

The Strange Situation experiment was developed to help research the level of attachment between mothers and their babies. Invented by Mary Ainsworth, the experiment revealed four types of attachment that exist: Secure, avoidant, resistant and disorganized.

The experiment is a setup of mother and infant in a room that is both unfamiliar to them. Through a series of experiments of a stranger coming in/out of the room to interact with the child and the mother leaving, researchers watch through the window next door to document the child's responses. Based on how the child responds researchers can determine a certain level of attachment or lack they're of. Securely attached children will prefer the mother to the stranger and show a more healthy response. A child demonstrating avoidant attachment doesn't care if the parents comes or goes. This shows that the parent generally is inattentive to their child's needs. Next, a child demonstrating resistant attachment get very angry when the parent leaves the room and when the parent returns the child is difficult to console. This shows that a parent is inconsistent in attending to their child's needs. A child demonstrating disorganized attachment tries to run away when the parent returns. This type of response shows that the parent abuses the child.