

Egyetemista lányok felnőtt kötődésének és koherencia érzésének vizsgálata

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Abstract

The main purpose of our empirical study was to reveal the relationship between the adult attachment style, and „sense of coherence”; this notion was used first by salutogenic approach in health research, and show the person’s believe that life has a meaning, a reason. We describe the proper sense of coherence wich characterizes the each attachment style at young adults female. Our results emphasize the relationship between attachment and this important model of health promotion, and offer a contribution for Hungarian adaptation of the self report measurement techniques used.

Keywords

Adult attachment, sense of coherence, Experiences in Close Relationships (short version), Rahe’s Brief Stress and Coping Inventory: Life Meaning