

ABSTRACT**I.D. No.:** 6119535**Key Words:** ATTACHMENT, LIFE SATISFACTION,
EMOTIONAL RESILIENCE, SELF-COMPASSION**Name:** AILADA SASIPRAPHA**Thesis Title:** THE IMPACT OF ATTACHMENT STYLES ON LIFE SATISFACTION
AND EMOTIONAL RESILIENCE OF ADOLESCENT
STUDENTS MEDIATED BY SELF-COMPASSION**Thesis Advisor:** DR. SHIBU DHARMARAJAN

The current research aimed to explore the direct influences of attachment styles on life satisfaction and emotional resilience, being mediated by self-compassion among adolescent students. The research investigation employed quantitative methods with path analysis through multiple regression based on data derived from a set of self-report questionnaire. The participants of the present study consisted of 328 students (aged between 14 to 18) from international schools, bilingual schools, and Thai system schools in English program in Thailand. The results from the statistical analysis showed that there was no direct relationship between anxiety attachment and self-compassion, while avoidant attachment showed a significant and negative association with self-compassion, also anxiety and avoidant attachment had a direct and negative relationship with life satisfaction. Moreover, a higher level of self-compassion led to a higher level of life satisfaction and emotional resilience. In addition to the above, adolescents who scored high on anxiety attachment rated

themselves to have more emotional resilience, however, it was found that there was no direct relationship between avoidant attachment and emotional resilience. Therefore, different attachment styles had an effect on life satisfaction and emotional resilience with the mediator of self-compassion, which was suggested to be the key for intervention. The implications of the findings may help emphasize caregivers to realize the importance and effects of attachments towards their children, also the outcome can be used to promote the concept and practices of self-compassion. The findings, conclusion, limitations and recommendations of the study were discussed accordingly.

