Prediction of Love Stories based on Attachment Styles and Self-differentiation in University Students

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Abstract

Aim: The purpose of this research was to predict love stories based on attachment styles and self-differentiation in female university students. Attachment styles and self-differentiation can be effective in creating each person's love story. **Methods:** This was a cross-sectional correlational research. The statistical population of this research consists of female students of Rasht University in 2022-2023. 223 people were selected by the multi-stage cluster sampling method. The Love Stories Scale (Sternberg, 1996), Revised Adult Attachment Scale (Collins & Reid 1990), and Differentiation of self-inventory-short form (Drake, 2011), were used to collect the data. Data were analyzed using SPSS-24 software and multivariate regression analysis method. **Results:** The results of the present study showed that the dimensions of secure attachment hurt the dimension of asymmetric stories, and avoidant attachment and anxious attachment had a positive and significant effect (P<0.001). Likewise, the dimensions of secure attachment hurt the thematic dimension and avoidant attachment had a positive and significant effect (P<0.001). However, anxious attachment did not have a significant effect on the theme. At the same time, the dimensions of secure attachment hurt the dimension of participation and avoidant attachment had a positive and significant effect (P<0.001). However, anxious attachment did not have a significant effect on participation. Also, the results showed that the dimensions of secure attachment had a significant and negative effect on the dimension of genre. However, anxious attachment and avoidant attachment did not have a significant effect on genre. At the same time, attachment dimensions hurt the genre narrative dimension and Avoidant attachment had a positive and significant effect (P<0.001). However, anxious attachment did not have a significant effect on the narrative genre. Also, the results showed that for the self-differentiation variable, the dimension of my position had a negative and significant effect on the dimension of asymmetric stories (P<0.001). However, the dimensions of emotional reactivity, emotional detachment, and blending with others did not have a significant effect on the dimension of asymmetric stories. Likewise, the dimensions of emotional reactivity, emotional detachment, and blending with others did not have a significant effect on the thematic dimension, but my position dimension had a negative and significant effect on the thematic dimension (P<0.001). At the same time, it shows that the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the dimension of participation (P<0.001). Also, the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the dimension of the genre

(P<0.001). Also, the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the narrative genre dimension (P<0.001). **Conclusion:** Thus, it was concluded that self-differentiation positively and meaningfully predicts love stories in female students. The results of the current research show the importance of the role of self-differentiation and attachment styles in female students, which can be effective in designing counseling programs in university counseling centers.

Keywords: Love Stories, Attachment Styles, Self-differentiation, Female University Students.

Introduction

Females still represent half of the world's growing population explosion, and addressing their role in family development and transformation is more crucial than ever. Female life expectancy has been on an upward trend in recent years. For example, the ratio of female to male students has risen to 60% from 31% three decades ago (Shtraeye & Mahdavian, 2014). On the other hand, meeting a different sex and getting married is undoubtedly one of the most crucial events during college for girls. Premarital love that is accompanied by recognition and distinction can be very productive for life, but it can also be a negative factor for a happy life (Karami, Mohsenzadeh, & Zahrakar, 2021). From a historical point of view, in the pre-industrial world, love was considered taboo in the face of societal values and norms, and ordinary people not only could not love in this sense but couldn't have a correct opinion Understanding of love (Anishchenkova, 2018). However, as society and people's feelings have evolved, people have become more open to experiencing love and its stories. In this regard, Sternberg (2001) has proposed A Triangular Theory of Love and considers love as an interwoven combination of intimacy, passion (lust), and commitment. On the other hand, the research indicates that love for an adult can be seen as a continuation of the attachment process (Cassidy & Shaver, 2019). According to Cassidy and Shaver (2019), love is the synthesis of three behavioral systems that are biologically linked: attachment, interest, and sexuality. In contrast, in today's developing societies, it seems likely to refer to the role of women as composers of love stories in three cultures and societies (family, school, and society). university) is inevitable.

Many theories have been presented about love and the attraction of lovers to each other (Alaie & Karami, 2008). According to Sternberg's (1996) love story theory, every person's love as a story is planned from childhood, just as a person's personality is formed from childhood, the child imagines the role of men and women in his mind by observing the life of his parents and those around him. In this way, he creates an idealistic story for his love. A story of similar people with complementary roles (Heydari & Mortezaei, 2021). So if by chance a person falls in love with someone with a very different story, their relationship and even the love that is the infrastructure of that relationship is going to be in turmoil (Sadeghi, Ahmadi, Bahrami, & Poursyed, 2012). On the other hand, Sternberg (2001) believes that over time, stories change, but they never disappear. We are constantly transforming old stories, and new stories may be better or worse (Newman, Tener, Evans, Katz, & Lusky-Weisrose, et al., 2023). Sternberg, Hojjat, and Barnes (2001) divide love stories into five main groups and consider each group to consist of several stories: The first group) asymmetric stories that believe that asymmetry or complementary behavior of couples is the basis of intimate relationships. These stories include 1) the story of the teacher and student; 2) the story of sacrifice and sacrifice; 3) the story of government; 4) the police story; 5) obscene stories (pornography); and 6) horror stories. The second group) thematic stories, the first type of these stories include the love stories of a person as an object and include: 1) science-fiction story; 2) the story of the collection; and 3) stories are art. The second type of this group also includes love stories of relationships in the position of objects: 1) stories of home and family; 2) recovery stories; 3) religious stories and 4) game stories.

The third group is partnership stories, premised on a couple wanting to work together to create or preserve something. These stories include 1) a travel story; 2) the story of weaving and sewing; 3) The story of the garden and the garden; 4) a business story and 5) an addiction story. Fourth Group) Narrative-type stories determine the direction of the relationship based on texts or orientation outside of the relationship. Includes: 1) fantasy story; 2) historical story; 3) the story of science and 4) the story of cooking. The fifth group is stories that emphasize the routine or way of being in the relationship and not the goals of the liaison or its underlying principles. These stories also include:1) History of war; 2) theatrical history; funny stories and 4) mystery stories. Thus, life stories are all causal and always interact with "the present of our lives" (Chang, 2019). Among the most influential views that have explained family interactions based on the multigenerational approach, we can mention John Balbi's attachment theory and Murray Bowen's family systems. Interestingly, the two theories have much in common: both accept the influence of family and interpersonal relationships on a person's health and disorders, and both consider a person a function of family relationships. These relationships form the main concept of attachment theory and are similar to Bowen's concept of Self-differentiation. According to Bowen (1988), a type of emotional system governs family structure, can be transferred between generations, and a person's mental health depends on their separation from the system. Differentiation of Self has two opposing biological layers: the intrapersonal layer and the interpersonal layer. The conflict of these two elements causes anxiety in a person. The intrapersonal layer means the separation of intellectual and emotional structures, and the interpersonal layer means the ability to experience self-following despite intimacy and effective interpersonal relationships. In other words, an intrinsic and instinctive force that, in times of change, leads to separation on the one hand and the maintenance of a relationship with the family of origin on the other (Bowen, 1988). Therefore, the Differentiation has four crucial factors:(1) Emotional reactivity: A person's tendency to provide an automatic emotional response to external stimuli can manifest as apathy or extreme sensitivity. This layer shows the dominance of emotions over logic.

Yuan, Fan, & Leng, (2022) research indicated a negative and significant relationship between emotional reactivity and marital quality and showed that the higher the emotional reactivity, the higher the spouse's avoidance reactions. (2) I position a clear and transparent description of myself, valuing personal beliefs and convictions and maintaining them in different situations. In this class, the person talks to himself like this: "That's me; that's my ideology; that's what I'm going to do."(3) Emotional cutoff: feelings of threat in intimate relationships, fear of intimacy, followed by Acute vulnerability in intimate relationships characterized by maintaining distance from other. In this layer, the person tries to withdraw emotionally. According to research findings, emotional detachment leads to less marital satisfaction and provides the basis for fundamental differences in intimate relationships (Rafezi & Sabouri, 2022). (4) Fusion with others: emotional conflict with crucial others in life and extreme identification with them. Accordingly, people with high differentiation maintain self-control and show fewer emotional reactions in interpersonal relationships. While having intimate relationships with others, they maintain their identity boundaries and behave in a goal-oriented manner.

Such people can separate emotion from logic and apply it according to situations (Bowen, 1988). Also, the identity of these people does not change in social relations (Glandberg and Goldenberg, 2016).

Individuals with self-differentiation avoid excessive mixing with others or emotional detachment as a characteristic mechanism of anxiety. It causes the rational preservation of autonomy, self-regulation, self-efficacy, and I position (Duch-Ceballos, Oliver Pece, & Skowron, 2021). The absence of self-differentiation, which is rooted in the family, has been extensively demonstrated as the cause of toxic and inappropriate marital relationships (Drake, 2011; Ahmadi & Paknejad, 2016; Duch-Ceballos et al. 2021; Rafezi & Sabouri 2022; Chen, 2023, Mirzaeian et al. 2016, Barfi et al., 2012). Non-differentiated people are always concerned about their feelings and others' opinions. They have the fear of losing their relatives; thus, they suffer from high psychological stress)Behjati Najafabadi, 2020). However, these variables are still presented as a research gap, and few studies have inferred a relationship between the two, that is, the relationship between self-differentiation and love stories. Of course, in the study of Chen (2023) and Rafezi and Sabouri (2022), the self-differentiation in intimacy and self-differentiation and love story was emphasized.

The background of many studies also shows that attachment styles are used more in romantic relationships than other behavioral patterns (Beeney et al., 2019; Creasey, 2002, Azizmohammadi 2013). Some researchers even believe that the relationship between caregivers and children is permanent and absolute and represents intergenerational continuity. This finding is also reminiscent of Bowen's intergenerational theory (Sommantico, Donizzetti, Parrello, & De Rosa, 2019; Moradi & AzizMohammadi 2015). The existence of attachment patterns that can explain many psychological characteristics, including self-differentiation, psychological flexibility, and marital intimacy, points to the need to pay attention to variables. In the study, it was shown that men with avoidant attachment displayed more negative attention toward their women in terms of expressing their emotions, suggesting that this negative attention can to some extent cause aggression in marital relations (Khazaei, Farzad, & Zahrakar, 2021). Therefore, attachment styles affect the way people document communication events through the creation of internal models, and in fact, it can be said that communication documents have the potential to mediate between attachment styles and the quality of close relationships (Weisskirch, & Delevi, 2013). Therefore, attachment styles can be effective in creating each person's love story (Soleimani, Tanha, Malekirad, & Kordestani, 2021; Dinić, & Jovanović, 2021, Zamani & Aziz Mohammadi, 2014). Considering the importance of a knowledge of love stories among students and the fact that so far no research has been done in Iran on the topic of predicting love stories based on their attachment style and differentiation - combining these variables in a novel, combined and systemic-emotional way, and this field, there is a research gap, this research seeks to predict the love story based on the attachment style and self-differentiation on the female students.

Methods

This was a cross-sectional correlational research. The statistical population of this research consists of students of Islamic Azad University, Rasht Branch who were in 2022-2023. According to the Tabachnick and Fidel formula to determine the sample size (8

times the number of predictor variables plus 50 for correlation studies) the number. The target sample (223 people) was selected by multistage cluster sampling method. The inclusion criteria (female student, satisfaction, and being a college student) and the exclusion criteria were non-cooperative students and psychoactive drug use. To carry out this research, students are provided with sufficient information and clarified research objectives. The method of sampling was carried out in such a way that first the required permits were obtained from the university where the researcher studied to conduct the research, and in the next step the researcher divided the university into clusters based on the faculties. In the next step, the researcher randomly selected five faculties from among the university faculties. Randomization was done by the authors and the faculties were selected by random number table method. Then participants were randomly selected from among the female students of each faculty. Three variables, Love Stories, Attachment Styles, and Self-differentiation, were measured for all participating women. The time of conducting the research and completing the questionnaires was about thirty hours and the researcher conducted the research in ten days and within a month. To comply with the ethical principles, before the implementation of the questionnaires, a willingness to cooperate form was taken from the participants in the research, and there was no obligation to participate in the research and continue it. They were told that participation in the study was completely voluntary and that they could withdraw from the study at any time. It was also explained to them that these tests do not contain identity information. Data were analyzed using SPSS-24 software and multivariate regression analysis method.
Research tools

A) The Love Stories Scale (LSS): The Love as a Story Scale is a test prepared based on Sternberg's Love Theory to measure and recognize love affairs in humans (Sternberg, 1996). This scale includes 25 types of stories and 100 questions. All these stories are summarized in 5 main factors under the title of asymmetric stories, thematic, participation, genre, and genre narrative. The current scale is set as a 7-point Likert scale, and the subject must choose from 1 to 7 options. To test the validity of this questionnaire, Darvish Zadeh & Pasha (2010) used the Pearson correlation coefficient to test the correlation between the scores of the subjects in the 5 sub-ranges of the questionnaire with the total point. Cronbach's alpha is 0.89 for men and 0.90 for women. Cronbach's alpha coefficient for the whole questionnaire was also reported as 0.89 (Gravandi, & Mirzaei, 2017). In this study, the reliability of the scale was 0.89.

B) Revised Adult Attachment Scale (RAAS): This 18-item questionnaire was prepared by Collins and Reid (1990) and evaluates the subject's sincere communication skills and style on a Likert scale. Each question is scored based on strongly disagree = 1 and strongly agree = 5. This questionnaire has three styles: Secure attachment style includes questions 1, 8, 9, 10, 14, and 17. Avoidant attachment style includes questions 3, 4, 7, 15, 16, 18, and Anxious attachment includes questions 2, 5, 6, 11, 12 and 13. Test results are classified into one of the attachment types based on the scores obtained (Hashmi, Dartaj, Saadipour, and Asadzadeh, 2016). Cronbach's alpha for secure attachment, avoidance,

and anxiety in a sample of college students is 0.81, 0.78, and 0.85, respectively (Hashmi et al., 2016). In the present study, Cronbach's alpha coefficient for secure attachment style was 0.78, avoidant 0.73, and anxious 0.77.

c) Differentiation of self-inventory-short form (DSI-SF): In this case, we used a brief version of the self-discrimination questionnaire (Drake, 2011) to assess self-discrimination. This questionnaire consists of 20 items rated on a Likert scale ranging from (it's unlike my specification completely) to (it's similar to my specification completely). This questionnaire has four subscales of reactivity, my position, emotional detachment, and blending with others, items must be reversed. To score this scale as 2, 4, 5, 6, 7, 8, 9, 11, 13, 14, 15, 16, 17, 18 and 19. So, higher scores in this questionnaire indicate a higher level of differentiation. The test-retest reliability of the questionnaire was reported between 0.72 and 0.85 in Drake's research (2011). The psychometric properties of this scale were investigated in Iran by Fakhari, Latifian, and Etemad (1392). The results showed that the four proposed factors of the scale are verified in Iranian culture, and together they explain more than 52.04 of the variances of the target construct. In terms of reliability, Cronbach's alpha coefficients for the factor of my position were 0.67, emotional reactivity 0.48, integration with others 0.76, and emotional detachment 0.73.

Results

In this study, which was conducted on 223 students, the participants were divided into two groups: male (37.2%) and female (62.8%). In terms of marriage, the participants were divided into two groups: single (85.2%) and married (14.8%). Also, the participants were divided into 3 age groups including 18 to 20 years old (14.8 percent), 21 to 23 years old (62.8 percent), and over 23 years old (22.4 percent).

Table 1. Descriptive statistics of the variables

variables	Groups	Frequency	Percent	Total	Median
marriage	single	190	85.2	223	1
	married	33	14.8		
gender	Man	83	37.2	223	2
	Female	140	62.8		
age	18-20	33	14.8	223	2
	21-23	140	62.8		
	+23	50	22.4		

Table 2: Descriptive indices and Pearson's correlation coefficient

Variables	Mean ± SD	1	2	3	4	5	6	7	8	9	10	11	12
1. reactivity	13.22± 2.57	—											
2. emotional detachment	13.22± 2.56	.991***	—										
3. blending with others	13.21± 2.56	.995***	.991***	—									
4. my position	12.63±2.99	-.493***	-.484***	-.479***	—								
5. Secure attachment	15.61± 5.31	-.675***	-.674***	-.666***	.663***	—							
6. Avoidant attachment	13.22± 4.64	.531***	.519***	.515***	-.738***	-.715***	—						
7. Anxious attachment	13.87± 4.99	.565***	.549***	.550***	-.784***	-.724***	.867***	—					
8. asymmetric stories	59.62± 13.5	.667***	.668***	.659***	-.696***	-.819***	.727***	.736	—				
9. thematic	57.32±15.7	.583***	.584***	.576***	-.651***	-.858***	.742***	.713***	.884***	—			
10. participation	54.29± 15.9	.635***	.631***	.625***	-.677***	-.813***	.744***	.716***	.844***	.791***	—		
11. genre	54.13± 13.9	.650***	.647***	.645***	-.620***	-.780***	.669***	.680***	.749***	.724***	.730***	—	
12. genre narrative	55.09± 15.8	.639***	.632***	.629***	-.671***	-.870***	.756***	.750***	.902***	.890***	.835***	.749***	—

**$P<0.01$; *$P<0.05$

Table 2 shows the results of Pearson's correlation to examine the relationship between attachment styles and self-differentiation with love stories along with the mean and standard deviation of the scores. Based on the results obtained from Table 2, the correlation coefficients calculated between the love story components including asymmetric stories, thematic, participation, genre, and genre narrative with Avoidant attachment and Anxious attachment had a positive and significant relationship ($P<0.001$). However, love story components had a negative and significant relationship with Secure attachment ($P<0.001$).On the other hand, the components of the love story including asymmetric stories, thematic, participation, genre, and genre narrative had a positive and significant relationship with reactivity, emotional detachment, and blending with others ($P<0.001$). However, the love story components had a negative and significant relationship with my position component ($P<0.001$)

A multiple regression test was utilized to predict romantic relationships among college students based on their attachment patterns. Before conducting the multiple regression analysis, we ensured that all statistical assumptions were met and verified the independence of the residuals using the Durbin-Watson statistic. Therefore, it can be said that the assumption of independence of the residuals was met. To determine if there were any multiple collinearities between predictor variables, tolerance indices and variance inflation factor (VIF) were utilized. According to the obtained results, no deviation from the assumption of multiple collinearities was observed.

Table 3: Multiple regression analysis for predicting love stories by attachment styles.

Dependent Variable	Model	Not Standardized coefficients		Standardized coefficients			Model Summary			ANOVA
		B	Standard error	Beta	t	P-value	R	R^2	F	P-value
asymmetric stories	Constant	69.432	4.010		17.315	.000	.848[a]	.719	187.099	p <0.001
	Secure attachment	-1.463	.137	-.572	-10.664	.000				
	Avoidant attachment	.454	.217	.155	2.091	.038				
	Anxious attachment	.508	.205	.187	2.480	.014				
thematic	Constant	76.697	4.208		18.228	.000	.878[a]	.770	244.800	p <0.001
	Secure attachment	-1.991	.144	-.671	-13.827	.000				
	Avoidant attachment	.890	.228	.263	3.905	.000				
	Anxious attachment	-.003	.215	-.001	-.016	.987				
participation	Constant	65.069	4.755		13.685	.000	.846[a]	.715	183.302	p <0.001
	Secure attachment	-1.697	.163	-.564	-10.432	.000				
	Avoidant attachment	1.027	.258	.298	3.987	.000				
	Anxious attachment	.155	.243	.049	.639	.523				
genre	Constant	67.463	4.670		14.445	.000	.800[a]	.640	129.660	p <0.001
	Secure attachment	-1.536	.160	-.584	-9.609	.000				
	Avoidant attachment	.345	.253	.115	1.363	.174				
	Anxious attachment	.439	.238	.157	1.843	.067				
genre narrative	Constant	71.813	4.007		17.924	.000	.892[a]	.796	284.271	p <0.001
	Secure attachment	-1.947	.137	-.650	-14.201	.000				
	Avoidant attachment	.690	.217	.202	3.180	.002				
	Anxious attachment	.329	.204	.103	1.609	.109				

Table 3 shows the results of the regression test for attachment styles. Based on this, it can be seen that Avoidant attachment, Anxious attachment, and Secure attachment have a significant impact on the dimension of asymmetric stories. In Table 3, the F value obtained for checking the regression model was equal to 187.099, which was significant at the alpha level of less than 0.01. This value shows that the attachment patterns may well explain the changes in the relationships and indicates the appropriateness of the presented regression model. The R square value was equal to .719, which showed that attachment styles explain 71.9% of the variance of asymmetric stories dimension. Secure attachment hurts the dimension of asymmetric stories, and Avoidant attachment and Anxious attachment have a positive and significant effect (P<0.001). Likewise, Table 3 shows that Avoidant attachment and Secure attachment have a significant impact on the thematic dimension. However, Anxious attachment did not have a significant effect on the theme. In Table 3, the F value obtained for checking the regression model was equal to 244.8, which was significant at the alpha level of less than 0.01. This value shows that the attachment patterns may well explain the changes in the relationships and indicates the appropriateness of the presented regression model. The R square value was equal to .770, which showed that attachment styles explain 77% of the variance of the thematic dimension. Secure attachment hurts the thematic dimension and Avoidant attachment has a positive and significant effect (P<0.001).

At the same time, Table 3 shows that Avoidant attachment and Secure attachment have a significant effect on the dimension of participation. However, anxious attachment did not have a significant effect on participation. In Table 3, the F value obtained for checking the regression model was equal to 183.302, which was significant at the alpha level of less than 0.01. This value shows that the attachment patterns may well explain the changes in the relationships and indicates the appropriateness of the presented regression model. The R square value was equal to .715, which showed that attachment styles explain 71.5% of the variance of the participation dimension. Secure attachment hurts the participation dimension and Avoidant attachment has a positive and significant effect (P<0.001). Table 2 also shows that Secure attachment has a significant and negative effect on the dimension of genre. However, Anxious attachment and Avoidant attachment did not have a significant effect on genre. In Table 3, the F value obtained for checking the regression model was equal to 129.660, which was significant at the alpha level of less than 0.01 (P<0.001). This value shows that the attachment patterns may well explain the changes in the relationships and indicates the appropriateness of the presented regression model. The R square value was equal to .640, which showed that Secure attachment explains 64% of the variance of the genre dimension.

At the same time, Table 3 shows that Avoidant attachment and Secure attachment have a significant impact on the dimension of the narrative genre. However, Anxious attachment did not have a significant effect on the narrative genre. In Table 3, the F value obtained for checking the regression model was equal to 284.271, which was significant at the alpha level of less than 0.01. This value shows that the attachment patterns may well explain the changes in the relationships and indicates the appropriateness of the presented regression model. The R square value was equal to .796, which showed that attachment styles explain 79.6% of the variance of the genre narrative dimension. Secure attachment hurts the genre narrative dimension and Avoidant attachment has a positive and significant effect (P<0.001).

Table 4: Multiple regression analysis to predict love stories by self-differentiation

Dependent Variable	Model	Not Standardized coefficients		Standardized coefficients			Model Summary		ANOVA	
		B	Standard error	Beta	t	P-value	R	R^2	F	P-value
asymmetric stories	Constant	57.341	5.266		10.889	.000	.793[a]	.628	92.089	p <0.001
	Emotional Reactivity	.135	2.433	.025	.055	.956				
	emotional detachment	2.934	1.725	.555	1.701	.090				
	blending with others	-.793	2.425	-.150	-.327	.744				
	my position	-2.202	.217	-.487	-10.158	.000				
thematic	Constant	60.902	6.948		8.766	.000	.720[a]	.519	58.800	p <0.001
	Emotional Reactivity	.123	3.211	.020	.038	.970				
	emotional detachment	3.014	2.276	.492	1.324	.187				
	blending with others	-.997	3.199	-.162	-.312	.756				

	my position	-2.525	.286	-.481	-8.827	.000				
participation	Constant	53.567	6.597		8.120	.000	.761ᵃ	.579	74.930	p <0.001
	Emotional Reactivity	3.946	.323	.635	12.217	.000				
	emotional detachment	3.925	.325	.631	12.091	.000				
	blending with others	3.901	.327	.625	11.918	.000				
	my position	-3.603	.264	-.677	-13.657	.000				
genre	Constant	44.780	6.007		7.454	.000	.736ᵃ	.542	64.575	p <0.001
	Emotional Reactivity	3.531	.277	.650	12.731	.000				
	emotional detachment	3.513	.279	.647	12.602	.000				
	blending with others	3.516	.280	.645	12.560	.000				
	my position	-2.883	.246	-.620	-11.739	.000				
genre narrative	Constant	53.108	6.587		8.063	.000	.759ᵃ	.576	74.001	p <0.001
	Emotional Reactivity	3.949	.320	.639	12.341	.000				
	emotional detachment	3.913	.323	.632	12.131	.000				
	blending with others	3.904	.324	.629	12.034	.000				
	my position	-3.556	.264	-.671	-13.455	.000				

Table 4 shows the results of the regression test for self-differentiation. Based on this, it can be seen that the dimensions of emotional reactivity, emotional detachment, and blending with others did not have a significant effect on the dimension of asymmetric stories, but the dimension of my position had a negative and significant effect on the dimension of asymmetric stories (P<0.001). The F value obtained for checking the regression model was equal to 92.089, which was significant at the alpha level of less than 0.01. The R square value was equal to .628, which showed that my position dimension explains 62.8% of the variance of the asymmetric stories dimension. Likewise, the dimensions of emotional reactivity, emotional detachment, and blending with others did not have a significant effect on the thematic dimension, but my position dimension had a negative and significant effect on the thematic dimension (P<0.001). The F value obtained for checking the regression model was equal to 58.8, which was significant at the alpha level of less than 0.01. The value of R square was equal to .519, which showed that my position dimension explains 51.9 percent of the variance of the thematic dimension.

At the same time, Table 4 shows that the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the dimension of participation (P<0.001). The F value obtained for checking the regression model was equal to 74.930, which was significant at the alpha level of less than 0.01. The value of R square was equal to .579, which showed that the self-differentiation dimension

explains 57.9 percent of the variance of the participation dimension. Table 4 also shows that the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the genre dimension (P<0.001). The F value obtained for checking the regression model was equal to 64.575, which was significant at the alpha level of less than 0.01. The value of R square was equal to .542, which showed that the self-differentiation dimension explains 54.2% of the variance of the genre dimension. Table 4 also shows that the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the narrative genre dimension (P<0.001). The F value obtained for checking the regression model was equal to 74.001, which was significant at the alpha level of less than 0.01. The R square value was equal to .576, which showed that the self-differentiation dimension explains 57.6% of the variance of the narrative genre dimension. Thus, it was concluded that self-differentiation positively and meaningfully predicts love stories in students.

Discussion

The objective of the present study was to predict love stories based on attachment styles and self-distinctions in college students. The results of the present study showed that, in the variable of attachment styles, the dimension of Secure attachment hurts the dimension of asymmetric stories, and Avoidant attachment and Anxious attachment have a positive and significant effect. Likewise, Secure attachment hurts the thematic dimension and Avoidant attachment has a positive and significant effect. However, Anxious attachment has no significant effect on the thematic. At the same time, the dimension of Secure attachment hurts the dimension of participation and Avoidant attachment has a positive and significant effect. However, anxious attachment did not have a significant effect on participation. Also, the results show that the dimensions of Secure attachment have a significant and negative effect on the dimension of genre. However, Anxious attachment and Avoidant attachment did not have a significant effect on genre. At the same time, the dimensions of attachment hurt the dimension of genre narrative and Avoidant attachment has a positive and significant effect. However, Anxious attachment did not have a significant effect on the narrative genre. This finding is consistent with the research findings of Cassidy & Shaver, 2019; Heydari, & Mortezaei, 2021). The clear reason for this outcome is that people's problems are often affected by how they see and understand their relationships with others. (Adlparvar, safaeirad, Erfani, & jadidi, 2023). Many forms of mental, personality, communication, and emotional disorders result from a child's lack of maternal care or lack of stable attachment or face attachment (Juhyung Sun & Miller, 2023). Studies on the quality and quantity of attachment have shown that people's psychological needs for love and affection are at least as important as the physical needs for food and security (Xie & Xie, 2020). Romantic love should be considered attachment. Children's early attachment patterns influence their adult attachments. For instance, when children are emotional and independent, they are more likely to develop secure attachments to their mothers. These children become adults who are comforted by the feeling of intimacy and can trust and rely on those who are interested in them (Shaver, & Hazan,1987). Secure attachment provides a foundation of security for a person, through which a person can discover his world and give more adaptive responses to his

surroundings and crucial others in life. The existence of such a virtue leads people to explore awareness and openness to new emotional information (Ávila al., 2012).

On the other hand, the desire to explore the environment, to act, explore, create, and engage in various activities with colleagues such as affection and loving attachment. These activities are considered a feature of human nature, and this exploratory activity takes place only when caregiving is secure, and the need for attachment is met (Baxter et al., 2022). The feelings of being valued, accepted, and loved stem from having received unconditional support and acceptance in the past, which has allowed individuals to develop a strong sense of self-control and independence. The existence, emergence, and presence of such a robust psychological basis in secure people enable them to commit to their worldview, role, work, and career without feeling shame, guilt, and regret for not meeting the expectations of others. Such a process leads to the creation of collaborative love stories in people. On the other hand, people with insecure attachment have great difficulty in exploration in general, and in particular in the search for personal and romantic identity, which may lead to a confused-avoidant identity style (Jimeno et al., 2022).

The second results indicate that students' love stories can be anticipated by their self-differentiation. the results showed that for the self-differentiation variable, my position dimension had a negative and significant effect on the asymmetric stories dimension, but the dimensions of emotional reactivity, emotional detachment, and blending with others had a significant effect on the asymmetric dimension. It didn't have stories. Likewise, the dimensions of emotional reactivity, emotional detachment, and blending with others did not have a significant effect on the thematic dimension, but my position dimension had a negative and significant effect on the thematic dimension. At the same time, it shows that the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the dimension of participation. Also, it shows that the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the dimension of the genre. Also, the dimensions of emotional reactivity, emotional detachment, blending with others, and my position had a significant effect on the narrative genre dimension. Differentiation refers to the ability to feel self-differentiation in a person. When faced with decision-making situations, those who can differentiate between their thoughts and emotions tend to select based on their logical reasoning and familiar emotions instead of emotional reactions. Essentially, they can distinguish between their thoughts and emotions and make decisions based on logical reasoning alongside their known emotions. When someone is highly differentiated, they are better able to distinguish between the emotional and logical aspects of their relationships with others. As much as the person has individual and interpersonal needs, he works better with flexibility and has a balance between emotions and cognition. It remains realistic in the face of environmental pressures and behaves rationally while understanding emotions and not acting involuntarily under emotional control (Kazemi, Nemati, Yadegari, & Abdous, 2023).

Of course, this research, like other studies, had limitations. These limitations included: not using a completely random sampling method, relying on the collection of questionnaire information, and the weakness of self-assessment methods. In the field of research, it is recommended that the limitations of the present study be covered in future

studies. It is recommended that therapists pay attention to attachment style and differentiation to understand the types of love stories in students accurately. Use therapeutic and educational interventions appropriate to these factors. It is also recommended to use semi-structured interviews in addition to questionnaires to measure and collect research data in future studies. In addition to these cases, it is suggested to conduct research with a large sample size and implement it in different contexts and cultures with diverse social conditions in the form of a macro system.

Conclusion

Overall, according to the results of this study, it can be said that college students' love stories can be predicted based on their different attachment patterns. People who can develop an independent self in their intimate relationships and can maintain peace and comfort in deep relationships and marital relationships avoid emotional fusion and disconnection to moderate internal tensions. Thus, distinguishing the individual from the family background allows everyone to take responsibility for their thoughts, feelings, perceptions, and actions and not fall into the trap of inappropriate narratives.

Disclosure Statements

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