



## Parental and Peer Attachment in Portuguese Youth: A Cross-Sectional Analysis of Socio-Demographic Influences

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### Abstract

Attachment to parents and peers is a key factor in adolescent development, influenced by contextual and individual variables. This study aimed to analyze the role of living area (urban vs. semi-urban), sex, and education level in the attachment of Portuguese youth (ages 10–19). A sample of 3,347 students was analyzed using independent sample t-tests and ANOVA to assess differences in attachment to mothers, fathers, and friends. Results showed that adolescents in semi-urban areas reported significantly higher parental secure attachment compared to those in urban areas, but no significant differences in peer attachment were found. Males showed stronger secure attachment to fathers, while females had higher peer secure attachment. ANOVA revealed that secure attachment to parents decreased with education level, whereas attachment to friends increased. These findings highlight the importance of considering contextual and demographic factors when studying adolescent attachment, suggesting that social and educational contexts shape the development of emotional bonds.

**Keywords:** Attachment; adolescent; youth, sociodemographic