Polskie Forum Psychologiczne, 2016, tom 21, numer 4, s. 487-489

Special Section: Attachment
[Guest Editors: Katarzyna Lubiewska, Marinus H. van IJzendoorn]

AN INTRODUCTION TO THE SPECIAL ISSUE OF THE *POLISH PSYCHOLOGICAL FORUM* ON ATTACHMENT

Katarzyna Lubiewska[1], Marinus H. van IJzendoorn[2, 3, 4]

[1] Instytut Psychologii, Uniwersytet Kazimierza Wielkiego w Bydgoszczy
Institute of Psychology, Kazimierz Wielki Unversity in Bydgoszcz

[2] Centre for Child and Family Studies
Centrum Badań nad Dziećmi i Rodziną

[3] Institute of Education and Child Studies
Instytut Badań nad Edukacją i Dziećmi

[4] Graduate School of Social and Behavioural Sciences
Wyższa Szkoła Nauk Społecznych i Behawioralnych
Leiden University, The Netherlands/Uniwersytet w Leiden, Holandia

Following the first National Attachment Conference held in Bydgoszcz, Poland, 29-30 October 2015, this series of attachment studies marks the beginning of a more coordinated approach to the study of attachment in Poland, bringing together developmental, clinical and social-psychology researchers with a strong interest in attachment as defined in the Bowlby-Ainsworth tradition (see a summary of the conference proceedings in the paper by Małgorzata Wójtowicz-Dacka, this volume). It is exciting to see how this Polish is progressing to make a valuable contribution to the international literature on attachment styles. We are convinced that the second National Attachment Conference will show even more developmentally and clinically relevant work on specific Polish issues in attachment development.

Five papers presented in this volume represent some of recent areas of interest in attachment research in Poland. Four among them investigate attachment styles (prototypes) of adults addressing their romantic or caregiving relations and stress coping strategies. One paper focuses on child developmental problems viable to affect the course of optimal development of attachment in infancy. Although observational and experimental attachment studies are still lacking in Poland the

direction of attachment research seems to stress their importance for the next wave of research on attachment in Poland.

The first two papers provide the analysis of attachment style in romantic relationships. The paper of Greszta and collaborators compared levels of attachment prototypes, love components, and dimensions of sociosexual orientations among groups of individuals whose relationship lasts longer or shorter than a year as well as those who report to be involved in Friends With Benefits (FWB) relations. Although authors indicate numerous limitations of their study, the FWB group was found as differing from individuals classified into the other types of relationships with lower security and higher avoidance of attachment to partner and stronger non-restrictive sosiosexual orientation. Interestingly, although the FWB partners do not commit, nor define their relationship as romantic (as indicated in the literature), the FWB group analysed by authors reported some level of commitment and intimacy to a sexual partner. One of interesting questions that this study may trigger addresses how attachment and love function in this type of friendship bonds and the patterns in which they may be confounded with each other.

Attachment in marital relations was analysed in a relatively large study of Kornaszewska-Polak who tested perceived general loneliness and well-being as separate mediators of relation between attachment prototypes' levels reported by each spouse and their marital satisfaction. The study indicates that mediation mechanisms related with loneliness may work differently in explanation of marital satisfaction depending on whether the level of secure, ambivalent or avoidant attachment prototypes in marital relations are analysed. Results indicate that effects of loneliness may have more adverse effects on marital satisfaction when level of secure attachment is analysed compared to levels of other attachment prototypes.

Another two papers address attachment in the context of parent-child relation. Although both papers do not discuss attachment directly, both seem to shed light on intergenerational transmission of attachment. The contextual model of intergenerational transmission of attachment was developed by van IJzendoorn, (e.g., 1995)[1] and assumes that attachment is transmitted across generations through maternal caregiving quality which develops based on maternal attachment life-experiences. The model also assumes that child characteristics must be taken into consideration in the transmission process, and that there is a large 'transmission gap' still to be accounted for.

The first assumption seems to be addressed in the paper of Wycisk, who comparing teenage and non-teenage mothers of preschool children found that teenage mothers reported more childhood abusive experiences and less optimal caregiving styles than non-teenage mothers. She also found that the abusive experiences mothers reported were a strong predictor of their caregiving distrust in own parenting competences, helplessness, control, and distance in the mother-

[1] M.H. van IJzendoorn (1995). Adult attachment representations, parental responsiveness, and infant attachment: A meta-analysis on the predictive validity of the Adult Attachment Interview. *Psychological Bulletin*, 117, 387-403.

child relationship. The study indicates how adverse childhood experiences may affect caregiving styles. The second assumption of intergenerational transmission of attachment addressing child characteristics was examined in the paper of Palicka and colleagues who describe children with fetal alcohol syndrome which may shed light on what kind of problems challenging caregivers' sensitivity may limit optimal secure attachment development.

The relation between attachment and stress coping strategies in adult men and women was analysed by Komorowska-Pudło in the last paper of this volume. The findings provide some evidences suggesting that attachment anxiety may be related with stress coping strategies based on problem avoidance only in the group of men but not women. This finding may raise the question of gender differences in attachment styles at least in the Polish social context.

Although all papers of the volume have some limitations and are probably not representative of the whole area of attachment studies in Poland carried out up to date, all demonstrate how currently attachment is investigated by Polish researchers. Even though the papers included in this volume seem to support some well-known attachment concepts and hypotheses explored already in main stream attachment research elsewhere, they also allow to find some culture-specific pathways of mechanisms in the development of attachment styles in the Polish context. They mark the promising start of the new era of a rich tradition in Polish attachment research.

Polskie Forum Psychologiczne, 2016, tom 21, numer 4, s. 490-513
DOI: 10.14656/PFP20160401

ATTACHMENT STYLE, LOVE COMPONENTS AND SOCIOSEXUAL ORIENTATION OF MEN AND WOMEN IN DIFFERENT TYPES OF HETEROSEXUAL RELATIONSHIPS

Elżbieta Greszta[1], Jarosław Jastrzębski[1], Zbigniew Izdebski[2], Monika Kowalska-Dąbrowska[1], Aleksandra Januszkiewicz

[1] Uniwersytet Kardynała Stefana Wyszyńskiego w Warszawie
Cardinal Stefan Wyszyński University in Warsaw

[2] Uniwersytet Warszawski i Uniwersytet Zielonogórski
University of Warsaw and University of Zielona Góra

Summary. This study aimed to define psychological determinants of choosing heterosexual relationship type. In this purpose three groups of participants have been compared, representing different types of relationships (Friends With Benefits – FWB, short-term relationships, lasting shorter than 12 months and long-term relationships, lasting longer than 12 months) with respect to the attachment styles, passion, intimacy and commitment and sociosexual orientation. 90 individuals participated in the study (15 women and 15 men in each group). They completed three questionnaires: Attachment Style Questionnaire by Mieczysław Plopa (2008), Love Measurement Questionnaire and Sociosexual Orientation Inventory Questionnaire SOI-R by Penke and Asendorpf (2008). Results of the univariate analysis of variance indicated, that individuals in short-term and long-term relationships showed higher intensity of the secure attachment style and higher level of intimacy and commitment, while persons in FWB relationships showed higher intensity of the avoidant attachment style and non-restrictive sociosexual orientation. No statistically significant differences have been observed between the groups with respect to the intensity of the anxious/ambivalent attachment style and the level of passion.
Key words: attachment, love, sociosexual orientation, close relationship

Introduction

Men and women around the world, regardless of culture, form more or less formalised sexual relationships that are primarily aimed at the generation and nurturing of offspring. The two fundamental reproductive strategies implemented by humans and animals alike are polygamy and monogamy (Gribbin, Gribbin, 1999; Wilson, 2000; Krebs, Davies, 2001). The choice depends on a number of factors,

Adres do korespondencji: Elżbieta Greszta, e-mail, e.greszta@uksw.edu.pl

mainly environmental. In the case of polygamy, an individual mates with multiple partners, whereas in monogamy, a male and a female mate for a longer or shorter period that spans either a part of the breeding period (the so-called serial monogamy) or even the whole life (Wilson, 2000). It appears that relationships formed by contemporary humans are monogamous. A more thorough analysis has given grounds for distinguishing the two most characteristic types: short-term relationships and long-term relationships. According to the World Health Organisation (WHO), long-term relationships are formed by partners who remain in close emotional and sexual relations for longer than 12 months (Izdebski, Ostrowska, 2003).

Both forms of relationships give partners specific biological benefits. This is explained by evolutionary psychology in reference to the concept of reproductive success. While permanent relationships increase the chance for the offspring to survive in difficult conditions because of determined cooperation between the two parents (distribution of parental roles, shared protection of the offspring against threats, shared provision of food to the offspring etc.), the casual relationship strategy contributes to greater genetic diversity of the offspring (Fisher et al., 2002).

Although short-term relationships are very frequent in various human communities, the majority of studies conducted heretofore have focused on marriages. Studying such type of heterosexual relationships seems hindered by the prevailing set of values, on the one hand, and the tendency to keep promiscuity and infidelity a secret, on the other (Buss, 2007). According to Buss (2007), casual sex is a taboo, but at the same time a subject of fascination. In many cultures, it is typical for adolescents and young people to experiment with their abilities while seeking to establish themselves on the so-called marriage market and build their own sexual strategies (Buss, 2007).

One type of such relationship has been described by Bisson and Levine (2009) as a relationship in which friends engage in uncommitted sex. In literature, this type of relationship has been referred to as *sex friends*, *fuck bodies* or *friends with benefits* (abbreviated as FWBs). In their studies, Bisson and Levine found that 60% of surveyed undergraduates admitted to a physical relationship with a friend. Of those, 28% remained FWBs, 36% remained friends after quitting sexual relations, 26% ended the relationship altogether and in 10% of the cases, the relationship became permanent.

The FWB phenomenon is of interest also to Polish psychologists and sociologists. Based on their findings (Jankowska, 2009), one can say that such relations appear most frequently among single people under 30 years of age, undergraduates or well educated individuals, financially independent and living primarily in big cities. FWB relationships are governed by specific rules, with no restrictions, no responsibilities and no emotional commitment (Jankowska, 2009). In most cases, FWB partners will have known each other for a long time. Engaging in such relationships requires mutual consent (Jankowska, 2009).

As discussed above people engage in different types of relationships, such as mono- vs. polygamous, heterosexual vs. homosexual as well as relationships differing with respect to how long they last (short- vs. long-term). This study attempts to

identify psychological conditions for choosing one of three types of monogamous heterosexual relationships: long-term, short-term or FWB. Friends with benefits relationships (FWBRs) are defined as "relationships between cross-sex friends in which the friends engage in sexual activity but do not define their relationship as romantic" (Hughes, Morrison, Asada 2005, cf. Fahs, Munger, 2015, p. 189). Long-term and short-term relationships in which the couple engage in sexual activity and define their relationship as romantic (Izdebski, Ostrowska, 2003).

To outline the theoretical framework of this study, first we focus on discussing the theory of attachment, triangular theory of love and the concept of sociosexual orientation. Literature on relationships (presented below) indicates that the most important psychological factors, determining individuals' decisions while selecting the type of sexual relationship is the style of attachment, the ability to form relationships based on intimacy, passion and commitment and individuals' sociosexual orientation.

The attachment styles

The theory of attachment was co-authored by John Bowlby and Mary Ainsworth (Ainsworth, Bowlby, 1991), who drew their inspirations from a number of fields: aetiology, cybernetics, developmental and cognitive psychology and psychoanalysis. Their theoretical and empirical achievements revolutionised our understanding of the processes responsible for developing close relations (Bretherton, 1992). It is thanks to them that we know today that the attachment style develops in infancy and childhood and is characterised by a search for closeness with the attachment figures (usually parents) that provide comfort and security in difficult and unpleasant situations. A child develops secure attachment (a secure attachment style) in response to sensitivity and availability of the attachment figure. When experiencing incoherent responses from the attachment figure and uncertainty about his or her availability in difficult and uncomfortable situations, a child develops an anxious/ambivalent attachment style. Finally, unavailability and insensitivity of one's primary caregiver results in developing an avoidant attachment style. Main and Solomon (1990) discovered the third insecure attachment style – *disorganized/disoriented attachment*. It is characteristic of people with no consistent, organised strategy for regulating emotions or coping with stress. This type of attachment results from early childhood experience of receiving no support in difficult situations. As children such individuals were subjected to overwhelming situations, rejection or even aggression on the part of their caregivers. Frequently changing caregivers or caregivers exhibiting disordered behaviours have a destructive influence upon their charges, who experience agitation, rage and helplessness. The return of such caregiver does not sooth; on the contrary it increases anxiety. In their psychological construct, persons with disorganized attachment style possess no constant, consistent model of ties, which would lay the foundations for their subsequent emotional and cognitive functioning. These three insecure attachment styles result in negative self-assessment (the feeling of worthlessness, fear of rejection) and a tendency to mistrust and avoid deeper emotional relations with people. According to Bowlby

(1982), the image of attachment figures is reinforced later in life, sustained and included in one's permanent internal working models regarding oneself and others.

Hazan and Shaver (1987, 1994) went even further and concluded that romantic love and bond between partners develop through the same attachment processes as those observed in childhood. In other words, adults in romantic relationships are subject to the same mechanisms as those present in mother-child relation. The attachment theory gave rise to the Tripartite Model of Adult Romantic Attachment (Péloquin et al., 2014), formulated by Shaver, Hazan, Bradshaw and Mikulincer (Shaver, Hazan, Bradshaw, 1988; Mikulincer, Shaver, 2007). They proposed three innate behavioural systems fundamental for the optimal functioning of relationships formed by couples: (1) "attachment system"; (2) "caregiving system" and (3) "sexuality system". These systems are at the same time discrete and mutually dependent. Each of them organizes behavioural responses which maximize survival, adaptation, and reproduction in the context of social relationships (Mikulincer, Shaver, 2007; Péloquin et al., 2014).

Péloquin et al. (2014) describe the activating mechanism for each system of the Tripartite Model of Adult Romantic Attachment. According to these authors "the attachment system" consists of internal operating models of self and others (sense of self-worth, positive expectations of others – or quite to the contrary: a negative appraisal of the self and a negative appraisal of the others, fear of rejection e.g., avoidance, mistrust), and therefore is identical with the style of attachment. Péloquin et al. (2014) describe how in adulthood, "the attachment system" lays the foundations for the perception of the self and partners, and regulating emotions and behaviours in romantic relationships. Therefore love relationships involve attachment processes in which a romantic or marital partner often becomes an adult's primary attachment figure. The insecure attachment is manifested through anxiety and avoidance (Péloquin et al., 2014). "The caregiving system" and "the attachment system" are complementary and theoretically developed to increase safety and viability of dependent others (Mikulincer, Shaver, 2007). When an individual's "attachment system" is activated in an adult love relationship, his or her partner's "caregiving system" may be triggered to satisfy partner's attachment needs, alleviate distress, restore the sense of safety, and promote exploration and self-actualizing behaviours (Péloquin et al., 2014). The attachment and caregiving systems are crucial in adult love relationships as both partners alternate between providing and eliciting care, security and comfort (Schachner, Shaver, Mikulincer, 2003). Kunce and Shaver (1994) showed empirically that caregiving behaviours are related to "the attachment system" with respect to the internal working models of self and others. Individuals' caregiving behaviours can be predicted from their attachment insecurities (Mikulincer, Shaver, 2007). People with chronic attachment insecurities may fail to recognize distress signals in others and respond to them appropriately (Collins et al., 2006). In romantic relationships, apart from the attachment and caregiving systems, "the sexual system" is also relevant. (Péloquin et al., 2014). For optimal sexuality in a continuing relationship, an individual must experience a confluence of security, caring, and sexual gratification with healthy concern for oneself and the

partner (Mikulincer, Shaver, 2007). "The sexual system" is important not only in the initial phase of relationship but it is also essential for relationship's continuation and quality. Sexual satisfaction is often analysed with respect to its integration with the attachment and caregiving systems (Péloquin et al., 2014).

According to Mikulincer and Shaver (2007), the primary attachment system strategy involves pursuing closeness with significant persons (i.e. people with whom one wants to spend long time and on whom one can count). A secure attachment style develops when significant persons are available, emotionally sensitive and attentive to one's individual needs. Then, an individual feels secure, which encourages him or her to create close emotional bonds with others. In contrast, persistent unavailability, indifference and insensitivity of significant person lead to selecting a secondary strategy that manifests itself either in "hyperactivation" or "deactivation" of the attachment system. Hyperactivation is characteristic for people with an anxious attachment style and lets them bond with unresponsive partners. Persons with anxious attachment style carefully monitor relations with others for a deficit or impairment of physical or emotional closeness (Cassidy, Berlin, 1994; Simpson, Ickes, Grich, 1999). Deactivation concerns closeness-seeking inhibitions as a result of unavailability of the significant person, which is the most typical strategy for people with an avoidant attachment style. Such people strive to maintain their independence and self-reliance while denying emotional needs or states that could activate "the attachment system". Strongly avoidant individuals often do not allow themselves to be emotionally close to their partners in a relationship, and turn to them for support only in difficult situations (Simpson, Rholes, Nelligan, 1992; Butzer, Campbell 2008). A secure attachment style in a relation with a sexual partner is characterised by the feeling of security and satisfaction with the partner's closeness. An anxious/ambivalent style manifests itself as increased alertness and anxiety regarding stability of one's relationship and fear of the loss of partner. Finally, an avoidant style is characterised by a reluctance to establish close, open relations with one's partner (Plopa, 2007).

Still, very little is known about links between specific attachment styles and the inclination to engage in casual or long-term sexual relationships. DeWall et al. (2011) suggest that persons with an avoidant attachment style show greater interest in sexual contacts outside their current relationship and stronger inclination to betrayal. Similar findings were obtained by Allen and Baucom (2004), both among undergraduates in informal relationships and among married couples. Furthermore, people with an avoidant attachment style show less restrictive attitudes towards sex and have a greater number of casual and uncommitted sexual partners. Although observable among representatives of both sexes, this pattern seems to be slightly more apparent among men (Gentzler, Kerns, 2004; Schachner, Shaver, 2004).

Components of love: passion, intimacy, commitment

In the course of a relationship, the motivation to engage in a specific type of sexual and emotional closeness between the partners changes. According to Robert Sternberg (2007), such change is unavoidable and arises from the internal nature of relations in close relationships. According to Sternberg, changes affecting closeness between partners that take place during their relationship can be understood through the three components of love: intimacy, passion and commitment.

Intimacy is understood in general as positive feelings towards one's partner, manifested in a desire to care for partner's welfare, experiencing happiness with and because of the partner, feeling high regard for one's partner and being able to count on the partner when needed; mutual understanding and sharing experiences with the partner, giving and receiving emotional support, intimate communication with the partner and belief that the partner is an important element of one's life (Wojciszke, 2010, p. 10). The dynamics of intimacy is subtle and changes with subsequent stages of the relationship. Each relationship begins with an attempt to find common language and develop an ability to understand and learn partner's needs. Accuracy of such attempts increases as the relationship continues. Intimacy itself grows relatively slowly to gradually disappear with time (Sternberg, 1986).

Passion is a mixture of strong emotions. Lust, joy and admiration mix with pain, anxiety, envy and longing. It is often accompanied by strong physiological arousal, search for physical closeness, desire to engage in erotic contacts but also a need to protect and care or build self-esteem. Passion usually lasts between 18 and 36 months. Passion grows at a tremendous pace as the relationship continues to fade nearly just as fast. In its nature, passion is the absolute admiration for one's partner. Feelings, thoughts and emotions that accompany this love component do not lend themselves to reasoning.

Anthropological studies have provided evidence for the existence of passion and passionate love in almost all of the 166 cultures studied. It should be noted that passion, treated as urge, can be understood in two ways, either as a desire to bond with someone who cannot be substituted by anyone else, or a desire to engage sexually with any person who meets certain minimum requirements; the latter is particularly applicable to men (Wojciszke, 2009). Wojciszke cites Philip Shaver et al. (1996, cf. Wojciszke, 2010, p. 22), who define "love" as one or all of these conditions. For Shaver intimacy is an attachment, commitment is "love as care" while passion is sexual attraction – "I am sexually attracted to you and cannot stop thinking about you. I am aroused and truly alive in your presence. I want to see you, touch you, absorb you, become one with you, lose myself in you".

Commitment involves conscious decisions and actions aimed at transforming a relationship from a love affair into permanent relationship. This behaviour is consciously controlled. In a successful relationship, commitment is a stable element that cements a relationship and, on investing certain effort, makes it possible to keep it going. Dynamics of the commitment component is different from changes taking place in intimacy and passion. It grows slowly at first, but then accelerates as

passion and intimacy develop. The level of commitment remains stable throughout the relationship (Huesmann, Levinger, 1976).

Depending on the intensity of individual components of love, one can distinguish several different types of relationships, or types of love: 1) liking – intimacy without passion and commitment, b) infatuation – passion without intimacy and commitment, 3) empty love (a burnt out relationship) – commitment without passion and intimacy, 4) romantic love – intimacy and passion without commitment, 5) fatuous love – commitment and passion without intimacy (typical for extramarital affairs), 6) companion love – commitment and intimacy without passion, and 7) complete love, which is the full combination of the three components (Wojciszke, 2009, p. 25).

Sociosexual orientation

The concept of sociosexuality was introduced to science as early as the mid-20th century by Alfred Kinsey (1948, 1953), an American biologist. He used it to describe individual differences regarding one's inclination to engage in relationships based on uncommitted sex. However, it was not until Simpson and Gangestad (1991) constructed the Sociosexual Orientation Inventory (SOI), a self-report tool designed to measure one's sociosexual orientation, that the construct in question attracted strong interest from psychologists.

Although the original concept of sociosexuality referred to intensification of actions related to engaging in uncommitted sex, the construct evolved with time towards bipolar continuum of reproductive strategy in which one end describes short-term relationship preferences while the other – long-term relationship preferences.

The concept of sociosexual orientation proved remarkably useful in explaining certain psychological aspects of selecting and maintaining sexual partners, such as preferences of men and women for choosing a partner (Simpson, Gangestad, 1992; Fletcher et al., 1999), the process of courtship (Simpson, Gangestad, Biek, 1993; Simpson, Gangestad, Nations, 1996) and, finally, stability (Simpson, 1987) and quality (Simpson, Gangestad, 1991; Ellis, 1998; Jones, 1998) of relations in close relationships. However, the most important benefit of introducing and operationalizing the concept of sociosexuality is the ability to study individual differences in an overall level of promiscuous behavioral tendency (in the preferred number of sexual partners, attitude towards uncommitted sex and in the frequency of sexual fantasies about a person or persons other than the current partner) (Penke, Asendorpf, 2008).

To summarize, there are many indications that factors governing these choices belong to the following three areas: a) individual's beliefs regarding the availability and sensitivity of the attachment figure that are expressed through the his/her style of attachment, b) feelings, actions and decisions towards the partner that are reflected in a corresponding intensity of intimacy, passion and commitment, and c) an individual inclination to prefer casual and uncommitted sexual contacts that is expressed through the individual's sociosexual orientation. Therefore, the theory of attachment (and its follow up – Tripartite Model of Adult Romantic Attachment),

triangular theory of love and the concept of sociosexual orientation form the suitable theoretical framework for this study.

Research problem and hypotheses

The purpose of this study is to establish the role of level of attachment style prototypes, levels of passion, intimacy and commitment and sociosexual orientation in choosing one's type of sexual relation. We find it important to answer the following question: are there differences among people engaged in long-term, short-term and FWB relationships in terms of their level of attachment style prototypes, levels of passion, intimacy and commitment and sociosexual orientation?

The theoretical and empirical premises presented above allowed us to formulate the following research hypotheses:

Hypothesis 1 – People in long-term relationships differ from those in short-term and FWB relationships in the intensity of their level of attachment style prototypes. People in long-term relationships are characterised by greater intensity of the secure attachment style prototype, whereas those in short-term or FWB relationships show greater intensity of anxious and/or avoidant styles.

Hypothesis 2 – People in long-term relationships do not differ from those in short-term or FWB relationships in terms of passion.

Hypothesis 3 – Unlike people in short-term or FWB relationships, those in long-term relationships show a higher level of intimacy and commitment.

Hypothesis 4 – Unlike people in short-term or FWB relationships, those in long-term relationships show a more restrictive sociosexual orientation.

Method

Subjects

The study group consisted of 90 persons: 45 heterosexual men (raw data from Zielińska, 2011) and 45 heterosexual women, (age 18-35) and was divided into three sets: FWBs, people in short-term relationships (shorter than 12 months) and people in long-term relationships (longer than 12 months). Each group consisted of 30 individuals. Upon recruitment for the study, all subjects, having been familiarized by the researcher with the definitions of the different relationship types, decided by themselves which group to join (short-term, long-term or FWB). Subjects for the study were recruited through social media (grono.net, facebook.com), where announcements were placed with a link to the questionnaire and survey. People were also recruited by word of mouth through friends, colleagues and acquaintances. All subjects were promised anonymity. Members of the FWB group were recruited in the same manner as the rest of the study subjects. In addition, due to the uniqueness of the FWB group (the term FWB aroused controversy), it was unlikely that people who qualify for this group will openly admit it) Therefore information about recruitment for the study and a link were placed, apart from the social media listed above, on thematic websites such as friend4fuck.pl, fucking-friends.pl. People interested in the study were subjected to a uniform procedure of completing on-line

questionnaires, which were collected in an electronic mail box set up specifically for this purpose. Among subjects there were also people who were recruited in direct conversations. Such people were contacted through friends and completed the questionnaires in person.

Instruments

Three questionnaires were used in the study. First, the subjects filled in the *Attachment Style Questionnaire* (ASQ) developed by Mieczysław Plopa (2008). The ASQ consists of 24 statements that form 3 subscales to measure the intensity of the three attachment style prototypes in close relationships: Secure, Anxious/Ambivalent and Avoidant. High scores on the Secure Style subscale are recorded for people whose relationships are based on mutual trust and openness. These people also feel confident that their partner will be available for them in difficult times. They also feel secure and satisfied about being with their partner. A high score on the Anxious/Ambivalent Style subscale is related to anxiety about relationship's stability, increased alertness and worry that partner may not find the relationship sufficiently attractive, which translates into decreased level of affection, openness and requital of feelings. Finally, a high score on the Avoidant Style subscale is characteristic for people with no tendency to establish close and open relations with partner. Those people react with embarrassment or nervousness when partner expects closeness. Estimated with Cronbach's alpha internal consistency measurement, the reliability of ASQ subscales is satisfactory and ranges between .78 for the Anxious/Ambivalent Style subscale and .91 for the Secure Style subscale.

The Cronbach's alpha coefficients of reliability calculated in our study did not differ significantly from those obtained by Plopa (2007) and were as follows: for the scale of Secure Style – .86, for the scale of Anxious-Ambivalent Style – .85, and for the scale of Avoidant Style – .83.

Then, the surveyed subjects filled in the *Measuring of love* questionnaire (Wojciszke, 1995). It consists of 36 statements divided into three groups that measure the level of Robert Sternberg's three love components: Intimacy, Passion and Commitment. Cronbach's alpha reliability coefficients calculated in our study for the individual scales were as follows: Intimacy – .89, Passion – .88 Commitment – .94.

Finally, the subjects filled in the *Revised Sociosexual Orientation Inventory Questionnaire* (SOI-R) developed by Penke and Asendorpf (2008). The SOI-R consists of 9 items that identify the general sociosexual orientation with three aspects of sociosexuality: a) Behaviour subscale shows the preferred number of sexual partners (items 1 to 3), b) Attitude subscale provides information on one's attitude towards uncommitted sex (items 4 to 6), and c) Desire subscale establishes the frequency of sexual fantasies about a person or persons other than the current partner (items 7 to 9). High SOI-R scores show a non-restrictive orientation (oriented towards short-term relationships), whereas low SOI-R scores show a restrictive orientation (oriented towards long-term relationships). Psychometric properties of the Polish version of the SOI-R have been measured in the studies by Marzec, Łukasik, Jastrzębski (2014). Cronbach's alpha scores were the following: .85 for the general score, .79 for