

Abstract

This work aimed to map the attachment to parents and friends and to find out how this variable is related to self-esteem and self-efficacy in adolescence. Another aim of the work was to verify whether the relationship between the dimensions of attachment and self-evaluation mediates one's own effectiveness. The research population consisted of 206 adolescents aged 15-17. The data was obtained by completing questionnaires. Attachment in the dimensions of "anxiety" and "avoidance" was determined by the Experience in Close Relationships - Relationship Structures Questionnaire (ECR-RS), the Rosenberg self-assessment scale was used to measure self-esteem and the General Self-Efficacy Scale (GSE) method to measure self-efficacy.

It was found that almost all dimensions of attachment to mother, father and friend have a significant relationship with self-esteem and self-efficacy. Only in the case of avoidance to a friend, an indirect connection was proven. Furthermore, it was shown that boys' self-esteem and self-efficacy are not related to an attachment to a friend. In boys and girls, a strong influence of the relationship with the mother on the level of self-esteem and of self-efficacy was confirmed. The effect of the relationship with the father on the level of self-efficacy was demonstrated only in boys, not in girls. Girls' self-esteem is related, like boys' self-esteem, to the quality of their attachment to their father.

Mediation analysis found that the relationship between the individual dimensions of attachment and self-esteem is mediated by a sense of self-efficacy in the case of avoidance to mother, to father and in case of anxiety to mother and to a friend. Higher levels of self-efficacy with most dimensions of attachment predicted higher rates of adolescent self-esteem.

For complexity, additional analyzes dealing with the interrelationships between individual variables were also verified. Significant correlations were found between the dimensions of attachment and the number of friends, mother's education and academic success. The interaction between self-esteem and number of friends, gender, and academic achievement was also statistically significant. In terms of self-efficacy, a significant interaction with gender and school type was verified.

In the final part of the work, the results are discussed in accordance with further research, possible explanations, limits and possible other suggestions for further research.

Keywords

Self-esteem, self-efficacy, anxiety, avoidance, adolescence