

*Apego, estrategias de resolución de conflictos y
satisfacción en las relaciones sentimentales de
adultos emergentes*



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Introducción

Como animales sociales, desde que nacemos, las personas tenemos la necesidad de vincularnos con los demás. Por ello, en nuestra rutina, interactuamos con diversas personas; con conocidos y desconocidos, con amigos, compañeros de trabajo, familiares, parejas sentimentales, etc. (Alonso, 2021). Cada una de estas relaciones que experimentamos en nuestra vida nos reporta diferentes beneficios. Sin embargo, según el estudio de Clark y Mills (2012), la mayoría de las personas sitúan las relaciones sentimentales en la cima de la jerarquía relacional, ya que, éstas son un componente central de la experiencia humana a lo largo de la vida.

De hecho, cuando a las personas se les pregunta qué da sentido a su vida o qué la hace satisfactoria, la mayoría resalta la importancia de sus relaciones sentimentales (Gable y Impett, 2012). Según los datos existentes en el Centro de Investigaciones Sociológicas de España (CIS, 2016; 2018), un 78.1% de la población encuestada indicó que tener pareja es un aspecto importante en su vida, incluso, aquellas personas que mantenían una relación sentimental lo hacían con un alto grado de satisfacción (8.2 sobre 10). Por eso, gran cantidad de estudios, han asociado las relaciones sentimentales con la satisfacción y bienestar individual (Baggio, et al., 2017; Freeman, et al., 2023; Shulman y Scharf, 2000; Van de Bongardt, et al., 2015). Así pues, debido a la importancia que las relaciones sentimentales tienen en la vida de las personas, esta investigación se propone realizar un estudio acerca de las variables que predicen que dichas relaciones sean satisfactorias.

Conocer qué variables ayudan a conseguir que una relación sea satisfactoria es una incógnita que ha suscitado mucho interés en la investigación desde hace décadas. Existen multitud de estudios que se han dedicado a estudiar qué variables predicen la satisfacción de las relaciones. La mayoría de estos estudios se ha centrado en parejas adultas, y, muy pocos estudios han tenido el interés de investigar cuáles son los factores que predicen la satisfacción de las relaciones en parejas de adultos emergentes (Arnett, 2000; Gómez-López, et al., 2019; Ogolsky, et al., 2017). Por eso, la población objeto de estudio de nuestra investigación será de parejas de adultos emergentes.

La adultez emergente es un periodo más inestable y de más cambios que la adultez, sin embargo, ambos periodos del ciclo vital tienen características y peculiaridades en común, sobre todo, en el ámbito de las relaciones sentimentales (Arnett, 2018; Barrera y Vinet, 2017). Por esta razón, gracias al reciente metaanálisis realizado por Joel et al., (2020), podemos conocer qué factores favorecen que las relaciones sentimentales sean satisfactorias en parejas adultas y extrapolarlas a parejas de adultos emergentes. Estos autores proponen dos tipos de variables que predicen la satisfacción de la relación; las variables individuales y las variables relativas a la relación de pareja. Por un lado, las variables individuales se refieren a la edad de los miembros de las parejas, el género, la autoestima, la empatía, la sinceridad, la extraversión, el afecto, el estrés, la depresión, la historia familiar de cada miembro de la pareja, la educación, el estatus económico, la satisfacción individual con la vida de cada uno de los miembros. Por otro lado, las variables relativas a la relación de pareja incluyen la duración de la relación, la convivencia, la frecuencia y satisfacción sexual, el aprecio, el apego, las estrategias para resolver los conflictos que se surgen durante la misma, el compromiso, etc. Entre todas estas variables que proponen Joel et al., (2020), nosotros ahondaremos con especial atención en las dimensiones de apego y en las estrategias de resolución de conflictos.

Más concretamente, a través de un análisis transversal, analizaremos, por un lado, los efectos que las dimensiones de apego y las estrategias de resolución de conflictos tienen directamente sobre la satisfacción con la relación. Y, por otro lado, tendremos en cuenta los efectos de mediación que las estrategias de resolución de conflictos tienen sobre la relación entre las dimensiones de apego y la satisfacción relacional. Además, el paso del tiempo es otro factor importante que condiciona la satisfacción con la relación (Kurdek, 1999; Moore y Campbell, 2020). La satisfacción no es fenómeno estático, sino que se va modificando a la largo de la duración de la relación (Fincham, et al., 2018; Huston y Vangelisti, 1991). Por eso, nos proponemos comprobar, a través de un estudio longitudinal, donde se han tomado las mismas dos medidas separadas por un periodo de trece meses, cómo las dimensiones de apego y las estrategias de resolución de conflictos se asocian con la satisfacción trece meses después de la medida inicial.

Otro aspecto importante para conocer cuan realmente satisfactoria es una relación de pareja es considerar la perspectiva de ambos miembros y no sólo la de un individuo. Sorprendentemente, esta idea ha sido poco estudiada, la mayoría de los estudios solo tienen en cuenta a un miembro de la pareja de manera individual. Así pues, consideramos nuestro estudio desde una perspectiva diádica, teniendo en cuenta la visión de ambos miembros de la pareja.

En resumen, se trata de una investigación que contiene un total de cuatro objetivos principales. En el primer objetivo analizaremos las diferencias entre los miembros de las parejas en todas las variables de estudio. En el segundo, examinaremos también, las diferencias que existen entre la medida inicial y la medida realizada trece meses después entre los miembros de las parejas en todas las variables de estudio. En el tercer objetivo, tendremos como fin, observar en qué medida las dimensiones de apego pueden tener un efecto en la satisfacción con la relación a través de las estrategias de resolución de conflictos. Finalmente, en el cuarto objetivo, nos centraremos en alcanzar el objetivo anterior pero teniendo en cuenta el efecto del paso del tiempo, introduciendo la variable satisfacción percibida de la relación trece meses después.

En las próximas páginas, por tanto, presentaremos el proceso de investigación llevado a cabo. Este trabajo se inicia con una revisión de la literatura científica existente hasta la fecha. La revisión teórica la hemos dividido en tres capítulos. En el primero, exponemos una aproximación teórica a las relaciones de pareja en la adultez emergente y a la necesidad que esta población tiene de inmiscuirse en relaciones sentimentales. Por otro lado, también profundizaremos sobre qué variables predicen que las relaciones sentimentales entre adultos emergentes sean satisfactorias. En el segundo capítulo, nos centraremos en describir las dimensiones de apego con sus peculiaridades en las relaciones sentimentales y sus implicaciones en la satisfacción con la relación. Por último, en el tercer capítulo, llevaremos a cabo una aproximación sobre las estrategias de resolución de conflictos en las relaciones y cómo éstas tienen efectos en la satisfacción relacional.

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