

A Study on the Relationship Between Emotional Intelligence and Attachment Style Among Dating App Users and Dating App Non-Users

Shreya¹, Hemanth Babu R²

^{1, 2}Division of Psychology, Jain University, Bangalore, India

Abstract: *The present study aimed to examine the relationship between emotional intelligence and attachment style among dating app users and non-users. It also sought to compare emotional intelligence and attachment styles between the two groups and investigate gender differences among dating app non-users. A correlational research design was adopted, and purposive sampling was used to collect data from 114 young adults aged 18–30 years, comprising 64 dating app users and 50 non-users. Data were collected using the Emotional Intelligence Scale developed by Singh and Narain (2014) and the Attachment Style Questionnaire developed by Becker et al. (1997). The findings reported an association between emotional intelligence and attachment style among both dating app users and non-users, with a positive relationship between emotional intelligence and anxious attachment reported among dating app users. No statistically significant difference was found in emotional intelligence between the two groups ($t = -0.877$, $p = .382$). The study also reported no significant differences in attachment styles between the groups or in emotional intelligence and attachment styles between male and female non-users. These findings provide insights into the relationship between emotional intelligence and attachment style in the context of dating app usage.*

Keywords: Emotional Intelligence, Attachment Style, Dating App Usage, Romantic Relationships, Young Adults

1. Introduction

The emergence of digital technologies has significantly influenced the ways in which individuals initiate and develop interpersonal and romantic relationships. Dating applications have become an increasingly accessible means of meeting potential romantic partners, allowing individuals to communicate and establish connections through digitally mediated interactions. Unlike traditional forms of relationship initiation, dating applications provide users with opportunities to interact with a relatively large pool of potential partners beyond their immediate social environments. This changing context of relationship formation has generated interest in understanding the psychological characteristics associated with dating-app use and interpersonal relationships. The present study focuses on two such characteristics, namely emotional intelligence and attachment style, and examines their relationship among dating-app users and dating-app non-users.

Emotional intelligence (EI) refers to the ability to recognize, understand, regulate, and appropriately use emotional information in oneself and in interactions with others. Salovey and Mayer conceptualized emotional intelligence as the ability to monitor one's own and others' feelings and emotions, discriminate among them, and use emotional information to guide thinking and behaviour. The construct therefore involves processes related to the perception and understanding of emotions as well as their effective regulation and use in interpersonal situations. The project further identifies emotional understanding, motivation, empathy, and the handling of relationships as important dimensions relevant to emotional intelligence.

Emotional intelligence is particularly relevant to interpersonal relationships because relationships require individuals to recognize emotional states, communicate effectively, respond

to the emotions of others, and regulate their own emotional responses. The ability to understand and manage emotions may therefore influence how individuals approach social interactions and respond to interpersonal situations. Existing literature reviewed in the present project has examined the association of emotional intelligence with attachment, loneliness, romantic relationships, and other interpersonal outcomes, suggesting that emotional processes and attachment-related patterns may be meaningfully connected.

Attachment provides another important framework for understanding interpersonal and romantic relationships. Attachment theory, associated primarily with John Bowlby, proposes that humans have an inherent tendency to form strong emotional bonds with significant others. Bowlby's conceptualization emphasizes the importance of early attachment relationships and proposes that individuals develop internal working models concerning themselves and their relationships with others. These models can influence subsequent interpersonal expectations and patterns of relating.

In adulthood, attachment style is used to describe characteristic patterns of relating to others in intimate relationships. The present project describes secure, anxious/ambivalent, and avoidant attachment styles in relation to adult interpersonal functioning. Secure attachment is generally characterized by comfort with intimacy and trust in relationships, whereas insecure attachment patterns may involve concerns related to abandonment, intimacy, dependence, or emotional distance. These patterns provide a useful framework for examining individual differences in the way people approach and experience close relationships.

The relationship between emotional intelligence and attachment is particularly relevant because both constructs concern emotional functioning and interpersonal behaviour,

although they represent different psychological concepts. Attachment reflects characteristic patterns of emotional bonding and interpersonal expectations, whereas emotional intelligence concerns the recognition, understanding, and management of emotional information. Previous studies reviewed in the project have investigated associations between these constructs across different populations. For example, research has examined the relationship between emotional intelligence and attachment styles among adolescents and adults, while other studies have considered emotional intelligence as a factor associated with attachment and relationship-related outcomes.

The development of dating applications provides a contemporary context in which these psychological characteristics can be examined. Research reviewed in the present project has considered attachment orientations in relation to dating-app preferences and online dating behaviour. Studies have also examined emotional intelligence in relation to online dating and dating-app use. One study included in the project examined the relationship between emotional intelligence and online dating among adults and did not support the proposition that dating-app users necessarily have lower emotional intelligence. Another study examining attachment orientations and dating-app preferences suggested that individual differences in attachment may be relevant to understanding online dating behaviour.

Despite the growing literature concerning emotional intelligence, attachment, romantic relationships, and online dating, these areas have not been fully integrated within the specific context examined in the present study. In particular, examining both dating-app users and individuals who do not use dating applications provides an opportunity to consider whether the relationship between emotional intelligence and attachment differs across these two groups. Such a comparison may contribute to a better understanding of emotional and attachment-related characteristics within contemporary forms of relationship formation.

Therefore, the present study investigates the relationship between emotional intelligence and attachment style among dating-app users and dating-app non-users. The study also examines differences in emotional intelligence and attachment style between the two groups and considers gender differences in emotional intelligence and attachment style among dating-app non-users. The study thus seeks to examine the psychological dimensions associated with interpersonal functioning within the context of both digital and non-digital approaches to relationship formation.

2. Literature Review

Emotional intelligence and attachment style have been examined as important psychological factors associated with emotional functioning and interpersonal relationships. Previous research has investigated the relationship between these constructs across different populations, while more recent studies have also explored their relevance to romantic relationships and digitally mediated forms of relationship formation. The literature reviewed for the present study can broadly be considered in terms of research on emotional intelligence and attachment, their association with

interpersonal and romantic outcomes, and their relevance to dating-app use.

Emotional Intelligence and Attachment

Several studies have reported an association between emotional intelligence and attachment styles. Bonab and Koohsar (2011), in a study of delinquent adolescents, examined the relationship between emotional intelligence and attachment styles using measures of emotional intelligence and attachment. Their findings indicated that emotional intelligence could be predicted from attachment styles. The study further reported that adolescents with an anxious attachment style had lower emotional intelligence than those with a secure attachment style. This finding suggests that differences in attachment orientation may be associated with differences in emotional functioning.

Hamarta, Deniz, and Saltali (2009) investigated attachment styles as predictors of emotional intelligence among 463 undergraduate students. The study examined several dimensions of emotional intelligence, including intrapersonal and interpersonal abilities, adaptability, stress management, and general mood. The findings indicated a significant positive relationship between secure attachment and the different dimensions of emotional intelligence. The authors also reported that attachment styles significantly explained emotional intelligence and that secure attachment predicted the dimensions examined in the study.

Similarly, Kafetsios (2004) examined the relationship between adult attachment orientations and emotional intelligence among 239 adults aged 19–66 years. Emotional intelligence was assessed in terms of the abilities of emotional perception, facilitation, understanding, and management. Secure attachment was positively associated with the overall emotional intelligence score and with several of its dimensions. The study also reported differences in emotional intelligence abilities across age and gender groups. These findings provide further evidence that attachment orientation and emotional functioning may be related across adulthood.

Research by Hajiabolzadeh (2014), as reported in the project, examined the relationship between attachment styles and components of emotional intelligence among 280 students of Sharif University of Technology. The findings indicated a significant positive relationship between secure attachment and emotional intelligence, whereas ambivalent and avoidant attachment styles showed negative relationships with emotional intelligence.

Golchin Samadial, Kasaeia, and Mohammad Poura (2013) also examined attachment styles as predictors of emotional intelligence among 300 undergraduate students. Their results indicated a significant positive relationship between secure attachment and the different dimensions of emotional intelligence. The study further suggested that attachment styles could significantly explain variations in emotional intelligence, with secure attachment predicting the examined dimensions.

Taken together, these studies indicate a recurring association between attachment orientation and emotional intelligence. In particular, secure attachment has frequently been associated

with more positive emotional-intelligence outcomes, while insecure attachment orientations have shown different or less favourable associations in several studies. However, these findings have been obtained across different populations and contexts, and therefore cannot automatically be generalized to individuals who use or do not use dating applications.

Emotional Intelligence, Attachment, and Interpersonal Outcomes

The relevance of emotional intelligence and attachment extends beyond their direct association. Both constructs have also been examined in relation to interpersonal adjustment, psychological well-being, and romantic relationships.

Zysberg, Kelmer, and Mattar (2019) investigated the roles of emotional intelligence and attachment styles in satisfaction with romantic relationships among 175 young adults in Israel. The study examined emotional intelligence, attachment styles, and romantic relationship satisfaction. The findings indicated that emotional intelligence became positively associated with relationship satisfaction when attachment style was included in the regression model, while anxiety and avoidance in attachment were negatively associated with relationship satisfaction. This suggests that attachment characteristics may be important when considering the relationship between emotional intelligence and romantic relationship outcomes.

Borawski et al. (2022) examined the relationship between attachment styles, loneliness, and emotional intelligence. The study considered emotional intelligence as a potential mediator and moderator in the relationship between attachment styles and loneliness. The inclusion of emotional intelligence in this framework highlights the possibility that emotional abilities may play an important role in the way attachment-related characteristics are associated with interpersonal and psychological outcomes.

Calin and Petroiu (2022) also examined emotional intelligence, attachment style, and self-esteem among adolescents and adults. As reported in the project, the findings were consistent with the broader literature linking secure attachment with more positive emotional and psychological characteristics. The study contributes to the evidence that attachment and emotional intelligence may be interconnected aspects of interpersonal and emotional functioning.

Other research included in the project has examined emotional intelligence and attachment in relation to psychological health. Taheri et al. (2019), for example, investigated attachment styles and emotional intelligence components in relation to dimensions of health among parents. The findings reported relationships between insecure attachment styles and psychological difficulties, while several emotional-intelligence components were associated with different health dimensions. Although the population and outcome variables differ from those of the present study, this research further demonstrates the broader relevance of emotional intelligence and attachment to psychological functioning.

Attachment and Dating-App Use

The increasing use of dating applications has provided a new

context for examining individual differences in romantic and interpersonal behaviour. One study particularly relevant to the present research was conducted by Chin, Edelstein, and Vernon (2019), who examined attachment-related differences in the use of dating applications. Their study collected online survey data concerning participants' attachment orientations and dating-app preferences.

The findings indicated that individuals with higher levels of anxious attachment were more likely to report using dating applications, whereas individuals with higher avoidant attachment were less likely to report dating-app use. The study also identified commonly used applications among participants, including Tinder, OkCupid, and Plenty of Fish. The authors suggested that individual differences in attachment may be relevant to understanding online dating behaviour and that dating applications provide a useful context for further research on attachment-related differences.

Research by James (2015), also included in the project, examined how and why individuals use Tinder and considered differences in mobile-dating perceptions across age and gender. The study used an online survey and explored participants' perceptions of the convenience and social aspects of Tinder use. Its findings illustrate that dating-app use involves individual perceptions and motivations that may differ across users. Although the study did not directly examine emotional intelligence, it contributes to the broader understanding of dating applications as a contemporary setting for interpersonal interaction.

Emotional Intelligence and Online Dating

Research has also begun to examine emotional intelligence specifically in the context of online dating. Mansdoerfer (2019) conducted a correlational study examining emotional intelligence and online dating among 83 adults. Emotional intelligence was considered through the four branches of perception of emotion, facilitation of thought through emotion, understanding emotion, and management of emotion. According to the study summary included in the project, the findings did not support the proposition that individuals who use dating applications have lower emotional intelligence.

This finding is relevant because it indicates that dating-app use should not necessarily be interpreted as an indicator of lower emotional functioning. Instead, emotional intelligence and dating-app use may need to be examined as separate characteristics, while considering other psychological factors that may influence online relationship behaviour.

Attachment, Digital Interaction, and the Need for Further Research

The existing literature therefore provides evidence for several relevant relationships. First, research has repeatedly examined the association between emotional intelligence and attachment styles, with secure attachment frequently showing positive associations with emotional intelligence. Second, attachment orientations have been linked to romantic relationship outcomes and to individual differences in dating-app use. Third, research has begun to examine emotional intelligence in the context of online dating, although this area remains comparatively less developed than the broader

literature on emotional intelligence and attachment.

An important feature of the existing literature is that these relationships have often been examined separately. Studies have investigated emotional intelligence and attachment in general populations, attachment in relation to dating-app use, and emotional intelligence in relation to online dating. However, the literature reviewed in the present project provides comparatively limited evidence concerning the relationship between emotional intelligence and attachment styles when dating-app users are directly compared with dating-app non-users. This provides the basis for the present investigation.

The present study therefore extends the existing line of research by examining emotional intelligence and attachment style among young adults aged 18–30, with separate consideration of dating-app users and dating-app non-users. It further examines whether the two groups differ in emotional intelligence and attachment style and considers gender differences among dating-app non-users. The study consequently brings together two psychological constructs that have been widely studied independently and examines their relationship within the contemporary context of dating-app use.

3. Problem Definition

Dating applications have changed the way young adults initiate and develop interpersonal and romantic relationships by providing new opportunities for social interaction and partner selection. Previous research has examined emotional intelligence, attachment styles, romantic relationships, and dating-app behaviour as separate areas of investigation. However, comparatively limited attention has been given to examining the relationship between emotional intelligence and attachment style while directly comparing dating-app users with individuals who do not use dating applications.

The present study addresses this gap by examining the relationship between emotional intelligence and attachment style among young adults aged 18–30 who use dating applications and those who do not. The study also examines differences in emotional intelligence and attachment style between the two groups. In addition, gender differences in emotional intelligence and attachment style are examined among dating-app non-users. By addressing these aspects within the same study, the research seeks to provide a clearer understanding of the association between emotional functioning and attachment patterns in the context of contemporary dating practices.

4. Methodology

4.1 Research Design

The present study employed a correlational research design to examine the relationship between emotional intelligence and attachment style among dating-app users and dating-app non-users. The design was used to examine associations between the study variables without manipulating or controlling them.

4.2 Participants

The study included 114 young adults between 18 and 30 years of age. The participants were divided into two groups based on dating-app usage: 64 dating-app users and 50 dating-app non-users. The participants were selected according to the inclusion criteria specified for the study.

4.3 Sampling

A purposive sampling technique, a non-probability sampling method, was used for participant selection. Participants were selected because they met the characteristics required for the study, particularly with regard to age and dating-app usage status.

4.4 Inclusion Criteria

The study included young adults aged 18–30 years who belonged to either of the two study groups: dating-app users or dating-app non-users.

4.5 Measures

Two psychological measures were used to assess the study variables.

Emotional Intelligence Scale:

The Emotional Intelligence Scale, developed by Dr. Arun Kumar Singh and Dr. Shruti Narain (2014), was used to assess emotional intelligence. The scale consists of 31 items, including 27 positively worded and 4 negatively worded items, with a Yes/No response format. It measures four dimensions: Understanding Emotions, Understanding Motivation, Empathy, and Handling Relations. The report states a test-retest reliability of 0.86, with significant alpha coefficients and concurrent validity of 0.86.

Attachment Style Questionnaire:

The Attachment Style Questionnaire, developed by Becker, Billings, Eveleth, and Gilbert (1997), was used to assess attachment style. The questionnaire contains 25 statements, including 19 positively worded and 6 negatively worded items. Responses are recorded on a 7-point scale, ranging from 1 = very characteristic of me to 7 = not at all characteristic of me. The questionnaire assesses Secure Attachment, Anxious/Ambivalent Attachment, and Avoidant Attachment. The report states a Cronbach's alpha reliability of 0.80.

4.6 Procedure

Data were collected using a questionnaire prepared through Google Docs and distributed electronically, with additional data collected through offline administration. The questionnaire included demographic information and items related to dating-app usage, followed by the measures of emotional intelligence and attachment style. Participation was voluntary, and the responses were collected anonymously. A total of 143 responses were initially obtained. After excluding 29 incomplete responses, the final sample consisted of 114 participants.

4.7 Ethical Considerations

Informed consent was obtained from the participants before data collection. Participation was voluntary, and participants were not forced to take part in the study. The identities of the participants were kept anonymous, and the collected responses were treated as confidential.

4.8 Statistical Analysis

The report states that the collected data were analysed using IBM SPSS Statistics, Version 27. The analyses examined relationships between emotional intelligence and attachment style and differences between the relevant participant groups. Descriptive statistics were also used to summarize the sample and study variables.

Important: I have deliberately kept this last subsection general for now. The current report's Statistical Analysis section does not clearly specify all the exact statistical tests used, and some of the later results tables do not expose the complete statistical values. I don't want us to invent tests or statistics. We can finalize this subsection once we reconstruct the exact analyses from the SPSS results.

5. Results and Discussions

This section presents the findings of the study examining the relationship between emotional intelligence and attachment style among dating-app users and non-users. The results include the demographic characteristics of the participants, the relationship between emotional intelligence and attachment style in both groups, differences in emotional intelligence and attachment style between dating-app users and non-users, and gender differences among dating-app non-users.

5.1. Demographic Characteristics of the Participants

A total of 114 participants aged between 18 and 30 years participated in the study. The participants were divided into two groups: dating-app users ($n = 64$) and dating-app non-users ($n = 50$). The demographic characteristics examined included age, gender, educational qualification, occupation, family type, birth order, and marital status.

The age distribution showed that the majority of participants belonged to the 18–20-year age group. Regarding gender, 65 participants were male and 49 were female. Most participants were undergraduate students, and the majority reported being students by occupation. Nuclear families constituted the most common family type among the participants.

The following tables and figures present the demographic distribution of the study participants.

Table 1: Frequency Distribution of the Participants Based on Age, N=114

Age	Frequency	Percent
18-20	82	53.2
21-23	23	14.9
24-27	6	3.9
28-30	3	1.9

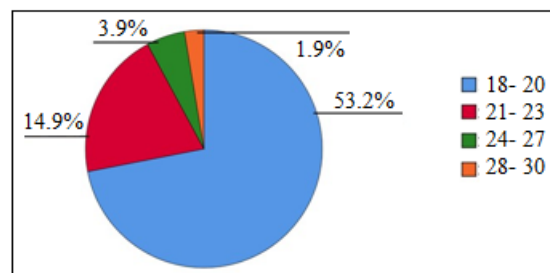


Figure 1: Frequency Distribution of the Participants Based on Age

Table 2: Frequency Distribution of the Participants Based on Gender, N=114

Gender	Frequency	Percent
Male	65	42.2
Female	49	31.8

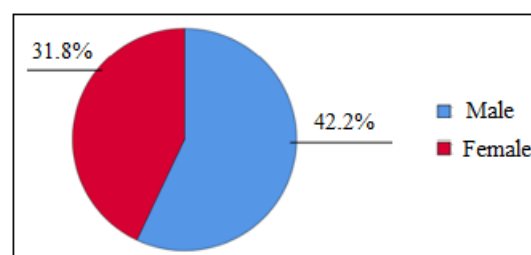


Figure 2: Frequency Distribution of the Participants Based on Gender

Table 3: Frequency Distribution of the Participants Based on Education, N=114

Education	Frequency	Percent
Higher secondary	3	1.9
Ug	91	59.1
Pg	20	13.0

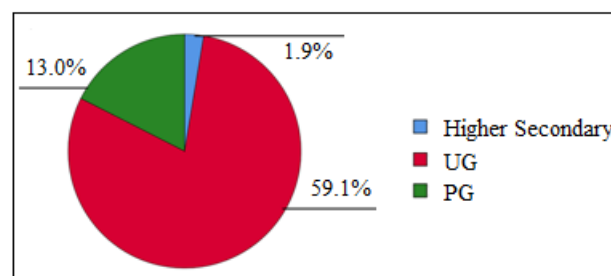


Figure 3: Frequency Distribution of the Participants Based on Education

Table 4: Frequency Distribution of the Participants Based on Occupation, N=114

Variables	Frequency	Percent
Student	95	61.7
Employed	15	9.7
Unemployed	4	2.6

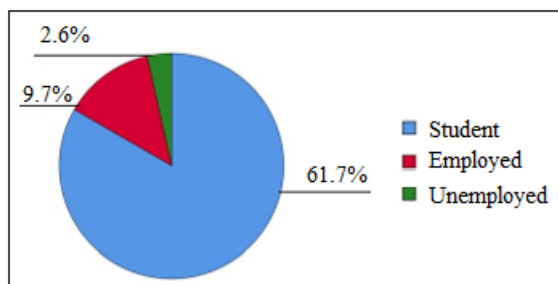


Figure 4: Frequency Distribution of the Participants Based on Occupation

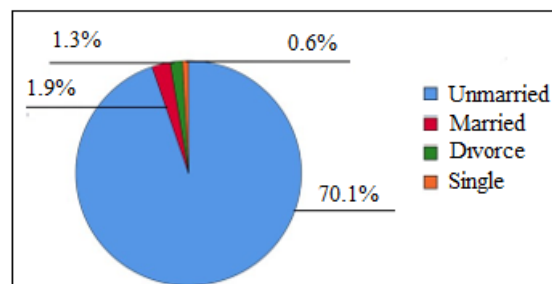


Figure 7: Frequency Distribution of the Participants Based on Marital Status

Table 5: Frequency Distribution of the Participants Based on Family Type, N=114

Variables	Frequency	Percent
Joint	19	12.3
Nuclear	87	56.5
Single parenting	8	5.2

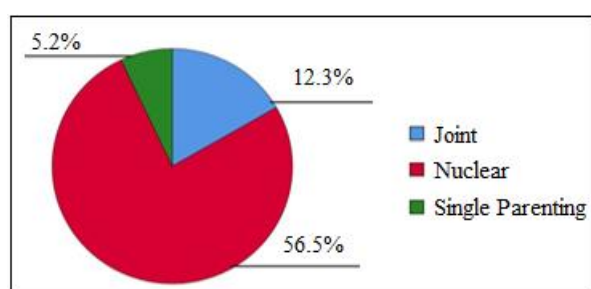


Figure 5: Frequency Distribution of the Participants Based on Family Type

Table 6: Frequency Distribution of the Participants Based on Birth Order, N=114

Variables	Frequency	Percent
Single child	19	12.3
First born	40	26.0
Second born	53	34.4
Third born	2	1.3

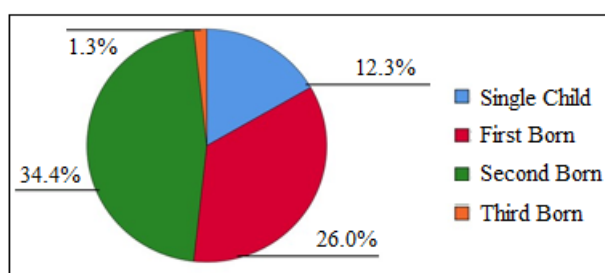


Figure 6: Frequency Distribution of the Participants Based on Birth Order

Table 7: Frequency Distribution of the Participants Based on Marital Status, N=114

Variables	Frequency	Percent
Unmarried	108	70.1
Married	3	1.9
Divorced	2	1.3
Single	1	.6

5.2 Relationship Between Emotional Intelligence and Attachment Style Among Dating-App Users

The study examined the relationship between emotional intelligence and attachment style among the 64 participants who used dating applications. The findings reported in the project indicate that the null hypothesis stating that there is no significant relationship between emotional intelligence and attachment style among dating-app users was not verified.

The project summary further reports a positive relationship between emotional intelligence and anxious attachment among dating-app users. This finding suggests that emotional intelligence and attachment patterns may be associated among individuals who use dating applications.

However, the precise strength and statistical significance of the relationship cannot be described because the correlation coefficients and corresponding significance values are not reported in the available results.

Table 8: Relationship Between Emotional Intelligence and Attachment Style Among Dating-App Users

Emotional Intelligence	Mean	SD	Attachment Style		
			Secure	Anxious/Ambivalent	Avoidant
Handling relationship	7.022	1.485 r	-.271*	.235	.131
Understanding motivation	5.36	1.607 r	-.278*	.225	.150
Understanding emotions	3.19	.941 r	-.238*	.150	.149
Empathy	7.67	1.544 r	-.273*	-.040	.111
Total	24.02	5.326 r	-.073	.274*	.151

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

5.3. Relationship Between Emotional Intelligence and Attachment Style Among Dating-App Non-Users

The relationship between emotional intelligence and attachment style was also examined among the 50 participants who did not use dating applications.

The reported findings indicate that the null hypothesis stating that there is no significant relationship between emotional intelligence and attachment style among dating-app non-users was not verified.

This finding suggests that emotional intelligence and attachment style were reported to be related among

participants who did not use dating applications. Together with the findings among dating-app users, the results indicate that the relationship between these two psychological variables was reported in both groups.

Nevertheless, the available results do not provide the exact correlation coefficients or significance values needed to describe the strength and direction of the relationship in this group.

Table 9: Relationship Between Emotional Intelligence and Attachment Style Among Dating-App Non-Users, N2 =50

Emotional Intelligence	Mean	SD	Attachment Style		
			Secure	Anxious/Ambivalent	Avoidant
Handling relationship	6.72	1.310 r	.502*	.303	.127
Understanding motivation	5.42	1.513 r	.323*	.195	-.349*
Understanding emotions	2.92	.752 r	.518**	.339	-.331*
Empathy	8.14	2.050 r	.277	.132	-.225
Total	23.20	4.357 r	.483	.279*	-.323*

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

5.4. Difference in Emotional Intelligence Between Dating-App Users and Non-Users

The study examined whether emotional intelligence differed between dating-app users and non-users. The mean emotional intelligence score among dating-app non-users was 23.20, with a standard deviation of 4.357. Among dating-app users, the mean score was 24.02, with a standard deviation of 5.326.

The reported statistical analysis yielded a *t* value of -0.877 and a two-tailed significance value of .382. Since the significance value exceeded the conventional .05 threshold, the difference in emotional intelligence between dating-app users and non-users was not statistically significant.

Although dating-app users had a slightly higher mean emotional intelligence score than non-users, the difference was not statistically significant. Accordingly, the study reported that the null hypothesis of no significant difference in emotional intelligence between the two groups was verified.

Table 10: Difference in Emotional Intelligence Between Dating-App Users and Dating-App Non-Users

Groups	N	Mean	SD	T	Sig. (2tailed)
Dating app non-users	50	23.20	4.357	-.877	.382
Dating app users	64	24.02	5.326		

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

5.5. Difference in Attachment Style Between Dating-App Users and Non-Users

The study also examined differences in attachment style between dating-app users and non-users.

According to the reported findings, the null hypothesis stating that there is no significant difference in attachment style between dating-app users and non-users was verified.

This indicates that the analysis did not identify a statistically significant difference in attachment style between the two groups. The finding suggests that dating-app usage status was not associated with a statistically significant difference in attachment style within the sample examined.

However, the available results do not provide the exact statistical values needed to describe the magnitude of the difference or to discuss individual attachment dimensions separately.

Table 11: Difference in Attachment Style Between Dating-App Users and Dating-App Non-Users

Variables	Groups	N	Mean	SD	T	Sig. (2tailed)
Secure	Dating app non-users	50	36.4	7.243	.615	.540
	Dating app users	64	35.64	8.123		
Anxious/Ambivalent	Dating app non-users	50	29.48	7.446	-1.110	.269
	Dating app users	64	31.08	7.763		
Avoidant	Dating app non-users	50	25.16	5.611	1.504	.135
	Dating app users	64	23.53	5.834		

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

5.6. Gender Differences in Attachment Style Among Dating-App Non-Users

Gender differences in attachment style were examined among the 50 participants who did not use dating applications. The reported findings indicate that the null hypothesis stating that there is no significant difference in attachment style between male and female dating-app non-users was verified.

This suggests that the study did not identify a statistically significant gender difference in attachment style among dating-app non-users.

The finding indicates that, within this group, the analysis did not establish a significant difference in attachment style between male and female participants.

Table 12: Difference in Attachment Style Between Male and Female Dating-App Non-Users

Variables	Groups	N	Mean	SD	T	Sig.(2tailed)
Secure	Men	25	37.08	5.830	.523	.540
	Female	25	36.00	8.515		
Anxious/Ambivalent	Men	25	28.68	6.774	-.756	.453
	Female	25	30.28	8.122		
Avoidant	Men	25	25.84	4.810	.855	.397
	Female	25	24.48	6.339		

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

5.7. Gender Differences in Emotional Intelligence among Dating-App Non-Users

The study further examined whether emotional intelligence differed between male and female participants who did not use dating applications.

The reported findings indicate that the null hypothesis stating that there is no significant difference in emotional intelligence between male and female dating-app non-users was verified.

This suggests that the study did not identify a statistically significant gender difference in emotional intelligence among dating-app non-users.

The finding indicates that the analysis did not establish a significant difference in emotional intelligence between male and female participants within this group.

Difference in Emotional Intelligence Between Male and Female Dating-App Non-Users

Table 13: Difference in Emotional Intelligence Between Male and Female Dating-App Non-Users

Variables	Groups	N	Mean	SD	T	Sig. (2tailed)
Emotional Intelligence	Dating app non-users	25	22.48	4.575	-1.173	.247
	Dating app users	25	23.92	4.092		

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

5.8. Overall Discussion

The present study examined the relationship between emotional intelligence and attachment style among dating-app users and non-users. It also investigated differences in emotional intelligence and attachment style between the two groups and gender differences among dating-app non-users.

The reported findings indicate that emotional intelligence and attachment style were associated among both dating-app users and non-users. The project summary additionally reports a positive relationship between emotional intelligence and anxious attachment among dating-app users. These findings suggest that emotional intelligence and attachment patterns may be related in the context of dating-app use as well as among individuals who do not use dating applications.

The comparison of emotional intelligence between dating-app users and non-users revealed no statistically significant difference. Although the mean emotional intelligence score was slightly higher among dating-app users, the difference was not statistically significant. Similarly, the study reported no statistically significant difference in attachment style between dating-app users and non-users.

The gender-based analyses among dating-app non-users also reported no statistically significant differences in emotional intelligence or attachment style between male and female participants.

Taken together, the findings suggest that emotional intelligence and attachment style were reported to be related in both dating-app usage groups, while the comparisons did not identify statistically significant differences in emotional intelligence or attachment style between users and non-users. The gender-based analyses among non-users likewise did not identify statistically significant differences in either variable.

These findings should be interpreted in the context of the study's correlational research design and purposive sampling method. The study examined relationships and group differences but did not establish causal relationships between emotional intelligence, attachment style, and dating-app usage.

6. Conclusion

The present study examined the relationship between emotional intelligence and attachment style among dating app users and non-users aged 18–30 years. It also aimed to compare emotional intelligence and attachment styles between the two groups and explore gender differences among non-users.

The findings indicated a reported association between emotional intelligence and attachment style among both dating app users and non-users. Among dating app users, a positive relationship with anxious attachment was also reported. However, the comparison of emotional intelligence between the two groups revealed no statistically significant difference. Similarly, no significant differences in attachment style between dating app users and non-users were reported. The analyses of gender differences in emotional intelligence and attachment style among non-users also indicated no significant differences.

Overall, the findings suggest that emotional intelligence and attachment style are relevant to understanding interpersonal and emotional patterns among young adults, regardless of dating app usage. However, the results do not establish that dating app usage causes changes in emotional intelligence or attachment style. Further research using larger and more diverse samples, along with more detailed statistical analysis, is needed to clarify these relationships.

7. Future Scope

Future research can build upon the present study by examining the relationship between emotional intelligence and attachment styles among dating app users and non-users in greater depth.

The following areas may be considered for future investigation:

- 1) **Larger and More Diverse Samples:** Future studies may include larger sample sizes and participants from diverse age groups, educational backgrounds, and geographical locations to improve the generalizability of findings.
- 2) **Detailed Analysis of Attachment Styles:** Further research may examine the relationship between emotional intelligence and individual attachment styles, including secure, anxious/ambivalent, and avoidant attachment, to gain a clearer understanding of these associations.

- 3) **Longitudinal Research:** Longitudinal studies may investigate whether emotional intelligence and attachment styles change over time and whether patterns of dating app usage are associated with such changes.
- 4) **Gender-Based Comparisons:** Future studies may explore gender differences in emotional intelligence and attachment styles using larger and more balanced samples to provide a more detailed understanding of these patterns.
- 5) **Dating App Usage Patterns:** Further research may examine whether factors such as frequency of use, duration of usage, and motivations for using dating applications are associated with emotional intelligence and attachment styles.
- 6) **Additional Psychological Variables:** Future studies may incorporate other psychological factors, such as self-esteem, loneliness, interpersonal trust, and relationship satisfaction, to develop a broader understanding of emotional and interpersonal experiences among dating app users and non-users.

Overall, further research in these areas may help clarify the relationship between emotional intelligence, attachment styles, and dating app usage among young adults.

References

- [1] Abarghoee, M. R., Khayyer, M., Rezaei, A., & Kouroshnia, M. Relationships of Attachment Styles and Academic Resilience in Students: The Mediating Role of Identity Styles.
- [2] Bonab, B. G., & Koohsar, A. A. H. (2011). Relation between emotional intelligence and attachment styles in delinquent adolescents. *Procedia-Social and Behavioral Sciences*, 30, 963-967
- [3] Borawski, D., Sojda, M., Rychlewska, K., & Wajs, T. (2022). Attached but Lonely: Emotional Intelligence as a Mediator and Moderator between Attachment Styles and Loneliness. *International Journal of Environmental Research and Public Health*, 19(22), 14831.
- [4] Buchheim, A. George, C. Gundel, H. Viviani, R. (2017) Neuroscience of Human Attachment frontiers
- [5] Calin, M. F., & Petroiu (Radu), S. (2022). Emotional intelligence, attachment style and self-esteem in adolescents and adults. The „Black Sea” Journal of Psychology, 12(1), 55–65. R
- [6] Cherry, K. (2022) What is emotional intelligence? The ability to perceive, evaluate, express and control emotions very well mind
- [7] Cherry, K. (2022) What Is Attachment Theory? The Importance of Early Emotional Bonds verywellmind
- [8] Cherry, K. (2022) The Different Types of Attachment Styles verywellmind
- [9] Chin, K., Edelstein, R. S., & Vernon, P. A. (2019). Attached to dating apps: Attachment orientations and preferences for dating apps. *Mobile Media & Communication*, 7(1), 41-59.
- [10] Ciccarelli, S. and Meyer, G. E. (2006). Psychology. Prentice Hall Higher Education.
- [11] D. Sluyter (Eds.) Emotional development and emotional intelligence: Implications for educators, 3-31, New York: Basic Books.
- [12] Duggal, N. (2023) What Is Emotional Intelligence and Its Importance simplilearn
- [13] Esh, S. (2021). Family Environment and Attachment Styles in Correlation within an Individual's Current Emotional Intelligence Score (Doctoral dissertation, Tyndale University) gence, 17(4), 433-442.
- [14] Goleman, D. (1995). Emotional intelligence Why It Can Matter More Than IQ?.
- [15] Goleman, D. (n.d.) Emotional Intelligence & Kindness: Our Responses Make a Difference inspire kindness
- [16] Hajiabolzadeh, N. (2014). Relationship between attachment styles and components of emotional intelligence among the students of Sharif University of Technology. *International Journal of Research in Organizational Behavior and Human Resource Management*, 2(4), 94-103.
- [17] Hamarta, E., Deniz, M., & Saltali, N. (2009). Attachment Styles as a Predictor of Emotional Intelligence, *Educational Sciences: Theory and Practice*, 9(1), 213-229.
- [18] Hoseinsabet, F., Jahangard, Z., & Motamedi, A. (2016). The relationship between emotional intelligence, attachment style and family cohesion on Facebook Users. *New Media Studies*, 2(6), 1-25.
- [19] Hyde, Pethe and Dhar (2001). Emotional Intelligence Scale. Agra: National Psycho-
- [20] Jozic, N. O., & Ombla, J. (2018). the relation of emotional intelligence and attachment to romantic partner with manipulative behaviour in love relationship/odnos emocionalne inteligencije i privrzenosti romanticnom partneru s manipulativnim ponasanjem u ljubavnom odnosu. *Studijski Centar Socijalnog Rada. Ljetopis*, 25(2), 223-249
- [21] Kafetsios, K. (2004). Attachment and emotional intelligence abilities across the life course. *Personality and individual Differences*, 37(1), 129-145.
- [22] Kelly, C. (2020). Emotional Intelligence, Coping Strategies, and Attachment Style in College Students.
- [23] Komorowska-Pudło, M. (2016). The attachment style and stress coping strategies in adult men and women.
- [24] Lancer, D. (2021) Style and Your Relationships Attachment style predicts relationship success Psychology Today logical Corporation.
- [25] López, M. A., Domingo, M. G., Gutiérrez, V. F., & Martínez, R. L. (2022). Emotional intelligence and adult attachment: Effects on problematic smartphone usage. *Anales de Psicología/Annals of Psychology*, 38(1), 36-45
- [26] Mansdoerfer, A. E. (2019). Correlational Study between Emotional Intelligence and the Use of Online Dating. *Undergraduate Psychology Research Methods Journal*, 1(21), 8.
- [27] Mariana Floricica Calin & Sanda Petroiu (Radu), 2021. "Emotional intelligence, attachment style and self esteem in adolescents and adults," *BlackSea Journal of Psychology*, Ovidius University of Constanta, Faculty of Psychology and Educational Sciences, vol. 12(1), pages 55-65, may.
- [28] Mayer, J. D. and Salovey, P. (1995). Emotional intelligence and the construction and regulation of feelings. *Applied & Preventive Psychology*, 4(3), 197-208.
- [29] Mayer, J. D., and Salovey, P. (1993). The intelligence of emotional intelligence. *Intelli-*

- [30] Mayer, J. D., and Salovey, P. (1997). What is emotional intelligence? in P. Salovey &
- [31] Mónaco, E., Schoeps, K., & Montoya-Castilla, I. (2019). Attachment styles and well-being in adolescents: How does emotional development affect this relationship? *International journal of environmental research and public health*, 16(14), 2554.
- [32] Nanu, D. E. (2015). The Attachment Relationship with Emotional Intelligence and Well-Being. *Journal of Experiential Psychotherapy/Revista de PSIHOterapie Experientiala*, 18(2). New York: Bantam Books.
- [33] Rahmani, N., & Ulu, E. (2021). The relationship between attachment styles, emotional intelligence, and self-esteem in only-child families and two-children families. *Propósitos y Representaciones*, e1185- e1185.
- [34] Robinson, L. Segal, J. Jaffe. J. (n.d.) How Attachment Styles Affect Adult Relationships helpguide.org
- [35] Salovey, P. and Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition*
- [36] Samadi, R. G., & Pour, E. M. (2013). Attachment styles as a predictor of emotional intelligence. *ProcediaSocial and Behavioral Sciences*, 84, 1712-1715.
- [37] Sciences. Patna: Bharti Bhawan Publishers & Distributors Sigarchi, R., Abolghasemi, S., Tizdast, T., & Rahmani, M. A. (2022). Relationship between Emotional Intelligence, Emotional Regulation, Communication Skills, Self-efficacy, and Insecure Attachment Style for Presenting the Aggression Model in Teenagers.
- [38] Simpson, J. A. Becks, L. (n.d) attachment theory psychology britannica Singh, A. K. (2013). Tests, Measurements and Research Methods in Behavioural
- [39] Stanborough, R. J. (2021) EQ vs. IQ: Which one is more Beneficial? healthlibe
- [40] Taheri, M., Hasani, J., Rezayi Jamaloei, H., & Taheri, M. (2019). Attachment styles and emotional intelligence components: the predictors of health dimensions. *Journal of Research and Health*, 9(1), 82- 89.
- [41] Takhttavani, M., & Afsharinia, K. (2018). Prediction of marital adjustment based on attachment styles and deterministic thinking of couples among students. *Journal of Research and Health*, 8(3), 218-225.
- [42] Zareh, L., & Ghazanfari, A. (2014). Relationship between spiritual intelligence and attachment styles with identity in students at the universities of Isfahan Province. *International Journal of Academic Research in Business and Social Sciences*, 4(9), 1.
- [43] Zysberg, L., Kelmer, G., & Mattar, L. (2019). Emotional intelligence, attachment and satisfaction with romantic relationships among young adults: a brief report. *Psychology*, 10(05), 694.& *Personality*, 9, 185-211.