
**ATTACHMENT STYLES TO THE FATHER AND COPING STRATEGIES
AMONG EARLY ADOLESCENTS IN BANDA ACEH CITY**

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Abstract

This present study sought to investigate the relationship between attachment styles to the father and coping strategies among early adolescents. The population that has been studied was the seventh grade students of in one of junior high school in Banda Aceh city that meet the established criteria, specifically at least 12 years old and still have father. The sampling technique applied was universal sampling because the number of eligible population was only 81 students. Total of samples taken consists of 31 males and 50 females. In this study, research instrument used was two different scales, namely Adult Attachment Scale (AAS, Collins & Read, 1990) to measure attachment styles to the father and Self-Report Coping Scale (SRCS, Causey and Dubow, 1992) to measure coping strategies. Statistical test through Regression Analysis was operated to examine the hypothesis. Results showed that close attachment to the father, dependent attachment to the father, and anxiety attachment to the father were positive and strongly correlated with both coping strategies (approach coping strategy and avoidance coping strategy). Hence, it could be concluded that all types of attachment styles to the father among early adolescents could affect to the choice of either approach coping and avoidance coping.

Keywords: attachment styles to the father, coping strategies, early adolescents

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara gaya kelekatan terhadap ayah dan strategi koping di kalangan remaja awal. Populasi dalam penelitian ini merupakan siswa-siswi kelas tujuh di salah satu sekolah menengah pertama di Kota Banda Aceh. Teknik sampling yang digunakan adalah teknik sampling universal dikarenakan total populasi yang memenuhi syarat hanya berjumlah 81 orang. Sampel terdiri dari 31 orang siswa dan 50 orang siswi. Penelitian ini menggunakan dua skala yaitu *Adult Attachment Scale* (AAS, Collins & Read, 1990) untuk mengukur gaya kelekatan terhadap ayah dan *Self-Report Coping Scale* (SRCS, Causey & Dubow, 1992) untuk mengukur strategi koping. Pengujian hipotesis dilakukan dengan menggunakan Analisis Regresi. Hasil dari Analisis Regresi menunjukkan bahwa *close attachment*, *dependent attachment*, dan *anxiety attachment* memiliki hubungan yang signifikan dan positif terhadap kedua jenis strategi koping (*approach coping* dan *avoidance coping*). Jadi, dapat disimpulkan bahwa apapun jenis kelekatan yang dimiliki oleh remaja awal terhadap ayah dapat berpengaruh terhadap pemilihan jenis koping baik *approach coping* maupun *avoidance coping*.

Kata Kunci: gaya kelekatan terhadap ayah, strategi koping, remaja awal

Adolescence is the stage where one starts to explore oneself, tries to identify one's real self and gets an insight about one's own self (Parameswari, 2011). According to Puspitawati (2009), adolescence is the most critical transition period in human life because it is a stage where adolescents enter into the age of vitality through performance of various activities. On the other hand, adolescence is also a period of storm and stress when tension increases as a result of emotional and physical changes (Downey, Johnston, Hansen, Birney, & Stough, 2010). Furthermore, Santrock (2011) suggested that these emotional tensions can bring about many problems in various aspects of life that may cause stress in adolescents.

Research conducted by Seiffge-Krenke, Aunola, and Nurmi (2009) found that 46%-82% of all daily stressful events named by adolescents pertain to interpersonal relationships and other stressors stemmed from concerns about one's own identity (e.g., dissatisfaction about changes in one's body, appearance, traits, and characteristics). Despite this stressful period, at the same time adolescents also begin to demand more autonomy from their parents (Qin, Pomerantz, & Wang, 2009). Seiffge-Krenke et al. (2009) found that adolescence is a transition period in which they establish themselves as an autonomous individual.

Autonomy is indicated by individualism, which involves self-identity separating from the parents, to start depending on the independent self. This proves adolescents are trying to cope with their own problems without interference from parents (Daddis, 2011). However in early period, it is not easy because they are emotionally unstable (Brunswick, Lewis, & Messeri, 1992). Santrock (2011) found that the appropriate competent coping skills will be realized when they are calm rather than emotionally aroused. That may be especially true for adolescents who have a tendency to be emotionally intense.

If it is examined more deeply, we

will find a complex dynamics in the early adolescents (McKinney & Renk, 2011). According to Kiesner, Dishion, Poulin, and Pastore (2009), early adolescence period is particularly stressful, compared to middle and late adolescence, because they have just left childhood. Furthermore, Larson, Moneta, Richards, and Wilson (2002), described early adolescence as a time of developmental transitions (including the change from elementary to middle or junior high school), changes in peer expectations, increased life stress, and changes in relationships and role within the family and other contexts. Besides that, early adolescents during first year of junior high school will face many stressors, including adjustment with a new classroom environment, pressure from academic performance, and exploitation a new relationship with new friends (Midgley, Anderman, & Hicks, 1995).

Srimulyani and Inayatillah (2009) found that adolescents in big cities of Indonesia including Banda Aceh city, live in a vulnerable condition. Protracted armed conflict that happened in Aceh from 1976 to 2006 has led to some of Aceh's adolescents to feel discomfort in developing their relationship and creativity (Grayman, Good, & Good, 2009). Most of them also became victims of military violence and exploration of sexual harassment (Srimulyani & Inayatillah, 2009). Besides that, the tsunami of December 26, 2004 devastated thousands of communities along the coastline of the Aceh Province (Maryam, 2007). Based on data from Human Right Center, University of California in 2005, the tsunami in Aceh had taken 124,946 lives, while 94,994 people are still missing, and at least 400,376 people have been displaced. The official figure of material loss due to the tsunami is US\$445 million, 60 percent of which is property loss and 34 percent of which is lost income (Human Right Centre, 2005). The December 2004 tsunami was certainly one of the worst natural disasters the world has ever seen, and while the most extensive damage occurred in Aceh, it also

impacted the neighboring provinces as well as other countries bordering the Indian Ocean (Gaillard et al., 2008).

Because of these devastations, young people in Aceh find it difficult to develop their imagination because they live in a state of fettered, have less access to global information, and lack of psychosocial support (Carballo, Hernandez, Schneider, & Welle, 2005). Individuals who survived must cope with the personal impact of the disaster. They may be grieving from the loss of loved ones, be troubled by a sense of helplessness, and have feelings of guilt for surviving, or perceiving themselves as inadequate because of their inability to provide for their families (Nowak & Caulfield, 2008).

The adolescents who survived from these disasters will face a lot of stressful and challenging conditions (Souza, Bernatsky, Reyes, & Jong, 2007). They are still immature, thus they will choose inappropriate ways to cope with all the problems, such as delinquency-shoplifting (Baron, Weissberg, Kaspro, Voyce, Arthur, & Shriver, 1998), truancy (Chou, Ho, Chen, & Chen, 2006), a fight in school (Lowry, Powell, Kann, Collins, & Kolbe, 1998), and drug or alcohol use (Afriani, Baharudin, Siti, & Nurdeng, 2012).

Looking at the issues above, the presence of parents is very important in helping adolescents to choose appropriate coping strategies (Seiffge-Krenke et al., 2009). Lazarus (1991) stated that the selection of coping strategies will depend on social support that indicated involvement of others in problem solving, including parents. Although adolescents demand their autonomy by trying to solve their own problems, during high level of stress they actively seek out and maintain contact with the parents until comforted (Kenny, 1987). So, wise parents will guide them to make reasonable decision in areas where their knowledge is still limited (Santrock, 2011).

Changing of paradigm emphasizes that in addition to be a main breadwinner in the family; the father also has an important

role to play in the formation of adolescent behavior (Lindsay, 2007). In a patriarchal culture, a father has a more dominant role than a mother (James, 2010). A father is a head of the family, who must be responsible to his wife, children, family, and society (Bretherton, 2010). Thus, the relationships between father and children have to be maintained, so the children will be able to become more mature (Kenyon & Koerner, 2008). Although the attachment relationship between the father and the adolescent becomes more limited in communication and emotional quality over time, the adolescent continues to view his or her father as an important attachment figure (Paterson, Pryor, & Field, 1994).

Therefore, the focus of this study was to investigate the relationship between attachment styles to the father and coping strategies among early adolescents at seventh grade classes in one of junior high school in Banda Aceh city.

There were previous studies that investigated the attachment style to father among early adolescents. Ma and Huebner (2008) examined the extent to which the quality of parent and peer attachments related to early adolescents' life satisfaction, whether peer attachment served as a mediator between parent attachment and life satisfaction, and potential gender differences. A total of 587 middle school students in grades 6 through 8 participated. Students' Life Satisfaction Scale and Inventory of Parent and Peer Attachment were used in this study. To analyze the relationship between life satisfaction and parent and peer-attachment, the author used Correlation Analysis. The results showed that among this age group mothers were stronger attachment figures than fathers. Although both parent and peer attachment positively related to life satisfaction, parent attachment was the stronger unique predictor. There was no significant difference between males and females in levels of parent attachment; however, females reported higher levels of attachment to peers.

Sim and Yow (2011) studied the interplay of attachment to mother and attachment to father with respect to adjustment (hope, self-esteem, depression) for 130 early adolescents (mean age 12 years 7 months) and 106 middle adolescents in Singapore. The authors used own measurements to assess attachment to mother and father. A series of T-Tests was conducted to examine differences between early and middle adolescents on the two attachments and the three adjustment indices. Results showed that mother and father attachments were indeed linked (in expected directions) to hope and depression for both adolescent groups, these attachments were linked to self-esteem only for middle adolescents. The lack of a link for early adolescents is perhaps not surprising and may reflect how aspects of the self (in particular, how the self is evaluated) may not be overly affected by the transformations occurring during this period within parent-adolescent relations, characterized by increased conflict and decreased warmth with, possibly due in part to the rising prominence of peers.

Kamkar, Doyle, and Markiewicz (2012) investigated the association of attachment style with mother and father with depressive symptoms among early adolescent boys and girls. Participants included 140 seventh-grade and eighth-grade students (87 girls), ages 12-15 years, attending an English language high school in Montreal, Quebec. An adaptation of the Adolescent Relationship Scale Questionnaire was used to assess adolescents' attachment styles. To examine gender and target differences in the two attachment dimensions, the authors used Multivariate Analysis of Variance. Results showed that girls (but not boys) more anxiously attached to mother reported more depressive symptoms. Interestingly, in addition, adolescents more anxiously attached to their father reported more depressive symptoms if they were also more anxiously attached to their mother, indicating that adolescents who were more

anxiously attached to both parents were the most vulnerable to depressive symptoms.

There were also some previous studies that explored the coping strategy among early adolescents. Reeves, Nicholls, and McKenna (2009) conducted a study to examine stressors and coping strategies among early (12-14 years) and middle adolescents (15-18 years). Forty male academy soccer players, aged between 12-18 years, participated in semi-structured interviews, which were inductively and deductively content analyzed. Findings revealed that middle adolescents reported more stressors than early adolescents and that these two groups experienced both common and different stressors. Early adolescents identified making errors, opponents, team performance, and family as salient stressors. Making errors, team performance, coaches, selection, contracts, social evaluation, and playing at a higher level were more prominent among middle adolescents. Middle adolescents reported a greater number and repertoire of coping strategies than early adolescents, and used more problem- and emotion-focused strategies, but fewer avoidance strategies than early adolescents. Based on these findings, it is recommended that applied practitioners working within soccer academies take into account the players' age when providing psychological support.

Downey et al., (2010) explored the mediating effect of emotional intelligence and coping strategies on problem behaviors in Australian adolescents. One hundred and forty-five adolescents (60 boys and 85 girls with a mean age of 12.02 years) completed self-report instruments of emotional intelligence, stress coping strategies, and problem behaviors. Adolescent coping styles were assessed using the Adolescent Coping Scale. Cross-Correlations were used to identify any significant overlap between the initial (emotional intelligence), mediator (coping) and outcome measures (internalizing or externalizing behaviors). The relationships between Emotional Management and Control and engagement

in internalizing and externalizing behaviors were found to be mediated by the use of non-productive coping strategies. Mediation models of the relationship between problem behaviors and the Understanding Emotions and Emotional Recognition and Expression dimensions were found to be only partially mediated by the engagement in problem-focused and non-productive coping strategies. The results are discussed in regards to how coping strategies utilized in adolescence may produce more or less adaptive patterns of coping during adulthood. The development of emotional abilities may be required to improve coping outcomes for adolescents, which in turn may produce better psychological outcomes for adolescents in the long term.

Shin and Ryan (2012) investigated the relationships among social goals, coping with friends, and social adjustment in a sample of early adolescents during their first year in middle school. The participants were sixth-grade students from two public middle schools ($n=181$). Sixth grade is the first year of middle school in both schools. This study developed a measure of the different types of coping with friends (mastery, avoidance, and nonchalance). The authors conducted a Confirmatory Factor Analysis. The findings showed that individual differences in reports of coping were related to the broader social goals students endorsed and were associated with subsequent social behavior. As expected, a social demonstration-avoid goal was associated with avoidance coping with friends and avoidance coping was associated with subsequent anxious solitude. In contrast, a social demonstration-approach goal was associated with nonchalance coping with friends, which in turn was associated with subsequent overt aggression. A social development goal was associated with mastery coping with friends, which, in turn, was associated with subsequent best friendship quality. Overall, the results are informative about individual differences in young adolescents' social goals, coping with friends, and social adjustment during early adolescence.

METHOD

The approach used in this study is a quantitative method. The population is the seventh grade students in one of junior high school in Banda Aceh city which meet the established criteria, specifically at least 12 years old and still have a father. Based on preliminary survey to determine the number of eligible population, there were a total of 114 students and the number of eligible population was 81 students. Because the number of eligible population less than 100 students, so the total of samples taken are 81 students.

In this study, the research instrument used was two different scales, namely Adult Attachment Scale (AAS, Collins & Read, 1990) to measure attachment styles to the father, and Self-Report Coping Scale (SRCS, Causey and Dubow, 1992) to measure coping strategies. The relationship between attachment styles to the father and coping strategies was analyzed by Regression Analysis using software IBM SPSS Statistics version 20.0 for Window.

Nancy L. Collins and Stephen J. Read, two authors who developed AAS had demonstrated good psychometric properties for reliability and validity of AAS. Collins and Read (1990) reported Cronbach Alpha's coefficients of .69 for Close, .75 for Depend, and .72 for Anxiety. In addition, the latest study conducted by Akhtar (2012) among adolescents in Pakistan found that the value of Cronbach Alpha for AAS ranged from .72 to .80. SRCS also demonstrated acceptable reliability and validity in previous studies. David L. Causey and Eric F. Dubow was the developers of SRCS reported Cronbach Alpha's coefficients of .84 for self-reliance/problem solving, .84 for seeking social support, .69 for distancing, .66 for internalizing, and .68 for externalizing (Causey & Dubow, 1992). In addition, the previous study conducted by Markovic, Rose-Krasnor, and Coplan (2012) found that the value of Cronbach Alpha for approach coping (self-reliance/ problem solving and seeking social support) was 90 and avoidance coping was evaluated

separately by internalizing (= .74) and externalizing (= .75) sub-scales of the SRCS is due to low-to-moderate correlations between these variables.

The present study generated value of Cronbach Alpha's coefficient as much as .95 on the whole for AAS. In detail, the test results showed Cronbach Alpha's coefficients of .86 for close attachment, .80 for dependent attachment, and .89 for anxiety attachment. For validity, eighteen items in AAS had inter-item correlation ranged from .43 to .84. The present study also generated value of Cronbach Alpha's coefficient as much as .91 on the whole for SRCS. In detail, the test results showed Cronbach Alpha's coefficients of .87 for approach coping (problem solving/ self-reliance and seeking social support) and .83 for avoidance coping (distancing, internalizing, and externalizing). For validity, thirty-two items in SRCS had inter-item correlation ranged from .33 to .61.

RESULTS

For determining the types of attachment styles to the father and coping strategies among early adolescents in Banda Aceh city, the researcher did a descriptive analysis. Previously, the statistical mean for each dimension of attachment styles to the father in AAS and coping strategies in SRCS were completed. Furthermore, the dimension which showed the highest point reflected the attachment style to the father and coping strategy owned by each participant. Below is the table 1 which shows the types of attachment styles to the father and coping strategies.

Table 1. Types of Attachment Styles to the Father and Coping Strategies among Early Adolescents

Variable	M (SD)	
Attachment Styles to the Father		
Close Attachment	20.89	(3.58)
Dependent Attachment	19.73	(3.66)
Anxiety Attachment	19.88	(4.20)
Coping Strategies		
Approach Coping	47.01	(7.52)
Avoidance Coping	51.16	(7.48)

Based on the table 1 shown above, the average score for close attachment to the father was 20.89 (SD = 3.58), the average score for dependent attachment to the father was 19.73 (SD = 3.66), and the average score for anxiety attachment to the father was 19.88 (SD = 4.20). Thus, from these results the early adolescents in Banda Aceh city had close attachment to the father. In additional, the average score for approach coping strategy was 47.01 (SD = 7.52) and the average score for avoidance coping strategy was 51.16 (SD = 7.48). Thus, from these results the early adolescents in Banda Aceh city performed avoidance coping strategy.

1. Testing of Assumptions

Before proceeding to the hypothesis test, testing of assumptions needed to be done as a requirement. Assumption of Normality and Assumption of Linearity are the testing of assumptions used before Regression Analysis. Assumption of Normality results obtained $z_{value} = 1.32$, $p = .06$ for AAS and $z_{value} = .96$, $p = .31$ for SRCS. This means the data distribution of AAS and SRCS had a normal spread because $p > .05$. In addition, Assumption of Linearity results obtained $p = .00$. This means relationships between attachment styles to the father and coping strategies were linear because $p < .05$.

2. Testing of Hypothesis

Testing of the hypotheses was intended to investigate the relationship between attachment styles to the father and coping strategies among early adolescents by using Regression Analysis. As shown above, the results of Assumption of Normality and Assumption of Linearity were qualified to perform Regression Analysis. Below is the table 2 which displays the results from Regression Analysis.

Table 2. Regression Analysis Results

Attachment Style to Father Subscales	Coping Strategy Subscales					
	Approach			Avoidance		
	r	p	R ²	r	p	R ²
Close	.73**	.00	.53	.74**	.00	.55
Dependent	.76**	.00	.58	.68**	.00	.47
Anxiety	.72**	.00	.52	.71**	.00	.49

Based on the the table 2 shown

above, close attachment to the father subscale were positive and strongly correlated to both coping strategy subscales (approach coping strategy subscale, $r(79) = .73, p < .01$ and avoidance coping strategy subscale, $r(79) = .74, p < .01$). Besides that, dependent attachment to the father subscale also presented a strong correlation with both coping strategy subscales (approach coping strategy subscale, $r(79) = .76, p < .01$ and avoidance coping strategy subscale, $r(79) = .74, p < .01$). Lastly, in line with close and dependent attachment to the father subscales, anxiety attachment to the father subscale was also strongly correlated to both coping strategy subscales (approach coping strategy subscale, $r(79) = .72, p < .01$ and avoidance coping strategy subscale, $r(79) = .71, p < .01$). Thus, the hypothesis failed to be rejected; there was a significant relationship between attachment styles to the father and coping strategies among early adolescents in Banda Aceh city.

DISCUSSIONS

Regression Analysis results from AAS and SRCS showed that close attachment to the father, dependent attachment to the father, and anxiety attachment to the father were positive strongly correlated with both coping strategies (approach coping strategy and avoidance coping strategy). This means early adolescents who performed a close attachment to the father, dependent attachment to the father, and anxiety attachment to the father had the possibility to do approach coping and avoidance coping as well. In-line with this finding, Ainsworth (1968) stated that attachment styles shown from the father to his adolescents did not become a benchmark to expose a good behavior or a bad behavior for early adolescents, but because it would depend on other factors, such as an appropriate guidance from the parents, individual differences, friendship patterns, and environmental influences.

Close attachment to the father contributed as much as 53% towards

approach coping strategy. This finding is supported by Moretti and Peled (2004) that attachment security in adolescence predicts more constructive coping skills and significant gains in social skills. Securely attached adolescents manage the transition to high school more successfully, enjoy more positive relationships and experience less conflict with family and peers. These findings were also consistent with past studies showing that secure individuals seek and accept interpersonal support (Shulman, 1993) as well as studies that show that effective coping predicts psychological adjustment (Steward, Jo, Murray, Fitzgerald, Neil, Fear, & Hill, 1998) early adolescents who had close attachment to the father would have a proper impact to their social adjustment and self-control, so they would be able to choose appropriate approach coping strategies to deal with problems (Bretherton, 2010). In addition, Fosco (2012) also described that with good social adjustment; the adolescents would develop competent coping skills which would lead them into appropriate decision making. On the other hand, close attachment to the father also could make early adolescents to perform avoidance coping strategy, because they received inappropriate guidance from the father. Santrock (2011) said that when early adolescents try to solve their own problems, a good father will try to give guidance for his adolescents, such as giving suggestions or sharing experiences.

However, close attachment to the father also gave a big contribution, as much as 55% towards avoidance coping strategy. Sometimes the father imposes his will on early adolescents because his past experiences. Therefore, early adolescents would feel confuse and choose avoidance coping strategy as the best way to solve their problem, such as forget the problem, become upset with the problem, or get mad. Moreover, Jodl, Michael, Malanchuk, Eccles, and Sameroff (2001) explained that the father who is close with their children occasionally will force them to follow what

he wants. The father tries to translate his values and beliefs into actions and thereby transfers them to the adolescents. Finally, early adolescents who still show imbalance in decision making would perform inappropriate coping strategy.

Other findings showed that those early adolescents who were dependently attach to the father reported significantly more positive in using approach coping strategy and also avoidance coping strategy. Dependent attachment to the father contributed as much as 58% towards approach coping strategy. According to Goossens, Marcoen, van Hees, and van de Woestijne (1998), people with dependent attachment have a high level of support, but low on exploration. Based on this statement, the understanding that early adolescents who had dependent attachment to father would display approach coping strategy from the high level of support from the father. Stewart and Suldo (2011) said that social support is one mechanism that aids successful adolescent development and promotes positive outcomes during this time of transition. This includes better decision making and problem solving skills.

Besides that, dependent attachment to the father also gave a big contribution, as much as 47% towards avoidance coping strategy. Dependent attachment to the father could lead to early adolescents performing avoidance coping strategy in consequence of low exploration. Consistent with these findings, Peterson et al. (1994) explained that parent-adolescent relations continue to serve an adaptive function by providing a secure base from which adolescents can independently explore and master new environments. However, dependent attachment provides less exploration, so early adolescents will face difficulty when adjusting to a new environment, and they will tend to choose avoidance coping strategy as a short way to deal with many stressful conditions.

Last, results indicated that early adolescents with anxiety attachment to the father could also perform both coping

strategies; approach coping strategy and avoidance coping strategy. Anxiety attachment to the father contributed as much as 52% towards approach coping strategy. Explanation by Ainsworth (1968) stated that anxiety attachment tend to make adolescents to close with the father because they are afraid to make decisions. They also feel discomfort with the father, but still try to establish relationships with him. These findings were consistent with existing research conducted by Pace and Zappula (2011), which described anxiety attachment in early adolescents mostly due to fear of decision making. So, even though they had anxiety attachment with the father, early adolescents would be able to solve the problem appropriately by choosing the right coping strategy. This happened because the father became a decision maker figure for the child.

Meanwhile, anxiety attachment to the father also gave a big contribution, as much as 49% towards avoidance coping strategy. Early adolescents, who anxiously attach with their father, also choose avoidance coping strategy. According to Ainsworth's attachment theory, early adolescents who had anxiety attachment to the father might openly display direct aggression against the father because they had not received support from him (Ainsworth, 1968). A wise father should try to give some advice and attention when his adolescents are sharing their problems, and seeking the support doing this could give a great contribution for their social competence, self-esteem, and emotional adjustment (Paterson et al., 1994). However, early adolescents with this attachment style didn't get any support from their father. Goossens et al. (1998) also described, that early adolescents with anxiety attachment to father had less self-exploration. So, in linier with depend attachment explained above, they would not be able to choose appropriate coping strategy, due to the father not providing any resources that could help them to perform competent coping skills.

From the explanation above, it could

be understood that attachment styles to the father had a major impact on early adolescents in choosing coping strategy. Attachment style to the father was one of the factors which influenced coping strategy from social support; a factor which came from an outside individual. Social support indicated the involvement of others in the way of solving the problem, including the father. Other factors which are not explored in this study, but also gave contribution to coping strategy might be associated with health condition and personality factors. Lazarus and Folkman (1984) said that people who are ill are not able to respond to the problem, otherwise a healthy individual is more easily making various efforts to control the problem. Additionally, Jihua and Jing (1996) said that personality gives contribution to coping strategies. Self-blame and wishful thinking personality were negatively correlated with problem solving coping, meanwhile help-seeking personality was positively correlated with problem solving coping.

However, from all the findings could be seen that no matter what attachment style the early adolescent follows, they still had a possibility to perform both coping strategies (approach coping strategies or avoidance coping strategy). There was evidence to support these findings as stated by Roth and Cohen (1986). Avoidance coping strategy is better than approach coping strategy, if the situation is uncontrollable, whereas approach coping strategy is better if there is potential control. The implication here is that approach allows one to take advantage of opportunities for control, if these are present. Additionally, Lazarus (1991) concluded that coping effectiveness depends on the controllability of the situation.

CONCLUSIONS

Regression Analysis showed that there is a significant relationship between attachment styles to father and coping strategies among early adolescents in Banda Aceh city. Close attachment to the father,

dependent attachment to the father, and anxiety attachment to the father were positive and strongly correlated to both coping strategies (approach coping strategy and avoidance coping strategy).

Based on the results, the researcher offers several recommendations. For the next researchers who would like to raise the same theme, they are expected to develop new study with other instruments, especially to see the attachment styles to father and coping strategies during early adolescence, such as observations and interviews in order to obtain more in-depth results. Besides that, they are also expected to develop a new study by using different analytical techniques besides Regression Analysis, so the results and discussions gained would be more specific and in-depth. Moreover, different research methods should also be considered for use, especially qualitative methods, so the results and discussions would be more specific and in-depth.

Another area to be investigated in future research is early adolescents' relationships with multiple attachment figures. Examining relationships with each attachment figure (e.g., mother, same-sex friend, and romantic friend) may enrich our understanding of the multiple relationships integral to development. This would also be appropriate for studying adolescents from diverse family structures and different ethnic and cultural backgrounds, who may have close relationships with a number of people besides biological parents and close friends. Other variables related to coping strategies and attachment styles to father, such as social skills, personality characteristics, birth order, and child-parent relationship should also be explored.

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