

THE RELATIONSHIP BETWEEN COMMUNICATION PATTERNS AND
MARITAL ADJUSTMENT

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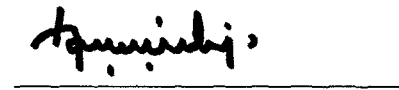
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ABSTRACT

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MARITAL ADJUSTMENT

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The main purpose of this study was to assess the relationship between married spouses' communication patterns and marital adjustment. To be able to assess marital communication patterns of spouses, The first aim was to translate the Communication Patterns Questionnaire (CPQ) into Turkish and assess its validity and reliability. The second aim was to examine relationship between communication patterns and marital adjustment. The third aim was to investigate gender differences in usage of the communication patterns. The last aim was to assess the relation between communication patterns and demographic variables namely, length of marriage, gender, number of children, education level and marital adjustment.

200-nonreferred married spouses participated in the study. Data were gathered by administering three instruments; communication patterns of spouses were assessed by the Turkish version of The Communication Patterns Questionnaire (CPQ), marital adjustment was assessed by the Dyadic Adjustment Scale (DAS), and demographic information was gathered by the Demographic Information Form.

According to validity and reliability analyses it was found that the Turkish version of the CPQ was a valid and reliable instrument. Findings also indicated that there was a significant relationship between the communication patterns and marital adjustment of the spouses. A negative significant relation was found on each communication pattern and marital adjustment. More specifically, the spouses low on the marital adjustment scale used more destructive communication patterns than spouses high on the marital adjustment scale. There was no significant gender differences found according to usage of the communication patterns. Demographic variables (length of marriage, gender, number of children and education level) predict significantly the measure of the Destructive Communication Pattern (DCP) score. On the other communication patterns, only education level significantly predicts the Aggressive Communication Pattern (ACP) score and the Total Communication Score (TCS). One of the most important findings of the present study is that marital adjustment was a significantly predictive of the communication patterns.

Key words: Communication patterns and marital adjustment.

ÖZ

İLETİŞİM ŞEKİLLERİ İLE EVLİLİK UYUMU ARASINDAKİ İLİŞKİ

Malkoç, Berna

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Bu çalışmanın temel amacı evli bireylerin iletişim şekilleri ile evlilik uyumu arasındaki ilişkiyi incelemektir. İlk amaç, evli bireylerin iletişim şekillerini ölçebilmek için İletişim Şekilleri Ölçeđi'ni Türkçe'ye çevirmek, geçerlik ve güvenilirliğini incelemektir. İkinci amaç, iletişim şekilleri ile evlilik uyumu arasındaki ilişkiyi araştırmaktır. Üçüncü amaç ise cinsiyete bađlı olarak iletişim şekillerinde farklılık olup olmadığının araştırılmasıdır. Son olarak da iletişim şekilleri ile bazı demografik deđişkenler ve evlilik uyumu arasındaki ilişkiye bakılacaktır.

Çalışmaya daha önce kliniđe başvurmamış 200 evli birey katılmıştır. İletişim şekillerine ait veriler İletişim Şekilleri Ölçeđi (CPQ), evlilik uyumuna ait veriler Çiftler Uyum Ölçeđi (DAS) ve demografik bilgiler ise araştırmacı tarafından hazırlanan Kişisel Bilgi Formu aracılığı ile toplanmıştır.

Yapılan geçerlik ve güvenilirlik çalışmasına sonucunda İletişim Şekilleri Ölçeği'nin Türkçe formunun geçerli ve güvenilir bir ölçek olduğu ortaya koyulmuştur. Bulgular ayrıca evli bireylerin her bir iletişim şekli ile evlilik uyumları arasında ilişki olduğunu göstermiştir. Daha ayrıntılı olarak, evlilik uyumu yüksek bireylere göre evlilik uyumu düşük olan bireylerin daha fazla yıkıcı ve daha az yapıcı iletişim şekillerini kullandığı belirlenmiştir. Cinsiyete göre kullanılan iletişim şekillerinde farklılık olmadığı bulunmuştur. Demografik değişken olarak evlilik süresi, cinsiyet, çocuk sayısı ve eğitim düzeyi ile Yıkıcı İletişim Şekli arasında yordayıcı bir ilişki bulunmuştur. Ancak eğitim düzeyi dışında diğer demografik değişkenlerle diğer üç iletişim şekli arasında anlamlı düzeyde ilişki bulunmamıştır. Eğitim düzeyinin Saldırgan İletişim Şekli ve Toplam İletişim Puanı'nda yordayıcı bir etkisi olduğu belirlenmiştir. Bu çalışmanın en önemli bulgularından biri de evlilik uymunun tüm iletişim şekilleri üzerindeki yordayıcı etkisini ortaya koymasıdır.

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CHAPTER I

INTRODUCTION

There has been an increasing focus on identifying the factors that effect marital satisfaction or marital adjustment in the last few decades. When studies on marital adjustment are examined it can be seen that communication behaviors and patterns of the spouses are one of the crucial factors, which is related to current and later marital adjustment (Gottman & Krokoff, 1989; Hatipođlu, 1993; Noller, Feeney, Bonnell & Callan, 1994; Tezer, 1994).

Marriage is, for most people, the most intimate relationship that they enter voluntarily. However, when two people become a couple, some difficulties have to be dealt with (Minuchin & Fishman, 1981). Each partner must learn how to deal with conflict such as disagreement, difference or incompatibility (Cahn, 1992). To protect themselves from marital distress the couples should solve the conflict in a satisfactory way for both spouses. In the case of conflict spouses need to express their thoughts, feelings and suggest alternative solutions to resolve the conflict in an open way. This is possible only if both spouses have good quality of communication skills (Minuchin & Fishman, 1981). For this reason, when marital communication research literature is examined it is seen that the focus has largely centered on the communication patterns of spouses. Moreover, it is found that

couples' communication patterns are related to their marital adjustment, and couples who seek marital therapy mainly complain about lack of communication. Because of this, communication is one of the most important components of marital or couple therapies. Also assessing spouses' communication behaviors is an important topic for researchers (Hahlweg & Revenstorf, 1984).

Although marital communication received greater attention, researchers focused on different aspects of the marital communication. Some researchers examine the patterns and sequences of marital communication and focus on the content, intensity, pattern and social context during the interaction. In order to measure content verbal and non-verbal behaviors are assessed by a coding scheme established by the researcher. Intensity of the interaction consists of verbal tone of voice, the number and type of gestures and non-verbal cues, such as the word choices that indicate positive or negative feelings about the subject of discussion. Assessing the communication patterns of the spouses also gives information about the reactions shown after one particular spouse's behavior. The last focus point is the social context where the interaction occurs. Communication of the spouses can change whether they are in public or alone or with their friends or in a laboratory situation (Fitzpatrick, 1988).

Other researchers focus on message exchange during the communication and its effect on marital satisfaction. According to the behavior exchange model individuals evaluate their relationship in terms of costs and rewards with interest in keeping a high ratio of reward to costs. Comparing the ratio of "positive exchange" like joking, agreeing and compromising should be greater than

“negative exchange” like nagging, criticizing or complaining about happier marriages. Also an extremely high number of positive experiences can compensate negative experiences. (Fitzpatrick, 1988).

Weiss emphasized the importance of social reinforcement in marital communication by suggesting reinforcement expresses delivery of a reward that strengthens a particular behavior. Positive or negative reinforcement can be verbal or nonverbal in marital communication and becomes social when it consists of feedback from a spouse like attention, approval, indifference, and hostility (1981; cited in Fitzpatrick, 1988). Each spouse’s behaviors influence the action of the other; thus, creating a reciprocal process of mutual causality in marital communication (Halford & Markman, 1997).

Markman proposed that if spouses do not know how to express their feelings to each other, how to argue constructively, and how to develop a way of coping with normal life stresses they become maritally distressed (1984; cited in Fitzpatrick, 1988). Communication-skills deficit couples can not maintain mutual, constructive communication skills during conflict resolution and can not manage to reach positive outcomes after discussion (Gottman & Krokoff, 1989).

Gottman identified some aspects of communication patterns of maritally distressed and non-distressed couples. In terms of the structure and the patterns in marital communication he claims that communication patterns of maritally distressed couples are more rigid and inflexible than non-distressed couples. According to verbal and non-verbal communication maritally distressed couples express more negativity than non-distressed couples. Furthermore, reciprocated

negative messages are more likely to occur in maritally distressed couples (1978; cited in Fitzpatrick, 1988).

Other researchers have focused on the differences of females and males in their communication patterns and explained these differences with biological differences. In tense conditions, males are easily aroused and have more difficulties in calming down compared to females. In maritally distressed couples this situation is common for husbands; hence, they tend to withdraw from the communication in order to prevent unpleasant situations (Fitzpatrick, 1988).

Although researches have different focuses, the common interest of clinicians is to identify communication patterns of married spouses. To be able to design an effective intervention for marital problem clinicians should assess marital functions of the couple, identify causal factors of the problem, generate hypotheses, and finally, formulate specific goals for intervention (Lindahl, Malik & Bradbury, 1997). As communication problems commonly underlie or provoke other marital problems or distress, it is important for clinicians to identify spouses communication patterns (Bradbury & Karen, 1993). In this stage, methodology for assessing marital communication becomes an important issue. Marital communication can be assessed by observational measures or self-report questionnaires (Weiss & Heymen, 1997). There are some advantages and disadvantages of both observational methods and self-report measures. Professionals should consider these advantages and disadvantages when they choose a suitable device to collect data (Noller & Fitzpatrick, 1990).

As an outsider perspective observational measures provide direct

information about how couples exchange behaviors when discussing important issues in a controlled laboratory setting. Interaction is recorded by using audiotapes or videotapes and then evaluated by particular coding systems (Touliatos, Perlmutter & Straus, 1990). Data from observational methods allow identification for both frequencies and sequences of behavior exchanges between spouses. However it should not be forgotten that in a laboratory setting spouses may behave differently. Moreover, communication in the laboratory setting is narrowed by the topic and generally reflects the spouses' feelings at that moment or about the issue. Because of the complicated procedure of training observers, observational methods becoming very expensive and time consuming, these have become impractical tools for some clinical practices or researches (Hahlwed et al., 2000).

Self-report measures are another method of collecting data about the communication patterns of spouses. Self-report data provides global information about frequency and quality of their interaction (Bradbury, 1998). According to behavioral approaches self-reports reflect a persons' actual feeling and responses to this feeling (Weiss & Heyman, 1997). Self-report measures are easy to administer to large groups of subjects, as their cost is low when compared with observational methods. Yet, common problems with self-report measures might be spouses' social desirability, memory distortions or response biases. However, self-report measures are preferred for studies aiming to get spouses' perception of their typical interaction and overall information about their communication (Noller & Fitzpatrick, 1990).

There are some well-defined communication patterns that showed their relations between marital adjustment (Rusbult, Johnson & Morrow, 1986; Touliatos, Perlmutter & Straus, 1990). Christensen and Sullaway (1984; cited in Christensen & Shrenk, 1991) identified three communication patterns in their self-report questionnaire namely the Constructive Communication Pattern, the Demand/Withdraw Communication Pattern and the Avoidance and Withholding Communication Pattern. The Constructive Communication Pattern refers to a couple's ability to solve a conflict by mutually discussing the problem, expressing their feelings to each other and suggesting possible solutions and compromises. The Demand/Withdraw Communication Pattern refers to one person who wants to discuss a conflictual issue and pressures for change on that issue while the other person tries to avoid talking about the problem and is defensive and withdrawn during the discussion. The Demand/Withdraw Communication Pattern occurs as man demand/woman withdraw or woman demand/man withdraw. The Avoidance and Withholding Communication Pattern characterizes a pattern of interaction in which partners do not engage in conflictual issues (Christensen, Wolfsdorf & Groth, 2000).

The main aim to assess communication patterns of married spouses is to examine its effect on marital adjustment and/or to solve marital problems. Although marital adjustment is the one of the most important topic in marital literature there is no consensus on one definition of the concept of marital adjustment (Fışiloğlu & Lorenzetti, 1994). There are however, some well-identified characteristics of marital adjustment.

Halford, Kelly and Markman (1997) mentioned four well-identified characteristics of marital adjustment. One of them is the high rate of positivity in the marital interaction. According to literature, happy couples spend more time together, do more mutually enjoyable things together and behave more positively toward each other than the unhappy couples (Weiss, Hopes & Patterson, 1973; cited in Halford, Kelly & Markman, 1997). In addition, even if their partner is being negative to them, happy spouses are more likely to respond positively to his/her partner than unhappy couples. Unhappy couples also tend to reciprocate negativity (Iverson & Baucom, 1990).

A second well-identified characteristic of marital adjustment is effective communication and conflict management. When discussing problematic issues, distressed couples were reported as having more destructive behaviors (like criticizing, blaming, withdrawing) and conflict avoidance than non-distressed couples (Halford, Hahlweg & Dunne, 1990). Since this kind of communication behaviors can not help them to solve their conflict, distressed couples can not produce positive changes in their relationships.

A third characteristic of marital adjustment is positively thinking about one's partner. Distressed couples think about their partners negatively when compared to non-distressed couples. Selective attentions of distressed couples focus on negative behaviors and attribute them to stable, blameworthy and global personality traits (Eidelson & Epstein, 1982; cited in Halford, Kelly & Markman, 1997).

A fourth and final characteristic of marital adjustment is about relationship

schemata. During the relationship period spouses develop generalized perceptions of their spouses and the relationship. In non-distressed marriages relationship beliefs or schemata of spouses are characterized by shared, positive perceptions of the relationship. Whereas, in a distressed marriage the schemata of spouses is characterized by negative thoughts about the relationship. All couples perceive and remember events in their relationship by using these schematas. So non-distressed couples selectively perceive and remember relationship interactions as positive however, distressed couples do so as negative (Buehlman, Gottmann & Kats, 1992; Osgarby & Halford, 1996a, 1996b; cited in Halford, Kelly & Markman, 1997).

Although, there are well-identified characteristic of marital adjustment, as it is mentioned before there is no consensus on one definition of the concept of marital adjustment. Because of the social, psychological, personal and demographic factors related to the marital adjustment of any married couple, the concept of marital adjustment has been defined differently (Spanier, 1976; Fışıloğlu & Lorenzetti, 1994, Fışıloğlu & Demir, 2000). Hoult defined marital adjustment as a set of complex factors such as amount of conflict, shared activities associated with happiness or success of a marriage (1969; cited in Fışıloğlu & Demir, 2000). LeMasters claimed that marital adjustment is a capacity for adjustment or adaptation and the ability to solve problems (1957; cited in Fışıloğlu & Demir, 2000). Additionally, Spanier (1976) defined marital or dyadic adjustment as a process of movement along the continuum, which can be evaluated in terms of proximity to good or poor adjustment. Halford, Kelly and

Markman (1997) characterized couples in a high level of marital adjustment as couples who do more mutually pleasurable activities together, have better communication and conflict management skills, think more positively about each other and have a more positive relationship schemata. They also claimed that adaptation to changing life circumstances is a key characteristic of marital adjustment. In light of the literature and their discussion points, Halford, Kelly and Markman define a well-adjusted marriage as: “a developing set of interactions between partners which promote the individual well-being of each partner and their offspring, assists each other to adapt to life stresses, engenders a conjoint sense of emotional and sexual intimacy between the partners, and which promotes the long-term sustainment of the relationship within the cultural context in which the partners live” (Halford, Kelly & Markman, 1997, p.8). This definition covers most aspects of the marital adjustment.

According to the definitions of the marital adjustment, it can be seen that couples communication is one of the crucial components of the marital adjustment. Because of this reason, the main purpose of the present study is to assess the relationship between communication patterns and marital adjustment in a Turkish married spouse’s sample. In Turkey there is not a self-report measure to assess the specific communication patterns of married couples that are demonstrated with reliability and validity; so the main aim of the present study is to translate the Communication Patterns Questionnaire (Christensen & Sullaway, 1984) into Turkish and assess its reliability and validity. The second aim is to question the relation between spouses’ specific communication patterns and

marital adjustment. The third aim is to investigate gender differences according to the communication patterns. The final aim is to examine the relationship between the spouses' communication patterns and demographic variables and marital adjustment.

1.1. Significance of the Study

Although studies have been conducted to assess relationship between communication and marital adjustment or marital satisfaction, the present study is important because this is the first study to identify specific communication patterns and their relation with marital adjustment in a Turkish married spouse's sample. One of the most important aspects of this study is to provide a reliable and valid instrument by adapting the Communication Patterns Questionnaire (CPQ) to Turkish, which is one of the widely used instruments to measure communication patterns among couples in many researches. Adaptation of the CPQ provides the opportunity for researchers to compare a large number of samples. By translating this questionnaire into Turkish it will also be possible for researchers to conduct a cross-cultural comparison.

1.2. Implication of the Study

Recently, as is likely in other cultures, marital adjustment is becoming one of the most important issues in Turkey. Social psychology works on social and cultural variables related to marital adjustment. Moreover, the effects of marital adjustment on a child or on an adult maladaptive behavior, interpretation and attribution to each other in marital relationship, husband and wife differences in marriage are the different dimensions of the studies that were conducted by

clinicians. One of the most important implications of the present study is that the Turkish version of the CPQ identifies the constructive and the destructive communication patterns of married spouses. The individual application of the CPQ provides clinicians information about spouse's functional and dysfunctional communication patterns according to marital adjustment. Based on this information clinicians will have the opportunity to tailor their therapeutic approaches and practice for more promising results.

This study was conducted on a non-clinical group of spouses. Information gathered from this group gives a general idea about spouses' communication according to marital adjustment. In the light of this information seminars or workshops can be organized to raise awareness about importance of communication patterns in marriages, to enhance couples' communication patterns and in the long term also to enhance marital adjustment of the couples.

CHAPTER II

REVIEW OF LITERATURE

This chapter consists of three sections. In the first section, definitions and measurements of marital adjustment are given. In the second section, definitions and measurements of marital communication are mentioned. In the last section marital literature on marital communication and its relation with marital adjustment is presented.

2.1. Marital Adjustment: Its Definition and Measurement

Webber defines “to adjust” as to settle; resolve; adapt; regulate; to bring about a more satisfactory state; and to confirm oneself (1965; cited in Touliatos, Perlmutter & Straus, 1990).

In family adjustment there are four definitional issues which are especially interesting and influential. The first issue comprises current level of functioning and response to change. According to this issue, being adjusted means doing well and being in a healthy state as well as the ability to return a steady state of functioning after the change has occurred in family life. The second important issue is that adjustment has been defined as both a process and an outcome. The third important issue that influences the definition of adjustment is the

recommendation that assessment should be made at individual, dyadic and family levels. The final important issue is the recent trend defining adaptation as a system-environment fit. A well-adjusted family would be defined to be a good fit with its environmental surroundings. Whereas, a poorly adjusted family would be defined by having a significant lack of fit (Touliatos et al., 1990).

However, in marital relationship the concept of adjustment has been used in a variety of ways to mean a variety of things. These varieties are caused by the social, psychological, personal and demographic factors related to the marital adjustment of any married couple. Thus, there is no consensus on one definition of the concept of marital adjustment (Touliatos et al., 1990; Fışiloğlu & Lorenzetti, 1994; Fışiloğlu & Demir, 2000). According to Hoult marital adjustment defined as a set of complex factors such as amount of conflict, shared activities associated with happiness or success of a marriage (1969; cited in Fışiloğlu & Demir, 2000). Like definition in family adjustment, LeMasters conceptualized marital adjustment as a capacity for adjustment or adaptation and the ability to solve problems (1957; cited in Fışiloğlu & Demir, 2000). Spanier (1976) considered marital or dyadic adjustment as a process of movement along the continuum, which can be evaluated in terms of proximity to good or poor adjustment. On the other hand, Halford, Kelly and Markman (1997) characterized couples in a high level of marital adjustment as couples who do more mutually pleasurable activities together, have better communication and conflict management skills, think more positively about each other and have a more positive relationship schemata. Moreover, they also claimed that the adaptation to changing life circumstances is a

key characteristic of marital adjustment.

In the concept of marital quality there have been three basic approaches to measurement. First, several scales, originated before 1975, consist of a variety of items that measure different concepts through the scales. These are almost exclusively used as total score measures. These scales are called "composite" measures of marital quality. The Lock-Wallace Marital Adjustment Test, which was designed to assess levels of satisfaction and accommodation of husbands and wives to each other, is one of the well-known composite measures (1959; cited in Touliatos et al., 1990). A second approach, which was more popular in 1970s and early 1980s, is to assess marital quality by assessing several well-defined subconcepts. Spanier's Dyadic Adjustment Scale, which includes subscales of satisfaction, consensus, cohesion, and affectional expression in order to assess the quality of dyadic relationships is one of the best known instruments in this approach (1976; cited in Touliatos et al., 1990). A third approach, recommended recently, is to assess global perception of marital quality as a dependent variable, using related and more specific concepts as predictor variables of the global perception. Norton's Quality Marriage Index which is one of the popular examples of this approach assesses variables that determine the quality of marital relationship (1983; cited Touliatos et al., 1990).

2.2. Marital Communication: Its Definition and Measurement

Bell and Blakeney defined the conflict process as interaction between persons expressing opposing interests, views or opinions and focuses on a couple's communication patterns (1977; cited in Cahn, 1992). Cahn identified

three types of communication which has accounted for a great deal of research on conflict in intimate relationships. Some researchers focus on a specific communication interaction like disagreements. These disagreements are referred to as difference of opinion or view, complaint, criticism, hostile response or defensive behavior. Other researchers focus on encompassing communication situation like negotiation sessions or problem-solving discussions. Finally, other researchers study general patterns of communication characteristics of dysfunctional couples (1990; cited in Cahn, 1992).

A couple's communication patterns can be assessed by observational measures or self-report questionnaires (Weiss & Heymen, 1997). There are some well-known observational measures. Gottman, Notarius and Markman developed the Couples Interaction Scoring System (CISS) which is a system for coding verbal and nonverbal content present in discussions by marital couples. The system of coding allows for examinations of both process and content of communication (1979; cited in Touliatos et al., 1990). Weiss, Summers, and Fenn designed the Marital Interaction Coding System-III (MICS-III) which is a system for assessing strategies by which marital partners discuss and negotiate areas of concern. Interactions, lasting approximately 10 minutes, occur without the examiner in the room, and are coded either audiotaped or videotaped for later coding (1979; cited in Touliatos et al., 1990). Hahlweg, Reisner, Kohli, Vollmer, Schindler, and Revenstorf developed the KPI which is a behavioral coding system, designed in West Germany, primarily used for evaluating the effects of behavioral marital therapy on interaction styles of couples (1984; cited in Touliatos et al.,

1990). The KPI utilizes 12 behavioral codes namely, self-disclosure, positive solution, acceptance of other, agreement, criticize, negative solution, justification, disagreement, problem description, metacommunication, listening, and rest. There are also well known self-report measures to assess marital communication. Locke, Sabagh, and Thomes developed the Primary Communication Inventory (PCI) for the purpose of measuring communication between spouses. Items are in the form of questions in which respondents are asked to indicate how often certain type of communication takes place (1967, cited in Touliatos et al., 1990). In 1970 Bienvenu designed the Marital Communication Inventory (MCI) to assess uncover areas of communication difficulties between husbands and wives. Items refer to the characteristic styles, degrees and patterns of communication between marriage partners. Elements of communication include the handling of anger and differences, tone of voice, understanding and empathy, self-disclosure, listening habits, nagging, conversational discourtesies, and uncommunicativeness (cited in Touliatos et al., 1990). The Communication Patterns Questionnaire (CPQ) is a widely used self-report instrument created by Christensen and Sullaway in 1988 (cited in Touliatos et al., 1990) In this questionnaire, communication items are classified under three steps. In the first step, communication items include behaviors that assess discussion or avoidance when some problem in the relationship arises. In the second step, communication items include behaviors such as blaming, negotiating, criticizing, defending, demanding, and withdrawing, during a discussion of a relationship problem. In the third step, communication items include behaviors such as withholding, and reconciliation, and reactions

such as guilt and understanding after a discussion of a relationship problem.

2.3. Literature Review of Marital Adjustment and Marital Communication

In the last few decades there has been an increasing focus on assessing certain behavioral interaction process that are expected to influence a marriage (Matthews, Wickrama & Conger, 1996). In these studies it was found that communication plays a central role in the marriage. In the most Behavioral Marital Therapy programs, communication training and problem solving training are the integral part of the treatment. This focus on communication is due to both the needs of the clients and also theoretical assumptions based on the Social Learning Theory that suggests that “critical skills in determining a successful marriage is skill in conflict resolution” (Jacobson 1981; cited in Hahlweg, Revenstorf & Schindler, 1984). Thus, it is assumed that the ability to resolve problems has a central role for a successful marriage and that communication patterns during the conflict are factors in marital distress (Bradbury & Karney, 1993). Moreover, behavioral therapists emphasize a deficit in communication skills as a major cause in marital distress (Gottman & Krokoff, 1989). Empirical investigations show that the association between communication patterns and marital adjustment is quite strong and that communication patterns differ according to marital adjustment (Gottman & Krokoff, 1989; Halford, Hahlweg & Dunne, 1990; Iverson & Baucom, 1990; Sayers, Baucom, Sher & Heyman, 1991). Thus, assessing marital communication becomes an important issue for professionals who are working in marriage or family therapy.

In the longitudinal study of Gottman and Krokoff (1989), they assessed the

relationship between couples' communication and marital satisfaction. Couples' communication assessed by using three observational coding systems. The results of their study suggested that although some marital interaction patterns like disagreement and negative anger exchanges have negative effects on concurrent marital satisfaction, they were also predictive of improvement in marital satisfaction longitudinally. In the same study three interaction patterns identified as dysfunctional caused longitudinal deterioration in marital satisfaction namely; defensiveness, stubbornness and withdrawal from interaction.

Baxter and Dindia (1990) assessed the maintenance strategies in marriage and their study results indicated that constructive/destructive communication styles of the spouses is one of the crucial factors for both husbands and wives in marital maintenance.

Gottman (1991) summarized his studies with Levensons on dissolution of marital relationships. Their focus is on particular interaction patterns that characterize couples whose marriage deteriorate or improve over time. In their observational studies a husband's withdrawal as a listener is identified as a destructive pattern in a wife's marital satisfaction.

Mathews, Wickrama and Conger (1996) designed a longitudinal study to examine the relationship between hostility and warmth in marital interaction and the level of marital stability in a 5-year study. Results indicated greater instability was associated with more hostility and less warmth in marital interactions.

It can be said that marital communication is one of the important dimensions of the marital satisfaction and stability. Marital distress will develop if

couple can not maintain mutual and constructive communication patterns. As constructive patterns are viewed more positively, these patterns promote intimacy and help spouses to solve the problem to reduce stress on relationship (Noller, Feedney, Bonnell, & Callan, 1994). Hence, great a deal of attention is paid on communication patterns of spouses in low and high marital adjustment.

According to these studies, couples in a low level of marital adjustment were reported to display more destructive communication behaviors and conflict avoidance than couples in high level of marital adjustment. Although both couples reported conflicts about the same topics, couples in a low level of marital adjustment spent more time in conflict, or they avoided conflict more (Noller & Fitzpatrick, 1990).

Sayer, Baucom, Sher and Heyman (1991) referred to conflict and problem-solving behaviors as constructive engagement. According to them a constructive engagement process potentially enhances spouses' future satisfaction. As a result it helps spouses discuss and solve conflict in their relationship. Avoidance and withdrawal from conflict decreases problem solution and increases to more severe marital problems. To support this view validity and reliability study of the Constructive Communication subscale of the CPQ showed the same results mainly that the overall constructiveness of spouses' conflictual behavior had strong positive association with marital adjustment (Heavey, Christensen & Zumtobel, 1996).

Hooley and Hahlweg's (1989) cross-cultural study showed that in both German and English couples a high level of marital adjustment was positively

associated with verbal acceptance of the partner and positive nonverbal behavior. Whereas, low marital quality was associated with negative non-verbal behavior, criticism and disagreement. Halford, Hehlweg and Dunne (1990) compared maritally distressed and non-distressed German couples with maritally distressed and non-distressed Australian couples according to their marital communication. Although these two groups showed cultural differences in some aspects of communication behavior both also showed some cross-cultural consistent association with marital satisfaction that non-distressed couples used significantly more verbal acceptance-agreement, verbal neutral information and positive nonverbal responses.

In their 1990 study, Noller and White found that couples in a low level of marital adjustment reported more mutual avoidance and less use of conflict behaviors like mutual expression and negotiation. Moreover, couples in a low level of marital adjustment used more negative statements like disagreement and criticism. These couples were also more confrontative, complaining and defensive with their spouses, than they were with other people.

On the other hand, more recently, a number of observational and self-report studies focused on some specific kind of communication patterns like demand/withdrawal patterns. Demand/withdrawal patterns have been identified as a destructive style of marital interaction and are related to marital adjustment. In the demand/withdrawal communication patterns one spouse pressures the other with a demand, complaint and criticism while the partner withdraws defensively and is passive in action. These patterns of communication prevent spouses from

normal functioning, and for this reason they become predictor and maintenance factors in marital distress (Christensen & Shenk, 1991).

In Terman, Bittenweiser, Ferguson, Johnson and Wilson's earliest study on marriage, it was found that dissatisfied wives complained about their husband's withdrawal whereas dissatisfied husbands complained about their wives criticism, complaints (1938; cited in Christensen & Heavey, 1990).

The study of Christensen and Heavey in 1990 examined gender differences in the demand/withdrawal pattern of marital conflict and its relation to marital adjustment. This study showed that wife demand/husband withdraw interaction as significantly more likely to occur than husband demand/wife withdraw interaction. They also found that concurrent marital satisfaction was negatively associated with a measure of total demand/withdraw interaction.

Christensen and Shenk (1991) compared communication patterns of maritally non-distressed with clinic and divorcing couples and found that distressed couples have less mutual constructive communication, more avoidance of communication, more demand/withdrawal communication and more conflict over psychological distance in their relationships than non-distressed couples do. As a result, this study also showed gender differences in communication patterns of spouses. In all groups wife demand/husband withdrawal communication was more common than husband demand/withdrawal communication. This study also indicated that frequency of demand/withdrawal interaction is highly associated with marital dissatisfaction. The replication and extension study of Heavey, Layne and Christensen in 1993 also provided support for the findings of the last study

mentioned above.

In the longitudinal study of conflict in early marriage Noller, Feeney, Bonnell and Callan (1994) found that spouses in a low level of marital adjustment scale reported higher levels of demand/withdrawal and destructive conflict patterns. Couples in a low level of marital adjustment also reported less positive behavior and more avoidance behavior than the couples in a high level of marital adjustment did. In addition, after a year the husbands' and wives' low levels of marital adjustments were related to the same communication patterns namely avoidance and withdrawal.

In summary, according to literature, association between communication patterns of married couples or spouses and their marital adjustment is clear. Mutual, constructive, communication patterns are positively associated with marital adjustment. However, dysfunctional patterns such as demand/withdrawal or avoidance are negatively associated with both concurrent and later marital adjustment of couples and spouses. As a result of longitudinal studies communication patterns of couples or spouses have some effects on later marital distress.

Although marital satisfaction and communication is the one of most popular topic in the literature, researches on this issue are very limited in Turkey. In Turkish marriage literature it was seen that some studies were conducted on some variables like, mutual sharing of feelings and opinions, satisfaction in sexual life, giving a thrashing of husband/wife, some certain demographic variables, loneliness and their relation with marital satisfaction. Some of the studies were

about communication or conflict or problem-solving situations in a Turkish married sample.

Yıldırım (1993) investigated the relationship between adjustment level of married spouses and the other variables existing in wife-husband relationship namely, mutual sharing of feelings and opinions, satisfaction in sexual life, refusal in sexual wishes of husband/wife and giving a thrashing of husband/wife. In this study in order to assess the adjustment level of married individuals the Hacettepe Personality Inventory was administered. He found a significant positive correlation between mutual sharing of feelings/opinions and the adjustment level, and between a satisfied sexual life and the adjustment level. The results indicated significant negative relations between refusal of sexual wishes of husband/wife and the adjustment level and between giving a thrashing of husband/wife and the adjustment level. According to demographic variables it was found that there was a negative significant correlation between socio-economic status and mutual sharing of feelings and opinions. It was also shown that there was a significant positive relationship between education level and the mutual sharing of feelings and opinions.

Fıfılođlu and Demir (1997) assessed actual capacities which are the main theoretical foundation of the Positive Psychotherapy and Positive Family Therapy, in Turkish culture. In this study, data were collected by using a short form of the Differentiation Analysis Inventory (DAI). According to Positive Psychotherapy and Positive Family Therapy, psychological norms, which are defined as actual capacities, separated as primary and secondary capacities. The primary capacities

which are related to love includes modelling, love, patience, time, contact, sexuality, trust, confidence, hope, faith, doubt, certitude and unity. The second capacities which are related to the capacity to know, includes punctuality, clearness, orderliness, obedience, courtesy, honesty, faithfulness, justice, diligence/achievement, thrift, reliability, precision, conscientiousness. The results of that study indicated that participants' evaluation of self was significantly different from the evaluation of their spouses. More specifically, both males and females evaluate themselves higher than their spouses in actual capacities. The acceptance of these differences in spouse's relationship can be a sign of the potential conflict in the relationship. Moreover, it was found that women gave more importance to clearness, orderliness, politeness, honesty and justice than men. However, men gave more importance to fidelity, diligence/achievement, time, contact and sexuality than women. This study showed that the secondary capacities were more important than the primary capacities for the Turkish participants.

Demir and Fıfılođlu (1999) examined the relationship between loneliness and marital adjustment in Turkish couples. They also examined some demographic correlates of loneliness and marital adjustment gender, age, duration of the marriage, type of marriage and the degree of acquaintance before marriage. The results showed that there was a significant negative correlation between loneliness and marital adjustment. As a demographic variable, no significant gender difference was found according to loneliness and marital adjustment. Moreover, the correlation of loneliness and marital adjustment for age and

duration of marriage indicated that, these demographic characteristics were not related significantly to loneliness and marital adjustment.

In the study of Tezer (1994), the effects of certain demographic variables and variables related to marital conflict were assessed. The frequency of conflict, the tension created by the conflict and the tendency to attribute the causes of the conflict to self or to spouse in marital satisfaction and couples both with dual and single earners were investigated in that study. The variables related to marital conflict (the frequency of conflict, the tension created by the conflict and the tendency to attribute the causes of the conflict to self and to spouse) were assessed by Marital Life Scale, which was developed by the researcher. One of the most important results of that study was the negative relation between marital satisfaction and the tendency to attribute the causes of the conflict to spouse. In that study also a negative significant relation was found between the frequency of conflict and marital satisfaction.

Hatipoğlu (1993) assessed the role of certain demographic variables (age, education, family type, marriage length, number of children, income, occupational residence), and marital conflict in marital satisfaction of husbands and wives. She developed the Marital Conflict Questionnaire in order to assess the expansion and frequency of marital conflict. Like Tezer's (1994) study Hatipoğlu found a negative correlation between expansion of marital conflict and marital satisfaction of husbands and wives. However, no significant effect in the frequency of marital conflict on marital satisfaction of husbands and wives was found. As a demographic variable the predictor role of education level on the marital

satisfaction of wives was found. Yet, other demographic variables did not predict marital satisfaction of husbands and wives like in the Demir and Fıfılođlu's study.

Tařtan (1996) conducted her study on interspousal communication in a problem-solving situation in self-selected and arranged marriages. Communication of the spouses in a problem-solving situation was recorded on videotape and then the observed and recorded communications were evaluated on a observational form which was developed by the investigator. The results showed that couples in self-selected marriages displayed more positive communication than arranged marriages. Gender differences in communication behaviors identified that wives' communication behaviors were more positive than husbands'.

Although, literature in Turkish marital studies literature is very limited. Studies in this area are promising. Furthermore, it can be seen that there has been an increasing amount of attention on marital communication.

2.4. Connection between the Literature Review and Hypotheses of the Study

According to literature it can be seen that couples' communication patterns appear to be related to levels of marital adjustment. Since in Turkey there is not a self-report measure to assess specific communication patterns of married couples demonstrated with reliability and validity; the main aim of the present study is to translate the Communication Patterns Questionnaire (CPQ; Christensen & Sullavay, 1984) into Turkish and assess its validity and reliability. Then, the relationship of spouses' specific communication patterns and marital adjustment will be questioned. Then, gender differences according to communication patterns

will be investigated. Finally, the relationship between the spouses' communication patterns and demographic variables will be examined. Hypotheses of the present study were mentioned below:

1. Association between communication patterns and marital adjustment:

1.1 Whether spouses low on the marital adjustment scale use less constructive and more destructive communication patterns than spouses high on the marital adjustment scale?

2. Gender differences according to the communication patterns:

2.1 Whether women or men differ according to the usage of specific communication patterns in their marital communication.

3. Relationship between demographic variables and the communication patterns:

3.1 Is there a relation between demographic variables namely, length of marriage, gender, number of children, education level and marital adjustment and communication patterns.

CHAPTER III

METHOD

3.1. Subjects

200-nonreferred married spouses participated in the study (108 female, 92 male). The participants were workers and/or their spouses from Bilkent University School of English Language (BUSEL), Makine Kimya Endüstrisi Kurumu (MKEK), Ereğli Iron & Steel Factory (Erdemir) and Yeni Ufuklar Pre-School.

The average age of the female was 37.1 years (SD=8.2) from a range of 22 years to 64 years. The average age for the male participants was 39.7 (SD=8.4) with a range of 27 to 61.

The mean length of the marriages for the female participants was around 12 years (SD=9.1) from a range of 3 months to 39 years. The mean length of the marriages for the male participants was around 11 years (SD=8.9) from a range of 3 months to 35 years.

13.5% of the participants had primary education level (N=27), 19% of the participants were graduates of high school (N=38), and 50% of the participants were graduates of university (N=100) and 17.5% of the participants have higher education degrees (N=35).

86% of the participants were working (N=172) and %14 of them

unemployed (N=28). The occupations of the female participants were secretaries, teachers, and doctors, and male participants were doctors, engineers, teachers, and lawyers.

17.5% of the participants had pre-arranged marriage (N=35) and 82.5% of them chose their spouses (N=165). 96.5% of the participants were married for the first time (N=192) and 4% of the participants were married for the second time (N=8). 25.5% of them had no children (N=51), 42% of them had one child (N=84), 23% of them had two children (N=46), and 9.5% of them had three or four children (N=19).

3.2. Instruments

A set of battery participants received the Turkish version of the Communication Patterns Questionnaire (CPQ) (Appendix A & B) for assessing their specific communication patterns, Turkish Version of Dyadic Adjustment Scale (DAS) (Appendix C) for assessing marital adjustment, and the Demographic Information Form (Appendix D) to gather detailed information about subjects. Information about these instruments are given below.

3.2.1. Communication Patterns Questionnaire (CPQ)

The Communication Patterns Questionnaire (CPQ) is a 35-item, self-report measure prepared by Christensen & Sullaway in 1984 (Appendix E). The CPQ addresses spouse's behaviors during three stages of conflict; a) when some problems in the relationship arises (in this stage 4 items are asked about avoidance or engagement in discussion); b) during discussion of a relationship problem (in this stage 18 items are asked about behaviors such as criticism, blame, and

withdrawal); c) after a discussion of a relationship problem (in this stage 13 items are asked about the aftermath of conflict such as withdrawal or reconciliation). Some items assess symmetrical patterns like "both members express their feelings to each others" and other items assess asymmetrical patterns like "husband criticizes while wife defends herself". Each item is rated on the Likert-type scale that ranges from very unlikely (1) to very likely (9).

Five communication patterns are normally created from the CPQ: 1) Constructive Communication (respective alpha .78 for women, .80 for men) (Bodenmann, et al., 1998). 2) Total Demand/Withdraw Communication (respective alpha: .55 for women and .69 for men). 3) Man Demand-Woman Withdraw (respective alpha: .52 for women and .72 for men). 4) Woman Demand-Man Withdraw (respective alpha .68 for women and .67 for men). 5) Mutual Avoidance and Withholding (respective alpha: .66 for women and .66 for men). The internal consistencies in this study are similar to those reported by Heavey and colleagues (Heavey, Laynen & Christensen, 1993; Heavey et al., 1996).

Christensen and Sullaway described three communication patterns for the CPQ to assess particular constructs of interest: 1) The Demand-Withdraw Communication, 2) the Demand-Withdraw Role, and 3) the Mutual Constructive Communication. They reported interpartner agreement of .73, .74 and .80 respectively, for three communication patterns. In addition, The Mutual Constructive Communication Pattern was correlated .79 and Demand-Withdraw Communication Pattern correlated -.55 with relationship satisfaction (1984, cited in Noller and White, 1990).

Scores of the communication patterns were gathered by summing up the related item scores. The Constructive Communication score was gathered by the sum of three items that assess constructive communication minus the sum of four items that assess destructive communication. The score of the Total Demand/Withdraw Communication was gathered by the sum of six items that assess the extent to which one partner demands, while other withdraws. The Man Demand/Woman Withdraw Communication was gathered by the sum of three items that assess the extent to which the man demands, while the woman withdraws. The Woman Demand/Man Withdraw Communication score was gathered by the sum of three items that assess the extent to which the woman demands, while the man withdraws. The score of the Mutual Avoidance and Withholding Communication was gathered by the sum of three items that assess the extent to which both partners avoid conflict discussions.

In the reliability and validity study of Christensen and, Christensen and Heavey Cronbach's alphas were computed for three communication patterns (Positive Communication, Husband Demand/Wife Withdraw, and the Wife Demand/Husband Withdraw). These alphas were .87, .66 and .71 respectively (1997 & 1998, 1990, cited in Heavey, Layne and Christensen, 1993). In the study of Christensen and Shenk (1991) for internal consistency of the CPQ, Cronbach's alphas were computed separately for husband and wife reports for each of the communication patterns. These alphas ranged from .62 to .86, means of .71. Discrepancy validity of the questionnaire was shown in the study of Noller and White (1990), and in the study of Christensen and Shenk (1991). Also in the study

of Heavey, Christensen and Zumtobel (1996), they showed the reliability and validity of the Constructive Communication Pattern which provided a more pure and complete measure of constructive communication behavior than the Mutual Communication Pattern. Computed alphas of this communication pattern for male and female were .84 and .81 respectively.

The validity of the CPQ was assessed by Noller and White (1990). Involving all of the items, a factor analysis indicated that there were four factors. They were labelled as Coercion, Mutuality, Post-Conflict Distress and Destructive Process. After the factor analysis, most of the items were included in the subscales. These factors were different from the hypothetical factors that are suggested by Christensen mentioned above however, they have still consistency with the original subscales.

In the translation process of the CPQ into Turkish "control and evaluation in one directional translation" method was preferred (Savaşır, 1994). In the first step, the researcher translated the original English form of the CPQ to Turkish. In the second step, the original form and translated forms of the CPQ were given to the six people from different educational backgrounds. The group consisted of three clinical psychologists, an English language teacher, another English language teacher who lived in America for 16 years, familiar with both American and Turkish cultures, and an executive secretary who is fluent in both English and Turkish. They were asked to compare the original form of the CPQ and the translated forms independently in terms of the validity of the translation and cultural acceptability of the questions. Then, according to their feedback the

translated form was revised. Because of the grammatical differences between Turkish and English the Turkish version of the questionnaire was separated into "Kadın Formu" and "Erkek Formu". In order to prevent biases caused by the subtitles of specific items on the original form, the Turkish version of the CPQ was organized without subtitles. In the third step, the revised form was applied to 12 married individuals. This group was composed of two females and two males married spouses graduated from primary school, graduated from high school, and spouses graduated from university. Their feedback was gathered and the translated form was finalized.

In order to determine the applicability of the Turkish version of the CPQ reliability and validity study was conducted. The results showed that the Turkish version of the CPQ is a valid and reliable instrument to assess married spouses' communication patterns. These results were presented in the Chapter IV.

3.2.2. Turkish Dyadic Adjustment Scale (DAS)

In order to assess marital quality, the Turkish version of the Dyadic Adjustment Scale (DAS) was used. The DAS is a 32-item self-report measure. The original form of the Dyadic Adjustment scale was developed by Spainer in 1976 in order to measure quality of marital relationship as perceived by married and cohabiting couples. Some of the items were answered by 5- to 7-point Likert-style response format. Some of the items were answered either "yes" or "no". As a result of factor analysis, four subscales were identified. These subscales include dyadic satisfaction, dyadic consensus, dyadic cohesion and affectional expression. A total score from the DAS reflects the general satisfaction measure in an intimate

relationship. This scores range from 0 to 151. A high score on the DAS means higher perception of the quality of the relationship. The reliability and the validity of the DAS was showed Cronbach alpha's for the subscales ranging from .73 to .97, and an alpha of .96 for the entire scale. The reliability and validity study of the Turkish version of the DAS was investigated by Fıfılođlu and Demir (2000). The Cronbach's alpha was .92. The computed split-half reliability coefficient was .86 and its correlation with the Locke-Wallace Marital Adjustment Test was .82.

3.3. Procedure

The first data were collected between March 2001 and June 2001. Approximately 300 packs were distributed and 230 of them were returned. Only fully completed packs were included in the study. With the permission of the Director of Bilkent University School of English Languages (BUSEL) all married spouses received the packs at BUSEL, and some departments at MKEK, Erdemir and Yeni Ufuklar Pre-School. As a part of assessment procedures, all the participants were given written instructions (Appendix F) that explained the purpose of the study, and were asked to complete the Turkish version of the CPQ, and the DAS and the demographic information form independently and to send in the package after completion. The instruments were answered approximately in 15-20 minutes.

3.4. Analysis of Data

Statistical tests used to analyze the data were, factor analysis, Pearson Product Moment Correlation, independent t-tests and hierarchical multiple regression analyses. All the analyses were carried out by using SPSS/PC+

programs (Norusis, 1996).



CHAPTER IV

RESULTS

In this chapter firstly, the results of validity and reliability of the Turkish version of the Communication Patterns Questionnaire (CPQ) are presented. Secondly, the descriptive statistics of variables are mentioned. Finally, the correlations, t-test analyses and the results of the regression analyses are given according to the aims and the hypotheses of the study.

4.1. Validity of the Turkish Version of the CPQ

The main aim of the present study was to assess the validity and the reliability of the Turkish version of the Communication Patterns Questionnaire (CPQ). The construct validity of the CPQ was investigated by factor analysis. The convergent validity was examined by assessing the correlation between the scores of the communication patterns of the CPQ and the scores of the Dyadic Adjustment Scale (DAS) of the spouses.

The construct validity of the CPQ was established through the factor analysis of the questionnaire items. A Principle-Axis Analysis was applied and according to scree-plot graphic a presence of four factors was found. These four factors together accounted 36.85% of the common variance. According to the

oblimin rotation method loadings on the factors for relevant items are given in Table 1.



Table 1. Factor structure matrix of the Turkish version of the CPQ

Items	Factor			
	1	2	3	4
Item A1	.622			-.387
Item B5b	.563			.322
Item C8	.560	-.467		.418
Item C7	.555	-.366		
Item B2	-.553	.302	.471	
Item B9b	.533			.329
Item C7b	.533			.336
Item B5	.526			
Item C2	.523			.386
Item A2	-.485		.359	
Item A3b	.447			
Item C4	.339	-.314		
Item A3	.333			
Item B7		-.731		
Item B6		-.648		
Item B7b		-.638		
Item B6b		-.606		
Item B1		-.570		.320
Item B3		-.505		
Item C6	.402	-.451	.317	
Item C3		.377	.359	
Item C6b	.361	.396	.541	
Item B4	-.353	.423	.533	
Item C1	-.305		.496	
Item C5			.455	
Item B8			.355	
Item B8b			.344	
Item B11	.334			.749
Item B10				.741
Item C9	.321			.654
Item B10b	.386			.635
Item C9b				.612
Item C8b	.542	-.400		.557
Item B11b	.361			.505
Item B9	.465			.466
Explained Variance	20.85	6.44	5.69	3.84
Total Variance				36.85

Factors in Table 1 are identified and shown below. Items which have negative loading are marked (-). Items are presented as in the original form of the CPQ.

FACTOR 1. DESTRUCTIVE COMMUNICATION PATTERN (DCP)

ITEM A1 : Both members avoid discussing the problem.

ITEM A2 : Both members try to discuss the problem. (-)

ITEM A3 : Man tries to start a discussion while man tries to avoid a discussion.

ITEM A3b : Woman tries to start a discussion while man tries to avoid a discussion.

ITEM B2 : Both members express their feelings to each other. (-)

ITEM B5 : Man nags and demands while woman withdraws, becomes silent, or refuses to discuss the matter further.

ITEM B5b : Woman nags and demands while man withdraws, becomes silent, or refuses to discuss the matter further.

ITEM B9b : Woman threatens negative consequences and man gives in or backs down.

ITEM C2 : Both withdraw from each other after the discussion.

ITEM C4 : Neither partner is giving to the other after the discussion.

ITEM C7 : Man tries to be especially nice, acts as if things are back to normal, while woman acts distant.

ITEMC7b : Woman tries to be especially nice, acts as if things are back to normal, while man acts distant.

ITEMC8 : Man pressures woman to apologize or promise to do better, while

woman resists.

FACTOR 2. CONSTRUCTIVE COMMUNICATION PATTERN (CCP)

ITEM B1 : Both members blame, accuse, and criticize each other. (-)

ITEM B3 : Both members threaten each other with negative consequences. (-)

ITEM B6 : Man criticizes while woman defends herself. (-)

ITEM B6b : Woman criticizes while man defends himself. (-)

ITEM B7 : Man pressures woman to take some action or stop some action, while woman resists. (-)

ITEM B7b : Woman pressures man to take some action or stop some action, while man resists. (-)

ITEM C3 : Both feel that the problem has been solved.

ITEM C6 : Man feels guilty for what he said or did while woman feels hurt. (-)

FACTOR 3. EMOTIONAL/LOGICALAL COMMUNICATION PATTERN (ELCP)

ITEM B4 : Both members suggest possible solutions and compromises.

ITEM B8 : Man expresses feelings while woman offers reasons and solutions.

ITEM B8b : Woman expresses feelings while man offers reasons and solutions.

ITEM C1 : Both feel each other has understood his/her position.

ITEM C5 : After the discussion, both try to be especially nice to each other.

ITEM C6b : Woman feels guilty for what she said or did while man feels hurt.

FACTOR 4. AGGRESSIVE COMMUNICATION PATTERN (ACP)

ITEM B9 : Man threatens negative consequences and woman gives in or backs down.

ITEM B10 : Man calls woman names, swears at her, or attacks her character.

ITEM B10b: Woman calls man names, swears at him, or attack his character.

ITEM B11 : Man pushes, shoves, slaps, hits, or kicks woman.

ITEM B11b: Woman pushes, shoves, slaps, hits, or kicks man.

ITEM C8b: Woman pressures man to apologize or promise to do better, while man resists.

ITEM C9 : Man seeks support from others (parent, friend or children).

ITEM C9b : Woman seeks support from others (parent, friend or children).

Although, total variances are seen to be relatively low, this factorial structure had a consistency. Thus analyses of the communication patterns were conducted on this new factorial structure.

Each communication pattern score was calculated by summing up their item scores. Low scores on each communication pattern means that a spouse is good at the specified pattern. In this study also a total communication score was obtained and named as the Total Communication Score (TCS). In order to calculate this score first, all items were assessed according to their meanings. Ten items were identified as positive, whereas, the rest of the twenty-five items have negative meanings. Then, scoring of these ten items were converted to the same direction of the negative items. Finally, four communication pattern scores were summed up and the Total Communication Score (TCS) was obtained. A low score on the TCS means that a spouse's overall communication pattern is more constructive.

4.2. Reliability of the Turkish Version of the CPQ

The reliability of the CPQ was assessed by three methods. Firstly, Cronbach's Alpha Coefficient was computed to investigate the internal consistency reliability of the communication patterns. Secondly, the item-total correlation's for the items of the communication patterns were calculated for total sample and also calculated separately for women and men. Thirdly, a test-retest analysis was applied. The results of these analyses are mentioned below.

For internal consistency, Cronbach's alphas for communication patterns are presented in Table 3 that ranging from .61 to .81 for the total sample. In order to have correspondence with the reliability analyses of the original CPQ, Cronbach's alphas were computed also separately for women and men in the reports for each of the communication patterns. These alphas range from .65 to .80 for women and range from .57 to .85 for men. Moreover, Cronbach's alpha for total Communication score is also presented in Table 2 that is .85 for total sample, .86 for women and .84 for men.

Table 2. Cronbach's Alphas of the communication patterns of the CPQ

Communication Patterns	Numbers of items	Cronbach's Alphas		
		Total Sample	Women	Men
Destructive Communication Pattern	13	.81	.80	.83
Constructive Communication Pattern	8	.67	.71	.59
Emotional/Logical Communication Pattern	6	.61	.65	.57
Aggressive Communication Pattern	8	.80	.74	.85
Total Communication Score	35	.85	.86	.84

Secondly, for reliability assessment item-total correlation for the items of four communication patterns were calculated for all group and also calculated separately for women and men. The results of which are given in the following tables.

Table 3. Item-total Correlations and Cronbach's Alphas for the Destructive Communication Pattern (DCC)

Items	Total Sample	Women	Men
Item A1	.55	.52	.58
Item A2	.36	.42	.30
Item A3	.30	.28	.36
Item A3b	.35	.26	.45
Item B2	.51	.54	.48
Item B5	.46	.46	.47
Item B5b	.52	.54	.51
Item B9b	.41	.32	.51
Item C2	.50	.51	.49
Item C4	.33	.24	.43
Item C7	.55	.56	.54
Item C7b	.52	.43	.62
Item C8	.54	.56	.53
Alpha	.81	.80	.83

The item-total correlation for the DCC ranges from .30 to .55 for the total sample, .24 to .56 for women and .30 to .62 for men respectively.

Table 4 Item-total Correlations and Cronbach's Alphas for the Constructive Communication Pattern (CCP)

Items	Total Sample	Women	Men
Item B1	.49	.60	.32
Item B3	.44	.50	.34
Item B6	.56	.61	.50
Item B6b	.51	.59	.41
Item B7	.59	.63	.53
Item B7b	.54	.60	.46
Item C3	.31	.31	.31
Item C6	-.36	-.39	-.32
Alpha	.67	.71	.59

The item-total correlation for the CCP ranges from -.36 to .59 for the total sample, -.39 to .63 for women and -.32 to .53 for men respectively.

Table 5. Item-total Correlations and Cronbach's Alphas for the Emotional/Logical Communication Pattern (ELCP)

Items	Total Sample	Women	Men
Item B4	.31	.40	.20
Item B8	.35	.34	.35
Item B8b	.37	.45	.27
Item C1	.45	.46	.47
Item C5	.39	.38	.41
Item C6b	.23	.26	.18
Alpha	.61	.65	.57

The item-total correlation for the CCP ranges from .23 to .45 for the total sample, .26 to .46 for women and .18 to .47 for men respectively.

Table 6. Item-total Correlations and Cronbach's Alphas for the Aggressive Communication Pattern (ACP)

Items	Total Sample	Women	Men
Item B9	.39	.38	.42
Item B10	.62	.61	.62
Item B10b	.53	.34	.68
Item B11	.63	.54	.71
Item B11b	.40	.23	.63
Item C8b	.55	.45	.67
Item C9	.58	.51	.65
Item C9b	.54	.53	.55
Alpha	.80	.74	.85

The item-total correlation for the ACP ranges from .39 to .63 for the total sample, .23 to .61 for women and .42 to .71 for men respectively.

In sum, for the total sample, women and men most of the item-total correlation of the each communication pattern is greater than .30 which accepted

as a cut-off point.

Thirdly, the reliability of the CPQ was assessed by test-retest analysis. For this purpose, 60 spouses from Bilkent University School of English Language received the CPQ with a written instruction (Appendix G) at the beginning of October 2001 and 48 of them sent packs back at the end of the month.

Correlation between scores of the communication patterns and the total communication score in the first and the second administration are given for the total sample in Table 7, for women in Table 8 and for men in Table 9.

Table 7. Correlation results of the four communication patterns and total communication score in the first and the second administration for total sample

	R-DCP	R-CCP	R-ELCP	R-ACP	R-TCP
DCP	.61**				
CCP		.32*			
ELCP			.51**		
ACP				.43**	
TCS					.65**

* p<.05 **p<.001, one-tailed R= Re-test

As can be seen from Table 7 the correlation between the first and second administration of the four communication patterns and total communication were at the significant level for the total sample.

Table 8. Correlation results of the four communication patterns of the CPQ and total communication score in the first and the second administration for women

	R-DCP	R-CCP	R-ELCP	R-ACP	R-TCP
DCP	.65**				
CCP		.31			
ELCP			.40*		
ACP				.47**	
TCS					.67**

* p<.05 **p<.001, one-tailed R= Re-test

As can be seen from Table 8 a correlation between DCP-RDCP, ELCP-RELCP, ACP-RACP and TCP-RTCP were at the significant level for women. However, correlation between CCP-RCCP was not at the significant level for women.

Table 9. Correlation results of the four communication patterns of the CPQ and total communication score in the first and the second administration for men

	R-DCP	R-CCP	R-ELCP	R-ACP	R-TCP
DCP	.57*				
CCP		.33			
ELCP			.68*		
ACP				.35	
TCS					.61*

*p<.001 R= Re-test

As can be seen in Table 9 the correlation between DCP-RDCP, ELCP-RELCP and TCP-RTCP were at the significant level for men. However, correlation between CCP-RCCP and ACP-RACP were not at the significant level for men.

As a result of the validity and the reliability analyses, in sum, the Turkish version of the CPQ showed respectively valid and reliable results to assess the communication patterns of married spouses in Turkey.

4.3. Descriptive Statistics of the Study Variables

The means and standard deviations of the variables in the present study are mentioned in Table 10.

Table 10. Means and Standard Deviations of the variables in the present study

	Total Sample (N= 200)		Women (N=108)		Men (N=92)	
	M	SD	M	SD	M	SD
Age	38.31	8.42	37.12	8.26	39.70	8.43
Marital Length	12.04	9.1	12.28	9.15	11.81	8.92
DCP Score	46.46	18.58	47.07	18.30	45.78	18.97
CCP Score	37.13	11.77	38.11	12.67	36.02	10.60
ELCP Score	21.35	8.26	21	8.50	21.76	8
ACP Score	16.90	10.82	16.91	9.82	16.89	11.92
TC Score	121.41	35.09	122.16	36.15	120.58	34.08
DAS Score	108.95	15.31	108.47	15.68	109.52	14.94

4.4. Results of the Correlations and T-test Analyses

The correlation between the scores of the four communication patterns and total communication score of the CPQ and the DAS score of spouses were computed in order to examine the relationship between communication patterns and marital adjustment. These correlations are given Table 11.

Table 11. Correlation results of the communication patterns and total communication and DAS

Communication Patterns	Total Sample	DAS	
		Women	Men
Destructive Communication Pattern (DCP)	-.43**	-.45**	-.41**
Constructive Communication Pattern (CCP)	-.49**	-.51**	-.46**
Emotional/Logical Communication Pattern (ELCP)	-.36**	-.43**	-.27**
Aggressive Communication Pattern (ACP)	-.29**	-.28**	-.31**
Total Communication Score (TCS)	-.56**	-.58**	-.52**

**p<.001, one-tailed

Results showed that the DAS score had a negative significant relation with the scores of four communication patterns' and the total communication score in the total sample, women and men. A high score on the DAS refers to a high in marital adjustment, whereas, a high score on the communication patterns and total score of communication means that the spouse is more likely to use destructive communication patterns. Significant negative relations between the DAS and the communication patterns and total communication reveals that destructive communication behaviors decrease according to marital adjustment score. In other words, spouses high on the marital adjustment scale used more constructive communication patterns whereas spouses low on the marital adjustment scale used more destructive communication patterns for the total sample, women and men. The correlation between the scores of four communication pattern's and total communication score of the CPQ and the DAS score of spouses is also reflects the convergent validity of the Turkish version of the CPQ.

For the hypothesis, whether women or men differ according to usage of specific communication patterns in their marital communication, a t-test for independent sample was used. However, no significant differences were found in the usage of the communication patterns according to the gender.

4.5. Results of the Regression Analyses

Finally, relationships between demographic variables namely, length of marriage, gender, number of children, education level and marital adjustment and four communication patterns and total communication score were investigated. A hierarchical multiple regression analysis was conducted to evaluate how well the marital adjustment score predicted the communication patterns of spouses while statistically controlling the demographic variables (length of marriage, gender, number of children and education level). Although, demographic variables were treated as control variables, their possible significant predictions of the communication patterns were also searched. The predictor was marital adjustment while the criterion variables were the Destructive Communication Pattern (DCP), the Constructive Communication Pattern (CCP), the Emotional/Logical Communication Pattern (ELCP), the Aggressive Communication Pattern (ACP) and the Total Communication Score (TCS). The length of marriage, gender, number of children and education level were taken as control variables in order to control their confounding effect on the predictor. Five separate hierarchical multiple regression analyses were conducted, one for each communication pattern measure.

In the first analysis, the Destructive Communication Pattern (DCP) was the dependent variable. Table 12 displays the unstandardised regression coefficients (β), R^2 , and R^2 change after each step of the hierarchical regression for the Destructive Communication Pattern (DCP). After step two, with all independent variables in the equation, $R=.46$, $F(5, 135)=7.3$ $p<.001$. Thus, in the overall model, marital adjustment score account for a significant portion of the variance in the Destructive Communication Pattern (DCP) scores while controlling the demographic variables (length of marriage, gender, number of children and education level). After step one, the length of marriage, gender, number of children and education level predict significantly the Destructive Communication Pattern (DCP) score, R^2 change=.09, $F(4,136)=3.44$, $p<.01$. As it seen in the Table 13, this significant contribution is the due to education level. That is to say, education level significantly predicts the Destructive Communication Pattern (DCP) scores. Since the length of marriage, gender, number of children and education level are the control variables, they were entered first to the equation in order to statistically control their effects. At step two, the marital adjustment score was entered and it was found that the marital adjustment score significantly predicts the Destructive Communication Pattern (DCP) score (R^2 change=.12, $F(1,135)=20.9$, $p<.001$). The result indicated that the marital adjustment can significantly increase our ability to predict the Destructive Communication Pattern (DCP) scores beyond that afforded by the previous variables together.

Table 12. Hierarchical multiple regression results (DCP as dependent)

Variables	Step	R ²	<u>R</u> ² change	β
Length of Marriage	1	.09	.09*	.23
Gender				.37
Number of Children				.35
Education Level				-3.21**
Marital Adjustment	2	.21	.12**	-.42

*p<.01 **p<.001

In the second analysis, the Constructive Communication Pattern (CCP) was the dependent variable. The results of the hierarchical regression for the Constructive Communication Pattern (CCP) given in Table 13. After step two, all the independent variables are in the equation, $R=.49$, $F(5, 136)=8.4$ $p<.001$. In the overall model, the marital adjustment score accounts for a significant portion of the variance in the Constructive Communication Pattern (CCP) scores while controlling the demographic variables (length of marriage, gender, number of children and education level). After step one, none of the demographic variables predict the Constructive Communication Pattern (CCP) score significantly. At step two, the marital adjustment score was entered and it was found out that the marital adjustment score predicts significantly the Constructive Communication Pattern (CCP) score (\underline{R}^2 change=.22, $\underline{F}(1,136)=39$, $p<.001$) beyond that afforded by the previous variables together.

Table 13. Hierarchical multiple regression results (CCP as dependent)

Variables	Step	R ²	R ² change	β
Length of Marriage	1	.01	.01	0.08
Gender				-1.56
Number of Children				-1.64
Education Level				-.70
Marital Adjustment	2	.23	.22*	-.36

*p<.001

In the third analysis, the Emotional/Logical Communication Pattern (ELCP) was the dependent variable. Table 14 displays the results of the hierarchical regression for the Emotional/Logical Communication Pattern (ELCP). After step two, all the independent variables are in the equation, $R=.39$, $F(5, 139)=4.9$ $p<.001$. In the overall model, the marital adjustment score account for a significant portion of the variance in the Emotional/Logical Communication Pattern (ELCP) scores while controlling the demographic variables. The control variables can not significantly predict the Emotional/Logical Communication Pattern (ELCP) scores. At step two, the marital adjustment score was entered and it was found out that the marital adjustment score significantly predicts the Emotional/Logical Communication Pattern (ELCP) score (R^2 change=.15, $F(1,139)=24$, $p<.001$). The result indicated that the marital adjustment can significantly increase our ability to predict the Emotional/Logical Communication Pattern (ELCP) scores beyond that afforded by the previous variables together.

Table 14. Hierarchical multiple regression results (ELCP as dependent)

Variables	Step	R ²	<u>R²change</u>	β
Length of Marriage	1	.002	.002	0.01
Gender				-.13
Number of Children				.45
Education Level				0.09
Marital Adjustment	2	.15	.15*	-.20

*p<.001

In the fourth analysis, the Aggressive Communication Pattern (ACP) was the dependent variable. The results of the analysis of the hierarchical regression for the Aggressive Communication Pattern (ACP) are displayed in Table 15. After step two, all the independent variables are in the equation, $R=.30$, $F(5, 139)=2.8$ $p<.02$. Thus, in the overall model, the marital adjustment score account for a significant portion of the variance in the Aggressive Communication Pattern (ACP) scores while controlling the demographic variables. After step one, as a demographic variable only education level predicts the Aggressive Communication Pattern (ACP) measure significantly. At step two, the marital adjustment score was entered and it was found out that the marital adjustment score significantly predicts the Aggressive Communication Pattern (ACP) score ($R^2\text{change}=.04$, $F(1,139)=6.7$, $p<.02$). The result indicated that the marital adjustment can significantly increase our ability to predict the Aggressive Communication Pattern (ACP) scores beyond that afforded by the previous variables together.

Table 15. Hierarchical multiple regression results (ACP as dependent)

Variables	Step	R ²	<u>R²</u> change	β
Length of Marriage	1	.05	.05	0.03
Gender				1.24
Number of Children				.57
Education Level				-1.44*
Marital Adjustment	2	.09	.04**	-.15

*p<.05 **p<.02

In the fifth analysis, the Total Communication Score (TCS) was the dependent variable. Table 16 displays the unstandardised regression coefficients (β), R^2 , and R^2 change after each step of the hierarchical regression for the Total Communication Score (TCS). After step two, all the independent variables are in the equation, $R=.56$, $F(5, 126)=11.5$ $p<.001$. Thus, in the overall model, the marital adjustment score account for a significant portion of the variance in the Total Communication Scores (TCS) while controlling the demographic variables. After step none of the demographic variables predicts the Total Communication Score (TCS) significantly. However, education level significantly predicts the Total Communication Scores (TCS). At step two, the marital adjustment score was entered and it was found out that the marital adjustment score predicts significantly the Total Communication Score (TCS) measure (R^2 change=.25, $F(1,126)=45.7$, $p<.001$). The result indicated that the dyadic adjustment can significantly increased our ability to predict the Total Communication Score (TCS) beyond that afforded by the previous variables together.

Table 16. Hierarchical multiple regression results (TCS as dependent)

Variables	Step	R ²	<u>R</u> ² change	β
Length of Marriage	1	.06	.06	.28
Gender				.27
Number of Children				.56
Education Level				-5.43*
Marital Adjustment	2	.31	.25**	-1.11

*p<.002 **p<.001

In summary, most of the hypotheses of the present study were supported with similar results to be found within the literature. There were significant negative relationships between the DAS and the communication patterns and total communication score of the Turkish version of the CPQ. In other words, spouses high on the marital adjustment score used more constructive communication patterns whereas, spouses low on the marital adjustment score used more destructive communication patterns. However, no significant gender differences were found in the usage of the communication patterns. In addition to these findings, significant predictive role of the marital adjustment was found on the scores of the four communication patterns and total communication score. The relationship between demographic variables (length of marriage, gender and number of children) and the communication patterns and total communication score were not at significant level except education level.

CHAPTER V

DISCUSSION

In this chapter, the findings related with the aims of the study are presented and discussed. First, the validity and the reliability of the Turkish Communication Patterns Questionnaire (CPQ) is presented. Then, the study results related to the relationship between the communication patterns and marital adjustment are discussed. Third, gender differences in usage of marital communication were given. Finally, according to the last aim of the study the relation between marital communication and demographic variables namely, length of marriage, gender, number of children and education level and marital satisfaction was to be discussed.

In order to assess spouses' communication patterns, first, the Communication Patterns Questionnaire (CPQ) was translated into Turkish. Then, in terms of the validity of the translation and cultural acceptability of the questions six people from different educational backgrounds assessed the translation. A pilot administration was conducted on 12 people and then the Turkish version of the CPQ was finalized. Results from a factor analysis demonstrated that the four factors were obtained with the Turkish version of the CPQ. They were named as

the Destructive Communication Pattern (DCP), the Constructive Communication Pattern (CCP), the Emotional/Logical Communication Pattern (ELCP) and the Aggressive Communication Pattern (ACP). These factors were not similar to the original study. Christensen's factors were created hypothetically and involved only a small number of items in the questionnaire. However, in the present study the communication patterns were derived from the factor analysis and contain all the items in the questionnaire. Although same factor analysis applied in the present study as in the study of Noller and White (1990), the different factor structure was gathered. Differences may have been caused by cultural differences in communication behaviors in the Turkish married spouses' sample. Thus, analyses of the study were conducted on this new factorial structure. Low scores on each communication pattern means that a spouse is good at the specified pattern. A total communication pattern score was also obtained in the present study by summing up the four communication pattern scores to be named as the Total Communication Score (TCS). A low score on the Total Communication Score means that a spouse's overall communication pattern is more constructive. The internal consistency of each communication patterns was computed for all the group and for women and men separately. The results showed that the internal consistency of each communication patterns was adequate for the research. For the test-retest analysis, three months later the first administration, the Communication Patterns Questionnaire (CPQ) administered second times for a small group of sample (N=48). The test-retest results showed that there was a relatively significant level of stability for each communication pattern for the sample.

However, in the Constructive Communication Pattern (CCP) and the Aggressive Communication Pattern (ACP) correlation of the two administrations scores are relatively low. It can be explained by some changes occurred in the usage of the two communication patterns during the first and the second administrations. The convergent validity of the Turkish version of the CPQ was showed by the correlation between the communication patterns and the Dyadic Adjustment Scale (DAS). In sum, these findings demonstrated that the Turkish version of the CPQ appears to be a valid and reliable instrument to assess the communication patterns of Turkish married spouses or couples. This means that even though a different factorial structure is present, this questionnaire is able to conceptualize and identify the constructive and the destructive communication patterns in Turkish married spouses.

After demonstrating the validity and reliability of the Turkish version of the CPQ, the hypotheses of the study were tested. The main purpose of the present study was to assess the relationship between communication patterns and marital adjustment. Gender differences according to the communication patterns were also investigated. Additionally, the relation between communication patterns and the demographic variables were examined.

The first hypothesis was whether spouses low on the marital adjustment scale use less constructive communication patterns and use more destructive communication patterns than spouses high on the marital adjustment scale. The findings supported the hypothesis that the DAS score had a negative significant relation with the scores of the four communication patterns and the total

communication score for all the group, for women and men. A high score on the DAS refers to high marital adjustment, whereas, a high score on the communication patterns and total score of communication means that the spouse is more likely to use destructive communication patterns. A significant negative relation between the DAS and the communication patterns and total communication means that destructive communication behaviors were decreased according to marital adjustment. In other words, spouses high on the marital adjustment scale used more constructive communication patterns whereas spouses low on the marital adjustment scale used more destructive communication patterns. This finding was consistent with the literature. A number of studies showed that maritally distressed couples' communication patterns are different from non-distressed couples (Noller & White, 1990; Christensen & Shrenk, 1991; Noller et al., 1994). In the Noller and White's study (1990), they compared spouses with high, moderate and low marital adjustment according to their communication patterns in order to assess validity of the CPQ. Their results showed that in low and moderate marital adjustment groups more mutual avoidance was reported than those high marital adjustment, and more use of the pattern in which woman wants to discuss and the man wants to avoid which are destructive in marital communication. In addition to this, the low marital adjustment group spouses were more likely to use destructive communication patterns like mutual withdrawal and mutual withholding than those in moderate and high marital adjustment.

In the study of Christensen and Shrenk (1991) non-distressed, clinical and

divorced couples were compared according to their communication patterns. This comparison indicated that the combined distressed groups (clinical and divorced couples) had significantly poorer communication than the normal group according to the Mutual Constructive Communication Pattern. Additionally, the combined distressed groups were significantly more avoidant than the normal group. Their finding showed that the combined distressed groups had significantly more demand/withdraw communication than the normal group. Noller, Feeney, Bonnell and Callan (1994) conducted a longitudinal study of conflict in early marriage. According to their study, spouses with low relationship satisfaction reported higher level of demand/withdrawal, more avoidance behaviors and avoidance and withholding than spouses with high relationship satisfaction. The findings of the present study were consistent with this literature. This indicates that there might be a cross-cultural consistency in communication patterns of the spouses with low and high marital adjustment. Christensen and Shrenk (1991) proposed a communication skill deficit model to explain differences in usage of communication patterns according to marital adjustment that distressed couples were characterized by having greater communication deficits. As distressed couples communicate unsuccessfully to resolve their differences, these differences may be exacerbated, and their communication abilities further deteriorate. In contrast, the communication abilities of non-distressed couples are sufficient to resolve their differences, and as a result, their differences may be minimized and their constructive communication skills strengthened. The findings of the present study supported the communication deficit model that showed a negative

relationship between marital adjustment and the usage of the destructive communication patterns.

The other aim of the present study was to assess gender differences according to communication patterns in Turkish married spouse's sample. More specifically, the second hypothesis was whether women or men differ according to usage of specific communication patterns in their marital communication. In several studies gender differences and issues in usage of communication patterns (Gottman & Krokoff, 1989; Christensen & Heavey, 1990; Bern, Jacobson & Gottman, 1999) were found, in particular women were more demanding and men are more withdrawing in their communication patterns. There are two different explanations for these differences. According to Gottman and Levenson (1988; cited in Halford & Markman, 1997) men withdraw; because, they experience high level of physiological arousal than women during marital confrontations and this high level of arousal causes discomfort. Avoidance behaviors reduce this high level of discomfort. However, because women are physiologically less aroused, they tend to be more confrontative. On the other hand, Gillian and Rubin (1982, 1993; cited in Christensen & Heavey, 1990) suggested that gender differences in the usage of the demand/withdraw communication patterns caused by the nature of gender-role socialization and its effects on adult intimate relationships. According to them, men and women socialize differently. A woman's identity is developed within the context of relationship and a man's identity is developed within the context of independence. Hence, in an adult relationship a woman wants more intimacy by expressing her positive and negative feelings whereas a man wants

more autonomy by showing withdrawal. However, in the present study no significant difference was found in the usage of these patterns according to gender. This may be a result of cultural differences in Turkish child socialization. Kağıtcıbaşı (1972; cited in Öz, 1999) stated that the Turkish child emphasized loyalty, obedience and dependency to the family. Moreover, traditional Turkish family dynamics may relate to the development of passive, dependent and externally controlled persons. In Turkish culture discipline commonly means shaming. Obedience to authority, respect and quietness are rewarded. Thus, it can be speculated that this type of socialization might prevent females from expressing their feelings and needs. As a result of this, in an adult relationship women may not express their needs of intimacy, either positively or negatively unlike in the literature.

In marital research literature, studies to assess factors effecting marital satisfaction or adjustment are very common. In some studies conducted in Turkey several demographic variables were shown to have effect on marital satisfaction (Hatipoğlu, 1993; Yıldırım, 1993; Tezer, 1994; Demir & Fıçıloğlu, 1999). However, the relation between demographic variables and communication patterns were very little. The final aim of the present study was to investigate the relation between the demographic variables namely, length of marriage, gender, number of children, education level with marital adjustment and the communication patterns.

It was found that only in the Destructive Communication Pattern (DCP) the demographic variables predicted the DCP score significantly. More

specifically, lengths of marriage, gender, number of children and education level did have a predictive role on destructive communication in married spouses.

A significant positive relation was found between the length of marriage and the Destructive Communication Pattern (DCP). More specifically, destructive communication increased during the process of marriages. In the most of the studies, the relation between the number of children assessed with marital satisfaction and therefore, contradictory results have been found. Some researches found significant relations between the number of children and marital satisfaction (Gills & Sims, 1987; cited in Bradbury, 1998; Belsky & Pensky, 1998; cited in Halford & Markman 1997) whereas some others found no significant relation (Hatipoğlu, 1993; Tezer, 1994, Demir and Fıfıloğlu 1999). In the present study, a significant relation was found between the number of children and the Destructive Communication Pattern (DCP). This relation showed that, according to the number of children the constructive communication patterns decreased, whereas, the destructive communication patters increased. As a demographic variable, certain education levels predict the Destructive Communication Pattern (DCP), the Aggressive Communication Pattern (ACP) and the Total Communication Score (TCS) significantly. Hatipoğlu (1993) found a positive correlation between educational level and marital satisfaction of wives so speculated that high education provides a better basis for spouses to interact and have common interests thus leading to an increase in marital satisfaction. The findings of the present study showed the predictive role of the education level on the DCP, the ACP and on the TCS of spouses', can be seen as a support for Hatipoğlu's

assumption.

One of the most important findings of this study was that it showed that marital adjustment was a significant predictive for communication patterns. More specifically, the results indicated that marital adjustment can significantly increase the ability to predict the Destructive Communication Pattern score, the Constructive Communication Pattern Score, Emotional/Logical Communication Pattern Score, Aggressive Communication Pattern score and the Total Communication score. This finding has consistency with the basic finding of marital researches about association between communication patterns and marital adjustment (Gottman & Krokoff, 1989; Halford, Hahlweg & Dunne, 1990; Iverson & Baucom, 1990; Sayers, Baucom, Sher & Heyman, 1991).

The results of the present study show a significant relationship between communication patterns and marital adjustment, and a predictor role of marital adjustment on the communication patterns. Although there are lots of studies about this topic elsewhere, in Turkey this kind of research has only been conducted in the last decade. In addition to this identifying the communication patterns of the married spouses or couples is limited. This study did not aim to identify causal factors upon the usage of communication patterns or its effects on marital adjustment. However, by adapting the CPQ to Turkish sample the present study provided an instrument to identify spouses' some crucial communication patterns. In addition to this, by showing the relation between constructive and destructive communication patterns and marital adjustment this may help professionals working with couples to pay attention to these communication

patterns in order to improve marital adjustment.

The present study pointed out the importance of communication patterns of married spouses, however there are some limitations which should not be disregarded. The number of primary education level participants (N=27) were limited. Consequently, administering the CPQ on these groups still might be questionable. Administration of the CPQ seems more appropriate to the high school graduated or higher educated spouses unless doing more study on low educated spouses. There were some methodological limitations also which should be considered in data gathered by applying a self-report questionnaire. One of the disadvantages of self-report questionnaires is the effect of the spouses' social desirability. Subjects might have tried to make their communication patterns more positive than they actually were.

Using the CPQ with observational techniques should provide more objective data about communication patterns of spouses. Moreover, studies conducted on a couple also give information about inter-partner agreement of the communication patterns and its effect on the couple's marital adjustment. In addition to this, longitudinal studies are needed to gather information about long term effects of the communication patterns on later marital adjustment.

The present study showed a well-known relationship between communication patterns and marital adjustment in a Turkish married spouses' sample and also provided an instrument which enables a measure to identify constructive and destructive communication patterns of spouses.

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APPENDICES

APPENDIX A

İLETİŞİM ŞEKİLLERİ ÖLÇEĞİ (KADIN FORMU)

Örnek Maddeler:

Aşağıda sizin ve eşinizin ilişkinizde karşılaştığınız sorunlarla nasıl başettiğinizi ölçen sorular yer almaktadır. Her maddeyi okuduktan sonra o maddede belirtilen durumun kendiniz ve eşiniz için uygunluğunu düşündünüz ve 1 (=hic uymuyor)'den 9 (=cok uyuyor)'a kadar sıralanan puanlar üzerinde size en uygun görünen puanı işaretleyiniz.

A. İLİŞKİYLE İLGİLİ BİR SORUN ORTAYA ÇIKTIĞINDA:

1. Her ikimiz de sorunu tartışmaktan kaçınıyoruz.
2. Her ikimiz de sorunu tartışmaya çalışıyoruz.

B. İLİŞKİYLE İLGİLİ BİR SORUNU TARTIŞIRKEN:

1. Her ikimiz de birbirimizi suçlar ve eleştiririz.
2. Her ikimiz de mümkün olan çözüm ve anlaşma yollarını ararız.
3. Eşim bana bir konuda baskı yaparken, ben buna karşı direnirim.

Ben eşime bir konuda baskı yaparken, eşim buna karşı direnir.

4. Eşim bana kötü sözler söyler ve/veya hakaretler eder.

Ben eşime kötü sözler söyler ve/veya hakaretler ederim.

C. İLİŞKİYLE İLGİLİ BİR SORUNU TARTIŞTIKTAN SONRA:

1. Her ikimiz de birbirimizin sorunla ilgili düşüncelerini anlamış oluruz.

2. Her ikimiz de sorunun çözüldüğünü düşünürüz.

3. Eşim söylediği veya yaptığından suçluluk duyarken, ben kendimi incitilmiş hissedirim.

Ben söylediğim veya yaptığımdan suçluluk duyarken, eşim kendini incitilmiş hisseder.

4. Eşim başkalarından (anne-baba, arkadaş veya çocuklarından) destek arar.

Ben başkalarından (anne-baba, arkadaş veya çocuklarımdan) destek ararım.

Yazışma Adresi: Psikolog Berna Malkoç, Bilkent Üniversitesi İngiliz Dili Meslek

Yüksekokulu, Ankara.

APPENDIX B

İLETİŞİM ŞEKİLLERİ ÖLÇEĞİ (ERKEK FORMU)

Örnek Maddeler:

Aşağıda sizin ve eşinizin ilişkinizde karşılaştığınız sorunlarla nasıl başettiğinizi ölçen sorular yer almaktadır. Her maddeyi okuduktan sonra o maddede belirtilen durumun kendiniz ve eşiniz için uygunluğunu düşününüz ve 1 (=hic uymuyor)'den 9 (=cok uyuyor)'a kadar sıralanan puanlar üzerinde size en uygun görünen puanı işaretleyiniz.

A. İLİŞKİYLE İLGİLİ BİR SORUN ORTAYA ÇIKTIĞINDA:

1. Her ikimiz de sorunu tartışmaktan kaçınıyoruz.
2. Her ikimiz de sorunu tartışmaya çalışıyoruz.

B. İLİŞKİYLE İLGİLİ BİR SORUNU TARTIŞIRKEN:

1. Her ikimiz de birbirimizi suçlar ve eleştiririz.
2. Her ikimiz de mümkün olan çözüm ve anlaşma yollarını ararız.
3. Ben eşime bir konuda baskı yaparken, eşim buna karşı direnir.
Eşim bana bir konuda baskı yaparken, ben buna karşı direnirim.
4. Ben eşime kötü sözler söyler ve/veya hakaretler ederim.
Eşim bana kötü sözler söyler ve/veya hakaretler eder.

C. İLİŞKİYLE İLGİLİ BİR SORUNU TARTIŞTIKTAN SONRA:

1. Her ikimiz de birbirimizin sorunla ilgili düşüncelerini anlamış oluruz.
2. Her ikimiz de sorunun çözüldüğünü düşünürüz.
3. Ben söylediğim veya yaptığımdan suçluluk duyarken, eşim kendini incitilmiş hisseder.

Eşim söylediği veya yaptığından suçluluk duyarken, ben kendimi incitilmiş hissedirim.

4. Ben başkalarından (anne-baba, arkadaş veya çocuklarımdan) destek ararım.
Eşim başkalarından (anne-baba, arkadaş veya çocuklarından) destek arar.



Yazışma Adresi: Psikolog Berna Malkoç, Bilkent Üniversitesi İngiliz Dili Meslek
Yüksekokulu, Ankara.

APPENDIX C

ÇİFTLER UYUM ÖLÇEĞİ

Örnek Maddeler:

Bir çok insanın, ilişkilerinde anlaşmazlıklar vardır. Lütfen aşağıda verilen maddelerin her biri için siz ve eşiniz (eşiniz sözcüğü evli iseniz karınız veya kocanız, evli değil iseniz birlikte yaşadığınız kişi anlamında kullanılmaktadır) arasındaki anlaşma veta anlaşamama ölçüsünü aşağıda verilen altı düzeyden birini seçerek belirtiniz.

1. Ne sıklıkla boşanmayı, ayrılmayı ya da ilişkinizi bitirmeyi düşünür ya da tartışırsınız?
2. Eşinize güvenir misiniz?
3. Ne sıklıkla eşinizle münakaşa edersiniz?
4. Eşinizi öper misiniz?

Aşağıdaki olaylar siz ve eşiniz arasında ne sıklıkla geçer?

5. Teşvik edici fikir alışverişinde bulunmak
6. Birşeyi sakince tartışmak

Yazışma Adresi: Doç Dr. Hürol Fışiloğlu, Orta Doğu Teknik Üniversitesi
Psikoloji Bölümü, Ankara.

Doç. Dr. Ayhan Demir, Orta Doğu Teknik Üniversitesi Eğitim Fakültesi, Ankara.

APPENDIX D

KİŞİSEL BİLGİ FORMU

Aşağıdaki sorulara vereceğiniz cevaplar yapılan çalışma için gereklidir. Lütfen soruları dikkatlice okuyarak tamamını cevaplayınız. Cevabınızı uygun kutunun içine ✓ işareti koyarak ya da kutu olmayan sorularda cevabı yazarak belirtiniz. Vereceğiniz tüm cevaplar gizli kalacak, kişisel bilgileriniz adınız kullanılarak hiçbir yerde yayınlanmayacaktır.

1. Yaşınız : _____

2. Cinsiyetiniz : Kadın Erkek

3. Eğitiminiz : İlkokul mezunu Ortaokul mezunu
Lise mezunu Yüksekokul mezunu
Üniversite mezunu Y.lisans/doktora

Diğer (belirtiniz) _____

4. Mesleğiniz : _____

5. Çalışıyor musunuz? Evet Hayır

6. Eşinizin Yaşı : _____

7. Eşinizin Eğitimi : İlkokul mezunu Ortaokul mezunu
Lise mezunu Üniversite mezunu
Yüksekokul mezunu Y.lisans/doktora

Diğer (belirtiniz) _____

8. Eşinizin Mesleği : _____

9. Eşiniz çalışıyor mu? Evet Hayır

10. Şu andaki evliliğiniz kaçınıcı evliliğiniz? _____

11. Kaç yıldır evlisiniz? _____

12. Nasıl evlendiniz?

- a) Görücü usulü
- b) Anlaşarak evlendim
- c) Diğer (lütfen belirtiniz) : _____

13. Çocuk sayısı ve yaşları : _____

14. Eşinizle akrabalığınız var mı? Evet Hayır

15. Cevabınız "evet" ise derecesi nedir? _____

Cevapladığınız için teşekkür ederim...

APPENDIX E

COMMUNICATION PATTERNS QUESTIONNAIRE

Örnek Maddeler:

We are interested in how you and your partner typically deal with problems in your relationship. Please rate each item on a scale of 1 (= very unlikely) to 9 (= very likely).

A. WHEN SOME PROBLEM IN THE RELATIONSHIP ARISES,

1. Mutual Avoidance. Both members avoid discussing the problem.
2. Mutual Discussion. Both members try to discuss the problem.

B. DURING A DISCUSSION OF A RELATIONSHIP PROBLEM,

1. Mutual Blame. Both members blame, accuse, and criticize each other.
2. Pressure/Resist.

Man pressures woman to take some action or stop some action, while woman resists.

Woman pressures man to take some action or stop some action, while man resists.

3. Verbal Aggression.

Man calls woman names, swears at her, or attacks her character.

Woman calls man names, swears at him, or attack his character.

C. AFTER A DISCUSSION OF A RELATIONSHIP PROBLEM,

1. Mutual Understanding. Both feel each other has understood his/her position.
2. Mutual Resolution. Both feel that the problem has been solved.
3. Guilt/Hurt.

Man feels guilty for what he said or did while woman feels hurt.

Woman feels guilty for what she said or did while man feels hurt.

4. Support Seeking.

Man seeks support from others (parent, friend, children).

Woman seeks support from others (parent, friend, children).



APPENDIX F

Merhaba,

Ekte bulacağınız bilgi formu ve ölçekler orijinali Amerika'da geliştirilmiş olan "İletişim Şekilleri Ölçeği"nin Türk toplumuna uygulanabilirliğini araştıran yüksek lisans tez konumuyla ilgilidir. Bu çalışmayı tamamlayabilmem için katılınıza ihtiyacım bulunmaktadır.

Çalışmama katkıda bulunmayı kabul ederseniz zarf içinde gönderdiğim bilgi formu ve ölçekleri;

- *rahatsız edilmeden, bir seferde cevaplayabileceğiniz uygun bir ortamda ve tek başınıza cevaplamanızı,*
- *cevaplandırırken başkalarının fikirlerini değil sadece kendi fikirlerinizi dikkate almanızı ve,*
- *soruları içtenlikle ve sizin için en geçerli durumu düşünerek işaretlemenizi rica ederim.*

Her bir ölçeğin başında ölçeğin amacını belirten ve cevaplayabilmeniz için ihtiyaç duyacağınız bilgileri içeren açıklamalar yer almaktadır. En doğru cevaplamaı yapabilmek için lütfen bu açıklamaları dikkatlice okuyunuz. Bir ölçeği bitirmeden bir diğerine geçmeyiniz.

Her bir ölçeği hiçbir maddeyi atlamadan cevaplandırdıktan sonra zarfın içine koyup zarfın ağzını elime ulaşana kadar açılmaması için yapıştırmanızı rica ederim.

Yardımlarınız için çok teşekkürler....

*Berna Malkoç
Psikolog*

Ölçeklere vereceğiniz cevaplar kesinlikle gizli tutulacak, herhangi bir yerde adınız kullanılarak yayınlanmayacaktır.

APPENDIX G

Tekrar merhaba,

Ekte bulacağınız “İletişim Şekilleri Ölçeği” çalışmamın katılma nezaketi göstererek daha önce cevaplamış olduğunuz ölçeklerde biridir. Çalışmamın amacı orijinali Amerika'da geliştirilmiş olan bu ölçeğin Türk toplumuna uyarlamasını yapmak olduğu için ölçeği bir kez daha cevaplamızı rica ederim.

Ölçeği yine;

- *rahatsız edilmeden, bir seferde cevaplayabileceğiniz uygun bir ortamda ve tek başınıza cevaplamanızı,*
- *cevaplandırırken başkalarının fikirlerini değil sadece kendi fikirlerinizi dikkate almanızı ve,*
- *soruları içtenlikle ve sizin için en geçerli durumu düşünerek işaretlemenizi rica ederim.*

Ölçeğin başında ölçeğin amacını belirten ve cevaplayabilmeniz için ihtiyaç duyacağınız bilgileri içeren açıklama yer almaktadır. En doğru cevaplama yapabilmek için lütfen bu açıklamayı bir kez daha dikkatlice okuyunuz.

*Ölçek iki sayfadan oluşmaktadır, bu nedenle **arka sayfayı** cevaplama lütfen unutmayınız. Ölçeği hiçbir maddeyi atlamadan cevaplandırdıktan sonra zarfın içine koyup zarfın ağzını elime ulaşana kadar açılmaması için yapıştırmanızı rica ederim.*

Katılımınız için çok teşekkürler....

*Berna Malkoç
Psikolog*

Ölçeğe vereceğiniz cevaplar kesinlikle gizli tutulacak, herhangi bir yerde adınız kullanılarak yayınlanmayacaktır.