

# The Relationship between Pets and Their Owners: A Research of Household Dogs and Cats

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**Abstract:** This study aimed to examine the level of relationship between pets and their owners, as well as to compare the differences in attachment levels between dog owners and cat owners in households. The research employed a survey design. The sample consisted of 100 pet owners (dogs and cats) living in the urban area of Tak Province, Thailand, selected through random sampling. The research instrument was a questionnaire divided into two parts: (1) general information of respondents, including pet care behaviors, and (2) a scale measuring the level of attachment between owners and their pets.

The results revealed that the overall relationship between pets and their owners was at a high level (mean = 4.075 out of 5). When analyzed by group, it was found that pet owners in certain age groups exhibited higher attachment scores than others. Furthermore, there was a positive correlation between the length of pet ownership and the amount of daily playtime with the level of attachment. In other words, owners who had raised their pets for a longer time and spent more time interacting with them tended to develop stronger emotional bonds and a better understanding of their pets' behaviors.

**Keywords:** relationship, pets, owners, dogs, cats.

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## 1. INTRODUCTION

In the modern world, pets have become an increasingly important part of human life. They serve not only as companions but also contribute to the improvement of mental health, reduction of stress, and enhancement of emotional well-being within families. Especially in urban areas, people tend to treat their pets as family members, reflecting a strong emotional connection between pets and their owners. This relationship does not arise merely from providing food or shelter but also from daily interactions such as playing, talking, showing affection, and spending time together. These behaviors influence the level of emotional attachment between humans and their pets. The strength and form of this attachment may vary depending on the type of pet—dogs and cats, for example, differ in temperament and the way they express affection toward their owners.

Dogs are generally known for their loyalty and visible affection, while cats are more independent and express attachment in subtle ways. Understanding these differences provides insight into the nature of human–animal relationships and the factors that contribute to emotional bonding.

Therefore, this study aims to examine the level of relationship between pets and their owners and to compare the differences in attachment between dog owners and cat owners living in urban households in Tak Province, Thailand. The findings of this research are expected to highlight the factors that strengthen the human–pet relationship and contribute to promoting mental health, responsibility, and quality of life among pet owners in contemporary society.

## 2. RESEARCH OBJECTIVES

1. To examine the overall level of relationship and emotional attachment between pets and their owners.
2. To investigate the relationship between pet ownership factors — such as duration of ownership and time spent interacting with pets per day — and the level of attachment between owners and their pets.

## 3. HYPOTHESIS

1. There is a positive relationship between the duration of pet ownership and the level of attachment between pets and their owners.
2. There is a positive relationship between the amount of time spent interacting or playing with pets per day and the level of attachment between owners and their pets.

## 4. METHODOLOGY

This is non-experimental study, which there is no variables in this study. We analyze data by use a Google Form that we create. In Google form we have 2 parts (1) general information of respondents, including pet care behaviors, and (2) a scale measuring the level of attachment between owners and their pets. We divide the age range into 9 periods. Select through random sampling by use Google form that we create. The sample consisted of **100** pet owners (dogs and cats) living in the urban area of Tak Province, Thailand. The data of Google form that we make consisting of the age range 15-20 years old has 75 people, the age range of 21-25 years old has 3 people, the age range of 31-35 years old has 3 people,

the age range of 36-40 years old has 3 people, the age range of 41-45 years old has 3 people, the age range of 46-50 years old has 4 people, the age range of 51-55 years old has 4 people and more than 55 years old has 5 people. After that we will get the data and finally we can summarize it.

## 5. RESULTS

The respondents of the age range 15-20 years representing 75%, the age range of 21-25 years old representing 3%, the age range of 31-35 years old representing 3%, the age range of 36-40 years old representing 3%, the age range of 41-45 years old representing 3%, the age range of 46-50 years old representing 4%, the age range of 51-55 years old representing 4% and more than 55 years old representing 5%. After that we will get the data and finally we can summarize it.

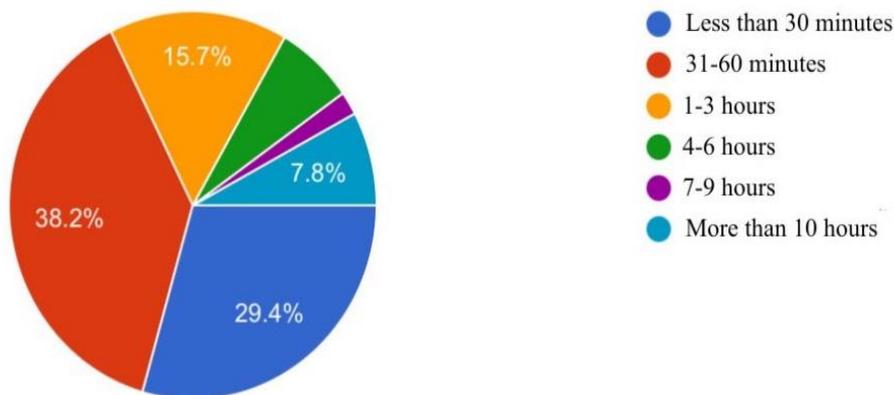
**TABLE 1: Number owners of Dogs and Cats**

Types of pets	Number of people	Percentage
Dogs	32	68
Cats	68	32

**TABLE 2: Period of raising (percentage)**



**TABLE 3: Approximate time spent playing with your pet per day (percentage)**



**TABLE 4: Average engagement points (points 5 out of 5)**

Age	Average points
15-20	3.89
21-25	4.13
31-35	4.37
36-40	4.13
41-45	2.73
46-50	4.08
51-55	4.28
More than 56+	5

## 6. CONCLUSION

The study titled “The Relationship Between Pets and Their Owners: A Case Study of Dogs and Cats in Households” aimed to examine the level of attachment between pet owners and their animals across different age groups. The findings revealed variations in the degree of attachment among participants of different ages, with mean scores ranging from **2.73** to **5.00** out of **5**.

The findings indicate that the level of attachment tends to increase with age, with the highest attachment observed among participants aged **56** and above. This suggests that older adults may develop stronger emotional bonds with their pets, possibly due to spending more time at home and viewing their pets as companions that provide emotional support and reduce loneliness. Conversely, the lowest level of attachment was found among participants aged **41–45**, which may be related to busy work schedules and limited time for pet interaction during this life stage.

In conclusion, the study highlights that age is an important factor influencing the level of attachment between owners and their pets. Encouraging pet owners of all age groups to engage in more meaningful activities and interaction with their pets could strengthen the human–animal bond and enhance both emotional well-being and quality of life.

## 7. DISCUSSION

The findings of this study reveal that the level of attachment between pets and their owners varies according to age, duration of pet ownership, and the amount of time spent with pets each day. The results show that older participants, particularly those aged **56** and above, demonstrate the highest level of attachment to their pets, while those aged **41–45** exhibit the lowest. This pattern suggests that life stage and lifestyle factors play a crucial role in shaping the emotional bond between humans and animals. Older adults, who generally spend more time at home and experience fewer work-related demands, are more likely to view their pets as companions and emotional supporters, resulting in stronger attachment.

Moreover, the study found a positive relationship between the duration of pet ownership and the level of attachment. Owners who have lived with their pets for many years tend to develop a deeper understanding of their animals' behaviors, emotions, and needs. This long-term companionship fosters mutual trust and emotional closeness, which strengthens the human-animal relationship over time.

Similarly, the amount of time spent interacting or playing with pets per day also shows a positive correlation with attachment levels. Owners who engage more frequently with their pets—through playing, feeding, grooming, or simply being together—tend to form stronger emotional bonds. This finding supports the idea that regular, meaningful interactions are key to maintaining and deepening the relationship between pets and their owners.

In summary, the results of this research are consistent with previous studies indicating that emotional attachment to pets is influenced by both the quality and quantity of time spent together, as well as the longevity of the relationship. The stronger the bond, the more pets contribute to their owners' mental well-being, happiness, and sense of companionship.

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