

## Abstract

Although emerging adulthood (ages 18-25) is characterized by a transition to independence, many emerging adults still rely on parents for financial and emotional support. This is particularly true for college students who show increasing emotional reliance and relatedness to parents despite increased physical distance. This study will examine the relative contributions of attachment to parents and attachment to peers to coping and anxiety in emerging adulthood. A sample of 53 college students completed questionnaires measuring attachment to parents and peers, symptoms of anxiety, and coping with stress in college relationships. Overall, hierarchical linear regression revealed that parents contribute more to protecting emerging adults against maladaptive responses to stress. This research will shed light on the relative importance of parents versus peers for college students' responses and stress and wellbeing.