Introdaction
Throughout history, humans have expressed religious beliefs and behaviors (1). Almost all believers consider their personal relationship with God as the most important aspect of their religiousness (2). Since many people regard their personal relationship with God as the most important part of their religion, it would be useful to use attachment theory to help understand religious attitude and behavior.

In the psychology of religious attitude and behavior, it is helpful to distinguish an individual’s religious orientation. Religious orientation can be divided into two categories, intrinsic and extrinsic orientation (I-E). An intrinsic orientation is viewed as religion being deeply personal to the individual. In contrast, an individual using an extrinsic orientation places an emphasis on religion as membership in a powerful in-group, providing protection, or consolation and social status (3).

This study examined if responses to an attachment behavior questionnaire are influenced by the religious orientations of the participants (non-religious, pro-religious, or intrinsic religious orientations).

Method
A community sample of 131 adults completed a revised form of the Age Universal I/E, which measures intrinsic, pro-religious, and non-religious orientation towards religion, to determine which religious orientation each participant is. Then, the participants completed the Attachment Style Questionnaire, which measures the different constructs of attachment.

Mean age: 50  Range: 40-70
Gender: 70% Females, 30% Males

Measures
Age Universal I/E: It is a self-report scale used to measure Intrinsic/Extrinsic religiosity in adults and children. It consists of 20 items (11 intrinsic, 9 intrinsic). Items include such statements as “I pray mainly to gain relief and protection” (item 8; extrinsic) (3). A revised form of the Age Universal I/E was used for this study and consisted of 14 items.

Attachment Style Questionnaire: It is a self-report questionnaire designed to measure adult attachment using the five subscales of Confidence, Discomfort with Closeness, Need for Approval, Preoccupation with Relationships, and Relationships as Secondary (4).

Results
Pro-religious orientation
- Showed significantly higher mean scores on measures of need for approval ($p=0.001$) and preoccupation with relationships ($p=0.004$) compared to the intrinsic religious orientation.

Intrinsic orientation
- Had the lowest mean scores on measures of need for approval ($M=-3.98$) and preoccupation ($M=-3.70$) compared to the pro-religious and non-religious orientations.

Discussion
The findings suggest that there is some type of relationship between religious orientation and attachment behavior. Specifically, individuals who have a pro-religious orientation tend to score higher on subscales of the Attachment Style Questionnaire.

This is most likely due to the fact that individuals who score as having a pro-religious orientation support everything that is encompassed in their religion. That in and of itself may be a sign that these individuals like to be perceived in a way that could be directly related to needing approval.

Pro-religious individuals tend to score high as intrinsic and extrinsic religious orientations. This suggests that social ties are important to pro-religious individuals. Extrinsic orientation appears to be a key component of pro-religious individuals, since these individuals are concerned with being socially accepted. By joining a religious group, pro-religious individuals can fulfill some of these attachment needs of their extrinsic orientation.

However, individuals who have an intrinsic religious orientation are not religious because of social means. As can be seen in the results, intrinsic individuals are the least concerned with social relationships and group approval. Their religion is a personal matter, and joining a religious group has little to do with group attachment.

Further work should continue to evaluate the relationship between attachment and religious orientation.

References