



# Understanding Military Attachment Regarding Deployment and Attachment Theory

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# What is the military?

- Under 30 years of age
- Many are married with children
- Deployments
- Military Branches: Army, Air Force, Navy, Marine Corps, Space Force, and Coast Guard

# Attachment Theory

- Dr. John Bowlby and Mary Ainsworth
- Attachment is a generalized definition of having an extension of self, which can be seen through affection, fondness, or sympathy toward someone
  - Secure Attachment
  - Ambivalent Attachment
  - Avoidant Attachment
  - Disorganized Attachment

# Theoretical Framework

- Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy- think about such things (New King James Bible, 2018, 2 Philippians 4:8).
- I believe the only true source of hope, strength, peace, and purpose is God. When you focus on him instead of on whatever causes you stress, he'll give you the strength to bear what you need to bear and the peace of knowing you're in his hands no matter what you face (New King James Bible, 2018, 1 Chronicles 16:11).

# Proposed Study

- 18 to 40-year-olds
- Belonging to any ethnic group
- Married to a service member
- Heterosexual relationship
- The projected sample size is 60 participants
- Contacted through Facebook

# Proposed Study BDI and PFS

- Beck Depression Inventory (BDI)
- Protective Factors Survey (PFS)

# Importance of this Research

- Positive Family Unit
- Providing better resources to families
- Positive relationship satisfaction
- Less distress to individuals

# Questions



# References

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