



Scottish  
Attachment  
In Action

# THE IMPACT OF MULTI-GENERATIONAL POVERTY ON ATTACHMENT DYNAMICS WITHIN SOUTH ASIAN FAMILIES RESIDING IN SCOTLAND: AN INVESTIGATION OF PAKISTANI AND BANGLADESHI COMMUNITIES

| By  
**Fatima Durrani**



**Abstract:**

This research project aims to explore the effects of multi-generational poverty on attachment dynamics within South Asian families residing in Scotland, with a specific focus on Pakistani and Bangladeshi communities. The study will employ a qualitative research method approach, incorporating qualitative methods to gain comprehensive insights into the complex relationship between poverty and attachment dynamics. By examining the experiences and perspectives of individuals and families affected by multi-generational poverty, this research seeks to provide valuable information for policymakers, social workers, and community organisations working to address the challenges faced by these communities. The findings of this study can contribute to the development of more targeted interventions led by SAIA and support systems to promote healthier attachment dynamics in vulnerable South Asian families.

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## **I. Introduction**

### **A. Background:**

Poverty remains a significant concern for many South Asian families residing in Scotland, particularly among Pakistani and Bangladeshi communities. Understanding the impact of multi-generational poverty on attachment dynamics within these families is crucial for developing effective strategies to address their unique needs and challenges. This research aims to delve into the understanding of attachment theory in the specific context of South Asian (specifically Pakistani and Bangladeshi) families residing in Scotland who face multi-generational poverty and inequality.

The research focuses on Scottish-Pakistani and Bangladeshi families because in 2020/21 “around half of all people in households headed by someone of Bangladeshi ethnicity were in poverty, with rates for people in households headed by someone of Pakistani or Black ethnicity also having very high poverty rates of more than 4 in 10, more than twice the rate of people in households headed by someone of white ethnicity” (Cebula et al, p. 6, 2023).

The primary objective is to examine the influence of family and community connections on the wellbeing and adaptive capacities of individuals within these families, focusing on their ability to cope, survive, and potentially thrive in challenging circumstances. To achieve this, the research will actively engage with South Asian families and communities experiencing poverty and inequality through attachment-informed discussions.

### **B. Rationale:**

Despite existing research on poverty and attachment dynamics, few studies have specifically focused on the experiences of South Asian communities in Scotland. This research project aims to fill this gap by examining how poverty affects attachment dynamics in the context of cultural norms, traditions, and societal factors that influence family relationships.

### **C. Objectives:**

- a. To explore the role of attachment theory in understanding the experiences of Pakistani- and Bangladeshi-Scottish families living with multi-generational poverty and inequality in Scotland.
- b. To examine the impact of family and community connections on the wellbeing of individuals within these families.
- c. To identify coping strategies and factors that contribute to resilience within the context of poverty and inequality.
- d. To investigate potential pathways for individuals to thrive and break the cycle of poverty and inequality.

### **D. Research Question**

This research seeks to investigate the following research question: How does the experience of multi-generational poverty impact attachment dynamics within South Asian (specifically Pakistani and Bangladeshi) families residing in Scotland?

### **E. Scope and Limitations:**

This research will focus primarily on Pakistani and Bangladeshi communities in Scotland, limiting the generalisation of findings to other ethnic groups. Additionally, due to time and resource constraints, the sample size may be limited, which could affect the overall representativeness of the study.

## **II. Literature Review**

### **A. Definition of Attachment Dynamics:**

*"Attachment is a deep and enduring emotional bond that connects one person to another across time and space" (Ainsworth, 1973; Bowlby, 1969).*

Attachment theory stands as one of the most comprehensive and far-reaching concepts in contemporary psychology. It provides insights into various aspects of human experience, encompassing physiological, emotional, cognitive, and behavioural dimensions. This theory serves as a framework for understanding social development, interpersonal behaviour, relationship dynamics, psychosocial adjustment, and clinical disorders. Within the context of this volume, multiple perspectives are explored to shed light on these complex topics (Rholes et al., 2004).

Attachment refers to a set of distinctive behaviours observed in children, such as seeking closeness and comfort from their primary caregivers when they feel upset or perceive a threat (Bowlby, 1969). In the case of adults, attachment behaviour involves responding sensitively and appropriately to the child's needs, and this pattern seems to be prevalent across different cultural contexts. The theory of attachment offers valuable insights into the emergence of the parent-child relationship and its impact on subsequent development (McLeod, 2009).

The foundation of attachment theory in psychology can be traced back to the pioneering work of John Bowlby, who in the 1930s served as a psychiatrist and psychoanalyst in London, where he provided care to numerous emotionally distressed children. Through this experience, Bowlby, alongside Mary Ainsworth (a key research team member), delved into the significance of a child's bond with their mother, recognizing its impact on their social and cognitive growth (McLeod, 2009).

### **B. The Impact of Poverty on Attachment Styles:**

In 2021, the Joseph Rowntree Foundation UK reported that more than 20% of families in the UK were living below the poverty line (JRF UK Poverty Report, 2023). Researchers have emphasised that economic hardships tend to first impact the emotional well-being and marital dynamics of adults, eventually extending to the nurturing environment of their children (Wray, 2015). The challenges faced by impoverished families are often multifaceted, encompassing issues such as unemployment, inadequate housing, and substance abuse. These critical factors contribute to the perpetuation of a cycle of poverty across generations (Wray, 2015).

This study aims to explore and analyse two attachments within the context of a Scottish BME family framework. By incorporating the attachment theory, we seek to gain a comprehensive understanding of family practices and relationships within the context of multi-generational poverty. The insights derived

from this research will shed light on the implications and possible interventions to support Scottish minority ethnic families facing socio-economic difficulties.

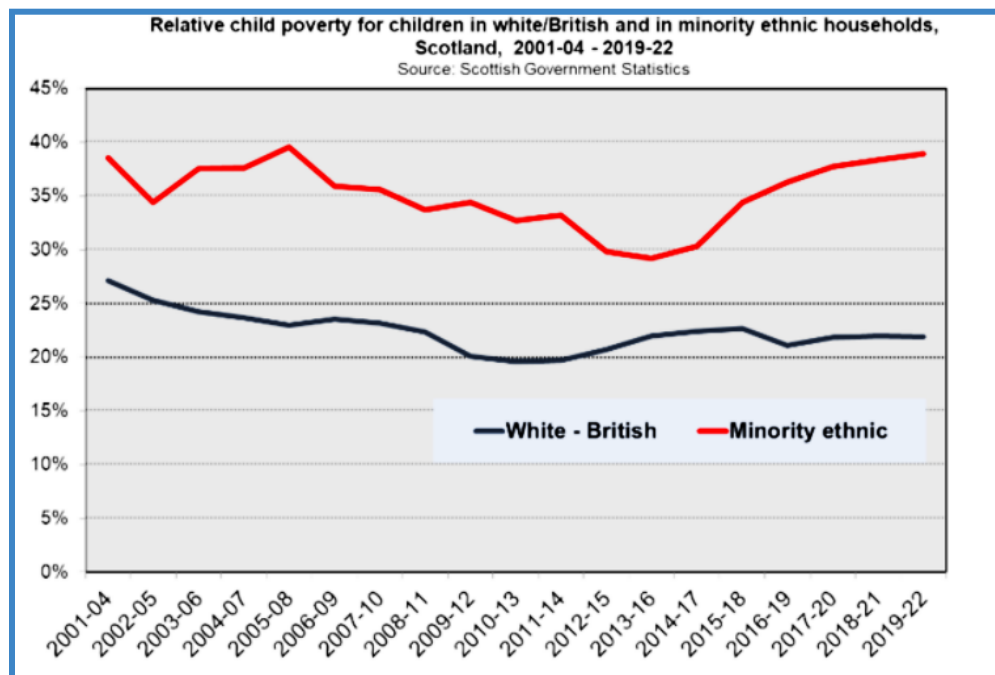


Fig. 1: Relative child poverty statistics in White/British and in minority ethnic households in Scotland.

The data presented in these charts clearly highlight a concerning issue - minority ethnic children are significantly more affected by poverty when compared to their white Scottish counterparts. This disparity has persisted for more than two decades. While efforts were previously made to narrow the poverty gap between minority ethnic households and white children, the positive trend witnessed between 2015 and 2018 has unfortunately reversed, and the gap has been widening since then (Rich, 2023).

There is a significant correlation between poverty and attachment dynamics between poor parents and their children. A 1992 University of Michigan study on Income Dynamics investigated the extent of poverty 'pass-down' from parents to children. The study spanned over four decades and found that there were several factors that added to there being a 16 to 28% chance that a child of a poor US-American parent would also end up as a poor adult. These factors include the employment status of parents, education, family income, health, child development, and general wellbeing. The study recorded that out of the 70,000 study subjects, 50% of those who escaped poverty from their parents ended up with a family income less than twice the poverty line (Hill, 1992). Furthermore, research findings also demonstrated that African-Americans and Latinos were more likely than Whites to end up in poverty and less likely to rise above it (Wray, 2015).

### C. Multi-generational Poverty in South Asian Communities:

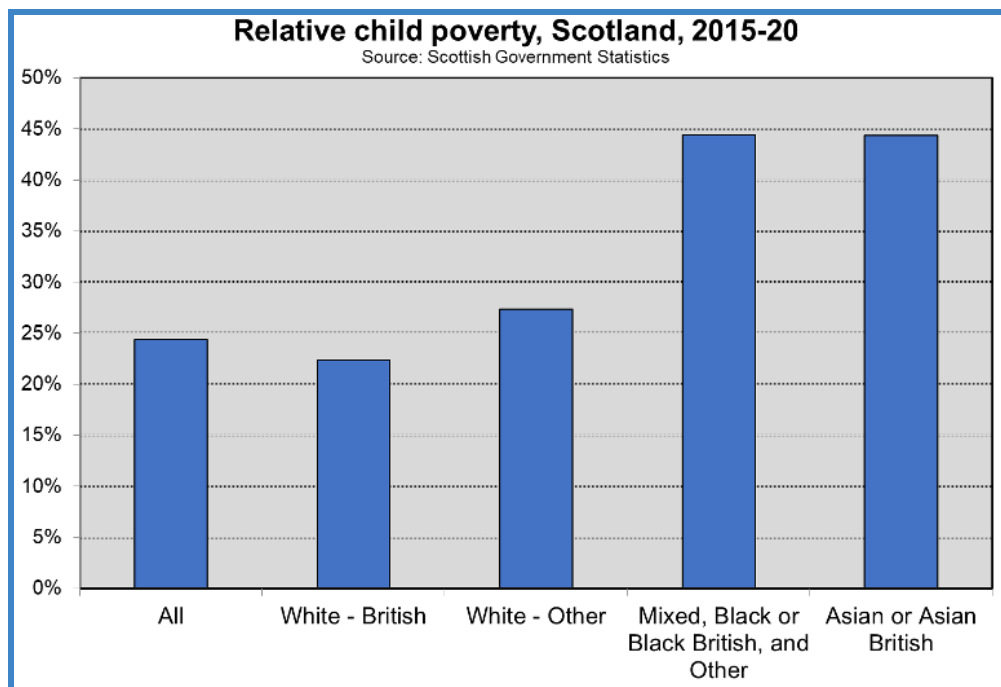
The economic disadvantages faced by non-White families in the US can also be similarly witnessed in the UK, and specifically in Scotland. The BME community in Scotland is composed significantly of Pakistanis,

a large number of whom migrated to the UK for economic reasons. Bailey et al. 's 1995 research on the background of Scottish South Asians and their migration patterns records that while South Asian immigration to Scotland has historical roots from various parts of the Indian subcontinent, the post-World War II period witnessed a substantial influx of Muslim immigrants. The majority of pre-Second World War immigrants originated from the Jalandhar and Ludhiana districts of Punjab, which were primarily Muslim areas but became part of India after the 1947 Partition. On the other hand, post-war immigrants mostly hailed from Lyallpur in the newly formed Pakistan. As a result, although some families in Scotland may trace their ancestry to pre-1947 India, their religious and geographical ties align them with a Pakistani heritage (Bailey et al., 1995). After the War, Scotland experienced a significant rise in immigration from the newly formed countries of India and Pakistan. This surge can be attributed, in part, to the expanding Scottish economy and the acute shortage of labour in certain unskilled occupations. Initially, South Asian immigrants filled these positions, many of which were menial, unskilled, or required unsocial working hours, particularly in the construction sector. However, over time, they transitioned to other unskilled or semi-skilled roles, such as working in bakeries and the transport industry. Overall, a wide berth of these post India-Pakistan 1947 partitions included largely uneducated migrants who took up unskilled labour jobs (Bailey et al., 1995).

Apart from the surge of post-partition (which is also often cited as one of the bloodiest partitions and subsequent immigration in human history) 1947 economic migrants to England and Scotland, both countries also received a large number of Mirpuri migrants post-1960s. The construction of the Mangla Dam in 1961 in the Mirpur District of Pakistani Kashmir resulted in more than 480 villages being located, with a lot of the families migrating in large numbers to the UK where they were promised relocation and jobs by the Pakistani government. Most of the relocated families who had arrived almost penniless to the UK eventually found menial jobs in the UK's blooming textile industry, paving the way for future generations of low-income households. This economic trauma extends across British-Pakistani generations.

Using Damien McNally's (2014) study of transgenerational trauma within Northern Irish families that lived through the Northern Ireland 'Troubles' period, a Queen's University Belfast study argues that "parental trauma exposure disrupts the patterns of interaction within families, leading to a less than ideal quality of attachment between parents and children. There is also evidence to suggest that early bonding processes may be impacted if the parent has been exposed to trauma" (Fitzgerald et al., 2017).

This specific research study seeks to uncover the transgenerational trauma of surviving poverty in Scottish-Asian communities, as this specific area of transgenerational trauma due to intra-continental migration remains under-studied.



*Fig. 2: Relative child poverty statistics in Scotland, 2015-2020.*

In Scotland, individuals from BME backgrounds face a significantly higher risk of poverty than that of their counterparts from white Scottish backgrounds. Current figures reveal that BME child poverty remains alarmingly high at 48% (Rich, 2023). While the Scottish government has made tackling poverty within the Scottish BME community a 2030 target, it is essential for the government and relevant authorities to first understand their targeted communities before implementing an action plan. Lack of understanding of the communities (for the scope of this research, Pakistani and Bangladeshi) is likely to result in poorly implemented interventions. A 2019 study specifically focused on education-based interventions found that “Higher education access, retention, success and progression rates vary, however, between different ethnic groups. Despite this, the vast majority of providers continue to treat BAME students as a homogenous group. This means that interventions or resources can be misdirected whilst those who need targeted interventions can remain unsupported” (Stevenson et al, 2019, p. 5). The study found that understanding the nature and extent of racial or ethnic inequalities is a sector-wide imperative for interventions to be successful in tackling their goals.

#### **D. Attachment Dynamics in South Asian Families:**

Urban researchers suggest that spatial attachment is heavily imbued in attachment dynamics within British South Asians (BSAs). "Place attachment is a term that seeks to illuminate emotional, symbolic, and affective dimensions of people's thinking and feeling for places. It suggests not only an immediate sensory response, as might be described by the term 'place experience', but a deeper reflective resonance with specific locations" (Clare & Powell, 2013).

This attachment with space within BSA communities is rooted to some extent in longing for a lost homeland and an attempt to recreate home by large numbers of BSA families populating in specific

neighbourhoods, making them ethnically diverse neighbourhoods with high numbers of BSA families. Another reason for spatial attachment is the culturally strong South Asian concept of Biradari (English: Brotherhood). This concept of brotherhood propels BAS families to reside in close proximity to each other, also simultaneously resulting in limited social interactions with local White communities, so as not to cross the borders of cultural brotherhood (Bolognani, 2007). These patterns of attachment have been similarly replicated by South Asians in Scotland. In the case of Glasgow, Pollokshields East and West and some parts of Govanhill are popular examples of South Asian-centric neighbourhoods. These neighbourhoods reproduce ethnocentric means of business (halal meat shops, ethnic wear brands, ethnic wear tailors) and also create means for inter-community philanthropic endeavours.

Another means of first-generation South Asian migrants maintaining contact with their homeland is by arranging marriages of their children (mostly the male child) with a female cousin back home. This connection threaded by matrimonies between first and second-generation migrants was a very popular occurrence until the early 2000s when pushback from the Home Office stagnated the numbers of transcontinental arranged marriages. These marriages between second-generation migrants and incoming first-generation migrants from their home country were also a way to preserve the mother tongue. These forms of attachments (language, space, brotherhood) are prevalent within the BSA community across England and Scotland (Bolognani, 2007).

### **III. Methodology:**

This section outlines the comprehensive methodology employed to conduct the research study, encompassing literature review, community engagement, qualitative data collection, and qualitative analysis. The research aims to investigate the intersection of attachment theory, poverty, and inequality within South Asian communities in Scotland, with a focus on the role of family and community connections in mitigating adversity and achieving positive outcomes.

#### **a. Literature Review**

A thorough literature review was undertaken to establish the theoretical foundation of the research. This involved an extensive exploration of existing studies and academic literature related to attachment theory, poverty, inequality, and their interplay within South Asian communities in Scotland. The review also focuses on exploring studies that investigate the role of community connections in promoting positive outcomes among individuals facing poverty and inequality. The insights derived from the literature review will form the theoretical framework for the research design. The insights gleaned from this review shaped the theoretical framework that underpinned the research design.

#### **i. Approaching the Targeted Community for Research**

The researcher's affiliation with AMINA Muslim Women's Resource Centre offered a promising avenue for engaging with the South Asian community in Scotland. As part of this engagement, consideration was given to the potential of collaborating with AMINA to identify suitable participants for the qualitative phase of the research. Given the organisation's commitment to empowering Muslim and BME (Black and Minority Ethnic) women, it was deemed feasible to liaise with AMINA to connect with individuals from



low-income backgrounds within the South Asian community. To facilitate this collaboration, preliminary discussions were planned with the researcher's supervisor at AMINA to elucidate the research project's goals and the role of AMINA's clients in the study.

### **b. Qualitative Data Collection**

The qualitative phase of the research involved the collection of in-depth data from a select participant within the South Asian community in Scotland. Specifically, an in-depth interview was conducted with a Bangladeshi individual who has experienced multi-generational poverty and inequality. This approach was chosen to gain rich insights into the participant's lived experiences, perspectives, and the significance of family and community connections in their life journey. The interview (this research's sole case study) was structured around open-ended questions, allowing the participant to share narratives and reflections that shed light on the research questions.

### **c. Qualitative Analysis**

Upon completion of the interview, the recorded data was transcribed verbatim to ensure accuracy and fidelity to the participant's responses. Thematic analysis was then applied to the transcribed data. This involved systematically identifying patterns, recurring themes, and nuanced nuances that emerged from the participant's narrative. The thematic analysis enabled the researcher to derive meaningful insights related to attachment dynamics, coping strategies, and the role of familial and communal networks in the participant's experiences.

In conclusion, this section provides a comprehensive overview of the research methodology, encompassing literature review, community engagement, qualitative data collection, and qualitative analysis. The study's design was devised to illuminate the complex interplay between attachment theory, poverty, inequality, and family/community connections within South Asian communities in Scotland. The findings from the analysis will contribute to a deeper understanding of how individuals navigate adversity and cultivate positive outcomes in the context of their socio-economic circumstances.

## **IV. Findings**

### **a. Case Study - Laila in Manchester**

This case study examines the insights gleaned from an interview conducted as part of this research investigating the intersection of attachment theory, poverty, and South Asian communities in Scotland. The interviewee, Laila (pseudonym), provides valuable narratives about her experiences, perspectives, and challenges related to her Bangladeshi family's journey through multi-generational poverty and integration within the UK.

#### **i. Background and Context:**

Laila, a 23-year-old Bangladeshi individual and second-generation migrant, was born and raised in Manchester, England. She comes from a family with mixed immigration backgrounds – her mother was born in the UK, while her father immigrated from Bangladesh in 2000. Her grandparents moved to the

UK, with her grandmother arriving shortly after the 1971 Bangladesh Liberation War. Laila's parents faced challenges in integrating and adapting to the UK due to financial constraints and cultural differences. Laila moved to Glasgow, Scotland to pursue higher education shortly before the onset of the COVID-19 pandemic.

#### **ii. Experiences of Poverty and Attachment:**

Laila discusses how her family's experiences with poverty were shaped by factors such as her father's responsibilities towards his extended family back in Bangladesh, which included sending a large sum of foreign remittance back home to support his family in Bangladesh. The financial strain impacted her childhood perception of money and the concept of 'mana' (a Bangla term for respect and self-control). She explains how this perspective led her to be cautious about spending money on herself, as she associated it with prioritising familial needs. Despite these financial struggles, Laila acknowledges that with age, she has come to understand her parents' challenges and choices better.

#### **iii. Parental Integration and Attachment:**

Laila's mother faced difficulties in integrating into UK society due to limited education opportunities and traditional gender roles. The lack of emphasis on education for women in her family hindered her integration with people outside her community. This created a sense of isolation and challenges in connecting with those from different backgrounds. Laila adds that her mother continues to regret opting to not receive higher education because of her poor financial situation, which forced her to instead work odd jobs right out of school.

#### **iv. Shifts in Financial Situation and Parental Relationships:**

As her family's financial situation improved over time, especially after her parents' divorce, Laila observes positive changes in how her parents treat her younger siblings. The alleviation of financial struggles has allowed her parents to provide a more comfortable environment for their children, shielding them from the same financial hardships Laila experienced during her childhood.

#### **v. Impact of Poverty on Childhood and Integration:**

Laila highlights a poignant childhood memory when her family's financial constraints prevented her from having the proper school uniform. This experience made her acutely aware of her economic background, impacting her ability to integrate and form friendships. This anecdote underscores the impact of poverty on a child's sense of belonging and self-esteem.

#### **vi. Recommendations for Support from Laila:**

Reflecting on her experiences, Laila proposes that immigrant families need more support in understanding financial systems, benefits, and resources available to them. She also suggests initiatives such as discreetly accessible food banks to minimise the stigma attached to seeking assistance. Her insights emphasise the need for culturally sensitive programs and services that cater to the unique challenges faced by South Asian families. To summarise, Laila's insights provide valuable recommendations for supporting South Asian families facing poverty:

- Financial Education: Immigrant families need better financial education to understand the UK's financial system, benefits, and resources available to them.
- Anonymous Support Services: Initiatives such as food banks should offer more anonymous services to reduce the stigma associated with seeking help.

#### **vii. Implications for Policy and Research:**

The interview with Laila sheds light on the complex interplay between attachment, poverty, and cultural integration within South Asian families in the UK. Her perspectives highlight the importance of policy initiatives that address financial literacy and support mechanisms for immigrant families. Her journey also underscores the significance of diversity in policy-making to ensure that the experiences of marginalised communities are considered. This case study encapsulates the rich insights gleaned from a single interview within a broader research project. It underscores the profound impact that multi-generational poverty can have on family dynamics, attachment relationships, and integration experiences within South Asian communities in the UK.

### **V. Findings**

The intricate interplay between multi-generational poverty and attachment dynamics within immigrant families has garnered increasing attention in social research. This section delves into the insights drawn from the interview with Laila to further explore the complex relationship between poverty and attachment dynamics within South Asian communities.

#### **A. Relationship Between Multi-generational Poverty and Attachment Dynamics**

Multi-generational poverty, often entrenched within immigrant communities, presents unique challenges that reverberate across family structures. Laila's family history epitomises this context, where her grandparents moved to the UK in the 70s, seeking better opportunities. However, their struggles persisted, leading to a continuous cycle of economic challenges experienced by subsequent generations. This historical backdrop sets the stage for understanding how attachment dynamics are moulded by the constraints of poverty.

Laila's interview underscores how attachment dynamics are deeply intertwined with the process of integration, especially in the context of immigrant families facing poverty. Her mother's difficulty in integrating with those outside their community due to her parents' lack of integration showcases the intricate link between attachment patterns and the cultural and social contexts in which families find themselves. This highlights that attachment is not solely an individual's experience but a product of broader circumstances. Laila's narrative offers a poignant illustration of how financial struggles influence attachment dynamics. Her family's limited financial resources, exacerbated by her father's responsibilities to support relatives back in Bangladesh, impacted her perception of self-worth. The inability to afford a proper school uniform led to feelings of embarrassment and isolation. This reveals a critical aspect of attachment—the emotional connection between individuals and their environment.

The financial constraints not only affected Laila's sense of belonging within the family but also shaped her interactions in the external world.

As Laila matured, her understanding of her parents' struggles deepened, leading to a shift in her attachment dynamics. This evolution in attachment demonstrates the resilience within immigrant families. The ability to adapt to changing circumstances and develop a more nuanced understanding of familial challenges suggests that attachment is a dynamic process, subject to continuous transformation based on experiences and personal growth.

## **B. Cultural Factors Influencing Attachment Dynamics in South Asian Families**

As discussed above, South Asian families, marked by their diverse cultural backgrounds, bring with them unique attachment patterns rooted in their countries of origin. Laila's experiences illustrate the challenges faced by second-generation immigrants in integrating into a foreign culture while simultaneously navigating the emotional landscapes of their family's heritage. Cultural norms and values, often preserved within families, can shape attachment patterns by influencing emotional expression, interpersonal boundaries, and the understanding of familial roles.

Laila's account highlights how cultural stigma can be both a product and a perpetuator of financial struggles. The emphasis on maintaining a façade of social well-being, common in many South Asian cultures, can hinder families from seeking external help when facing financial difficulties. The intertwining of culture and financial hardships underscores the need for culturally sensitive support systems, such as anonymous food banks, that alleviate the stigma associated with seeking assistance. Within South Asian families, traditional gender roles and expectations can significantly impact attachment dynamics. Laila's observation of her mother's regret about her lack of education underscores how gender-based expectations can limit opportunities and shape familial attachments. The culturally-rooted roles of women as homemakers or caregivers can influence attachment patterns by affecting a family member's emotional availability and influence over decision-making.

Laila's experiences also illustrate the evolving nature of attachment dynamics within South Asian families. As families acclimate to a new cultural context, relationships transform over time. The younger generation's exposure to a different cultural landscape may lead to a shift in the understanding of attachment roles, allowing for greater empathy and open communication between generations.

The insights derived from Laila's narrative provide valuable recommendations for fostering culturally sensitive support structures:

- **Cultural Competency Training:** Professionals working with immigrant communities should undergo cultural competency training to understand the unique challenges and values that shape attachment dynamics.

- **Family-Centred Programs:** Initiatives that address attachment dynamics within South Asian families should consider the broader cultural context, acknowledging traditional roles and expectations while promoting open communication.

## **VI. Conclusion**

The findings of this research shed light on the complex relationship between multi-generational poverty and attachment dynamics within South Asian communities in Scotland. These insights have several implications for policy, practice, and further research.

### **A. Policy Implications**

The study underscores the need for targeted policy initiatives that address the unique challenges faced by South Asian families living in poverty. Policy interventions should:

- **Promote Financial Literacy:** Develop culturally sensitive programs that enhance financial literacy within immigrant communities, equipping individuals with the knowledge and skills to navigate financial systems effectively.
- **Reduce Stigma:** Establish discreet support services such as anonymous food banks to mitigate the stigma associated with seeking assistance, encouraging families to access essential resources without shame.
- **Address Gender-Based Inequalities:** Design policies that challenge traditional gender roles and promote equal opportunities, especially in education and employment, to enhance attachment dynamics and family wellbeing.

### **B. Practice Implications**

Professionals working with South Asian families, particularly those facing poverty, should consider the following recommendations:

- **Cultural Competency:** Cultivate cultural competency to understand the nuances of attachment dynamics within South Asian families, enabling more effective support and interventions.
- **Family-Centred Approach:** Adopt a family-centred approach that recognizes the interplay between cultural norms, family roles, and attachment patterns, ensuring that support strategies are contextually appropriate.
- **Community Engagement:** Collaborate with culturally specific organisations, such as Glasgow-based AMINA Muslim Women's Resource Centre, Glasgow Women's Library, and Edinburgh-based SHAKTI, to facilitate community engagement and gather insights directly from affected individuals, ensuring that interventions are community-driven and culturally relevant.

### C. Future Research Directions

This research opens the door to several avenues for future investigation, building on the foundation laid by this study:

- **Longitudinal Studies:** Long-term studies tracking families over generations could offer deeper insights into how attachment dynamics evolve and adapt in response to changing circumstances, shedding light on the potential for breaking the cycle of poverty.
- **Comparative Studies:** Comparative studies across different immigrant communities could provide a broader understanding of how attachment dynamics vary based on cultural backgrounds and experiences of migration.
- **Intervention Effectiveness:** Future research could assess the effectiveness of interventions tailored to support immigrant families facing multi-generational poverty, examining how attachment dynamics are influenced by these interventions.
- **Parent-Child Relationships:** Exploring the interplay between attachment dynamics and parent-child relationships within immigrant families could reveal the pathways through which attachment patterns are transmitted across generations.

In conclusion, this research delves into the intricate interplay between multi-generational poverty and attachment dynamics within South Asian communities in Scotland. Through the lens of attachment theory, the study uncovers how poverty shapes familial relationships, emotional bonds, and cultural integration experiences. The case study of Laila provides a window into the lived experiences of a second-generation Bangladeshi immigrant navigating the complexities of financial constraints, cultural heritage, and attachment patterns.

The research underscores the importance of recognizing attachment as a multifaceted process that is influenced by historical, cultural, and economic factors. It highlights the need for policy interventions that address financial literacy, reduce stigma, and challenge gender-based inequalities. Additionally, the study emphasises the significance of a family-centred approach and community engagement in supporting South Asian families facing poverty. As the study contributes to the broader understanding of attachment dynamics within immigrant communities, it also points to the rich terrain for future research endeavours. By continuing to explore the complexities of poverty, attachment, and cultural integration, researchers and practitioners can pave the way for more inclusive and effective support systems that empower immigrant families to thrive despite the challenges they face. As we move forward, this research sets the stage for deeper exploration, encouraging efforts to break the cycle of multi-generational poverty through informed and empathetic approaches.

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