

Abstract

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It is well-documented that positive emotional attachments to significant others is associated with individual well-being and life satisfaction. Although most of the work in this area examined parent-child relationships, indications are that attachment to siblings is also beneficial. Such a connection likely exists as sibling attachment encourages maintenance behaviors that enhance the relationship and subsequent personal health and welfare. This may be important during adulthood when individuals are experiencing numerous life transitions and stressors. However, this link has not been extensively examined. Therefore, the purpose of the present study is to examine: (1) the potential link between sibling attachment and individual emotional well-being, (2) the connection between attachment and relational maintenance behaviors between siblings, and (3) whether enacted or received relational maintenance behaviors between siblings have a larger effect on emotional well-being.