

Attachment Styles and Talkaholic Trait Among Married Females: A Correlational study

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Abstract

The present study focuses the association between talkaholic trait and attachment styles among the married females using a quantitative study, cross-sectional, correlational research design. For this study, the talkaholic scale (McCroskey, J. C., & Richmond, V. P, 1993) and Revised Adult Attachment Scale (Collins, 1996)- Close Relationship Version were administered to 202 married females from Tamil Nadu, India. The descriptive statistics showed on average the compulsive talking trait among the married women were 30.67 (SD = 6.228) and the anxiety attachment style of 18.00 (SD = 3.296). The research shows that there is a strong positive correlation between talkaholic and attachment anxiety ($r = .387, p = .000$). The alternate hypothesis is accepted, giving that compulsive talking can be a reflection of anxious attachment style of a person, especially in married women as this study focused only on married women. With this the therapies can shift its view of understanding about talkaholics. Limitations are unmarried women, and women with minimal formal education. Also, this focused only on women participants, the future researches can also focus on male participants, unmarried females, and other excluded options.

Keywords: Talkaholic trait, Attachment styles, Anxiety, Married females.

1. Introduction

Talking is a foundation for a marital relationship in building intimacy, trust, and emotional satisfaction. Where the functional and fruitful interchange fosters closeness, but excessive or compulsive communication can lead to disrupted bond. Compulsive talking is a trait with compulsive communication, difficulty in regulating their verbal output, and dominates the conversations. High score in compulsive talking trait often finds hard to control themselves from talking, maintaining to be quiet and this also creates unwanted interpersonal strains. This can reduce the understanding and the mutual support and encouragement also escalates the clashes and disagreements.

This attachment styles and compulsive talking trait interconnection reclines in the way of emotional needs are expressed by communication. For example, anxiously attached partner may involve in compulsive communication to seek comfort and lessen the anxiety. Avoidantly attached partner may use this as a strategy to control the conversations and avoid vulnerability. In opposite, securely attached persons are less likely to show compulsive talking trait and manage their interpersonal relationships better.

Even with a wide range of importance for the link between these variables, there are only less numbers of studies examining the relationship between attachment insecurities and compulsive talking traits among

the married females. This study fills in the gap by exploring on the connection between attachment styles and compulsive talking trait which can contribute to the counselling setting in the marital issues.

Talkaholism:

Definition:

Excessive speaking is an uncontrolled urge to communicate, so strong that stopping becomes difficult, especially when quietness would be appropriate. From research by McCroskey and Richmond (1993), following prior analysis from Booth-Butterfield and Cottone (1991), such speakers show persistent trouble holding back verbal expression. Rather than mere outgoing nature or friendliness, these people act under internal pressure, compelled to control dialogue exchanges; pauses in speech tend to bring noticeable unease. Silence does not rest easily upon them.

Attachment Styles:

Definition

Attachment styles are the ways we connect with others on a level. We learn these patterns when we are young from our caregivers. They stick with us. Affect how we are in relationships when we are adults. This includes how we talk to each other and how close we get. Attachment styles are very much important because they are developed in life and they influence our relationships as adults, including how we communicate and get intimate with others.

2. Review of literature

McCroskey and Richmond (1993) aimed to identify the personality construct of the "talkaholic." The tools used were the Talkaholic Scale (TAS). One big group: six hundred undergrads, picked at random. They went with a numbers driven approach using surveys. Turns out, talking too much is not just habit - it sticks around like a stubborn quirk, even when people realize it is messing things up.

Punyanunt-Carter (2015) aimed to investigate how compulsive talking trait affects romantic relationships. The study relied on the TAS along with the Relational Satisfaction Scale. Participants included 150 couples currently dating. Researchers applied dyadic analysis as their main approach. Results show that when one person talks nonstop, it may hurt relationship happiness - especially if the other feels anxious talking.

Mancini et al. (2020) aimed to examine "verbal impulsivity" in clinical settings. The BIS-11 was the main tool used. About 100 people diagnosed with ADHD made up the sample group. Researchers relied on direct observation along with questionnaires. Results showed impulsive speech stands out as part of poor self-control, similar to what you see in chronic talkers.

Nweke et al. (2021) Tested the extent to which the patterns of connections were associated with marriage happiness among 150 working married women in Nigeria. Verbalized the Relationship Questionnaire; the results revealed that these emotional attachments have a strong impact on partnership well-being. Secure bonding is likely to co-exist with increased satisfaction in marriage. Quite to the contrary, anxious or detached relational inclinations relate to a lack of peace at home. Results highlight emotional stability as a factor of managing both work-related and family issues.

Shafique et al. (2023) in research on the relationship between marital satisfaction and quality of life and marriage attachment styles among 80 married women in Lahore in Pakistan. The scale of the quantitative correlational research was ENRICH Marital Satisfaction Scale, Adult Attachment Scale and WHOQOL-BREF. It was found that general quality of life was a significant positive predictor of marital satisfaction as well as secure attachment style. Furthermore, secure attachment style intermediated the correlation

between marital gratification and three different areas of quality of life namely physical health, social relations, and environmental health. Whereas both secure and avoidant styles of attachment were positively correlated with marital satisfaction, there was a negative correlation between anxious style of attachment and marital satisfaction. These results imply that the patterns of secure attachment and enhancement of communication may greatly promote well-being and quality of life among married women in the Pakistani cultural setting.

Torabi et al. (2025) Investigated Marital Relationship Quality Predictors with Were Married Women in Damghan, Iran. A descriptive-correlational design was used, and the Revised Dyadic Adjustment Scale (RDAS), Hazen and Shaver Attachment Styles Questionnaire, Relationship Beliefs Inventory, Young schema questionnaire were administered. Results revealed that communication beliefs, attachment styles and early maladaptive schemas were significant predictors of marital quality. Specifically, secure attachment was positively related to relationship quality. In comparison, avoidant attachment was among Negative Opinions about Opposition and Emotional Deprivations as distinctly weak influences. Of these, the last two were more significant predictors of lower satisfaction. It turns out other thought patterns, stuck emotional paradigms, seem to be indelibly locked in. They tend to impact both strength of partnership and inner balance — particularly for women. Adjustment here can quietly affect outcomes over time.

3. Research methodology

3.1 Research question:

This study is to understand the relationship attachment styles and compulsive talking traits among married women.

3.2 Objectives:

- To explore married female's attachment styles using revised adult attachment scale (Collins, 1996)-close relationships version.
- To assess the talkaholic trait among married females using talkaholic scale
- To understand the relationship between attachment styles and compulsive communicators among married females.

3.3 Hypothesis:

H1: there is a significant relationship between talkaholic trait and anxious attachment style.

4. Research design:

The present study adopted correlational study to examine the relationship between compulsive talking trait and attachment styles from married women. Here the attachment styles are the independent variable and talkaholic trait is dependent variable.

4.1 Sampling technique

This study will include 202 married females of any age but should be married for a year only. Convenient sampling and snowball sampling is used to collect the data from the samples.

4.2 Data collection

- The data were collected in offline through the form of printed questionnaires
- Participants were asked to provide the demographic details followed by the responses to the standardized scales.

4.3 Tool description

- Talkaholic Scale was built and standardized by McCroskey & Richmond in 1993. This is used to compute the level of compulsive communication tendencies in individuals, often known to as

“Talkaholics.” It has of 16 items rated on a 5-point Likert scale ranging from “Strongly Disagree” to “Strongly Agree.” Higher the scores are directly proportionate to the high involvement in the compulsive talking or inability of stop talking. The scale’s structure holds together well; studies show internal consistency near 0.86, which suggests dependable results

- The Revised Adult Attachment Scale (RAAS) was developed by Collins in 1996 to assess attachment patterns in close relationships. The scale consists of 18 statements divided into three styles: Close, Depend, and Anxiety. Responses are calculated on a 5-point Likert scale covering from “Not at all characteristic of me” to “Very characteristic of me.” High score in a dimension shows the attachment style of the individual. The RAAS has shown its accuracy; internal consistency ranges between 0.78 and 0.85 alpha across scales.

4.4 Statistical analysis

Data will be examined using IBM SPSS Statistics (version 26.0). Descriptive statistics, including means, standard deviations, frequencies, and percentages, are used to sum up the participants’ demographic characteristics (age, gender, occupation, economic status, marital status, family type, and birth order), Talkaholic scores, and attachment styles.

4.5 Inclusive criteria

- Married females of all ages even who got divorced or separated
- Willingness to participate and provide informed consent
- Married females in any occupational status

4.6 Exclusive criteria

- Unmarried women
- No other gender other than females
- Those who refused to participate

5. Result

Table 1

Descriptive statistics showing the mean and standard deviation of Talkaholism and Attachment styles among married females.

Variables	Mean	Standard deviation	N
Talkaholic trait	30.67	6.228	202
Anxiety	18.00	3.296	202

The descriptive table 1 shows the mean and standard deviation for the variables. Talkaholism Scale has a sample N=202, mean=30.67 and standard deviation=6.228 Revised Adult Attachment Scale (Collins, 1996)- Close Relationships version has a sample N=202, mean=18.00 and standard deviation=3.296.

Table 2

Correlational analysis showing the relationship between Talkaholic trait and Attachment styles among married females.

	TALKAHOLIC	ANXIETY
TALKAHOLIC Pearson Correlation	1	.387**
Sig. (2-tailed)		.000

N		202	202
ANXIETY	Pearson Correlation	.387**	1
	Sig. (2-tailed)	.000	
N		202	202

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

Pearson’s correlation was used to examine the relationship between compulsive communicators and anxiety among married females. The analysis revealed a positive correlation between talkaholic trait and anxiety ($r = .387, p = .000$), indicating higher levels of anxiety leads to higher levels of talkaholic among married females. This suggests that people who are anxiously attached married females among their close circle are more involved in the talkaholic behaviour.

Hypotheses testing

H1 – there is a significant relationship between anxious attachment style and talkaholic behaviour among married females is accepted.

6. Discussion

The present study aimed to examine the relationship between talkaholic behaviour and attachment styles among married females. Talkaholic means when a person has uncontrollable urge to talk even by stopping a conversation being among people in between. This can be affecting the relationships of theirs and this behaviour can overshadow others expressions. Attachment styles mean the different ways of people connecting to other people. The different attachment styles are secure and insecure (anxious, avoidant) styles. The positive direction of the relationship indicates that women with anxious attachment style can be afraid of their partner leaving them and always fear that there is a problem in their relationship which leads to talkaholic behaviour. Other psychological variables may mediate or moderate this relationship. A lot of people speak uncontrollably which disturbs other people around them. This study and the result were useful to understand the talkaholic behaviour and the reason behind the behaviour. A person with anxious attachment might always want a reassurance and connection with a partner who may try to get the same by trying to communicate which may unknowingly become excessive communication. At the same time not all insecure attachment styles influence the talkaholic behaviour. The avoidant attachment style mostly may try to avoid other people where the communication is very low and there can be no choice of involving in talkaholic behaviour. The findings highlight that communication styles and attachment styles are inter related and patterns of both are seen with each other.

7. Summary

The present study was conducted to examine the relationship between talkaholic and attachment styles among married females. The study employed a quantitative study design, and data were collected from a total sample of 202 participants. As the research focused only on female participants, especially married females only there is gender distribution to be spoken about. But the marital status distributions are married of 193 (95.5%) participants, separated of 5 (2.5%) participants, and divorced of 4 (2.0%) participants. This says major part of the participants were married females and only a very little part of the participants was separated and divorced. The age category of the participants was widely spread from 21 to 76 as it was focused only on married females but no the age category. As per the data collected the occupational

statuses of the participants were working 94 (46.5%), student was 5 (2.5%) and housewife was 103 (51.0%) which states that most of the participants were housewife and working. As the participants were married females and with the data most females are in both housewife and working, they all expect an emotional connection from the people close to them regardless their occupation. Pearson's product moment correlation was used to analyse the relationship between talkaholic trait and attachment style. The analysis revealed a positive correlation between the variables ($r = .387$, $p = .000$, $N = 202$). Since the obtained p-value is 0.01 the significance is in higher levels. It has a strong correlation between anxious attachment styles and talkaholics. The alternate hypothesis is accepted.

8. Conclusion

Based on the findings of the study, it can conclude that there exists a statistically significant positive relationship between talkaholic and anxious attachment style among married females. The magnitude of the correlation is strong and reliable to accept the alternate hypotheses suggesting that anxiously attached married females are more involved in talkaholic behaviour. The results basically imply that a person with anxious attachment style may seek constant reassurance, fear of abandonment, behaves clingy and seeks verbal over compensation which abruptly can define that partners with anxious attachment can take leads to cover up their anxiety and tries to make conversations which may cross the boundaries of just trying to communicate to compulsive talking. Which is what the findings of the study also proves to be. Regardless of the age and occupation every individual in the research is showing an equal relevance of the compulsive talking and anxious attachment style. Anxious attachment is not just about fear of being left out; it is a multifaceted psychological orientation driven by vigilance, dependency, and an excessive need for validation. Compulsive communication can be defined as the behavioural expression of these drives, where talking becomes both shield and weapon to handle insecurity.

9. Limitations

- The focused only inside India, which means that the study is culturally constricted to a particular area. Similar research can be done in other wide ethnic groups.
- Also, this study had its population as only married females excluding unmarried females and other genders, limiting the expanding results.
- The population does not include the people with minimal formal education.

10. Recommendations

- Future works can take in participants from wide range of areas and increase the population size and diversity
- Other related psychological variables can also be studied with to understand the concept better
- Talkaholic can also be studied on other genders and particular age groups.

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