

### **Abstract**

Past studies have shown that self-esteem is a strong predictor of life satisfaction. However, the explanation was unclear. Our study explored the relationship between self-esteem and life satisfaction in relation to four types of adult attachment: secure, dismissing, fearful and preoccupied. In particular, we hypothesised that secure attachment mediates the influence of self-esteem on life satisfaction. A convenient sample of 108 young adults in Hong Kong completed questionnaires assessing their levels of self-esteem, life satisfaction and adult attachment styles. The Rosenberg Self-Esteem Scale (RSES), the Satisfaction with Life Scale (SWLS) and the Relationship Styles Questionnaire (RSQ) were used. Gender differences in the variables and correlations between variables were examined. Our mediation analysis revealed a partial mediating effect of secure attachment in the relationship between self-esteem and life satisfaction. As the connection between self-esteem, life satisfaction and adult attachment in collectivistic cultures is insufficiently discussed in the literature, our study is an important attempt to fill this research gap.

*Keywords:* self-esteem, life satisfaction, adult attachment, secure attachment