A Study of the relationship between deficit / deficiency words to express feelings (Alexithymia) and parental attachment in adults

Abstract:
The study aimed to elucidate the concept Alexithymia in terms of origination and theories that explain and measurement instruments, as well as the concept of attachment parenting how to grow and evolve through the stages of growth and theories to show the role or relationship of attachment parenting in adults (male / female) as shown through their social relationships with others and Alexithymia study sample of 240 male and female students from the Faculty of Education, Benha (162 males 0.78 females) with an average age 20 years and a standard deviation of 563, .after application Alexithymia and measurements of parental attachment (researcher) on a sample . results using analysis of variance with design World 2 (male / female)  x 3 (attached securely, and anxious, and attached Avoid) and tested LSD to know the significance of differences to the existence of a relationship between the attachment is safe anxiety and aversive and Alexithymia safe aversive was more relationship Alexithymia, and the presence of differences between males and females of the study sample on a scale Alexithymia in favor of students of females, and that there are no differences between males and females on a scale . interpret the results in light of the theoretical concepts parental attachment and its role in psychological adjustment and social across different growth stages, and the
importance of models attachment between parents and in the psychological development of the child.

Keywords: parental attachment - Alexithymia - models of parental attachment - parenting attachment theories – theories of Alexithymia.