

Decision Making Styles and Parental Attachment: A Systematic Review

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Abstract

Decision making is a complex cognitive process, and a daily human activity. Individuals differ in the ways they make their decisions. The dominant way involved by individual in making decision is defined as decision-making style, which can be classified into two categories: adaptive and maladaptive. Adolescents and adult's decision making, however often is thought to be associated with parental attachment. This review examines and describes previous studies examining the associations between decision making styles and parental attachment. It suggests that maladaptive decision making styles are often associated with parental insecure attachment, with negative outcomes. And adaptive decision making styles are associated with parental secure attachment, with positive outcomes. The review reveals that the context and mediating factors play an important role in shaping these associations; however, it also finds that age and gender do not play a significant role. The paper highlights gap in literature focusing on decision making and attachment. It adds to current debates and knowledge on individual development by providing an understanding of parental attachment from a developmental perspective as well as from the important role that parents play.

Keywords: Secure attachment; Insecure attachment; Adaptive decision making styles; Maladaptive decision making style.