication with a partner. Individuals with an avoidant attachment style tend to have lower-quality interpersonal relationships, whereas those with higher levels of self-disclosure tend to have better-quality relationships. These findings suggest that both of these aspects need to be considered when understanding the dynamics of romantic relationships in early adulthood. A study by [Prinska et al. \(2023\)](#) found that Mindfulness-Based Cognitive Therapy (MBCT) can help reduce avoidant attachment tendencies and increase openness in interpersonal communication, and manage stress effectively [Anartia et al. \(2023\)](#). These findings indicate that the development of emotional awareness and communication skills are aspects worth considering in romantic relationships.

5. Conclusion

Based on the research findings, it can be concluded that avoidant attachment and self-disclosure are significantly associated with the quality of interpersonal relationships among young adults in Bandung. Simultaneously, both variables show a strong association with the quality of interpersonal relationships and together account for 54.2% of the variation in the quality of interpersonal relationships. Partially, avoidant attachment shows a significant negative relationship, while self-disclosure shows a significant positive relationship. Among these two variables, self-disclosure has a stronger relationship than avoidant attachment.

Furthermore, 45.8% of the variation in interpersonal relationship quality remains unexplained by this research model. Therefore, future research is encouraged to examine other factors related to interpersonal relationship quality in early adulthood. These findings suggest that increasing self-disclosure and reducing avoidant attachment tendencies are important aspects to consider in efforts to improve interpersonal relationship quality in young adults.

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