The Gap of Self-States and Its Association to an Individual's Interaction and Emotional Bond to their Significant Relationships: A Correlational Study about Filipino Youth's Self-Discrepancy and Their Attachment Style

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Abstract – *A youth is expected to experience difficulties due to the opposing desire to be free while still remaining dependent to family and other significant individuals in their lives. Filipino youth are known as being family-oriented and being submissive which is one of the factors that pounds the importance of what people around them utters. Thus, creating a gap or discrepancy between what they truly want and what other people expect them to do. When these internal battles began, significant external aspects such as social interaction can be compromised. These occurrences can be elucidated by using the two frameworks Self-Discrepancy Theory and Attachment Style. In this study, correlational research design and survey method were employed to 384 Filipino Youth from Makati whom are selected through convenience sampling. Results of the study showed that the respondents have positive image of themselves. Also, a big majority of the respondents were discerned to have high discrepancies between their self-states. In this study, it was also seen that the respondents were dismissive and were characterized to be independent, self-reliant, and gave low importance to relationships. Finally, findings of this study revealed a weak positive correlation between secure attachment style towards the self-discrepancy of the respondents while weak negative correlation was found between the rest of the attachment styles towards the discrepancy among their self-states. With this, the researchers recommended stabilizing internal discrepancies and strengthening significant relationships as the two were seen as big factors in respondents' social interaction and self-esteem.*

Keywords – *Actual-Self, Attachment Style, Ideal-Self, Ought-Self, Self-Discrepancy*

INTRODUCTION

People are normally driven by different goals in life. Goal setting is a powerful process of motivating oneself in turning a vision of the future into a reality while articulating and clarifying the desires floating on one's mind. These desires can be immensely influenced by what is wanted or needed. For example, a student from a family of doctors who wishes to take an art course but is obliged to follow the track of his family. Whichever path the student chooses to pursue will build up tension or gap between the person he is at the moment and the kind of person he wishes or obliged to become and this state can be reflected as self-discrepancy.

Self-discrepancy can be understood as the gap or the tension between "self-states" classified as: actual, ideal, and ought self [1]. According to Self-Discrepancy Theory, there are three domains of self.

First is the 'actual' (or current) self reflects the individual's perceptions of her or his own attributes or characteristics. Second is the 'ideal' self which refers to the individual's aspirations or would like to possess. Lastly, the 'ought' self reflects the attributes that the individual believes she or he has an obligation or duty to possess. The gap between these self-states may lead to levels of discomforts. Vartanian [2] stated the relevance of self-discrepancies with body image due to the cultural norms the society upholds in pursuit of standards of attractiveness. Hence, body-related self-discrepancies occur when an individual compares his actual self to the ideal-self formed by the society. Thus, these self-discrepancies which are

body-related can have emotional, psychological, and behavioral consequences for the person.

Attachment Style, on the other hand, is the way on how an individual communicate interpersonally, interacts and generates deep and enduring emotional bond with another person across time and space [3], [4]. According to Bartholomew and Horowitz [5], there are four attachment styles in interpersonal communication, namely: secured, anxious-preoccupied, dismissive-avoidant and fearful-avoidant. The attachment styles anxious-preoccupied, dismissive-avoidant and fearful-avoidant are all considered as insecure attachment style.

According to the Attachment Theory, securely attached people tend to have positive view of themselves, their partners and relationships. They feel comfortable with intimacy and independence and reports greater satisfaction than other attachment styles. Anxious-preoccupied people tend to doubt their self-worth, blame themselves in their partner's lack of responsiveness and has a high level of expressiveness and impulsiveness in their relationships. On the other hand, people with dismissive-avoidant attachment type tend to see themselves self-sufficient and view relationships as relatively unimportant. People with fearful-avoidant attachment style tend to distrust the actions and intentions of their partner or see themselves unworthy of their partner's responsiveness [5].

One study claimed that secure and preoccupied participants showed higher social skill scores compared with the dismissive and fearful participants [6]. Another showed that having well developed social skills promotes more relationships, good communication among those relationships and greater efficiency in workplace. The study assumed that the cause of people with preoccupied and fearful styles' low score on social skills was their impulsiveness making them full of ups and downs and tend to respond to stressful situations by using passive coping styles [7].

Attachment Style has been an important part in people's modulation of their affective responses to variety of stimuli [8]. Securely attached individuals incline towards capitalizing on positive feelings and encounters and prompts to a positive perspective of themselves and their past; while preoccupied individuals have a tendency to be overpowered by negative considerations and recollections, prompting to an extremely poor perspective of themselves and their past [9]. On the other hand, neither positive nor negative experiences influence dismissive people, yet they recall almost only good or positive memories, probably a defense for their delicate view of themselves [10], [11].

A certain study placed that the Filipino youth expresses high net satisfaction with the way they coexist with parents, themselves, friends and the other individuals whom they invest time with and the area where they live. Filipino adolescents put great importance on marriage, friends, education, work, religion, society, money, and especially to parents. Likewise, adolescents coexist better with parents and neighbors, they get together with friends less frequently, but then are as happy with these connections [12].

On the other hand, more recent study supported Guerrero and his team's result, based on Philippine Social Science Council [13], through parent's communication to their youth siblings, parents can strongly influence the youth's major life decision or plans. Furthermore, the youth expresses satisfaction in their lives overall nowadays, their way of life, their own safety and their employment (among those working).

In compliance with what stated above, communication is important for every individual- it affects every aspect of one's life [14]. Intra-personal and inter-personal are two of the most vital forms of it, two of the efficient way of human's expression of perceived symbols [15]. Self-discrepancy is one of the examples of individual's way of intra-personal communication while attachment style is an example of interpersonal communication. Lister [16] stated that problems in intra-personal communication of an individual might cause him not to recognize his priorities, goals and daily task excellently. In addition, failure to communicate to himself properly can also lead him to be hard-headed and to be stubborn in the midst of uncomfortable circumstances [16]. Therefore, making the obliged task or attributes unattained.

Given all the related studies and literatures about Self-Discrepancy and Attachment Style, the importance of doing such study about the said variables are established. In addition, results of this study can contribute to the existing knowledge about Self-Discrepancy, Attachment Style and Filipino Youth whom are the respondents of this study. This study can also help other researchers (that plans to pursue study related in this subject) to improve their work.

Results from the above-mentioned literature has shown the relationship between Self-discrepancy and Attachment Style of an individual. However, literature failed to show the type of relationship present between the said variables. By finding out the ideal and ought attributes of the respondents, measuring the discrepancy between their ideal-ought self-states and determining their dominant attachment style, the researchers hope to distinguish the type and strength of relationship between Self-discrepancy and Attachment Style of the respondents.

MATERIALS AND METHODS
2.1 Research Design
The primary purpose of this study is to determine the relationship between the self-discrepancy and dominant attachment style of the respondents. To accomplish this goal, this study utilized a Quantitative Approach and employed a *Correlational Design*. Quantitative enabled the researchers to explain the phenomenon by collecting numerical data through mathematically based method [17] thus, allowing the researchers to systematically analyze the two quantifiable variables of this study. In addition, survey questionnaires are utilized in gathering the needed data.

Quantification of observations assumes an objective reality that can observed with the appropriate instruments and methods [18] and these things are possible to be attained when Quantitative Approach is applied.

Furthermore, one of the objectives of this study is to determine the type of relationship (positive or negative relationship) of the self-discrepancy of respondents with their dominant attachment style, having said that, Correlational Design was utilized since this design can be used in testing the relationship strength of two numerical data [19].

2.2 Participants
The respondents of this study are youths of Makati City who are 15 – 30 years of age. Makati according to Philippine Statistics Authority has 162,075 youth residents and from this a 384 sample was derived through the use of Slovin's formula:

$$n = \frac{\frac{z^2 \, X \, p(1-p)}{e^2}}{1 + \frac{z^2 \, X \, p(1-p)}{e^2 N}}$$

Wherein:

n – The number of samples
N – Total number of population Makati City residence
e – Margin of error
p – Percentage value
z – Z – score

Using the Long Method Formula:

- Total number of population of youth residents in Makati City (N) = **162,075** (based on the most recent 2010 Household Population by Age of the National Statistics Office) [20]
- Margin of error (e) = 5%
- Z-score = 1.96
- P = 0.5

$$n = \frac{\frac{1.96^2 \, X \, 0.5(1-0.5)}{0.05^2}}{1 + \frac{1.96^2 \, X \, 0.5(1-0.5)}{0.05^2 162,075}}$$

n= 384 Youth Residents of Makati City

As much as the researchers wants to conduct a more scientific sampling technique, their limited time and resources prohibited them to do so. In line with this, the researchers exploited the convenience sampling technique in acquiring representative data of their population sample. The participants provided details regarding their age, gender, Self-discrepancy and Attachment Style. The descriptive statistical data (driven to the primary measures of interest for this study) of the sample are provided in Table 1. The participants are primarily composed of college students.

Before the participants answer the research instrument, the researchers guaranteed to them first that any personal information that they will provide will be treated as strictly confidential and their answers will not be revealed nor accessed by other people that them (the researcher). This agreement was also clearly stated in the questionnaire.

Furthermore, the study was conducted in Makati City for the said city was of convenience to the researchers due to their connections.

2.3 Measures
The data collection procedure was self-administered. The participants were asked to answer the questionnaire by themselves guided by the instructions set by the researchers. It took them 10-15 minutes to answer the said questionnaire. The

participants answered a computerized questionnaire that was composed by the following measures: demographic questions, the demographic questions, the Selves Questionnaire [1]; Computerized Selves [21] and the Relationship Scales Questionnaire [22].

2.3.1. Self-discrepancy

The computerized version of Selves Questionnaire [21] was utilized to measure the self-discrepancies of the participants, their ideal and ought selves respectively. The said questionnaire is a semi-structured questionnaire which asked the participants to list eight (8) words describing their actual self, ideal self and ought self [21]. The said questionnaire was then modified by the researchers through the consolidation of the adjective list that served as list of choices for the respondents. The said list was the Anderson 555 adjective list (1968) [23] which was consolidated to lessen the number of choices through the help of professionals. The adjective list was reduced from 555 words to a hundred. Self-discrepancy score was calculated by *number of mismatches – number of matches.* Lower scores indicated lower discrepancy (-8 = no self-discrepancy, 0 = moderate, 8 = high self-discrepancy). Currently, Higgins' Selves Questionnaire is the only assessment that measures self-discrepancy and has been employed as a measure within numerous studies analyzing self-concept [24].

2.3.2. Attachment Style

The Relationship Scales Questionnaire [22] was utilized to assess the attachment style of the participants. The said questionnaire was composed of 30 statements that was scaled from 1-5 (with 5 being the highest) to determine the respondent's dominant attachment style. Respondents described their feelings with their close relationships with the help of the said instrument. Relationship Scales Questionnaire (RSQ) could measure the four attachment styles such as secure, pre-occupied, dismissive, and fearful through the predetermined items in the RSQ. This could also determine which among the four was the dominant attachment.

Averaging items 3, 9, 10, 15, and 28 was resulted to the respondents' *Secure Style* score. Higher scores reflected more secure attachment. The *Preoccupied (Anxious) Style* score was computed by averaging items 6, 8, 16, and 25. Higher scores reflected more preoccupied attachment. The *Dismissing Avoidance Style* score was computed by averaging items 2, 6, 19,

22, and 26. Higher scores reflected more dismissing avoidance. Lastly, the *Fearful Avoidance Style* score was computed by averaging items 1, 5, 12, and 24. Higher scores reflected more fearful avoidance. Some parts of the RSQ was not included in the computation of results since it measured the different relationship attachment dimensions which was not part of the scope of this study.

2.3.3 Statistical Analysis (Data Analysis)

The statistical analyses were done using the Statistical Package for the Social Science (SPSS®19 v.19) [25] software. $P \leq 0.05$ was set as the level of significance. In addition, Spearman Rho correlational coefficient was utilized to analyze the data; to test the strength of the relationship of the variables of this study.

RESULTS AND DISCUSSION

In line with this paper's objectives, the following tables present the information from the analyzed standardized instruments. Conclusions were made on the basis of the summary of knowledge acquired in this study.

Table 1. Descriptive statistics for Study 1 participants (N= 384)

	M	SD	R	P
Age (years)	20	3	15-30	
Sex				
Male (n=179)				46.5
Female(n=205)				53.2

Note: M – Mean, SD – Standard Deviation, R -Range and P – Percent

Self-states are inner concepts of an individual, according to [1] a person has three self-states namely; actual self, ideal self and ought self. Wherein in this study, the self-states, "ideal" and "ought" self was utilized. "Ideal self" is the person that an individual aspires to be, on the other hand, "ought self" is the person that an individual thinks he or she needs or obliged to be [1]. The said self-states can best understood when describe using attributes.

Table 2 shows the top ideal and ought attributes of the respondents. Several well-known studies on Philippine values were conducted in the 1960's [26]. Particular concepts such as *hiya* (shame or embarrassment), *utang na loob* (debt of gratitude), *amor propio* (sensitivity to personal affront), and *pakikisama* (giving in or following the lead or

50

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Asia Pacific Journal of Multidisciplinary Research, Vol. 5, No. 3, August 2017 (Part II)

suggestion of another) were presented as distinct parts of Filipino culture and behavior.

Table 2. Distribution of Respondent's Attributes (N=384)

ATTRIBUTES	F	P
Ideal		
Strong-minded	139	36%
Confident and Intelligent	127	33%
Independent	117	31%
Productive	116	30%
Skillful	113	29%
Ought		
Mature and Positive Thinker	109	28%
Disciplined	103	27%
Confident, Strong-Minded and Intelligent	99	26%
Independent and Productive	96	25%
Educated	92	24%

Note: F stands for Frequency and P for Percentage; Multiple Response

Interestingly, the participants in this study gave a different set of values/characteristics that describes them. They described their ideal and ought self positively which reflects that they have a positive self-image. In respondents' ideal attributes, the adjective "strong-minded" is the most frequent answer with 36%. Followed by "confident and intelligent" with 33%, independent 31 %, "productive" with 30% and skillful with 29%. On the other hand, respondents' ought attributes were primarily described by the adjectives "mature and positive thinker" with 28%. Followed by "disciplined" with 27%, "confident, strong-minded and intelligent" with 26%, "independent and productive with 25% and "educated" with 24%. These characteristics adds up to the research founded traits of Filipino Youth which can be used as a foundation or influence for making new researches

Table 3. Distribution of Respondent's Self-Discrepancy

Self-Discrepancy	F	P
High Self-Discrepancy (8-1)	300	78%
Moderate Self-Discrepancy (0)	34	9%
Low Self-Discrepancy (-8 to -1)	50	13%
TOTAL	384	100%

Note: F stands for Frequency and P for Percentage

Self- Discrepancy can be understood as the gap or the tension between "self-states" namely: actual, ideal, and ought self [1]. This study is only limited with,

ideal-ought self-discrepancy which is the gap between the person that an individual aspires to be and the person he or she is obliged to be. This can be measured by calculating the *number of mismatches – number of matches* (Gap Formula)*.* Lower scores indicate lower discrepancy (-8 = no self-discrepancy, 0 = moderate, 8 = high self-discrepancy). It can be categorized as "high", "moderate" or "low". Table 3 shows the frequency and percentage distribution of respondents' self-discrepancy.

Respondents were asked to list down eight (8) attributes they think they actually possess, eight (8) attributes they like ideally to possess and eight (8) attributes they believe they should or ought to possess. The attributes they listed was utilized as variables in the self-discrepancy formula to determine the gap between their self-states. In Table 3, it can be seen that 300 of the participants, which is a big majority of the them were with high self-discrepancy (78%). On the other hand, only a ratio of one out of ten respondents (equivalent to 34 participants) were with moderate self-discrepancy (9%). Lastly, only two out of fifty (equivalent to 50 participants) were with low self-discrepancy (13%) with regards to the gap between their self-states

There are four attachment styles used in this study namely: secure, pre-occupied, dismissive and fearful. In Table 4, attachment style statements present in the "Relationship Attachment Questionnaire" of Griffin & Bartholomew [22] are presented, all of which representing each attachment styles. Respondents were asked to rate the following statements from 1-5 (with 5 being the highest) to determine whether those statements describe their feelings with their close relationships.

Table 4 presents the results of this study which implicates the dominant attachment style of the respondents. Somewhat dismissive with a total weighted mean of 3.27, followed by Somewhat Preoccupied and Somewhat Fearful with the total weighted mean of 3.03. The least, however, was Somewhat Secure with total weighted mean of 3.02. In this study, most of the respondents have a Somewhat Dismissive dominant attachment style. This result confirms some of the researchers' presumption prior in conducting the data gathering and literatures related in the subject of this study.

Findings of the study conducted by Demographic Research and Development Foundation (DRDF) and University of the Philippines Population Institute

51

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Asia Pacific Journal of Multidisciplinary Research, Vol. 5, No. 3, August 2017 (Part II)

(UPPI) shows that Filipino youth is the biggest consumer of social media in the Philippines [27].

Table 4. Summary of Secure Attachment Style Statements

Attachment Style Statements	WM	VI
A. Secure		
1. I find it easy to get emotionally close to others.	3.37	Somewhat Like Me
2. I worry about being alone.	3.07	Somewhat Like Me
3. I am comfortable depending on other people.	2.72	Somewhat Like Me
4. I am comfortable having other people depend on me.	3.09	Somewhat Like Me
5. I worry about having others not accept me.	3.03	Somewhat Like Me
Grand Weighted Mean:	**3.05**	**Somewhat Like Me**
B. Pre-occupied		
6. I am comfortable without close emotional relationships.	2.99	Somewhat Like Me
7. I want to be completely emotionally intimate with others.	2.87	Somewhat Like Me
8. I worry that others don't value me as much as I value them.	3.35	Somewhat Like Me
9. I find that others are reluctant to get as close as I would like.	2.89	Somewhat Like Me
Grand Weighted Mean:	**3.02**	**Somewhat Like Me**
C. Dismissive		
10. It is very important to me to feel independent.	3.74	Like Me
11. I am comfortable without close emotional relationships.	2.99	Somewhat Like Me
12. It is very important to me to feel self-sufficient.	3.41	Somewhat Like Me
13. I prefer not to have other people depend on me.	2.89	Somewhat Like Me
14. I prefer not to depend on others.	3.28	Somewhat Like Me
Grand Weighted Mean:	**3.26**	**Somewhat Like Me**
D. Fearful		
15. I find it difficult to depend on other people.	3.08	Somewhat Like Me
16. I worry that I will be hurt if I allow myself to become too close to others.	3.12	Somewhat Like Me
17. I find it difficult to trust others completely.	3.18	Somewhat Like Me
18. I am somewhat uncomfortable being close to others.	2.73	Somewhat Like Me
Grand Weighted Mean:	**3.03**	**Somewhat Like Me**

Every year Filipino Youth's consumption of internet, particularly social media increases [28]. The global average of social media use is 2.4 hours but as of 2015, Filipino Youth's social media consumption is already 4.3 hours [29]. According to literatures this increase in social media consumption is a product of relationship complications, such as peer group problem, romantic partner problem or/and family problem [30]. In addition, the said inflation of social media consumption of Filipino Youth has also several effects on their self-discrepancy.

When a person increases his or her social media consumption, his or her self-discrepancy increases as well. Through increasing consumption of social media of an individual, the gap between his or her ideal self and actual self, increases too, this leads his or her self-esteem to diminish [31]. In line with these literatures, the researchers concluded that Filipino Youth has an increasing ideal self and actual self-gap which is a product of their inflating social media consumption. Hence, based on relevant literature people using social media in an above global average has a large gap between their actual and ideal self.

Based on the study of American Psychological Association [30], unnurtured and dysfunctional relationships, particularly significant relationships like peer group, romantic relationship and parent-child is the primary reasons of an individual's above global average usage of social media (in terms of time).

In line with this, the researchers concluded that one of the roots of Filipino Youth's increasing social media consumption is rooted with their unnurtured and dysfunctional relationship with their significant relationship. When an individual has a dysfunctional peer-group, romantic or/and parental relationship it means he or she might have preoccupied, dismissive or fearful attachment. With agreement to the previous statements, the researcher has concluded that Filipino Youth's increasing social media consumption is a product of their unnurtured and dysfunctional parental relationships; hence, Filipino youth has dominant insecure attachment style toward their relationships (preoccupied, dismissive or fearful attachment). Being one of the determinants of Filipino Youth's self-discrepancy state and attachment style, then, is important for the researchers to scrutinize Filipino Youth's social media consumption through secondary literatures.

According to the latest household population made by National Statistics Office (2010), Census of Population and Housing (CPH) of the Philippines is

52

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already at the number of 92,097,978 [32]. The results of the nationwide 2015 survey made by National Telehealth Center shows that 44% of the said population (40,523,110) are active users of social media [33]. Another study shows that youth composes the majority of social media Filipino users who invests time in an above global average level [34].

In Philippines, National Capital Region (NCR) has the highest number of social media users although it is still unclear whether they are below, average or above average social media users it is certain that majority of them are youth [35]. There is no literature that shows what city in NCR has the highest number of youth who uses social media in an above average range of time but extensive researches show that Makati City and Pasig City are the "selfie-capitals" of the world. This result shows that the said cities are more frequent users of social media to post their "selfies" (photograph of an individual taken by her or himself) in comparison to other cities around the world [36].

Results of the above-mentioned literatures shows that Filipino Youths from Makati have high social media consumption which is one of the indicator of having unnurtured and dysfunctional significant relationships which is one of the products of having a dominant insecure attachment style (preoccupied, dismissive or fearful attachment) in line with this the researchers suggest that the said population might have dominant preoccupied, dismissive or fearful attachment. Through this study, the researchers' presumption was confirmed.

Table 5. Spearman's Correlation: Test for Significant Relationship Strength Between the Attachment Styles and Self-Discrepancy

Attachment Styles	Self-Discrepancy		
	Spearman's Rho	P-Value	Remarks
Secure	0.071	0.163	Positively weak relationship
Pre-Occupied	-0.003	0.949	Negatively weak relationship
Dismissive	-0.071	0.163	Negatively weak relationship
Fearful	-0.026	0.609	Negatively weak relationship

The Table 5 shows the remarks in the relationship strength testing between respondent's attachment style and self-discrepancy using Spearman's Correlation. In this study, it was indicated that there is a weak and positive correlation between the secure attachment style towards the self-discrepancy of the respondents, which was statistically insignificant (P-value 0.163>0.05) Whereas, results also showed that there is a weak and negative correlation between pre-occupied, dismissive and fearful attachment styles towards the self-discrepancy of the respondents, which was statistically insignificant (P-value 0.949>0.05; P-value 0.163>0.05; P-value 0.603>0.05). With the Spearman Correlational Coefficient or Spearman's Rho stated on the table 5, it was comprehensible that having a more secure Attachment Style was associated with high Self-discrepancy. In contrary, with the rest of the Attachment Styles, the more pre-occupied, dismissive or fearful the attachment of the respondents in their close relationships, the lower their potential Self-discrepancy.

CONCLUSION AND RECOMMENDATION

This study reveals that the respondents have high gap between their self-states and according to Henderson [31], high gap between individual's self-states leads to downtrend of his or her self-esteem. Self-esteem of the respondents is not part of the scope of this study. In line with this, the researchers recommend to the future researchers to conduct a study about the relationship between individual's self-discrepancies and self-esteem in local (Philippines') context. Another perspective in looking high gap between an individual's self-state is viewing it in relation with their social media consumption. Literatures show that when a person has high social media consumption, the gap between his or her self-states also increases. Based on the investigation of American Psychological Association [30], unnurtured and dysfunctional relationships (product of high self-discrepancies) are the essential reasons of an individuals' above global normal (in terms of time) utilization of web-based social networking (2011). Thus, it can be presumed that unnurtured and dysfunctional relationship were motivations behind Filipino youths' expanding media utilization. The said literatures can be confirmed by this study for it is reported that Makati City (where the respondents were drawn) is one of the two cities in the world that has the highest number of uploaded pictures in social media sites [36] which can be an indicator of the high level of their social media utilization.

The most dominant attachment style of the respondents is dismissive this implicates that they are

53

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independent, self-reliant and give low importance to relationships. Also, they feel worthy of love but have a hard time trusting the people around them [37]. Another trait of individuals who has this type as their dominant attachment style is that they are impulsive making them full of ups and downs and tend to respond to stressful situations by using passive coping styles [7]. Individuals having this dominant attachment style was said to have lower social skills scores compare to individuals who has secure and preoccupied dominant attachment style. When social skills low good communication skills and workplace's efficacy can be compromised [7]. Having stated all the traits associated with respondents' (Filipino Youth) dominant attachment style. The researchers recommend the respondents to do extra effort in maintaining healthy significant relationship for by achieving these can help them to build a stable and positive self-concept and to lessen the gap between their self-states which can lead in giving them ideal self-esteem.

With the Spearman Correlational Coefficient or Spearman's Rho's statistical test surprisingly, having a more secure attachment style in respondent's case was associated with high self-discrepancy. In contrary, with the rest of the attachment styles, the more pre-occupied, dismissive or fearful the attachment of the respondents in their close relationships, the lower their potential self-discrepancy. This result contradicts other foreign studies about the relationship of Self-Discrepancy and Attachment Style like Blalock's and his colleagues' [38] which says the opposite about the correlation of the said variables.

In line with these stated conclusions, the researchers recommend the future researchers to replicate this study with a broader scope of respondents to improve generalization. Due to constraints in time, logistics and resources, researchers of this study did not measure other types of self-states' gap such as actual-ideal and actual-ought discrepancy. In line with this, the researchers, recommends to include the said variables when doing a similar study. Lastly, in terms of the correlational coefficient statistical test, differences of the results depending on the context is visible, the researchers also encourage future researchers to repeat this type of study to another context.

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55

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