

THE ROLE OF CAPITALIZATION AND MATTERING AMONG MARRIED
COUPLES: AN ATTACHMENT THEORY PERSPECTIVE

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FULYA KIRIMER

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Prof. Dr. Meliha Altunışık
Director

I certify that this thesis satisfies all the requirements as a thesis for the degree of Master of Science.

Prof. Dr. Tülin Gençöz
Head of Department

This is to certify that we have read this thesis and that in our opinion it is fully adequate, in scope and quality, as a thesis for the degree of Master of Science.

Prof. Dr. Nebi Sümer
Advisor

Examining Committee Members

Assistant Prof. Dr. Ayça Özen (TOBB ETU, PSY)

Prof. Dr. Nebi Sümer (METU, PSY)

Dr. Emre Selçuk (METU, PSY)

I hereby declare that all information in this document has been obtained and presented in accordance with academic rules and ethical conduct. I also declare that, as required by these rules and conduct, I have fully cited and referenced all material and results that are not original to this work.

Name, Last name: Fulya Kırimer

Signature:

ABSTRACT

THE ROLE OF CAPITALIZATION AND MATTERING AMONG MARRIED COUPLES: AN ATTACHMENT THEORY PERSPECTIVE

Kırimer, Fulya

M.S., Department of Psychology

Supervisor: Prof. Dr. Nebi Sümer

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The current study investigated the mediating role of perceived partner responses toward capitalization attempts (PRCA) and perceived mattering (PM) on the association between attachment dimensions (i.e., anxiety and avoidance) and relationship functioning (i.e., satisfaction and communication quality) among married couples. Considering the gender roles and culture-specific patterns, it was expected that PRCA and PM mediate the link between avoidance and dissatisfaction, and the link between anxiety and conflict. Both actor and partner effects of PRCA and PM were expected to be stronger for wives than husbands. Married couples ($N = 112$) participated in the study. Hypotheses were tested via APIMeM (Actor-Partner Interdependence Mediation Model) to assess dyadic effects. Results yielded a number of significant actor and partner effects. Specifically, PM partially mediated the association between couples' avoidance and their own satisfaction. The association between spouses' anxiety and satisfaction was fully mediated by their own PM. The predictive power of wives'

avoidance was higher than husbands' avoidance and husbands' anxiety was higher than wives' anxiety on satisfaction. Although wives' anxiety did not predict their own satisfaction, it had a partner effect on husbands' satisfaction. Husbands' avoidance predicted wives' satisfaction via their own and wives' PM. Husbands' anxiety predicted communication quality via their own PRCA. Husbands' communication quality was predicted by wives' avoidance via husbands' PRCA. The magnitude of actor effect of wives' anxiety on communication quality was higher than that of husbands' anxiety and wives' anxiety had a significant partner effect on husbands' communication quality. The findings were discussed considering Turkish cultural context and previous findings.

Keywords: Attachment anxiety and avoidance, capitalization, perceived mattering, relationship satisfaction, communication quality

ÖZ

BAĞLANMA KURAMI PERSPEKTİFİNDEN MUTLULUK PAYLAŞIMI VE ÖNEMSENME ALGILARININ EVLİ ÇİFTLER ÜZERİNDEKİ ROLÜ

Kırımer, Fulya

Yüksek Lisans, Psikoloji Bölümü

Tez Yöneticisi: Prof. Dr. Nebi Sümer

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Bu çalışmanın amacı, evli çiftlerin mutluluk paylaşımı ve önemsenme algılarının bağlanma boyutları (kaygılı ve kaçınan bağlanma) ve ilişki işlevleri (ilişki doyumu ve iletişim kalitesi) arasındaki bağlantıyı açıklamada aracı rolünü incelemektir. Cinsiyet rollerini ve kültürel beklentileri göz önünde bulundurarak, mutluluk paylaşımı ve önemsenme algılarının kaçınan bağlanma ile ilişki doyumu, bağlanma kaygısı ile de iletişim kalitesi arasındaki ilişkilere aracılık etmesi beklenmiştir. Erkeklerle göre kadınlarda mutluluk paylaşımı ve önemsenme algılarının hem aktör hem partner etkilerinin daha güçlü olması öngörülmüştür. Çalışmaya 112 evli çift katılmıştır. Her iki eşin bağlanma boyutlarının birbirlerinin aracı ve sonuç değişkenleri üzerindeki ikili etkisini test etmek için APIMeM (Actor Partner Interdependence Mediation Model) analizi kullanılmıştır. Bulgular çok sayıda aktör ve üç partner etkisi olduğunu göstermiştir. Önemsenme algısının çiftlerin kaçınan bağlanma ve ilişki doyumları arasında kısmi aracı rolü, kaygılı bağlanma ve ilişki doyumları arasında ise tam aracı rolü olduğu bulunmuştur. Kadınların kaçınan bağlanmasının ilişki doyumunu yordama gücünün kadınların kaygılı bağlanması ve erkeklerin hem kaygılı hem kaçınan bağlanmasından daha yüksek olduğu tespit edilmiştir. Kadınların kaygılı bağlanması kendi doyumlarını

doğrudan yordamadığı halde, eşlerinin doyumu üzerinde partner etkisi göstermiştir. Erkeklerin kaçınan bağlanması ile kadınların doyumu arasında hem erkeklerin hem de eşlerinin önemsenme algılarının aracı rolünün anlamlı olduğu bulunmuştur. Erkeklerin mutluluk paylaşımı algısı aracı rolüyle, kaygılı bağlanmasının ve kadınların kaçınan bağlanmasının erkeklerin iletişim kalitesini düşürdüğü bulunmuştur. Kadınların kaygılı bağlanmasının iletişim kalitesi üzerindeki aktör etkisinin erkeklerin bağlanma kaygısından daha yüksek olduğu ve kadınların kaygılı bağlanmasının erkeklerin iletişim kalitesi üzerinde anlamlı partner etkisine sahip olduğu saptanmıştır. Bulgular Türkiye kültürel bağlamı ve geçmiş çalışmalar göz önünde bulundurularak tartışılmıştır.

Anahtar kelimeler: Kaygılı ve kaçınan bağlanma, mutluluk paylaşımı algısı, önemsenme algısı, ilişki doyumu, iletişim kalitesi

To my grandma and grandpa above the sky

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CHAPTER 1

INTRODUCTION

1.1 General Introduction

The purpose of this study is to examine the role of perceived responses toward capitalization (PRCA) attempts and perceived mattering (PM) on the association between attachment dimensions (i.e., attachment anxiety and avoidance) and relationship functioning among married couples. Specifically, two critical processes in close relationships, capitalization and mattering, will be investigated from the perspective of attachment theory and relationship functioning. For that purpose, direct and indirect effects of attachment dimensions on relationship functioning via PRCA and PM will be investigated among married couples.

Considering cultural differences in attachment orientations, it is expected that attachment anxiety and avoidance will differ regarding their effects on PRCA and PM to the spouses. Attachment avoidance is expected to have stronger effects than attachment anxiety in predicting PRCA and PM as well as relationship satisfaction. Attachment anxiety, however, is expected to have stronger effects than attachment avoidance on communication quality and conflict mediated by both PRCA and PM. Regarding the partner effects, compared to individuals with anxiously attached spouses, those with avoidantly attached spouses are assumed to have lower levels of PRCA and PM that in turn result in lower levels of relationship satisfaction. Considering the potential gender differences, predictive

power of wives' attachment dimensions is expected to be stronger than those of husbands.

Although past studies have extensively examined the associations between attachment orientations and almost all aspects of relationship functioning (see Feeney, 2008; Mikulincer & Shaver, 2007), the potential roles of capitalization and perceived mattering in these associations have not been explored adequately in both Western cultures and Turkey. This study employs dyadic partners by collecting data from both wives and husbands. Thus, it will be possible to compare the effects of partners using the dyadic analyses and to examine the potential gender effects. Specifically, relationship outcomes will be predicted by examining both one's own reports (actor effect) and his/her spouse's reports (partner effect).

In the following sections, first theoretical background of attachment theory and related research findings will be briefly introduced. Second, recent conceptualizations and findings regarding capitalization and mattering will be reviewed. Third, the potential associations between attachment dimensions and capitalization as well as mattering and the rationale of the study will be discussed. Finally, the objectives and hypotheses of the current study will be presented.

1.2 Brief Literature Review about Attachment Theory

Bowlby (1969/1982, 1973) described the term "attachment" as an emotional bond that individuals form to experience the sense of belongingness and security in their intimate relationships. The term "attachment figure" is employed to define people who are expected to provide sufficient emotional support to individuals when needed. Attachment bonds have four evolutionary bases: Proximity seeking (seeking physical closeness to attachment figure when threatened), secure base (exploring the environment by considering that attachment figure will interfere when there is a threat), safe haven (seeking protection for attachment figure in time of distress), and separation anxiety (showing reactance when separated from attachment figure). Attachment bond is critical for survival as well as for optimal development because consistent

supportive parenting leads to lifelong physical and psychological welfare. Attachment behavioral system is an inherently existing regulatory mechanism. Individual differences in this system result from the differences in quality of interaction between infants and their attachment figures, particularly in time of distress (see Cassidy, 2008).

Following Bowlby's conceptualizations in attachment theory, Mary Ainsworth conducted studies to understand why some infants experience distress when they were separated from their mothers, and why infants experiencing the same stressful situation show differences in their reactions (Bretherton, 1992). It was suggested that mother's (or attachment figure's) consistent and sensitive responses to their infant's emotional needs were critical for his/her emotional, behavioral, and personality development, especially in the early years of life (Ainsworth & Bowlby, 1991). In addition to her ethological studies, she observed infant reactions to separation from and reunion with mother in a laboratory setting called Strange Situation method. In this method, attachment patterns of infants were classified as secure (smoothly explore environment when caregiver is present, be unhappy when she is absent but easily recover after reunion), anxious/ambivalent (feel anxiety even when caregiver is present, experience extreme distress when s/he is absent, cling to caregiver but have difficulty in soothing), and avoidant (ignore the presence or absence of caregiver, do not experience extreme mood changes) (Ainsworth, Blehar, Waters, & Wall, 1978). Attachment mechanisms have different functions in the course of emotional, social, and cognitive development not only in childhood but throughout the lifespan (see Kerns, 2008).

Childhood attachment has implications for adulthood attachment processes. Attachment mechanisms remain to function in adulthood in different forms. For instance, it is necessary to feel absolute physical intimacy to attachment figure in childhood, whereas positive mental representations about partner's availability and supportiveness are critical to form a secure relationship in adulthood (Mikulincer

& Shaver, 2004). Unlike childhood, the role of attachment figure is reciprocal for partners in adulthood (Crowell & Treboux, 1995; Hazan & Shaver, 1994).

In adulthood, people adopt different behavioral strategies depending on their attachment-related mechanisms. Individuals with attachment anxiety are generally distressed about their relationships. They seek constant intimacy from their attachment figures. They tend to understate self-worthiness. Individuals with attachment avoidance are uncomfortable with intimacy. They have generally negative attitudes toward attachment figure and themselves. They tend to experience rejection. Securely attached individuals, who have lower levels of attachment anxiety and avoidance, are comfortable in displaying intimacy, and trusting. They establish responsive relationships (see Bartholomew, 1994; Cassidy & Shaver, 2008).

Adult attachment dimensions collaborate with a number of intrapersonal and interpersonal mechanisms, and have differential influences on individuals' preferences, experiences, and quality of lives. In the following section, emotional, cognitive, and behavioral mechanisms and functions of adult attachment are discussed.

1.3 Adult Attachment

Hazan and Shaver (1987) investigated adult attachment for the first time in romantic relationship context. Inspired by Ainsworth and her colleagues' (1978) three typology in infant attachment, they developed a self-report questionnaire (i.e., Adult Attachment Styles, AAS) and suggested that individuals with different attachment styles (i.e., secure, anxious/ambivalent, avoidant) also differ from each other in feelings to their romantic partner. Securely attached individuals were found to be happier with their romantic relationships than those with insecure attachment styles.

Bartholomew and Horowitz (1991) revised the three-category model of Hazan and Shaver (1987) at the intersection of the attachment mental models of the self and others and suggested a four-category model of adulthood attachment.

According to their model, classification of attachment styles based on the intersection of two orthogonal dimensions (model of self and model of others) which were suggested by Bowlby (1973) to explain internal representations of attachment patterns. While model of self is related to the extent of which a person internalize him/her own self-worth, model of others corresponds to the extent of which a person perceives others as responsive and intimate. Four attachment categories were formed based on the positivity and negativity of models of self and others; namely, preoccupied (negative model of self, and positive model of others), fearful-avoidant (negative models of self and others), and dismissive-avoidant (positive model of self and negative model of others). Following Bartholomew and Horowitz's dimensional approach, Brennan, Clark, and Shaver (1998) suggested two orthogonal dimensions, called attachment anxiety and attachment avoidance which correspond to attachment mental models of the self and others, respectively.

Researchers have also focused on the emotional, cognitive, and behavioral mechanisms of attachment dimensions. For example, Collins and Read (1994) suggested a structure to explain the latent functions of working models on cognitive-based reactions toward events or situations. The structure consists of two processes; namely, primary and secondary appraisals. Primary appraisals are immediate evaluations of events. People assess whether the event itself satisfies the attachment-related needs. Secondary appraisals include emotional responses to events after interpreting partner's behavior. People's expectations from their partners differ depending on their own attachment dimensions. That is, a specific behavior of partner could be a reward for an individual with attachment avoidance whereas the same behavior could be perceived as a threat by an individual with attachment anxiety. Therefore, behavioral strategies are determined by attachment-related mechanisms. Mikulincer and Shaver (2003) detected that two distinct learned mechanisms are activated to supply the lack of responsive or available attachment figures. Hyperactivation strategies refer to making an extreme effort to access intimacy and support. Since people with attachment anxiety worry about

the loss of interest, they are more likely to use these strategies. Deactivation strategies refer to desire to maintain self-dependence and to reject the need for proximity. Since people with attachment avoidance prefer to physically and emotionally stand away from attachment-related acts and situations, they tend to deactivate attachment systems. Thus, different behavioral patterns occur as a result of different perceptual and emotional responses of individuals with different attachment orientations. Accordingly, it should be primarily focused on the way of individuals' perception and interpretation of situations by considering attachment dimensions to understand the reasons of behaviors in interpersonal context. For example, anxiously attached individuals may dissatisfy with partner responsiveness and display more severe behaviors during conflict because of their hyperactivation tendencies. Avoidantly attached individuals, however, may evaluate partner responsiveness as exaggerated and threatening for their self-dependence and experience more relationship dissatisfaction due to their deactivation tendencies. In this framework, the current study aims to examine the mediating role of perceived partner behaviors toward capitalization attempts and perceived mattering to partner on the association between attachment orientations and relationship functioning of individuals. Thus, the study will provide opportunity to understand the function of attachment-related mechanisms in interpersonal relationships.

Interpersonal communication plays an important role in understanding relationship functioning. Positive and constructive communication patterns are related to greater relationship satisfaction while negative and demand-withdraw interaction patterns result in dissatisfaction and even in divorce (Christensen, Eldridge, Catta-Preta, Lim, & Santagata, 2006). Attachment theory presents for studying individual differences and situational factors on reactions displayed in any type of pairwise communication setting (Barry & Lawrence, 2013). For example, problem solving strategies in couple interaction seem to change depending on the individual differences in attachment-related working models. Securely attached individuals are more likely to be highly constructive in conflict

resolution process and to report higher marital satisfaction than insecurely attached individuals. Furthermore, self-disclosure is more likely to be experienced by people with secure attachment than those with attachment anxiety whose self-disclosure levels are higher than those with attachment avoidance. There is evidence that communication patterns and relationship satisfaction are influenced by both parties' attachment orientations (see Feeney, 2008). Current study will focus on both couples' attachment orientations and perceived partner behaviors toward self-disclosure. It is plausible to suggest that attachment secure enhances the tendency for self-disclosure of personally positive events which was conceptualized as capitalization attempts.

The ways couples explain or make attributions for their partners' behaviors have been found to be related with attachment orientations and impact relationship functioning. Individuals with secure attachment were found to make positive attributions to their own and partners' negative behaviors resulting in higher levels of relationship satisfaction as compared to those with insecure attachment (Sümer & Cozarelli, 2004). Similarly, Collins and Allard (2001) concluded that insecure attachment is considered as a cognitive weakness because insecurely attached people tend to evaluate partner behaviors negatively and thus, it adversely affects their relationship functioning. On the other hand, people with secure attachment tend to evaluate interpersonal relation positively. In this sense, investigating perceived partner behaviors, rather than received partner behaviors become an important issue (Collins & Feeney, 2004). More specifically, Gallo and Smith (2001) have shown that high levels of attachment anxiety in both genders, and avoidant attachment in males were positively related to high levels of negative attributions toward spouses' behaviors. In this study, perceived partner behavior toward capitalization attempts and perceived mattering were selected as the two mediators to better understand the underlying dynamics linking attachment (in)security to relationship functioning. It was expected that differences in attributions to partner behaviors displayed in communication settings (i.e., during capitalization attempts and mattering) would be predicted by attachment-related

individual differences. In the current study, the effects of the continuous dimensions of adult attachment, rather than the distinct categories of attachment on capitalization attempts and mattering are examined. Furthermore, considering the interactive dynamics of the close relationships, dyadic relationships, rather than the single partner perception are focused in examining both the direct and mediating effects of attachment, via capitalization attempt and mattering, on relationship functioning among married couples.

Before speculating more on the potential mediating role of perceived capitalization and mattering on the link between attachment orientations and relationship functioning, extant findings on the association between attachment orientations and relationship dynamics among romantic partners and/or couples will be reviewed. In the following section, the role of attachment security on various components of relationship functioning, including satisfaction, conflict, and social support in dyadic context will be reviewed.

1.4 Romantic Attachment in Dyadic Couples

Adult attachment bonds are reciprocal mechanisms in which individuals take the role of both attachment figure and attached partner. Past studies indicated that it should be investigated not only one individual's characteristics, emotions, or perceptions, but also the other party to better understand the mutual dynamics in the intimate relationship (e.g., Campbell, Simpson, Kashy, & Rholes, 2001; Carnelley, Pietromonaco, & Jaffe, 1996; Collins & Read, 1990; Feeney, 1994; Gallo & Smith, 2001). It was also evidenced that partner matching in terms of attachment orientations influence personal outcomes in relationships (see Feeney, 2008). If one's partner is capable of being supportive in time of distress, secure attachment among partners is more likely to exist (Collins & Feeney, 2000); therefore, it will be possible to predict relationship functioning positively. Thus, dyadic studies, which require collecting data from both partners, will enable researchers to examine reciprocal as well as interaction effects of attachment dimensions on the relationship processes.

There exist extensive evidence showing the strong and stable associations between attachment security and various indicators of romantic relationship, such as relationship quality, relationship satisfaction, and happiness (Sümer & Cozarelli, 2004). Past studies collectively have documented that securely attached individuals and individuals with securely attached partners experience higher levels of relationship quality (Feeney, 2008).

A number of dyadic studies have been conducted to examine the association between adult attachment and relationship functioning in dating and/or married couples. For instance, Cobb, Davila, and Bradbury (2001) measured both parties' own attachment and perceived partner's attachment orientations to understand "couple-level attachment factors". As the level of positivity in perceiving partner's attachment behaviors increased, the level of relationship satisfaction also intensified for married couples. The study conducted with dating couples showed that people with securely attached partners, especially women, evaluated partner responsiveness more positively. Men who have partners with attachment anxiety evaluated the overall relationship more negatively (Collins & Read, 1990). Dating women who reported insecure attachment (specifically fearful avoidance) evaluated overall relationship evaluations and caregiving behaviors of partners more negatively. Insecure attachment of dating men was negatively related to their scores on relationship quality and positively related to partners' scores on preoccupied attachment. In married couples, high levels of fearful-avoidance and preoccupation were negatively related to dyadic adjustment in both men and women. However, partner's attachment dimension did not directly predict women or men's own relationship evaluations in neither dating nor married couples (Carnelley, Pietromonaco, & Jeffe, 1996). In another study, men's anxious attachment and the interaction between both partners' anxious attachment scores were negatively related to marital support (Gallo & Smith, 2001). Correspondingly, secure attachment and marital satisfaction levels of individuals were positively related to secure attachment levels of their spouses, and negatively related to insecure attachment levels of males and females, except males'

dismissing attachment levels (Banse, 2004). Finding a partial effect of partner's attachment orientations on relationship functioning, Butzer and Campbell's (2008) study with married couples showed that individuals with higher levels of attachment avoidance and anxiety reported lower levels of sexual satisfaction. Individuals with attachment anxiety (actor effect), attachment avoidance (actor effect), and with anxiously attached partners (partner effect) reported lower levels of marital satisfaction. Previous research also suggested that actor's attachment avoidance was more predictive for both actor's and partner's marital functioning than attachment anxiety in individualist and collectivist cultures. As evaluated in terms of gender differences, avoidant wives were more dissatisfied with their relationships than avoidant husbands (Molero, Shaver, Ferrer, Cuadrado, & Alonso-Arbiol, 2010; Harma & Sümer, 2012; Özen, 2012).

In conclusion, attachment dimensions of couples are related to each other which, in turn, have influence on both couples' relationship functioning. Attachment avoidance seems to have more negatively effects on spouses' relationship functioning, especially in collectivist cultures and for women. This study aims to extend the current well-established link between attachment security and relationship functioning by exploring previously unexamined two critical mediating variables, namely perceived partner responses to capitalization and perceived mattering. It is also expected to explain the effect of gender roles of attachment dimensions on perceived partner behaviors.

How people decide and manage their conflict resolution strategies during dyadic communication are also related with attachment orientations. Since insecurely attached people are predisposed to evaluate self and/or others adversely (Bartholomew & Horowitz, 1991; Collins & Read, 1990), they are more likely to make negative attributions to situations, and to develop negative coping strategies toward distressful events. Thus, negative perceptions about social world continue to exist (Collins & Read, 1994; Collins, Ford, Guichard, & Allard, 2006). It was shown that destructive problem solving strategies usually result from the existing problems in love, interest, and intimacy among the insecurely attached people (see

Feeney, 2008). Gallo and Smith (2001) found that men's attachment anxiety and the interaction between partners' attachment anxiety were positively related to marital conflict. Moreover, individuals with higher levels of attachment avoidance and individuals with highly avoidant partners were more likely to show irritating, aggravating, criticizing behaviors and negative emotions toward their partners (Campbell, Simpson, Kashy, & Rholes, 2001). A daily-dairy study with dating couples revealed that people with high levels of attachment anxiety reported higher levels of daily conflict compared to those with low attachment anxiety (secures). Partners reported more pessimism for the future of relationship and more dissatisfaction for partner behaviors displayed during daily hassles on days when the frequency of conflict increased. People with attachment avoidance indeed evaluated the supportive behaviors of their partners as highly negative (Campbell, Simpson, Boldry, & Kashy, 2005). Barry and Lawrence (2013) concluded that although there was not a significant gender difference, husbands with higher attachment avoidance showed more withdrawal during couple interactions when they evaluated the marital conflicts as more negative, and when their spouses reflected more negative emotions. As a contradictory finding, it was found that anxiously attached people reported to experience more relationship conflict, compared to avoidantly attached people (Banse, 2004; Li & Chan, 2012). Studies conducted in married couples also revealed that wives and husbands high in attachment anxiety reported to experience more conflict (Campbell, Simpson, Boldry, & Kashy, 2005; Harma & Sümer, 2012).

Overall, past studies suggest that individuals develop different coping strategies toward interpersonal conflict depending on the levels of attachment anxiety and avoidance. It is also possible that this association might be mediated by perceived partner's support and matter which are experienced during communication. In this study, the link between critical indicators of relationship functioning and attachment dimensions was expected to be explained by the mediating effects of perceived partner support and responsiveness.

How people perceive social support from the partner can be a good indicator of attachment security. Past studies documented that individuals with attachment anxiety and avoidance both provide less social support and are dissatisfied with the received support (Anders & Tucker, 2000; Collins & Feeney, 2004). Conducting a self-report study with married women, Meyers and Landsberger (2002) found that perceived social support had an indirect effect on the link between attachment avoidance and marital satisfaction. Another study conducted with dating couples revealed that people with high levels of attachment avoidance tended to evaluate partner's caring behavior as unfavorable because of excessive intimacy showed by partner. If people with attachment anxiety reported higher levels of relationship satisfaction, their attributions to partner caring behavior were more likely to be positive but still more pessimistic and distrustful than those of securely attached people (Collins et al., 2006). In a dyadic study conducted with married couples, it was assumed that wives whose spouses had higher levels of attachment avoidance reported less satisfaction on the presence of perceived caregiving. The link between wives' attachment avoidance and husbands' satisfaction were partially mediated by perceived caregiving behaviors of both spouses (Kane et al., 2007). In summary, securely attached people report that they receive sufficient support when needed. However, it is difficult for people with attachment anxiety and avoidance to express the need for support and to be satisfied with received support (Collins & Feeney, 2004). Accordingly, avoidantly attached people are more likely to perceive partner responsiveness as unfavorable, which in turn, report lower relationship satisfaction than anxiously attached people.

It is important for people to perceive adequate support in time of sharing positive events with specific others (i.e., PRCA). Making someone feel special and considering them as a significant part of daily life activities (i.e., PM) are also important indicators of social support. The only study including the two variables together showed that there was relatively high correlation among PRCA and PM ($r = .43$ in males; $r = .45$ in females) in the same-sex friendships (Demir &

Davidson, 2012). Accordingly, I speculated that these variables can complement each other in investigating the partner responsiveness in romantic relationships and the mediating role of two in one can better explain the association between attachment dimensions and relationship functioning. Therefore, it will be examined whether insecure attachment dimensions differ from each other in predicting the two indicators of perceived social support and how this association explains relationship malfunctioning in insecure attachment dimensions.

1.5 Attachment and Capitalization

Individuals take the advantage of social contacts to cope with the effects of negative events or stressors in their lives. They relieve by disclosing their feelings, sharing their experiences, and getting social support from others. Past research emphasize the positive impact of sharing daily negative experiences on personal and social welfare (e.g., Sarason, Sarason, & Gurung, 1997; Uchino, Cacioppo, & Kiecolt-Glaser, 1996). However, it is also necessary to understand the role of sharing positive events with others.

Even if the claim that bad events have stronger effects on people's lives than good events was supported (Baumeister, Bratslavsky, Finkenauer, & Vohs, 2001), the power of positive events could not be disregarded. Studies in positivity have also important contributions in understanding normative processes in human interactions (Gable & Reis, 2010). In fact, the frequencies of positive events are much higher than those of negative events in close relationships (Gable, Reis, & Elliot, 2000). People share their important daily positive events with close others at the rate of 70.8% (Gable, Reis, Impett, & Asher, 2004) showing that disclosure of positive events play an important role on people' daily lives.

Langston (1994) claimed that people feel even more positive by expressing a positive event to someone than experiencing it by oneself. Thus, people acquire additional benefit from the event. Langston called this process as "capitalization". Gable and her colleagues (2004) operationalized this as the process of sharing a

personal positive event with another person and obtaining extra reward from the event. Perceived partner responses to capitalization attempts have been investigated using two-dimensional approach which was first used by Gable and her colleagues (2004). They modified Rusbult, Zembrodt, and Gunn's (1982) classification was used to measure reactions toward a partner's negative behavior. Behaviors were divided into two dimensions, namely constructive-destructive and active-passive. The person sharing the event with someone was named as "capitalizer" or "discloser". Responses of individuals ("responders") whom are told the personal positive events were classified into four groups: Active-constructive (AC), passive-constructive (PC), active-destructive (AD), and passive-destructive (PD) responses. While active-constructive responses related to supporting in a proper manner, passive-constructive responding meant listening silently, and underemphasizing the event. Active-destructive responses involved intentionally invalidating reactions whereas passive-destructive corresponded to completely disregarding of the event (Gable & Reis, 2010).

In the capitalization process, it is important to perceive partner's reactions as positive and supportive to provide capitalizer to maintain sharing positive events with partner. If reactions are perceived as unsupportive, defensive, or destructive, people tend to avoid sharing personally important news or events with partners. Positively perceived responses contribute not only to personal well-being of people, but also to mutual pleasure of partners.

Perceived Responses to Capitalization Attempts (PRCA) Scale was developed by Gable and her colleagues (2004) to measure personal evaluations toward partner reactions displayed when a personally positive event is shared with partner. The PRCA was used for dating and married couples to test its factor structure. It was revealed that four subscales (i.e., active-constructive, passive-constructive, active-destructive, and passive-destructive) had satisfactory reliability. Active-constructive factor was negatively related with passive-constructive, active-destructive, and passive-destructive factors were positively correlated with each other. Gable and her colleagues found that passive-

constructive, active-destructive, and passive-destructive factors were negatively related and active-constructive factor was positively correlated with the indicators of relationship quality (i.e., commitment, satisfaction, intimacy, and trust) in dating couples. As a result, a composite score was calculated by subtracting active-destructive, passive-constructive, and passive-destructive scores from the active-constructive score. Higher scores indicate more positive responses to capitalization attempts. The composite score was positively correlated with satisfaction, trust and intimacy in both dating women and men. The authors also concluded that the composite score was positively related to intimacy, daily satisfaction, conflict resolution achievement, and daily positive activity in married couples. In conclusion, it has been suggested that perceived support to capitalization has influence on personal and interpersonal wellbeing.

Capitalization prompts some intrapersonal and interpersonal mechanisms. For example, capitalization attempt provides individuals to remember and re-experience the positive event which increases accessibility of event in memory. Shared positive events are remembered more accurately than unshared positive events. It also strengthens social interaction between capitalizer and responder, and increases relationship quality. If reactions of partner are perceived as positive by capitalizer, then capitalizer tend to evaluate both him/herself and partner as favorable. Gable and her colleagues (2004) demonstrated that when individuals told a positive event to close others, they reported higher levels of positive affect and life satisfaction than the actual significance ratings of daily positive and negative events. Individuals remember positive events more accurately than negative events shared with someone. Therefore, it is critical for capitalizer to perceive responses as positive to provide additional benefit from the event. It was revealed that people tend to share personally positive events with people who they felt more important. People mostly prefer disclosing with friends which was followed by romantic partners (Gable et al., 2004) suggesting that capitalization attempts experienced between partners might play a crucial role on romantic relationship outcomes.

Perceived partner responses toward capitalization attempts could be evaluated as one of the essential components of romantic relationships. Considering that capitalization responses are evaluated as a form of caregiving (Gosnell & Gable, 2013), it has implications for attachment dynamics as well as relationship functioning in close relationships. Positively perceived partner responsiveness makes the statement that partner supports, cares for, and responds enthusiastically to the person (Reis, Clark, & Holmes, 2004). Receiving support after capitalization contributes to interpersonal trust, intimacy, and security and promotes to maintain social interactions with others (Gable, Gonzaga, & Strachman, 2006; Maisel, Gable, & Strachman, 2008; Reis et al., 2010). The greater perceived supportiveness after the capitalization attempt, the higher the levels of relationship satisfaction partner experience (Illies, Keeney, & Scott, 2011). These previous findings suggest that it is imperative to examine the dyadic effect of capitalization on partners' relationship functioning to better understand its role on positive (e.g., satisfaction) as well as negative aspects (e.g., conflict) of relationship and potential gender differences.

So far, the impact of differences in perceived responses toward capitalization on personal and interpersonal outcomes has been reviewed. However, the antecedents of the factors that create a tendency for higher versus lower levels of PRCA should also be explored. Why do some individuals interpret partners' responses toward capitalization attempts as subversive whereas the others perceive the same responses as supportive? In this study, it is assumed that attachment orientations may have a dyadic effect on how people perceive others reactions when a positive event is shared with spouses (see also Gentzler, Kerns, & Keener, 2010).

The previous findings suggested that attachment orientations directly predict perceived partner responsiveness and supportiveness. For instance, investigating the effects of individual differences in attachment dimensions on the perception of supportive behaviors, Collins and Feeney (2004) found that

insecurely attached people were more prone to perceive the quality of partner support lower than securely attached people even the quality of supports are equal for all groups. Studying with dating couples, Gosnell and Gable (2013) used a daily-diary method and employed attachment orientations as moderator between perceived responsiveness toward capitalizing and emotional outcomes. It was found that attachment avoidance, but not anxiety, marginally predicted the perceived partner responsiveness when the importance of the events was controlled. Avoidantly attached people reported that they felt less thankful and more embarrassed after receiving capitalization support. However, attachment avoidance did not have a moderating effect on the association of perceived responsiveness with daily life and relationship satisfaction. Anxiously attached people reported that they felt misunderstood as a result of partner responsiveness though there was not a direct relationship between attachment anxiety and perceived partner responsiveness. People with higher attachment anxiety were more sensitive to unstable reactions to capitalization than those with low attachment anxiety. The authors pointed out that the findings should be replicated by further studies before drawing a certain conclusion. Although dating couples participated to this study, the authors did not indicate any partner effect on study variables. The current study aims to extend Gosnell and Gable's findings by examining the role of PRCA on the association between attachment orientations and relationship outcomes and considering actor-partner interdependence effects on study variables. The effect of couples' attachment anxiety and avoidance on PRCA will be investigated extensively in a dyadic framework.

It is expected that the power of attachment dimensions in predicting partner responsiveness will be better understood in the Turkish cultural context. Since avoidantly attached people experience distress in time of self-disclosure (Mikulincer & Shaver, 2003), they might avoid sharing personal events with their partners; therefore, they may not receive sufficient support from partners and show constructive reactions toward partner's capitalization, which in turn, result in

relationship dissatisfaction and conflict. Since anxiously attached individuals need more emotional dependency to partners (Mikulincer & Shaver, 2003), they may understate partner responsiveness and show excessive reactions toward partner's capitalization, so that may be evaluated as negative by partner. These negative evaluations, in turn, may result in relationship dissatisfaction and conflict. In this framework, the differences on the effects of attachment dimensions in predicting relationship outcomes via PRCA will be investigated in this study.

Similar to capitalization attempts, perceived mattering seems to be a critical proximal interpersonal process affecting relationship quality. In the following section, perceived mattering that refers to partner interest and support in daily communication will be reviewed, and its potential mediating role on the dyadic link between attachment and relationship functioning among married couples will be elaborated.

1.6 Attachment and Perceived Mattering

Perceived mattering (PM) that was conceptualized about three decades ago, refers to questioning to what extent a person is important to people in his/her life. The degree of mattering indicates the evaluation of others' concerns toward oneself, and determines how a person satisfies with the interests shown by significant others (Rosenberg & McCullough, 1981). There are two types of mattering, societal and interpersonal. Societal mattering represents the general sense of mattering to social environment. It is the evaluation of whether a person makes important contributions to the society. Interpersonal mattering refers to whether a person is cared for by significant others (Dixon-Rayle, 2005; Elliott, Kao, & Grant, 2004; Rosenberg & McCullough, 1981). The present study will focus on interpersonal mattering.

According to Rosenberg and McCullough (1981), an individual evaluates mattering to others considering four subfactors; (1) whether his/her actions were detected by others (attention), (2) whether others make him/her feel to be valuable

(importance), (3) whether people act as considering his/her personal benefits (dependence), and (4) whether people display emotional approach and concern about his/her emotional states (ego-extension). Elliott and his colleagues (2004) suggested that even if all components were fulfilled by people, an individual might still not feel that he/she matter to others. Therefore, perceiving the goodwill in behaviors is more important than the actual mattering behavior.

There were two major debates in conceptualization of mattering. The first issue is the problem of measuring the concept of mattering. Various methods have been suggested to measure the level of perceived mattering to the specific others. According to Rosenberg and McCullough's (1981) assumption, mattering is a multidimensional construct, consisting of four subfactors (i.e., attention, importance, dependence, ego-extension). On the one hand, Elliot, Kao, and Grant (2004) proposed that mattering is a common personal factor, and that each person has a general score of perceived mattering to everyone (e.g., "People are usually aware of my presence"). They developed a measure with three subscales representing awareness, importance, and reliance. Marshall (2001), on the other hand, assumed that mattering is a psychological tendency which integrates all PM subfactors in one factor. Marshall examined mattering on different types of relationships and age groups and concluded that mattering is a unidimensional construct. That is, people have a unique mattering score for each specific person in their lives.

The second issue is whether PM should be measured as a general personal characteristic or as a specific attribution to each person (e.g., parents, peers, co-workers, spouses) around individuals. Adopting the former approach, Marcus (1991) developed the General Mattering Scale to measure individuals' tendency to perceive general mattering levels (e.g., "How important do you feel you are to other people?") (Paputsakis, 2008). Considering mattering as an attribution to specific others, Mak and Marshall (2004) developed Mattering to Romantic Others

Questionnaire (MTROQ) and tested its reliability and validity among romantic partners.

It is important to understand which factors in close relationships are related to mattering to be able to examine its unique effect on relationship functioning. Past studies have shown that mattering and loneliness are perceived as opposite indicators of close relationships (Chang, 2012), and mattering can be differentiated from emotional reliance, autonomy, and mastery and it forms a unique part of social relations. It was suggested that mattering is related to the indicators of social support provided by spouses or romantic partners (Taylor & Turner, 2001). Previous studies also showed that mattering and social support share common variance in predicting psychological well-being but they are theoretically distinct constructs (e.g., Demir, Özen, Doğan, Bilyk, & Tyrell, 2011; Marshall, 2001). Therefore, mattering and social support can be considered as closely related but they are conceptually and empirically independent indicators of close relationships.

It is necessary for individuals to know whether close others think about and care for themselves, ask for help or suggestions to them, or show interest when needed. If their sense of mattering is unsatisfied then people begin to question even the basis of their existence in the world (Elliott et al., 2004). In that sense, if people do not satisfy their need for mattering by evaluating others' behaviors, it might result in low well-being. Conversely, if the sense of mattering is satisfied, then it functions as a protective factor for well-being (Taylor & Turner, 2001). To sum up, perceiving positive mattering is necessary to maintain personal and relationship happiness.

A number of studies have been conducted to examine the individual differences in PM and its role on various personal outcomes. For example, Rosenberg and McCullough (1981) stated that as the level of PM increased, individuals reported less psychological distress and higher self-esteem. Mattering provided women to experience less depressive symptoms (Taylor & Turner, 2001).

Mattering studies were generally conducted in the adolescence and early adulthood periods to examine the role of mattering on personal outcomes, such as self-worth (Rosenberg & McCullough, 1981), general welfare (Dixon-Rayle, 2005), academic success and stress (Dixon-Rayle & Chung, 2007), anxiety, depression (e.g., Dixon & Kurpius, 2008), suicide ideation (Elliott, Colangelo, & Gelles, 2005), and happiness (Demir, et al., 2011). There are also some studies conducted in the late adulthood (Dixon, 2007) and parenthood (Marshall & Lambert, 2006; Marshall, Liu, Wu, Berzonsky, & Adams, 2010). Accordingly, PM can be evaluated as a psychological tendency providing the maintenance of personal well-being.

Mattering is also expected to enhance satisfaction in all sort of close relationships including friendship and romantic relationships. Supporting this, Demir et al. (2011) found that perceived friendship quality was associated with perceived mattering to both close and best friends. In another study, PM was found to be associated with relationship quality in adolescence (Dixon-Rayle & Chung, 2007; Marshall, 2001). Mattering positively predicted romantic relationship satisfaction and investment size, and negatively predicted quality of alternatives among undergraduates (Mak & Marshall, 2004). These studies have collectively shown that perceived mattering is a critical correlate of relationship functioning.

Although correlative studies have shown that PM is closely linked with relationships satisfaction, it is not known clearly yet why some people have a tendency to report low levels of mattering or perceive others' mattering relatively low. Individual differences in the levels of PM should be investigated to better understand the role of mattering on relationship functioning. I speculated that attachment-related working models are one of the critical antecedents of the individual differences in PM. Specifically, attachment (in)security can systematically predict PM and, in turn, it affects relationship functioning. Although mattering and attachment orientations are theoretically associated with each other, the link between them has been rarely investigated. For example, in a

study among college students, it was found that PM mediated the link between attachment anxiety (but not attachment avoidance) and mental health. Attachment anxiety and avoidance negatively predicted PM (Raque-Bogdan, Ericson, Kackson, Martin, & Bryan, 2011) which was measured as a general score for each person rather than considering it as a specific attribution to each person. In addition, PM's mediating role between attachment dimensions and relationship satisfaction has not been examined among married couples. Since avoidantly attached people are prone to use deactivation strategies in an attempt to maximize the distance from partner and avoid unpleasant experiences (Mikulincer & Shaver, 2003), they may understate mattering to their partners and dissatisfy with their relationships. Moreover, since anxiously attached people tend to hyperactivate their attachment systems to elicit partner support and affection (Mikulincer & Shaver, 2003), they may dissatisfy with mattering provided by their partners. This may result in excessive controlling responses in time of conflict which may destruct the quality of communication. Hence, in this study, it was hypothesized that PM mediate the link between attachment avoidance and relationship satisfaction as well as the link between attachment anxiety and relationship conflict.

1.7 The Role of Attachment Anxiety and Avoidance in Capitalization and Mattering

In the current literature, there are two approaches to investigate the association between attachment orientations and relationship functioning. The first approach employs the mediating factors to explain the link between attachment orientations and romantic relationships. The second approach uses dyadic data to see how couples' attachment and relationship outcome mutually related (see Feeney, 2008). This study will incorporate these two approaches by examining perceived mattering and capitalization attempts from a dyadic perspective.

The present study aims to examine the potential mediating role of the two recent concepts, namely capitalization and mattering, which are critical cognitive

predictors for romantic relationships. Both perceived capitalization and mattering assess perceived partner behaviors toward positive experiences (e.g., disclosure of a business success, inviting spouse to outside activities). Therefore, the role of perceived partner behaviors in positive contexts and perceived partner reactions to the positive events should be examined.

Attachment system could be entirely recognized if and only if it is investigated via dyadic assessment (Feeney, 2008). Collecting data from one party of the relationship (actor effect), previous literature evidenced that attachment orientations and interpersonal outcomes are highly related. However, there are limited numbers of studies measuring attachment orientations, perceived responses, and relationship functioning of both partners to examine the reciprocal relations (partner effect), and interactions of these effects. Therefore, Actor-Partner Interdependence Mediating Model (APIMeM; Ledermann, Macho, & Kenny, 2011) will be used to test reciprocal and interaction effects of the major variables in the current study. Marital relationships function as attachment bonds in adulthood. Spouses act as a substitute for parents and become primary caregivers (Selçuk, Zayas, & Hazan, 2010). It is expected that allocation of time to be greater in married couples than dating couples which can increase the chance of sharing daily events with each other and doing activities together. Thus, the data will be collected from married couples.

Attachment orientations have different influence on relationship outcomes in terms of genders and cultures. Women's attachment dimensions may be more indicative factors in predicting relationship functioning compared to husbands. It was revealed, for example, that attachment security was more predictive for wives than husbands in relationship satisfaction. The relationship functions of secure wife and insecure husband resemble to the securely attached couples. On the other hand, the relationship evaluations of insecure wife and secure husband resemble to those of insecurely attached couples (Sümer, 2000). In terms of attachment insecurity, past studies emphasized that attachment anxiety might have an adaptive function for females because their seeking for excessive intimacy is perceived as a

way of showing interest by the opposite sex (Feeney, 1994). On the other hand, women's attachment avoidance was found as the most critical predictor for relationship dissolution. Especially, avoidant women and anxious men were the most detrimental couple combination for the relationship maintenance (Kirkpatrick & Davis, 1994). Men with avoidant wives and women with anxious husbands were found to report greater relationship difficulties (Feeney, 2008). In addition, women are more prone to readily express and regulate their emotions (see Brody & Hall, 2008); therefore, they are expected to make more self-disclosure, be more sensitive to partner's behaviors, and respond partner's disclosure intimately which positively predict men's perceived partner behaviors, and relationship outcomes. Moreover, women and men use different strategies in time of conflict. Women are more willing to discuss the issue whereas men try to avoid initiating the discussion and discussing the problem (Campbell, Simpson, Boldry, & Kashy, 2005; Christensen & Heavey, 1990). Therefore, it can be claimed that hyperactivation strategies which are identified with attachment anxiety was more likely to be used by wives during conflict, compared to husbands. On this basis, wives' attachment dimensions are expected to be more predictive than those of husbands in predicting perceived partner behaviors and relationship functioning.

Attachment systems have also different effects on the relationship regulation depending on cultural differences. In individualistic cultures, the number of people with attachment avoidance is more than people with attachment anxiety, and attachment anxiety has greater potential to result in maladaptive relationship outcomes. In collectivist cultures, on the other hand, attachment anxiety is more commonly occurred than attachment avoidance (see Feeney, 2008; Schmitt et al., 2004). Since emotional interdependence and relatedness are necessary for the Turkish family structure, attachment anxiety serves an adaptive function. In addition, since women take the "housekeeper" role voluntarily in this cultural context, attachment anxiety supports survival mechanisms especially for women (see Kağıtçıbaşı, 2005; 2007). In a cross-cultural study, it was revealed

that individuals high in attachment avoidance reported less relationship satisfaction, less perceived support, and greater conflict in collectivist cultures compared to individualistic cultures (Friedman et al., 2010). Avoidantly attached people tend to avoid situations in which interdependence is needed. They may feel uncomfortable in time of self-disclosure which is perceived as an inconvenient behavior (Mikulincer & Nachson, 1991). Thus, attachment avoidance is expected to be more predictive than attachment anxiety in predicting maladaptive behaviors in close relationships in Turkey (Sümer & Kağıtçıbaşı, 2010; Sümer, 2013). Moreover, the study conducted in the Turkish cultural context revealed that attachment anxiety in wives and husbands had both actor and partner effects on marital conflict supporting the effect of using hyperactivation strategies in time of conflict (Harma & Sümer, 2012). In this framework, the predictive power of attachment avoidance is expected to be stronger than attachment anxiety in predicting perceived partner behaviors and relationship satisfaction. The predictive power of attachment anxiety is expected to be stronger in predicting communication quality via mediators compared to attachment avoidance.

In conclusion, this study will consider cultural differences and culturally relevant gender differences in examining the effects of attachment dimensions on relationship functioning via PRCA and PM. Indeed, the study aims to better understand the direct effects of attachment orientations on PRCA and PM in the Turkish cultural context, as well as their mediating roles.

1.8 Aim of the Study

Aim of the present study is to investigate the dyadic effects of attachment orientations on relationship outcomes (i.e., satisfaction and conflict) via PRCA and PM among married couples (see Figure 1). Specifically, the predictor variables are the levels of attachment dimensions (anxiety vs. avoidance), the criterion variables are relationship satisfaction and communication quality, and mediators are PRCA and PM.

Based on the previous studies and the conceptual arguments given above, the following hypotheses (H) are proposed for the present study and the proposed model was presented in Figure 1:

H1. Actor effect: Couples' attachment anxiety and avoidance negatively predict their own perceived partner reactions toward capitalization attempts (PRCA) and perceived mattering (PM), which in turn, negatively predict their own relationship satisfaction.

H1a. Power of attachment avoidance in predicting PRCA, PM, and relationship satisfaction will be stronger than attachment anxiety.

H1b. Wives' attachment anxiety and avoidance will predict PRCA, PM, and relationship satisfaction stronger than those of husbands.

H2. Partner effect: Couples' attachment anxiety and avoidance negatively predict partners' PRCA and PM, which in turn, negatively predict both couples' relationship satisfaction.

H2a. Attachment avoidance will predict partners' PRCA and PM as well as couples' relationship satisfaction stronger than attachment anxiety.

H2b. Wives' attachment anxiety and avoidance will predict their spouses' PRCA and PM as well as relationship satisfaction stronger than those of husbands.

H3. Actor effect: Couples' attachment anxiety and avoidance negatively predict their own PRCA and PM, which in turn, negatively predict their own communication quality.

H3a. Power of attachment anxiety in predicting PRCA, PM, and communication quality will be stronger than attachment avoidance.

H3b. Wives' attachment anxiety and avoidance will predict PRCA, PM, and communication quality stronger than those of husbands.

H4. Partner effect: Couples' attachment anxiety and avoidance negatively predict partners' PRCA and PM, which in turn, negatively predict both couples' communication quality.

H4a. Power of attachment anxiety in predicting partners' PRCA and PM as well as couples' communication quality will be stronger than attachment avoidance.

H4b. Wives' attachment anxiety and avoidance will predict their spouses' PRCA and PM as well as outcome variables stronger than those of husbands.

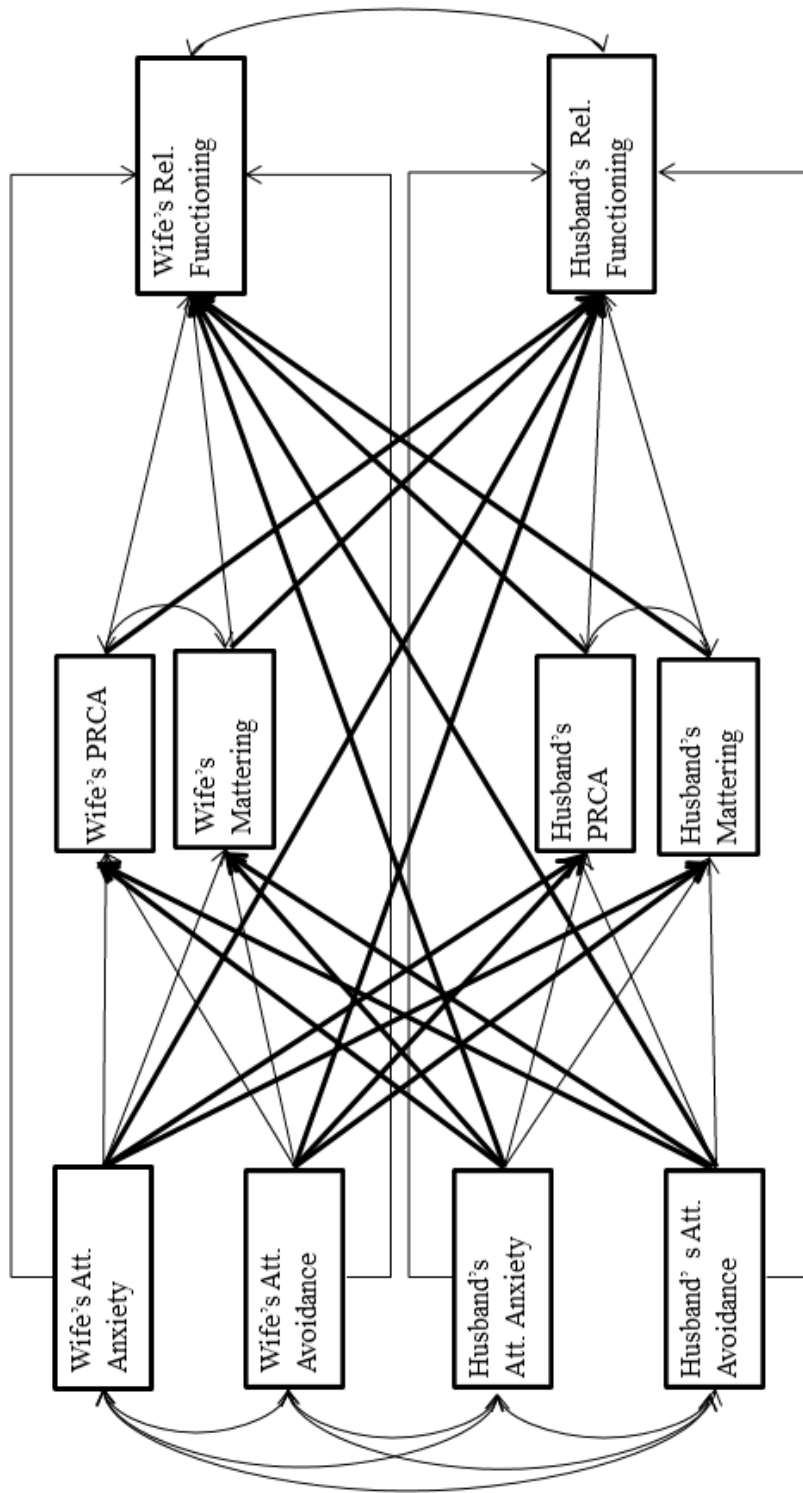


Figure 1. Proposed Actor-Partner Interdependence Mediating Effects of PRCAs and Mattering Between Attachment Dimensions and Relationship Outcomes.
 Note. Partner effects are indicated in boldface.

CHAPTER 2

METHOD

2.1 Participants

Snowball sampling was used to access married couples. One hundred and thirteen married couples living in five cities in Turkey participated in the study. One couple was excluded from the data due to the high numbers of missing responses, remaining 112 married couples ($N = 224$). Of couples, 60 (53.6%) were from Eskişehir, 14 (12.5%) from Ankara, 14 (12.5%) from Antalya, 14 (12.5%) from Bursa, and 10 (8.9%) from İstanbul. The initial data was collected from familiar married couples living in Eskişehir. Couples living other cities were reached through those participants. The age of the couples varied between 23 and 69 with a mean of 38.29 ($SD = 9.98$) (*mean age of wives* = 36.89, $SD = 9.84$; *mean age of husbands* = 39.70, $SD = 9.96$).

The participants predominantly had high levels of education. Of wives, 31 (27.7%) had master's or PhD degrees, 63 (56.3%) had university education, 14 (12.5%) had high school education, and 4 (3.6%) had secondary school education. Of husbands, 25 (22.3%) had master's degree or PhD, 63 (56.3%) had university education, 20 (17.9%) had high school education, 4 (3.6%) had secondary school education. Of wives, 18 (16.1%) were teachers, 14 (12.5%) were civil servants, 13 (11.6%) were housewives, 11 (9.8%) were academicians, 5 (4.5%) were engineers, 4 (3.6%) were retired, 3 (2.7%) were workers, and 44 (39.3%) were from various occupational groups. Of husbands, 19 (17%) were engineers, 12 (10.7%) were academicians, 11 (9.8%) were civil servants, 8 (7.1%) were teachers, 7 (6.3%) were doctors, 6 (5.4%) were retired, 4 (3.6%) were workers, and 45 (40.2%) were working in different occupational groups. Participants rated their perceived family

income using 5-point scales (1 = *low*, 2 = *moderately low*, 3 = *moderate*, 4 = *moderately high*, 5 = *high*). The mean of monthly family income was 3.29 ($SD = .67$).

The duration of marriages ranged from 1 month to 39 years ($M = 137.35$ months, $SD = 119.32$). Couples reported that they have known each other before marriage for at least 2 months and at most 18 years ($M = 48.88$ months, $SD = 41.85$). Eleven couples reported that (9.82%) they had arranged marriage, and 101 (90.18%) couples had love marriages. Thirty three couples (29.5 %) had no child, 48 (42.9 %) had only one child, 29 of them (25.9 %) had two children, and 2 (1.8 %) had three children.

2.2 Measures

The questionnaire package consisted of six measures, including Demographic Information, the Experiences in Close Relationship-Revised, the Perceived Responses to Capitalization Attempts Questionnaire, the Mattering to Others Questionnaire, the Communication Patterns Questionnaire, and the Relationship Happiness Scale.

2.2.1 Demographic Information

The demographic information (see Appendix A) included questions on gender, age, education level, occupation, perceived income level, the duration of marriage, the time interval of knowing each other before marriage, type of marriage, and the number of children.

2.2.2 Experiences in Close Relationships - Revised

The Experiences in Close Relationships Scale (ECR) was originally developed by Brennan, Clark, and Shaver (1998) to measure the adult attachment orientations in two dimensions; anxiety and avoidance, with 36 items, 18 of which were for each dimension. Fraley, Waller, and Brennan (2000) reorganized the

items of the scale in the light of the item response theory to improve its power of estimation. They revised several items and developed the ECR-Revised. The ECR-R was employed to assess the levels of adult attachment related anxiety and avoidance of married couples in this study. Higher levels in attachment-related avoidance indicated feeling less emotional and physical dependency to partner (e.g., “I talk things over with my spouse“). Higher levels of attachment-related anxiety indicated more unpleasant feeling about being neglected and rejected by partner (e.g., “I often worry that my spouse doesn't really love me“). Individuals who score lower on both avoidance and anxiety dimensions are labeled as secure.

The ECR-R was adapted into Turkish by Selçuk, Günaydın, Sümer, and Uysal (2005). Internal consistency of the Turkish version was .86 for anxiety subscale, and .90 for the avoidance subscale. Seven-point Likert-type scale (1 = *totally disagree*, 7 = *totally agree*) was used. The items were reworded considering married individuals. In the current study, Cronbach’s alpha for the attachment anxiety subscale was .77 for wives, and .74 for husbands. These coefficients for the avoidance subscale were .90 for wives and .86 for husbands. Turkish version of the scale was presented in Appendix B.

2.2.3 Perceived Responses to Capitalization Attempts Scale

Perceived Responses to Capitalization Attempts Scale (PRCA) was developed by Gable, Reis, Impett, and Asher (2004) to measure how individuals perceive their partner’s reactions when they share an individualistically positive event with partner. The PRCA consisted of four subscales and 12 items, 3 of which were for each subscale. Participants were asked to fill out the scale using the stem “When I tell my spouse about something good that has happened to me...”. Seven-point scale was used (1 = *not at all true*, 7 = *very true*). Gable and her colleagues (2004) suggested a two-dimension and four-group typology for the classification of perceived partner responses. In this typology, active-constructive (AC) corresponds to supporting in a proper manner (e.g., “My partner usually

reacts to my good fortune enthusiastically “), passive-constructive (PC) relates to listening silently (e.g., “My partner tries not to make a big deal out of it, but is happy for me“), and underemphasizing the event. Active-destructive (AD) infers intentionally invalidating reactions (e.g., “My partner often finds a problem with it“) whereas passive-destructive (PD) means completely disregarding of the event (e.g., “Sometimes I get the impression that he/she doesn’t care much“). A composite score for the scale is calculated by subtracting the mean of PC, AD, and PD scores from the AC scores. Higher scores indicate more positive perception of partner responses toward capitalization attempts. Each subscale revealed satisfactory reliability in Gable and her colleagues’ (2004) study (AC subscale, $\alpha = .84$ for wives, $\alpha = .74$ for husbands; PC subscale, $\alpha = .87$ for wives, $\alpha = .66$ for husbands; AD subscale, $\alpha = .71$ for wives, $\alpha = .78$ for husbands; PD subscale, $\alpha = .72$ for wives, $\alpha = .80$ for husbands)

The PRCA was translated into Turkish for this study by the researcher and back-translated by a psychologist who is fluent in both English and Turkish. Adapted version of the scale was presented in Appendix C.

Explanatory factor analyses with promax rotation methods were conducted to test the factor structure of the Turkish version of the scale. Because an initial factor analysis with varimax rotation revealed that high correlations between components, promax rotation method was used. Considering the criterion for eigenvalue over 1, Cattell’s scree plot, and parallel analysis, three factors explaining 55.56% of the variance were obtained. The first factor having 6 items explained 31.19% of the variance. The second factor with three items explained 12.75% of the variance. The third factor including three items explained 11.62% of the variance. Items that belong to PC and AD factors on the original scale were loaded to their own factors. The AC items were negatively loaded and PD items positively loaded to the same factor showing that AC items still negatively related with other items. To obtain a positive score of PRCA, the mean scores of items belonging to PC, AD, and PD were subtracted from the mean scores of AC items.

Therefore, the same scoring with Gable's (2004) has been used to calculate the total score of the scale. Since only the total score of the scale will be used on the main analyses, reliability analyses were conducted by considering the original subscales of PRCA. In the current study, internal consistency coefficients of the subscales were relatively lower (AC subscale, $\alpha = .69$ for wives, $\alpha = .63$ for husbands; PC subscale, $\alpha = .58$ for wives, $\alpha = .64$ for husbands; AD subscale, $\alpha = .76$ for wives, $\alpha = .53$ for husbands; PD subscale, $\alpha = .66$ for wives, $\alpha = .52$ for husbands) but the total scale had acceptable reliability ($\alpha = .79$ for wives, $\alpha = .77$ for husbands). Since some internal consistency coefficients were slightly lower, corrected item-total correlation values were checked. If the third item ("My partner often finds a problem with it") belonging to AD subscale was excluded, Chronbach's alpha value for husbands increased from .53 to .65. However, the reliability analysis conducted for the total scale showed that if the item was excluded, the internal consistency coefficient of the scale would have decreased from .77 to .75 for husbands. Likewise, the internal consistency coefficient for this item was acceptable both for the subscale and the total scale among wives. In addition, the reliability of PD subscale did not change for husbands, when any item of the subscale was excluded. Therefore, any item was not excluded, remaining to use the original scale.

2.2.4 Mattering to Romantic Others Questionnaire

Marshall (2001) developed the Mattering to Others Questionnaire to measure perceived mattering to specific others (e.g., mother, father, and friend) in adolescence. Mak and Marshall (2004) adapted the MTOQ and developed the Mattering to Romantic Others Questionnaire (MTROQ) to assess perceived mattering to romantic partner.

In the current study, items from the MTROQ were reworded considering married couples. The questionnaire was translated into Turkish for this study by the researcher and back-translated by a psychologist who was fluent in both

languages. The MTROQ has one-factor structure with 17 items (4 of which are reversed) measuring positive mattering (e.g., “I feel important to my spouse.”). Five-point scale was used for fifteen items (1 = *not true for me*, 5 = *true for me*). Participants were asked to rank themselves from top to bottom in five-point scale for the remaining two items (e.g., “If your spouse made a list of all the things s/he cares about, where do you think you’d be on his/her list?”). Principal component analyses were conducted to test the factor structure of the Turkish version of the scale. One-factor solution explaining 40.74% of the total variance was found by using Catell’s scree plot test Internal consistency of the scale was .83 in the original study and .90 for both wives and husbands in the current study (see Appendix D).

2.2.5 Communication Patterns Questionnaire

Christensen and Sullaway (1984), and Christensen (1988) developed Communication Patterns Questionnaire (CPQ) to measure dyadic communication during conflict interactions among married couples. The CPQ consists of 35 items referring to couple behaviors “when some problem in the relationship arises”, “during a discussion of a relationship problem”, and “after a discussion of a relationship problem”.

The scale was adapted into Turkish as part of a project by Sümer and his colleagues (2009). Nine-point scale was used depending on the original study (1 = *very unlikely*, 9 = *very likely*). Higher scores in the constructive factor indicate greater likelihood of protecting the relationship and generating solutions (e.g., “Both members try to discuss the problem”). Higher scores in the destructive factor indicate greater use of offending behaviors in time of a relationship problem (e.g., “Both members blame, accuse, and criticize each other”). Higher scores in the withdraw-avoidance factor indicate higher tendency to use avoidant and disengaged behavior during conflict (e.g., “Both members avoid discussing the problem”).

Factor structure of the scale were reassessed, and compared with the study conducted in Turkey. Factor analysis with varimax rotation suggested three-factor solution that explained 36.50% of explained variance. The correlations of each factor with other study variables were calculated. Correlation coefficients were ranged from .14 to .64. Factors were entitled by considering the meaning of items and theoretical bases; namely, constructive (15-item), destructive (8-item), and withdraw-avoidance (12-item). In previous studies, internal consistency for the four-factor scale ranged from .50 to .87 (e.g., Christensen & Heavey, 1990). Internal consistency coefficients were satisfactory for all factors (constructive subscale, $\alpha = .84$ for wives, $\alpha = .85$ for husbands; destructive subscale $\alpha = .79$ for wives, $\alpha = .83$ for husbands; withdraw/avoidance subscale $\alpha = .74$ for wives, $\alpha = .75$ for husbands) in this study.

A total score was calculated for the scale to obtain a composite variable measuring communication quality of participants. Items belonging to constructive communication patterns were reverse coded. Thus, higher scores indicated greater use of negative communication patterns during conflict, which means lower scores on communication quality. Internal consistency of the total score was .84 for wives and .87 for husbands (see Appendix E).

2.2.6 Relationship Happiness Scale

Marital satisfaction of couples was measured using the Relationship Happiness Scale with six items (Fletcher, Fitness, & Blampied, 1990) that includes items assessing general satisfaction, happiness, relationship stability, commitment, and compatibility of married couples (e.g., “My marriage with my spouse makes me happy”).

Items were rated on 5-point scale (1 = *totally disagree*, 5 = *totally agree*). Internal consistency of the scale was satisfactory in previous studies (e.g., $\alpha = .86$ in Sümer & Cozzarelli, 2004). It was .88 for wives and .91 for husbands in this study (see Appendix F).

2.3 Procedure

The questionnaire battery was submitted to the Human Participants Ethic Committee in Middle East Technical University (see Appendix G). After receiving the approval of the committee, data was collected from married couples who agreed to participate in the study.

Prior to data collection, informed consent was obtained from each participant (see Appendix H). Questionnaire packages were presented to couples in separate envelopes. An announcement was attached to envelope reminding participants to fill out the questionnaires separately. Administration of the questionnaire battery took about 20 minutes. Couples were debriefed after completing the questionnaires.

2.4 Overview of Data Analysis

Actor-Partner Interdependence Mediation Modeling (APIMeM) (Ledermann, Macho, & Kenny, 2011) was used to test the mediating effects of perceived responses to capitalization attempts and perceived mattering on the link between attachment patterns and relationship functioning in married couples. This approach bases on an interdependent relationship (e.g., romantic partners), personal outcomes are predicted by not only individual's own characteristics (actor effect), but also other party's characteristics (partner effect). Therefore, personal outcomes were analyzed by controlling one's own predictor variables and spouse's inputs. Data was converted into "dyad structure" to be able to make comparison within and between couples (Kenny, Kashy, & Cook, 2006).

CHAPTER 3

RESULTS

Statistical software package of SPSS version 20.0 was used to examine descriptive statistics and to prepare the data for the major analyses. Structural Equation Modeling (SEM) techniques were used to perform Actor-Partner Interdependence Mediation Modeling (APIMeM) (Ledermann, Macho, & Kenny, 2011). LISREL 8.51 program was employed to investigate main hypotheses of the study. Prior to conducting the analyses, missing data was checked. One couple was excluded from the data set due to large number of missing responses. The rest of the participants fully completed the measures with no missing data. Means, standard deviations, and minimum and maximum values were checked to ensure that the data was appropriate to conduct analyses. In the first section, descriptive information was presented. In the second section, the effects of attachment dimensions on PRCA and PM were given. In the final section, the findings on testing the major hypotheses were presented.

3.1 Descriptive Statistics and Gender Differences on Study Variables

Means, standard deviations and ranges of the major variables, and gender differences were presented in Table 3.1. A series of t-test analyses were conducted to examine gender differences on the major variables. Effect size, Cohen's *d* for the significant results was calculated via online software (Soper, 2014). The results showed that wives have significantly higher levels of attachment anxiety ($M = 2.77, SD = .77$) than attachment avoidance ($M = 2.00, SD = .92$), $t(111) = 8.44, p <$

Table 3.1 Gender Differences on the Study Variables

	Wives (N=112)		Husbands (N=112)		t	d
	Mean	SD	Mean	SD		
Attachment anxiety	2.77	.77	2.75	.78	1-7	.20
Attachment avoidance	2.00	.92	2.07	.84	1-7	-.57
PRCA	-4.52	3.84	-3.22	3.77	1-7	-2.54*
PM	3.59	.39	3.65	.30	1-5	-1.40
Relationship Happiness	4.41	.69	4.61	.56	1-5	-2.35*
Communication Quality	3.80	.95	3.64	1.05	1-9	1.19

Note. * $p < .05$

.001. Likewise, husbands have significantly higher attachment anxiety ($M = 2.75$, $SD = .78$) than attachment avoidance ($M = 2.07$, $SD = .84$), $t(111) = 8.78$, $p < .001$. Wives and husbands did not differ on attachment anxiety and avoidance scores. There were gender differences on PRCA and relationship happiness. Wives ($M = -4.52$, $SD = 3.84$) reported more negative PRCA scores than husbands ($M = -3.22$, $SD = 3.77$), $t(222) = -2.54$, $p = .012$, $d = .34$. Husbands ($M = 4.61$, $SD = .56$) reported higher relationship happiness than wives ($M = 4.41$, $SD = .69$), $t(213.20) = -2.36$, $p = .019$, $d = .32$. There was no significant gender difference on the other variables.

The correlations between study variables were calculated separately for wives and husbands. Correlation coefficients and internal consistency coefficients of variables were presented in Table 3.2. Attachment anxiety and avoidance were positively correlated for both wives ($r = .36$, $p < .01$) and husbands ($r = .49$, $p < .01$). As expected, attachment anxiety was negatively correlated with PRCA ($r = -.23$, $p < .05$ for wives; $r = -.42$, $p < .01$ for husbands), PM ($r = -.39$, $p < .01$ for wives; $r = -.36$, $p < .01$ for husbands), and relationship satisfaction ($r = -.31$, $p < .01$ for wives; $r = -.36$, $p < .01$ for husbands). It was strongly correlated with communication quality ($r = .47$, $p < .01$ for wives; $r = .53$, $p < .01$ for husbands). Attachment avoidance was negatively correlated with PRCA ($r = -.43$, $p < .01$ for wives; $r = -.33$, $p < .01$ for husbands), PM ($r = -.61$, $p < .01$ for wives; $r = -.38$, $p < .01$ for husbands), and relationship satisfaction ($r = -.62$, $p < .01$ for wives; $r = -.51$, $p < .01$ for husbands). It was positively related with communication quality in both wives ($r = .55$, $p < .01$) and husbands ($r = .54$, $p < .01$).

As seen in Table 3.2, wives' attachment anxiety was positively related with husbands' attachment anxiety ($r = .19$, $p < .05$), attachment avoidance ($r = .33$, $p < .01$), and communication quality ($r = .35$, $p < .01$). It was negatively related with husbands' relationship happiness ($r = -.32$, $p < .01$). Wives' attachment avoidance was positively related with husbands' attachment anxiety ($r = .20$, $p < .05$), and attachment avoidance ($r = .36$, $p < .01$).

Table 3.2 Bivariate Correlations and Reliability Values of Study Variables

	1	2	3	4	5	6	7	8	9	10	11	12
1.ANX_W	.77											
2.AVO_W	.36**	.90										
3.PRCA_W	-.23*	-.43**	.71-.87									
4.PM_W	-.39**	-.61**	.38**	.90								
5.SAT_W	-.31**	-.62**	.39**	.58**	.88							
6.COM_W	.47**	.55**	-.31**	-.43**	-.55**	.84						
7.ANX_H	.19*	.20*	-.16	-.22*	-.17	.28**	.74					
8.AVO_H	.33**	.36**	-.18	-.40**	-.33**	.39**	.49**	.86				
9.PRCA_H	-.10	-.27**	.24*	.23*	.30**	-.14	-.42**	-.33**	.66-.80			
10.PM_H	-.06	-.22*	.04	.23*	.30**	-.26**	-.36**	-.38**	.30**	.90		
11.SAT_H	-.32**	-.26**	.13	.37**	.57**	-.43**	-.36**	-.51**	.34**	.51**	.91	
12.COM_H	.35**	.28**	-.20*	-.37**	-.39**	.52**	.53**	.54**	-.39**	-.35**	-.55**	.87

Note. ANX_W = Wives' Attachment Anxiety; AVO_W = Wives' Attachment Avoidance; PRCA_W = Wives' Perceived Responses to Capitalization Attempts; PM_W = Wives' Perceived Mattering; SAT_W = Wives' Relationship Satisfaction; COM_W = Wives' Communication Quality; ANX_H = Husbands' Attachment Anxiety; AVO_H = Husbands' Attachment Avoidance; PRCA_H = Husbands' Perceived Responses to Capitalization Attempts; PM_H = Husbands' Perceived Mattering; SAT_H = Husbands' Relationship Satisfaction; COM_H = Husbands' Communication Quality

**p < .01. *p < .05. Cronbach's alpha values of variables are indicated in boldface.

It was also examined whether major variables were significantly correlated with demographic characteristics. Age was positively correlated with both wives' and husbands' attachment avoidance ($r = .27, p < .01$; $r = .24, p < .01$, respectively), and negatively correlated with PRCA for both genders ($r = -.24, p < .05$). Wives' age was also negatively correlated with relationship satisfaction ($r = -.26, p < .01$). The duration of marriage was positively related with both wives' and husbands' attachment avoidance ($r = .26, p < .01$; $r = .23, p < .05$, respectively). It was negatively correlated with wives' relationship satisfaction, PRCA, and PM ($r = -.25, p < .01$; $r = -.23, p < .05$; $r = -.21, p < .05$; respectively) and husbands' PRCA ($r = -.22, p < .01$).

3.2 The Effects of Attachment Orientations on PRCA and PM

Before testing the mediating effects of PRCA and PM, the direct effects of couples' attachment orientations on their PRCA and PM were tested by using APIM. Attachment anxiety and avoidance were used as predictor variables. PRCA and PM were the criterion variables. Insignificant paths were trimmed from the model until the remaining paths were all significant. The trimmed model fit the data very well ($\chi^2(12, N = 112) = 11.45, p = 0.49, GFI = .97, AGFI = .92, NNFI = 1.01, CFI = 1.0, RMSEA = .000$ [90% CI = .00, .10]).

The model showed that there were several direct actor and partner effects of attachment orientations on couples' PRCA and PM (see Figure 3.1). Wives' attachment anxiety predicted their own PM ($\beta = -.16, p < .05$). Wives' attachment avoidance predicted their own PRCA, PM, as well as husbands' PRCA ($\beta = -.43, p < .05$; $\beta = -.48, p < .05$; $\beta = -.19, p < .05$, respectively). Husbands' attachment anxiety predicted their own PM and PRCA ($\beta = -.37, p < .05$; $\beta = -.23, p < .05$, respectively). Husbands' attachment avoidance predicted both their own and wives' PM ($\beta = -.27, p < .05$; $\beta = -.18, p < .05$, respectively).

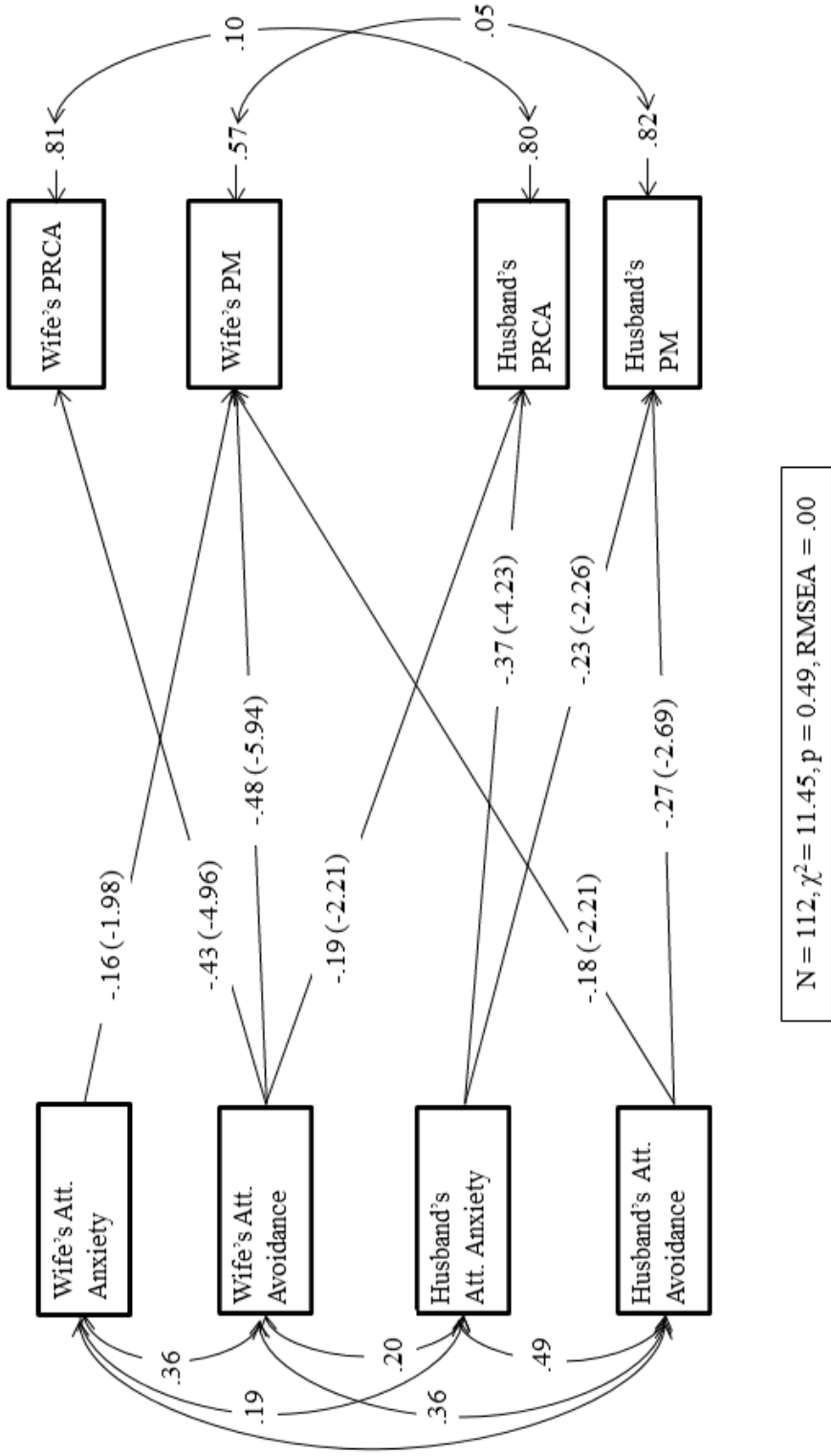


Figure 3.1 The Effects of Attachment Orientations on PRCA and PM
 Note. Significant paths were found ($p < .05$). T-values are presented in parentheses. Error terms represent percent of unexplained variance

Attachment dimensions explained 20% and 22% of the total variances in wives' and husbands' PRCA, respectively. Of the total variances in wives' and husbands' PM, 43% and 20% were explained by the full model.

3.3 Testing Main Hypotheses

In the first set of analyses, dyadic data analyses were conducted to test the main hypotheses. Attachment dimensions of wives and husbands were used as predictor variables. PRCA and PM were the mediating variables. Relationship satisfaction and communication quality were used as the criterion variables. Path analyses were conducted by considering the distinguishable dyads, married couples in this study. Therefore, correlated errors were included between mediators and criterion variables in the model.

Before the main analyses, the two alternative models were tested and chi-square difference test was performed to assess the difference. In the first alternative model, partial mediation was tested. In the second alternative model, the direct paths from attachment dimensions to the criterion variables were excluded from the models and full mediation was tested. Chi-square difference test indicated that the mediation models were significantly different in relationship satisfaction ($\chi^2 \Delta(3, N = 112) = 44.35, p < .01$) and in communication quality ($\chi^2 \Delta(5, N = 112) = 62.77, p < .01$) indicating that the partial mediation model fit the data better. Therefore, partial mediating effects of the variables were tested in the remaining analyses.

3.4 The Mediating Effect of PRCA and PM on the Link between Attachment Dimensions and Relationship Satisfaction

Path analyses were conducted to test indirect effects of PRCA and PM on the association of attachment dimensions with relationship satisfaction. As Kenny, Kashy, and Cook (2006) suggested, first, a fully saturated model was constructed. Then, insignificant paths were gradually excluded from the model until the

remaining paths were all significant. The trimmed model fit the data very well ($\chi^2(22, N = 112) = 21.76, p = 0.47, GFI = .962, AGFI = .906, NNFI = .998, CFI = .999, RMSEA = .00$ [90% CI = .00, .08]).

The proposed model suggested that there were a number of significant direct and indirect effects on the link between attachment orientations and relationship satisfaction. Actor and partner effects were separately reported below (see Figure 3.2).

3.4.1 Actor Effects (H1)

It was hypothesized that couples' attachment dimensions negatively predict their PRCA and PM, which in turn, result in lower levels of relationship satisfaction (H1). Specifically, attachment avoidance is expected to predict PRCA, PM, and relationship satisfaction stronger than attachment anxiety (H1a). In addition, wives' attachment anxiety and avoidance are expected to be more likely to predict PRCA, PM, and relationship satisfaction than husbands' attachment anxiety and avoidance (H1b).

Several within actor direct effects were detected. The trimmed model showed that wives' attachment anxiety negatively predicted their PM ($\beta = -.16, p < .05$). Wives' attachment avoidance had a negative effect on their own PRCA, PM, and relationship satisfaction ($\beta = -.43, p < .05; \beta = -.48, p < .05; \beta = -.45, p < .05$, respectively). Husbands' attachment anxiety predicted their PRCA and PM ($\beta = -.37, p < .05; \beta = -.23, p < .05$, respectively). Husbands' attachment avoidance predicted their own PM and relationship satisfaction ($\beta = -.27, p < .05; \beta = -.29, p < .05$, respectively). Wives' PM positively predicted their satisfaction ($\beta = .24, p < .05$) and husbands' PM also predicted their satisfaction ($\beta = .39, p < .05$). The other links from actor's predictors and mediators to the outcome variables were insignificant.

To compare the magnitude of attachment dimensions on wives' PM, the chi-square test was used by constraining the two effects as equal. There was a

significant difference between two actor effects ($\chi^2\Delta(1, N = 112) = 3.42, p < .01$) indicating that the effect of wives' attachment avoidance ($\beta = -.48$) was higher than their attachment anxiety ($\beta = -.16$) on their own PM. The chi-square difference test was also conducted to compare the actor effects on husbands' PM. This significantly worsened the fit ($\chi^2\Delta(1, N = 112) = .07, p < .01$) indicating that the husbands' attachment avoidance ($\beta = -.27$) was significantly higher than their attachment anxiety ($\beta = -.23$) in predicting their PM.

Four critical mediations were found for within actor indirect effects. As mentioned, there was no significant path from couples' PRCA to the outcome variables. Therefore, significant indirect effects were only via PM. As seen in Figure 3.2, wives' PM partially mediated the effect of wives' attachment avoidance on their relationship satisfaction (*indirect effect* = $-.12, t = -2.67, p < .05$). The link between husbands' attachment anxiety and relationship satisfaction was fully mediated by their PM (*indirect effect* = $-.09, t = -2.06, p < .05$). There was a consistent mediation effect of PM on the association between husbands' attachment avoidance and relationship satisfaction (*indirect effect* = $-.11, t = -2.36, p < .05$). There was also a marginally significant effect of wives' attachment anxiety on their relationship satisfaction via PM (*indirect effect* = $-.04, t = -1.65, p < .05$).

The chi-square difference test was conducted to compare the magnitude of attachment avoidance on actor outcomes. There was a significant difference between the two actor indirect effects ($\chi^2\Delta(1, N = 112) = 4.18, p < .01$), indicating that the magnitude of wives' attachment avoidance on their relationship satisfaction ($\beta = -.12$) was higher than that of husbands ($\beta = -.11$) mediated by their own PM. To test whether actor direct effects differ significantly for wives and husbands, the two actor effects of attachment avoidance were constrained as equal. The chi-square difference test revealed that this constraint significantly worsened the fit ($\chi^2\Delta(1, N = 112) = 2.47, p < .01$). Thus, the direct effect of attachment avoidance on wives' satisfaction ($\beta = -.45$) was significantly higher

than the husbands' satisfaction ($\beta = -.29$). To compare the magnitude of attachment anxiety on relationship satisfaction via PM, the two actor indirect effects were constrained as equal. This significantly worsened the fit ($\chi^2 \Delta(1, N = 112) = 3.91, p < .01$) indicating that the magnitude of attachment anxiety on husbands' satisfaction via PM ($\beta = -.09$) was higher than wives' attachment anxiety ($\beta = -.04$). An additional chi-square test was conducted to compare the magnitude of attachment anxiety and avoidance on husbands' satisfaction. There was a significant difference between the two actor effects ($\chi^2 \Delta(1, N = 112) = .07, p < .01$) indicating that the effect of attachment avoidance ($\beta = -.11$) on relationship satisfaction mediated by PM was stronger compared to the effect of attachment anxiety ($\beta = -.09$).

Partially supporting the hypotheses, results demonstrated that the predictive power of attachment avoidance was stronger than attachment anxiety in predicting relationship satisfaction mediated by PM for both genders. It was partially supported that wives' attachment avoidance, but not anxiety, predicted PM, which in turn, predicted their relationship satisfaction stronger than husbands' attachment dimensions. The mediating effect of PRCA was not supported. However, as expected, attachment dimensions significantly predicted both PRCA and PM.

3.4.2 Partner Effects (H2)

It was tested whether couples' attachment dimensions predict their spouses' relationship satisfaction via their own or their spouses' PRCA and PM (H2). Specifically, it was expected that attachment avoidance predict spouses' PRCA and PM more negatively, which in turn, result in lower levels of relationship satisfaction, compared to attachment anxiety (H2a). The predictive power of wives' attachment anxiety and avoidance on husbands' PRCA, PM, and both couples' relationship satisfaction will be stronger than those of husbands (H2b).

Both direct and indirect partner effects were found. Wives' attachment anxiety predicted husbands' relationship satisfaction ($\beta = -.18, p < .05$). Wives' attachment avoidance predicted husbands' PRCA ($\beta = -.19, p < .05$). Husbands' attachment avoidance predicted wives' PM ($\beta = -.18, p < .05$). Husbands' PM predicted wives' relationship satisfaction ($\beta = .15, p < .05$). As indicated in actor effects, husbands' attachment avoidance also predicted their own satisfaction. Therefore, the magnitudes of wives' anxiety and husbands' avoidance on husbands' outcome were compared. The chi-square test showed that this constraint significantly worsened the fit ($\chi^2 \Delta(1, N = 112) = .76, p < .01$). The magnitude of husbands' avoidance on their relationship satisfaction ($\beta = -.29$) was significantly higher wives' anxiety ($\beta = -.18$).

There were two actor-partner mixed indirect effects for the mediating effect of PM. Husbands' attachment avoidance had a partner effect on wives' relationship satisfaction fully mediated by their own and their wives' PM (*indirect effect* = $-.08, t = -2.45, p < .05$). That is, avoidant husbands neither perceived mattering to their wives nor provided their wives a satisfying mattering, both of which resulted in wives' relationship dissatisfaction.

Thus, the hypothesis for actor partner mixed indirect effect on relationship satisfaction was partially supported. The predictive power of attachment avoidance in predicting satisfaction via PM was stronger than attachment anxiety. Wives with avoidant, but not anxious, husbands reported more negative PM, which in turn, resulted in lower levels of relationship satisfaction, as compared to husbands. Wives with avoidant husbands reporting lower PM also dissatisfied with their relationships. The mediating effect of PRCA was not supported.

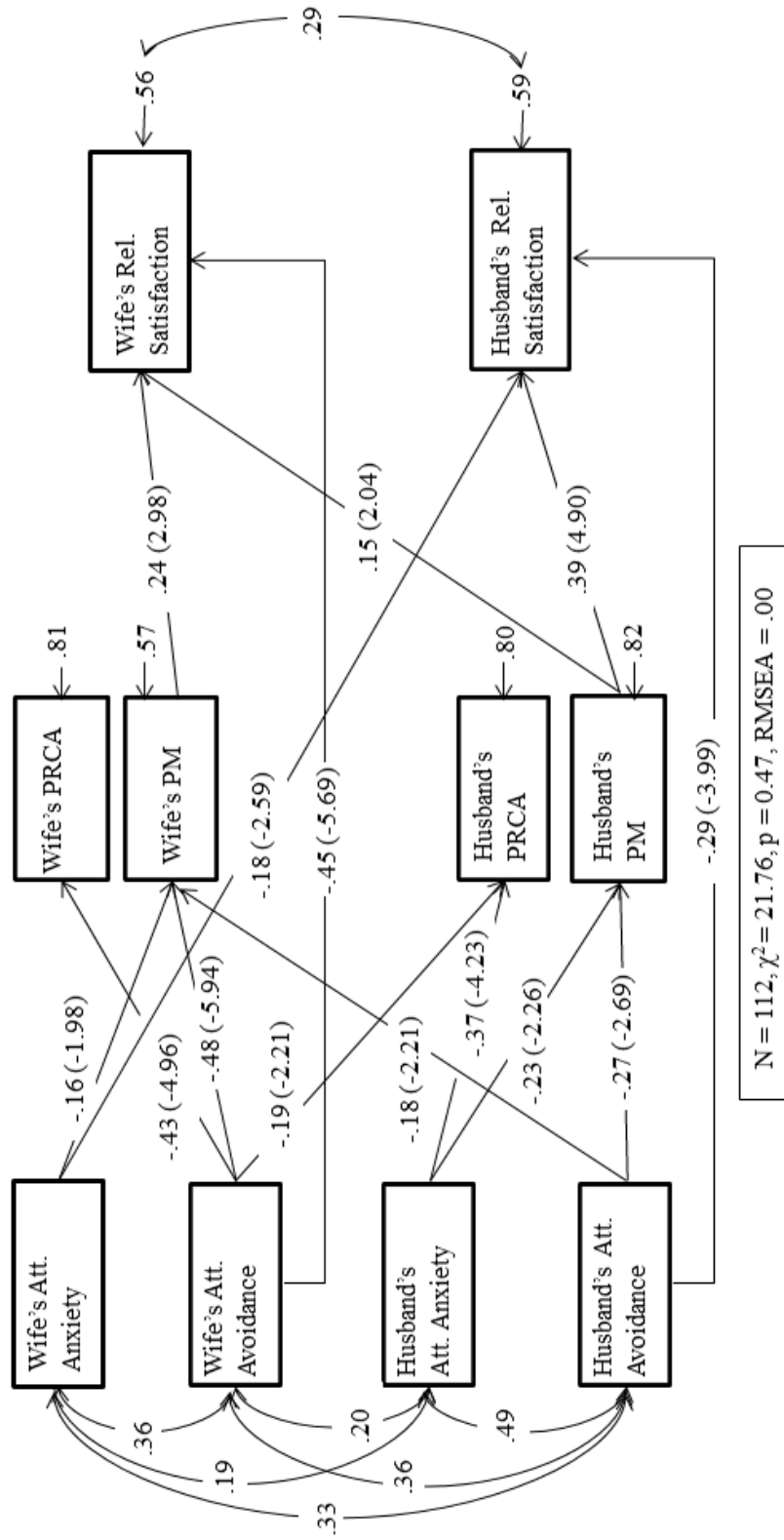


Figure 3.2 The Mediating Effect of PRCA and PM on the Link between Attachment Dimensions and Relationship Satisfaction
Note. Significant paths were found ($p < .05$). T-values are presented in parentheses. Error terms represent percent of unexplained variance

Couples' attachment dimensions and PM explained 42% and 43% of the total variances in wives' and husbands' relationship satisfaction. 43% and 18% of the total variances in wives' and husbands' PM were explained by attachment dimensions. Wives' avoidance explained 19% of the variance in their PRCA. Husbands' anxiety and wives' avoidance explained 17% of variance in their PRCA.

3.5 The Mediating Effect of PRCA and PM on the Link between Attachment Dimensions and Communication Quality

Path analyses were conducted to test indirect effects of PRCA and PM on the association of attachment dimensions with communication quality. After all insignificant paths were gradually excluded from the model, the goodness-of-fit values indicated that the trimmed model fit the data very well ($\chi^2(22, N = 112) = 21.91, p = 0.47, GFI = .96, AGFI = .91, NNFI = .99, CFI = 1.00, RMSEA = .00$ [90% CI = .00, .08]).

The proposed model suggested that there were several direct and indirect effects for actor and partner effects which were separately reported below (see Figure 3.3).

3.5.1 Actor Effects (H3)

It was expected that couples' attachment dimensions negatively predict communication quality and PRCA and PM mediate this association (H3). Since higher scores in communication quality indicated greater use of negative communication patterns during conflict, a positive association was expected between attachment dimensions and communication quality. Specifically, attachment anxiety is expected to predict PRCA, PM, and communication quality stronger than attachment avoidance (H3a). It was also expected that wives' attachment anxiety and avoidance predict PRCA, PM, and communication quality stronger than those of husbands (H3b).

The trimmed model revealed that wives' attachment anxiety predicted their own PM and communication quality ($\beta = -.16, p < .05$; $\beta = .31, p < .05$, respectively). Wives' attachment avoidance predicted their own PRCA, PM, communication quality ($\beta = -.43, p < .05$; $\beta = -.48, p < .05$, $\beta = .43, p < .05$, respectively). Husbands' attachment anxiety predicted their own PRCA, PM, and communication quality ($\beta = -.37, p < .05$; $\beta = -.23, p < .05$; $\beta = .26, p < .05$, respectively). Husbands' attachment avoidance predicted their own PM ($\beta = -.27, p < .05$) and communication quality ($\beta = .24, p < .05$). Husbands' PRCA predicted their communication quality ($\beta = -.19, p < .05$). The other paths from actor's predictors and mediators to the outcome variables were insignificant.

To compare the magnitude of the actor effects, the effects of attachment dimensions on wives' outcome was constrained as equal ($\chi^2 \Delta(1, N = 112) = .17, p < .01$) indicating that the effect of wives' attachment avoidance ($\beta = .43$) was higher than their attachment anxiety ($\beta = .31$) on their own communication quality. The chi-square difference test was also conducted to compare the actor effects on husbands' outcome. This significantly worsened the fit ($\chi^2 \Delta(1, N = 112) = .08, p < .01$) indicating that husbands' attachment anxiety ($\beta = .26$) was stronger in predicting their own communication quality than attachment avoidance ($\beta = .24$). To test whether actor effects differ significantly for wives and husbands, the two actor effects of attachment anxiety were constrained as equal. The results of the chi-square difference test ($\chi^2 \Delta(1, N = 112) = .09, p < .01$) revealed that attachment anxiety on wives' communication quality ($\beta = .31$) was significantly higher than husbands' communication quality ($\beta = .26$). Comparing the magnitude of attachment avoidance on actor outcomes, the chi-square test showed that this constraint also significantly worsened the fit ($\chi^2 \Delta(1, N = 112) = 1.44, p < .01$). The effect of attachment avoidance on wives' communication quality ($\beta = .43$) was significantly higher than on husbands' communication quality ($\beta = .24$).

The trimmed model revealed a significant mediation effect for actor effects. Husbands' PRCA fully mediated the link between their own attachment

anxiety and communication quality (*indirect effect* = .07, $t = 2.16$, $p < .05$). That is, anxiously attached husbands perceived wives' responses toward capitalization attempts negatively, which in turn, resulted in greater use of negative communication patterns during conflict.

As a result, it was partially supported that the power of attachment anxiety in predicting communication quality via PRCA was stronger than attachment avoidance among husbands, but not wives. The mediating effect of PM was not supported. Nevertheless, the power of attachment dimensions in predicting PRCA and PM has been examined.

3.5.2 Partner Effects (H4)

It was tested whether couples' attachment dimensions predict communication quality via their own and their spouses' PRCA and PM (H4). It was expected that the power of attachment anxiety will be stronger in predicting spouses' PRCA and PM, which in turn, result in greater use of negative communication patterns during conflict, than that of attachment anxiety (H4a). The predictive power of wives' attachment anxiety and avoidance on husbands' PRCA, PM, and both couples' communication quality will be stronger than those of husbands (H4b).

The findings showed that there were both direct and indirect partner direct effects. Wives' attachment anxiety predicted husbands' communication quality ($\beta = .21$, $p < .05$). Wives' attachment avoidance predicted husbands' PRCA ($\beta = -.19$, $p < .05$). Husbands' attachment avoidance predicted wives' PM ($\beta = -.18$, $p < .05$). As indicated in actor effects, wives' attachment anxiety also predicted their own communication quality. To compare the magnitude of wives' attachment anxiety on actor and partner outcomes, the two effects were constrained as equal. This significantly worsened the fit ($\chi^2 \Delta(1, N = 112) = 0.93$, $p < .01$), indicating that the

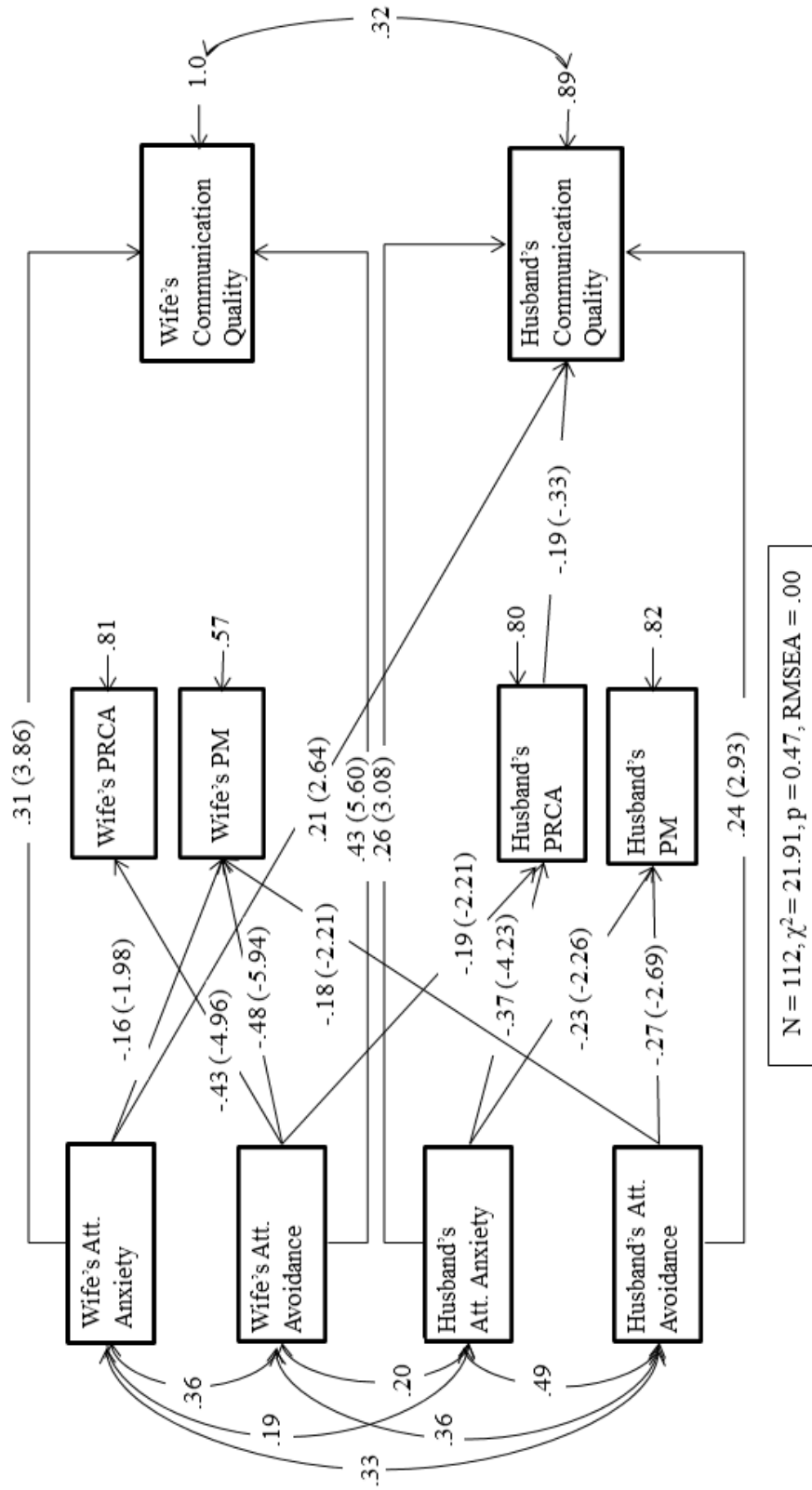


Figure 3.3 The Mediating Effect of PRCA and PM on the Link between Attachment Dimensions and Communication Quality
Note. Significant paths were found ($p < .05$). T-values are presented in parentheses. Error terms represent percent of unexplained variance.

magnitude of wives' attachment anxiety on their own communication quality ($\beta = .31$) was significantly higher than on husbands' communication quality ($\beta = .21$).

It was found a marginally significant actor-partner mixed indirect effect on communication quality. Wives' attachment avoidance predicted husbands' communication quality via husbands' PRCA (*indirect effect* = .04, $t = 1.66$, $p < .05$). As indicated in actor indirect effects, husbands' attachment anxiety also predicted communication quality via their own PRCA. Therefore, the chi-square difference test was conducted to compare actor and partner effects on husbands' outcome via PRCA. Constraining these effects as equal worsened the fit ($\chi^2 \Delta(1, N = 112) = 2.07$, $p < .01$), indicating that the magnitude of husbands' attachment anxiety on their own communication quality via PRCA was higher than that of wives' attachment avoidance.

As a result, it was not supported that the predictive power of attachment anxiety was stronger than attachment avoidance in predicting spouses' communication quality via PRCA or PM. However, wives' avoidant attachment had a partner effect on communication quality mediated by husbands' PRCA. Moreover, several critical partner direct effects of attachment dimensions were detected.

Total explained variances were respectively 43%, 38%, 20%, 19%, and 18% on wives' PM, wives' communication quality, husbands' PRCA, wives' PRCA, and husbands' PM which were explained by couples' attachment dimensions. 40% of the total variances in husbands' communication quality were explained by attachment dimensions and husbands' PRCA.

After the main analyses were carried on, a number of moderation analyses were also conducted to test the interaction effect of couples' attachment orientations on relationship satisfaction or communication quality. Variables were centered before the analyses. Wives' attachment anxiety and avoidance were used as independent variables, husbands' attachment anxiety and avoidance as moderators on the model. When the demographic variables, (i.e., the duration of

marriage and the time interval of knowing each other before marriage) were controlled, none of the combination of couples' attachment orientations significantly predict relationship satisfaction or communication quality.

3.6 Summary of the Results of the Proposed Models

To sum up, in the first model, the indirect effects of PRCA and PM on the association of attachment dimensions and relationship satisfaction were tested. Out of 8 actor mediating effects 4 of them were significant. Wives' PM had an indirect effect on attachment avoidance and satisfaction. Wives' attachment anxiety had marginally significant effect on their satisfaction mediated by PM. Husbands' PM mediated both the link between attachment anxiety and satisfaction, and the link between attachment avoidance and satisfaction. There were two mediating partner effects. Avoidantly attached husbands reported lower PM which predicted wives' relationship satisfaction more negative. Wives with husbands high in attachment avoidance perceived mattering more negative, which in turn, resulted in relationship dissatisfaction for wives. Therefore, it was inferred that avoidantly attached husbands neither perceive nor make wives perceive mattering which adversely affected wives' satisfaction. The indirect effects of PRCA were not observed in this model. The predictive power of attachment avoidance was stronger than attachment anxiety in all of the obtained effects. The direct effects of attachment dimensions on PRCA and PM were also detected. Wives' anxiety predicted their PM whereas wives' avoidance predicted their PRCA and PM. Husbands' attachment anxiety predicted their PRCA and PM. Husbands' attachment avoidance predicted both their own and wives' PM.

In the second model, the indirect effects of PRCA and PM on the association of attachment dimensions and communication quality were tested. Two mediation effects (1 actor and 1 partner effect) were observed in this model. Husbands high in attachment anxiety reported lower PRCA, which in turn, resulted in greater lack of communication quality. Wives' avoidant attachment

predicted husbands' PRCA, which also, affected husbands' communication quality adversely. There was no mediating effect of PM on the link between attachment dimensions and communication quality. In addition to the direct effects reported in the first model, the direct effect of wives' attachment avoidance on husbands' PRCA was found in this model.

Overall, all significant partner mediating effects were observed for attachment avoidance only. The predictive power of wives' attachment dimensions were stronger than those of husbands. Compared to partner effects, actor effects were much stronger in predicting outcome variables via mediating variables.

CHAPTER 4

DISCUSSION

The major goal of the present study was to investigate the mediating role of perceived spouse responses towards capitalization attempts (PRCA) and perceived mattering (PM) on the association between attachment dimensions and relationship functioning in married couples. Given that behaviors of couples are influenced by both parties' characteristics, and relationship outcomes are expected to be related with their reciprocal behaviors, both actor and partner effects were included in this study. Therefore, the study included wives' and husbands' characteristics (i.e., attachment dimensions), perceived partner responses (i.e., capitalization and mattering), and their ultimate relationship outcomes (i.e., satisfaction and communication quality).

The findings yielded important findings to better understand the role of attachment insecurity dimensions on couples' perceived partner responsiveness and how this relationship reflects to their relationship functioning. Results partially supported the hypotheses regarding culture and gender-specific effects. In this chapter, the basic findings will be discussed considering the study hypotheses and previous findings. Then, the potential limitations and contributions of the study, together with the suggestions for further research will be discussed.

4.1 Descriptive Statistics and Gender Differences

Prior to main analyses, several descriptive statistics were calculated to compare wives and husbands in terms of scores on study variables. All significant

correlations between study variables were in the expected directions. That is, attachment dimensions were negatively related with relationship satisfaction and positively related with lack of communication quality. PRCA and PM were negatively related with attachment dimensions and lack of communication quality, but positively correlated with satisfaction. The results showed that attachment anxiety and avoidance were positively related with each other both within and between spouses indicating that one spouse reporting higher levels of attachment anxiety was prone to report higher attachment avoidance, as consistent with the previous studies (e.g., Butzer & Campbell, 2008). In addition, both wives and husbands had significantly higher attachment anxiety levels than attachment avoidance, supporting that attachment anxiety is more common than attachment avoidance in collectivist cultures (Sümer & Kağıtçıbaşı, 2010). However, there was no gender difference in the mean scores of attachment dimensions. Wives perceived partner responses toward capitalization attempts more negatively than husbands, indicating that they were more disappointed with their husbands' reactions when they shared a personally positive event.

Although it was found, in a recent meta-analytic study, that in community-based married couple samples, there was no significant gender difference in marital satisfaction (Jackson, Miller, Oka, & Henry, 2014), wives were more dissatisfied with their relationships than husbands in this study. It could be resulted from within actor direct effects of attachment avoidance on relationship satisfaction, which will be discussed below. Moreover, unlike the previous literature suggesting that couples' attachment orientations are more tend to transform into secure attachment (Davila, Karney, & Bradbury, 1999), as the age and the duration of marriage increased, attachment avoidance levels of wives and husbands also increased.

4.2 Main Findings of the Study

Prior to conducting main analyses, models chi-square differences of three alternative models were compared. As a result, the partial mediation model was supported as the most convenient model to test actor and partner effects on study variables. Therefore, it was tested whether the mediating effects of PRCA and PM are significant between attachment dimensions and relationship functioning. The following analyses were conducted in this framework.

4.2.1 The Mediating Effect of PRCA and PM on the Link between Attachment Dimensions and Relationship Satisfaction

It was hypothesized that power of attachment avoidance in predicting relationship satisfaction via PRCA and PM will be stronger than attachment anxiety. It was also expected that wives' attachment dimensions predict their own relationship satisfaction via PRCA and PM stronger than husbands. As expected, it was found partial mediation effects that wives and husbands with higher attachment avoidance reported lower PM, which in turn, resulted in lower relationship satisfaction. Supporting the culturally relevant findings (Harma & Sümer, 2012), it was revealed that the power of wives' attachment avoidance was stronger in predicting satisfaction via PM than those of husbands. It was also found the effect of attachment anxiety in both genders on satisfaction via PM. However, the magnitude of attachment avoidance was higher than attachment anxiety in explaining the actor mediation effects. As the previous research suggested, attachment avoidance had the most predictive power in explaining marital malfunctioning in wives and husbands (e.g., Molero et al., 2010; Özen, 2012), and it was the most detrimental factor for relationship welfare (Sümer & Kağıtçıbaşı, 2010).

It was hypothesized for partner effects that compared to attachment anxiety, attachment avoidance more strongly predict spouses' PRCA and PM, which in turn, result in lower relationship satisfaction. Wives with anxiously or avoidantly attached husbands were expected to report more negative PRCA and

PM, which in turn, predict couples' dissatisfaction. As expected, wives with avoidantly attached husbands reported lower PM, which in turn, resulted in lower levels of their own relationship satisfaction than husbands. It was also found that attachment avoidance of husbands predicted wives' relationship satisfaction mediated by not only wives' and but also husbands' PM. This result suggested that since avoidant husbands tend to withdraw situations that require interdependence and connectedness with partner (Mikulincer & Shaver, 2003), wives neither receive nor give adequate mattering to their husbands which results in dissatisfaction for wives. The results also showed that wives' attachment anxiety did not directly predict their own relationship satisfaction but husbands' satisfaction. Although the previous research suggested that attachment anxiety was evaluated as having an adaptive value in collectivist cultures (e.g., Kağıtçıbaşı, 2005; Özen, Sümer, & Demir, 2011), it can be claimed that husbands might be dissatisfied with their marriage when their wives feel distress about their relationships and seek for extreme interdependence. Unlike the previous findings (Molero et al., 2010; Özen, 2012), it was not found any direct partner effect of attachment avoidance on actor's relationship satisfaction. In addition, wives' attachment avoidance had a direct effect on husbands' PRCA implying that wives' avoidance could have maladaptive function on husbands perceived partner responsiveness.

Contrary to the expectations, however, there was no significant mediation effect of PRCA. As previous studies emphasized, the direct association between attachment orientations and satisfaction might have surpassed the indirect effects of communication-related factors (Feeney, Noller, & Callan, 1994). Therefore, the hypotheses were supported for the mediating effect of PM, but not PRCA. Nevertheless, the direct actor effects of wives' attachment avoidance and husbands' attachment anxiety on their own PRCA as well as the direct partner effect of wives' avoidance on husbands' PRCA were detected, indicating that PRCA may not be a robust construct having such a direct influence on relationship

satisfaction, but it is systematically associated with both spouses' attachment dimensions. Unlike the previous studies (Gosnell & Gable, 2013), the predictive power of attachment anxiety on PRCA was obtained. This might show the role of attachment on perception because insecurely attached people might have tendency to understate the spouse responses to capitalization. Likewise, there were direct links from wives' and husbands' attachment dimensions to their own PM as well as from husbands' anxiety to wives' PM. Attachment avoidance was more predictive for wives' and husbands' PM showing that individuals' perceived mattering responses are closely linked with both attachment dimensions, especially attachment avoidance.

4.2.2 The Mediating Effect of PRCA and PM on the Link between Attachment Dimensions and Communication Quality

In this study, it was expected that capitalization and mattering also mediate the association of attachment dimensions and greater use of negative communication patterns during conflict, which is an indicator of communication quality. Specifically, it was hypothesized that attachment anxiety predict more negative PRCA and PM, which in turn, predict lower communication quality, as compared to attachment avoidance. Wives' attachment dimensions predict their PRCA and PM, which result in lower communication quality, as compared to husbands. As a single actor indirect effect, it was found that husbands' attachment anxiety predicted their communication quality via PRCA. That is, since anxious husbands tend to elicit partner support and affection, they dissatisfied with partner reactions after the capitalization attempts, which in turn, resulted in the use of destructive communication patterns during conflict. It was not obtained a similar effect for wives and for the indirect effect of PM. However, attachment dimensions of wives and husbands remained to predict their own PM and husbands' avoidance predicted wives' PM as in the first model. The findings supported widely obtained association between attachment insecurity and the quality of interpersonal communication (see also Mikulincer & Shaver, 2012).

Direct actor effects were detected from wives' attachment dimensions to their own communication quality as well as wives' attachment anxiety to husbands' communication quality, suggesting that wives' attachment avoidance has stronger effect than their attachment anxiety on communication quality. However, the pattern was reversed for husbands. The power of husbands' attachment anxiety was stronger than their attachment avoidance in predicting communication quality, suggesting that the more anxiously attached husbands, the greater use of negative conflict resolution skills. Given that attachment anxiety is not consistent with male gender role, this finding also implies when husbands have high attachment anxiety, it may lead more conflict in marital relationships.

Overall, the predictive power of attachment avoidance was stronger probably because cultural incompatibility (see Friedman et al., 2010). It is also plausible that Turkish cultural context might force people to take more active roles in interpersonal situations in which avoidant people feel distressed themselves and engage in more problematic behaviors (Harma & Sümer, 2012).

It was expected wives with anxiously or avoidantly attached husbands report lower communication quality via PRCA and PM. Wives' attachment avoidance predicted husbands' communication quality via husbands' PRCA. It was supported the gender relevant expectations showing the predictive power of wives' attachment avoidance in maladaptive functioning (Feeney, 2008). As a direct partner effect, wives' anxiety predicted husbands' communication quality. Although the magnitude of actor effects were higher than partner effects, it should be considered that husbands with anxiously attached wives seem to use more destructive communication patterns during conflict.

Overall, as expected, actor effects of attachment avoidance were significantly higher than those of attachment anxiety in the first mediating model. Furthermore, all significant partner indirect effects were found for attachment avoidance supporting the cultural relevant expectancies that both actor's and

partner's attachment avoidance had maladaptive functions on close relationships in the Turkish cultural context (see also Friedman et al., 2010; Harma & Sümer, 2012). As also expected, the actor indirect effect of attachment anxiety on communication quality was higher than attachment avoidance for husbands in the second mediating model, suggesting that conflict is predominantly linked with attachment anxiety. Finally, in accordance with culturally relevant gender roles (Sümer & Kağıtçıbaşı, 2010), husbands with avoidant wives reported to experience more conflict via PRCA.

4.3 Limitations of the Study and Suggestions for Further Studies

The present study has some limitations that should be considered while interpreting the findings. The first limitation was that the data was collected by using self-report measures. Conducting interviews with couples and designing structural observation procedures might be more informative to understand the attributions to spouse reactions, and body language (e.g., vocal tones, facial expressions) while evaluating partner response to capitalization attempt and mattering. Second, since the cross-sectional design was used in the study, the results could not be interpreted in a causal fashion. The associations between variables might be evaluated as bidirectional. Developmental changes in perceptions toward partner behaviors and relationship functioning could not be directly evaluated by this method (Feeney, 1994). Thus, longitudinal studies are necessary to better understand dynamics of the potential causal relationships. The third limitation of the study was the selection bias and convenience sampling which might decrease the external validity of the study. All participants were living in metropolitan regions in Turkey, and most of them had higher education levels. Therefore, the results cannot be generalized to all Turkish married couples. Insecurely attached people from different socio-economic statuses may show less care about partner behaviors or make less self-disclosure of daily positive events with their spouses or expect less positive reactions from their partners. These may reduce the expectations from partners and the relationship. Relatively high levels

of relationship satisfaction among couples could also be resulted from the sample selection bias. Thus, random sampling method should be employed to increase the generalizability of the findings. It should also be noted that adult attachment dimensions were positively related to each other ($r = .36$ for wives, $r = .49$ for husbands) in the study. The previous studies also found high correlations between the two dimensions in marital relationships in both Turkish culture (e.g., Özen, 2012; Harma & Sümer, 2012) and other cultures (e.g., Millings & Walsh, 2009), indicating that this trend could naturally occur among couples.

In addition to methodological limitations, there were relatively more specific limitations of this study. First of all, relationship satisfaction levels of both wives and husbands were quite high which might limit the generalizability of the findings to the population. Since couples were relatively satisfied with their relationships, perceived partner responsiveness may not be so threatening for their relationship functioning. Second, each event that was evaluated as personally positive might not be appraised so positive by spouses. Asked to think a personally positive event, participants might have thought that some specific events are not welcomed by the spouse; therefore, they might have evaluated spouses' reactions accordingly. A personal example was given by a female participant to this limitation: "While my husband can feel very happy with my salary promotion, he is not pleased to learn that my family will come to visit us for a week, although both of the events are gratifying for me." Therefore, capitalization levels should be assessed by considering the contextual features and emotional outcomes of the events (see Gentzler, Kerns, & Keener, 2010). The events could be evaluated by spouses as almost equally positive to better explain the role of capitalization on the association of attachment dimensions and relationship functioning. It is suggested for further research to ask partners to rate the importance of responses toward capitalization attempts. Therefore, it could be more likely to understand the role of attachment mechanisms on the assessment of partner responses (Gosnell & Gable, 2013). As the third limitation, it was not considered how people express their

feelings while sharing the positive events with their spouses. People's own reactions in self-disclosure, and attributions to the event itself might be influenced by their attachment anxiety or avoidance levels (see Collins, Ford, Guichard, & Allard, 2006). Thus, spouses might not interpret the importance of the event which might result in unexpected reactions. Forth, the duration of marriage was not controlled during data collection or used as a covariate in this study. The mean duration of marriage was approximately eleven years, ranged from 1 month to 39 years. Nevertheless, as a contradictory finding with the previous research (Davila, Karney, & Bradbury, 1999), bivariate correlations showed that as the duration of marriage increased, attachment avoidance levels of individuals also increased. The newlyweds were more inclined to be influenced by attachment patterns of each other due to the incomplete attachment figure transference (Fraley & Davis, 1997). The impact of attachment on relationship dynamics might reduce, and communication patterns might become more important mediators among attachment dynamics in the long run (Feeney, 1994). Data should be collected from adequate number of participants to compare the dynamics in terms of age and the duration of marriage. In addition, other personal characteristics related with attachment dynamics (e.g., personality traits, Nofle & Shaver, 2006) that have potential influence on perceived partner behaviors were ruled out in this study. These variables should also be considered to increase the total explained variances of outcome variables. As a fifth limitation, the total score of communication patterns was used as the outcome variable, rather than considering the subfactors separately (i.e., constructive, destructive, withdrawal/avoidance). This might restrain to make specific conclusions for the types of communication patterns, and might underestimate the effect of attachment dimensions, PRCA, and PM on marital conflict.

It is also plausible to argue that the direction of effects may be from PRCA and PM to the attachment orientations rather than vice versa as has been argued in this study. Those partners perceiving and actually receiving high levels of

capitalization attempts and enjoying partners' mattering may come to develop secure relationships. Future studies should test the direction of effect by employing appropriate research designs. In this study, it was assumed that the existing attachment bonds among couples explain perceptual differences of partner responsiveness. However, attachment bonds may be determined by PRCA and PM which can be explained by process of self-fulfilling prophecy. Individuals who expect to be rejected by partners may lead partners to reject them indeed (Sroufe, 1990). Likewise, people who perceive spouses' reactions to capitalization negatively and/or dissatisfy with mattering to spouses may insecurely attach to their attachment figures. Thus, future studies should explore these possibilities. The interaction effects of couples' attachment dimensions on PRCA and PM should also be investigated to better understand the effect of couple dynamics on perceived partner responsiveness in different combinations of couples' attachment.

4.4 Contributions and Implications of the Study

The current study provides important contributions to close relationships literature, and has both practical and theoretical implications for understanding how attachment insecurity influences perceptual differences of married couples. The results also suggested that these perceptual differences in partner behaviors in turn mostly affect marital satisfaction or communication quality in Turkish culture. Overall, the findings supported the existing association of attachment dimensions with relationship functioning in married couples. The mediating role of the two recent concepts, perceived responses toward capitalization attempts and mattering to spouse, on this association have been tested first time in this study. This study is the first attempt in investigating the effects of attachment anxiety and avoidance on PRCA and PM. Unlike the previous studies (i.e., Gosnell & Gable, 2013), both actor and partner effects of attachment anxiety as well as attachment avoidance on capitalization was revealed. The effects of couples' attachment orientations on mattering have also been supported. The role of attachment insecurity on mattering to the specific partner, rather than mattering as a general attribution to all close

others was examined in the current study. Dyadic data enabled to investigate both actor and partner's direct and indirect effects on outcome variables. Thus, the validity of APIMeM method has been confirmed in marital relationships literature. So far, dyadic effect of attachment-related working models on relationship functioning were investigated generally in dating couples. This study specifically examined married couples to better understand the role of PRCA and PM in the long terms stable close relationships. Furthermore, considering that attributions to partner behaviors are stronger predictors of satisfaction than self-attributions (Sümer & Cozarelli, 2004), this study was important in examining the role of individuals' own perceptions about partner behaviors presented in positive contexts. Although actor effects were more robust than partner effects, the study revealed the potential partner effects on individuals' mediating and outcome variables.

In conclusion, attachment dimensions had varying influence on wives' and husbands' perceived partner behaviors, and relationship functioning. It was shown that attachment avoidance has more detrimental effect than attachment anxiety on relationship functioning in the Turkish cultural context. It was also revealed the importance of partner effects in explaining the reason of perceptions toward partner responses. Therefore, potential practical implications for couple therapies should also be emphasized.

This study has shown the relative importance of PM on relationship satisfaction and PRCA on communication quality. Therefore, practitioners could be suggested to consider specific treatments to better understand spouses' perceptions resulting from mattering and reactions toward capitalization. If the partners are able to focus on the positive sides of partner behaviors, this could result in a positive change on the overall relationship assessment, especially for avoidant wives and wives with avoidant husbands.

4.5 Conclusion

This study provides a preliminary support for the potential role of perceived responses toward capitalization attempts and perceived mattering in marital dynamics. Dyadic level analysis was used to investigate both actor and partner effects in married couples in Turkey. Perceived responses to capitalization attempts had indirect effects on husbands' anxiety and communication quality as well as wives' avoidance and husbands' communication quality. Although there was no mediating effect of perceived responses toward capitalization, perceived mattering was associated with relationship satisfaction, and mediated both the actor and partner effects on satisfaction. The results were consistent with previous research showing that attachment dimensions have the capacity to explain individual differences toward partner behaviors to a larger extent among married couples.

In sum, the current study has extended the previous research by especially documenting that both wives' and husbands' attachment dimensions have critical implications for couples' perceived mattering and relationship satisfaction as well as husbands' perceived responses to capitalization attempt and communication quality.

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APPENDICES

Appendix A. Demographic Information

1. Cinsiyetiniz: Kadın Erkek
 2. Yaşınız: _____
 2. Yaşadığınız yer: _____
 3. Eğitim durumunuz:
 İlkokul Ortaokul Lise Üniversite Yüksek lisans/Doktora
 4. Mesleğiniz: _____
 5. Size göre ailenizin toplam aylık gelirini aşağıdaki uygun seçeneği işaretleyerek belirtiniz.
 Düşük Orta Düşük Orta Orta Yüksek Yüksek
 6. Kaç yıldır evlisiniz? Yıl ve ay olarak _____
 7. Evlilikten önce ne kadar süredir tanışıyordunuz? Yıl ve ay olarak _____
 8. Evlenme şekliniz ile ilgili olarak aşağıdaki seçeneklerden sizi en iyi tanımlayan seçeneği işaretleyiniz veya yazınız.
 Görücü usulü evlilik Kendi başına tanışarak
- Eğer kendi başınıza/tanışarak evlendiyseniz aşağıdaki seçeneklerden hangisi sizin evlenme şekliniz en iyi tanımlar. Lütfen bir seçeneği işaretleyiniz. Eğer hiçbir seçenek uygun değilse durumunuzu diğer seçeneğinde yazarak belirtiniz.
- Tanıştıktan sonra duygusal olarak aşk yaşadığımız için evlendik
 - Tanıştıktan sonra birbirimizi evlenmek için uygun gördüğümüz için evlendik
 - Arkadaşlığımız zaman içerisinde sevgiye dönüştüğü için evlendik

Diğer (Lütfen kısaca yazınız) _____

9. Çocuğunuz var mı?

Hayır Evet; Evet ise:
kaç çocuğunuz var? _____
cinsiyetleri nelerdir? _____
yaşları nelerdir? _____

Appendix B. Experiences in Close Relationships – Revised

Aşağıda verilen cümlelere ne ölçüde katıldığınızı eşinizle olan ilişkinizi göz önünde bulundurarak cevaplayınız. Her maddenin evliliğinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılardaki 7 aralıklı derecelendirme üzerinde ilgili rakamı yuvarlak içine alarak belirtiniz. NOT: Aşağıdaki cümlelerin bazılarında “yakın olmak” veya “yakınlaşmak” ifadeleri geçmektedir. Bu ifadelerle kastedilen eşinizle duygusal yakınlık kurmak, düşüncelerinizi veya başınızdaki geçenleri eşinize açmak, eşinize sarılmak ve benzeri davranışlardır. Lütfen ilgili soruları bu tanıma göre cevaplayınız.

Hiç katılmıyorum	1	2	3	Ne katılıyorum ne katılmıyorum	4	5	6	Tamamen katılıyorum	7
1. Eşimin sevgisini kaybetmekten korkarım.	1	2	3	4	5	6	7		
2. Gerçekte ne hissettiğimi eşime göstermemeyi tercih ederim.	1	2	3	4	5	6	7		
3. Sıklıkla, eşimin artık benimle olmak istemediği korkusuna kapılırım.	1	2	3	4	5	6	7		
4. Özel duygu ve düşüncelerimi eşimle paylaşmak konusunda kendimi rahat hissederim.	1	2	3	4	5	6	7		
5. Sıklıkla, eşimin beni gerçekten sevmediği duygusuna kapılırım.	1	2	3	4	5	6	7		
6. Eşime güvenip inanmak konusunda kendimi rahat bırakmakta zorlanırım.	1	2	3	4	5	6	7		
7. Eşimin beni, benim onu önemsemişim kadar önemsemişinden endişe duyarım.	1	2	3	4	5	6	7		
8. Eşime yakın olma konusunda çok rahatımdır.	1	2	3	4	5	6	7		
9. Sıklıkla, eşimin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.	1	2	3	4	5	6	7		
10. Eşime açılma konusunda kendimi rahat hissetmem.	1	2	3	4	5	6	7		
11. İlişkilerimi kafama çok takarım.	1	2	3	4	5	6	7		
12. Eşime fazla yakın olmamayı tercih ederim.	1	2	3	4	5	6	7		
13. Benden uzakta olduğunda, eşimin başka birine ilgi duyabileceği korkusuna kapılırım.	1	2	3	4	5	6	7		
14. Eşim benimle çok yakın olmak istediğinde rahatsızlık duyarım.	1	2	3	4	5	6	7		

15. Eşime duygularımı gösterdiğimde, onun benim için aynı şeyleri hissetmeyeceğinden korkarım.	1	2	3	4	5	6	7
16. Eşimle kolayca yakınlaşabilirim.	1	2	3	4	5	6	7
17. Eşimin beni terk edeceğinden pek endişe duymam.	1	2	3	4	5	6	7
18. Eşimle yakınlaşmak bana zor gelmez.	1	2	3	4	5	6	7
19. Eşim kendime olan güvenimi sarsar.	1	2	3	4	5	6	7
20. Genellikle, eşimle sorunlarımı ve kaygılarımı tartışırım.	1	2	3	4	5	6	7
21. Terk edilmekten pek korkmam.	1	2	3	4	5	6	7
22. Zor zamanlarımda, eşimden yardım istemek bana iyi gelir.	1	2	3	4	5	6	7
23. Eşimin, bana benim istediğim kadar yakınlaşmak istemediğini düşünürüm.	1	2	3	4	5	6	7
24. Eşime hemen hemen her şeyi anlatırım.	1	2	3	4	5	6	7
25. Eşimin bazen bana olan duygularını sebepsiz yere değiştirdiğini hissederim.	1	2	3	4	5	6	7
26. Başımdan geçenleri eşimle konuşurum.	1	2	3	4	5	6	7
27. Çok yakın olma arzumu bazen insanları korkutup uzaklaştırır.	1	2	3	4	5	6	7
28. Eşim benimle çok yakınlaştığında gergin hissederim.	1	2	3	4	5	6	7
29. Eşim beni yakından tanıdıkça, benden hoşlanmayacağından korkarım.	1	2	3	4	5	6	7
30. Eşime güvenip inanma konusunda rahatımdır.	1	2	3	4	5	6	7
31. Eşimden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelenendir.	1	2	3	4	5	6	7
32. Eşime güvenip inanmak benim için kolaydır.	1	2	3	4	5	6	7
33. Başka insanlara denk olamamaktan endişe duyarım.	1	2	3	4	5	6	7
34. Eşime şefkat göstermek benim için kolaydır.	1	2	3	4	5	6	7
35. Eşim beni sadece kızgın olduğumda fark eder.	1	2	3	4	5	6	7
36. Eşim beni ve ihtiyaçlarımı gerçekten anlar.	1	2	3	4	5	6	7

Appendix C. Perceived Responses to Capitalization Attempts

Başınıza gelen güzel bir olaydan bahsettiğiniz zaman, eşinizin bu olaya tepkisinin nasıl olacağını ölçmek istiyoruz. Örneğin, eşinize eğitim bursu kazandığınızı, işinizde terfi ettiğinizi, ailenizle harika vakit geçirdiğinizi, maaşınızın arttığını, bir ödül kazandığınızı veya bir sınavda çok başarılı olduğunuzu söylediniz. Aşağıdaki ölçeği kullanarak, verdiğiniz bu güzel haber doğrultusunda, eşinizin sizin başarınıza/sevincinize nasıl tepki vereceğini belirtiniz.

Hiç doğru değil Bazen doğru Kesinlikle doğru
1 2 3 4 5 6 7

Eşime, başıma gelen güzel bir olaydan bahsettiğim zaman.....

1. ... eşim, güzel haberime genellikle coşkuyla tepki verir.	1	2	3	4	5	6	7
2. ... eşim olayı çok abartmamaya çalışır fakat benim için mutlu olur.	1	2	3	4	5	6	7
3. ... eşim sıklıkla olayla ilgili bir sorun bulur.	1	2	3	4	5	6	7
4. ... bazen eşimin bunu çok önemsemediği izlenimine kapılırım.	1	2	3	4	5	6	7
5. ... bazen eşimin benden bile daha mutlu ve heyecanlı olduğu hissine kapılırım.	1	2	3	4	5	6	7
6. ... eşim başıma gelen güzel şeyleri genellikle sessizce destekler.	1	2	3	4	5	6	7
7. ... eşim bana her iyi şeyin bir de kötü yanı olduğunu hatırlatır.	1	2	3	4	5	6	7
8. ... eşim bana pek aldırmaz etmez.	1	2	3	4	5	6	7
9. ... eşim sıklıkla bir sürü soru sorarak iyi olay hakkındaki samimi ilgisini gösterir.	1	2	3	4	5	6	7
10. ... eşim çok az şey söyler, fakat benim için mutlu olduğunu bilirim	1	2	3	4	5	6	7
11. ... eşim bu güzel olayın muhtemel olumsuz yanlarını hatırlatır.	1	2	3	4	5	6	7
12. ... eşim çoğunlukla ilgisiz görünür.	1	2	3	4	5	6	7

Appendix D. Perceived Mattering to Spouse

Her insan kendisinin başkaları tarafından nasıl görüldüğüne ilişkin farklı düşünce ve duygulara sahiptir. Eşinizin SİZİN hakkınızdaki düşünceleri ile ilgili SİZİN ne düşündüğünüzü öğrenmek istiyoruz. Her bir maddeyi aşağıdaki beş aralıklı cetveli kullanarak sizi en iyi yansıtacak şekilde cevaplayınız.

Hiçbir zaman	Nadiren	Bazen	Sık sık	Her zaman
1	2	3	4	5

1. Eşim için önemli olduğumu hissedirim.	1	2	3	4	5
2. Eşimin bana ihtiyaç duyduğunu hissedirim.	1	2	3	4	5
3. Uzakta olduğum zaman eşim beni özler.	1	2	3	4	5
4. Eşim benimle pek ilgilenmez.	1	2	3	4	5
5. Eşim düşünce ve görüşlerime saygı gösterir.	1	2	3	4	5
6. Eşim beni ilginç bulur.	1	2	3	4	5
7. Eşim söylediklerimi dinler.	1	2	3	4	5
8. Farklı yerlerde olduğumuzda, eşimin pek aklına gelmem.	1	2	3	4	5
9. Eşim beni sıklıkla ihmal eder.	1	2	3	4	5
10. Eşim beni önemser.	1	2	3	4	5
11. Eşim beni aile toplantılarına davet eder.	1	2	3	4	5
12. Eşim, arkadaş etkinliklerine beni de dâhil eder.	1	2	3	4	5
13. Eşim benimle sürekli iletişim halindedir.	1	2	3	4	5
14. Eşim, benim için bir şeyler yapabilmek için çok çabalar.	1	2	3	4	5
15. Partnerim benimle ilgilenemeyecek kadar meşguldür.	1	2	3	4	5

16. İnsanların günlük hayatta yaptıkları birçok faaliyet vardır.

Eğer eşiniz, bu faaliyetleri bir liste haline getirseydi, siz bu listenin neresinde olacağınızı düşünüyorsunuz? (kutucuklardan uygun olan birisini işaretleyiniz)

Listenin en
sonunda

Listenin
ortalarında

Listenin en
başında

17. Eğer eşiniz, önemseydiği konular hakkında bir liste yapsaydı, siz bu listenin neresinde olacağınızı düşünüyorsunuz? (kutucuklardan uygun olan birisini işaretleyiniz)

Listenin en
sonunda

Listenin
ortalarında

Listenin en
başında

Appendix E. Communication Patterns Questionnaire

Aşağıda sizin ve eşinizin ilişkinizde karşılaştığınız sorunlarla nasıl baş ettiğinizi ölçen sorular yer almaktadır. Her maddeyi okuduktan sonra o maddede belirtilen durumun kendiniz ve eşiniz için uygunluğunu düşününüz ve aşağıdaki derecelendirme tablosunu temel alarak size en uygun görünen puanı yuvarlak içine alarak işaretleyiniz.

Hiç uymuyor	Kararsızım							Çok uyuyor
1	2	3	4	5	6	7	8	9

A. İLİŞKİYLE İLGİLİ BİR SORUN ORTAYA ÇIKTIĞINDA:									
1. Her ikimiz de sorunu tartışmaktan kaçınıyoruz.	1	2	3	4	5	6	7	8	9
2. Her ikimiz de sorunu tartışmaya çalışırız.	1	2	3	4	5	6	7	8	9
3. Eşim tartışmayı başlatmaya çalışırken, ben tartışmaktan kaçınıyorum.	1	2	3	4	5	6	7	8	9
4. Ben tartışmayı başlatmaya çalışırken, eşim tartışmaktan kaçınır.	1	2	3	4	5	6	7	8	9

B. İLİŞKİYLE İLGİLİ BİR SORUNU TARTIŞIRKEN:									
1. Her ikimiz de birbirimizi suçlar ve eleştiririz.	1	2	3	4	5	6	7	8	9
2. Her ikimiz de duygularımızı birbirimize ifade ederiz.	1	2	3	4	5	6	7	8	9
3. Her ikimiz de birbirimizi olumsuz sonuçlarla tehdit ederiz.	1	2	3	4	5	6	7	8	9
4. Her ikimiz de mümkün olan çözüm ve anlaşma yollarını ararız.	1	2	3	4	5	6	7	8	9
5. Eşim ısrarla kusur bulup üstelerken ve isteklerde bulunurken ben karşılık vermem, sessizleşirim veya konuyu daha fazla tartışmayı reddederim.	1	2	3	4	5	6	7	8	9
6. Ben ısrarla kusur bulup üstelerken ve isteklerde bulunurken eşim karşılık vermez, sessizleşir veya konuyu daha fazla tartışmayı reddeder .	1	2	3	4	5	6	7	8	9
7. Eşim beni eleştirirken, ben kendimi savunurum.	1	2	3	4	5	6	7	8	9
8. Ben eşimi eleştirirken, eşim kendini savunur.	1	2	3	4	5	6	7	8	9
9. Eşim bana bir konuda baskı yaparken, ben buna karşı direnirim.	1	2	3	4	5	6	7	8	9
10. Ben eşime bir konuda baskı yaparken, eşim buna karşı direnir.	1	2	3	4	5	6	7	8	9
11. Eşim duygularını ifade ederken, ben mantıklı yaklaşım sebepler gösterir, çözümler ileri sürerim.	1	2	3	4	5	6	7	8	9

12. Ben duygularımı ifade ederken, eşim mantıklı yaklaşım sebepler gösterir, çözümler ileri sürer.	1	2	3	4	5	6	7	8	9
13. Eşim tehdit ederken, ben susar ve/veya geri çekilirim.	1	2	3	4	5	6	7	8	9
14. Ben tehdit ederken, eşim susar ve/veya geri çekilir.	1	2	3	4	5	6	7	8	9
15. Eşim bana kötü sözler söyler ve/veya hakaret eder.	1	2	3	4	5	6	7	8	9
16. Ben eşime kötü sözler söyler ve/veya hakaret ederim.	1	2	3	4	5	6	7	8	9
17. Eşim beni iter, bana vurur ve/veya tekme atar.	1	2	3	4	5	6	7	8	9
18. Ben eşimi iter, ona vurur ve/veya tekme atarım.	1	2	3	4	5	6	7	8	9

C. İLİŞKİYLE İLGİLİ BİR SORUNU TARTIŞTIKTAN SONRA:									
1. Her ikimiz de birbirimizin sorunla ilgili düşüncelerini anlamış oluruz.	1	2	3	4	5	6	7	8	9
2. Tartışmadan sonra her ikimiz de kendi köşemize çekiliriz.	1	2	3	4	5	6	7	8	9
3. Her ikimiz de sorunun çözüldüğünü düşünürüz.	1	2	3	4	5	6	7	8	9
4. Her ikimiz de tartışmadan sonra pes etmeyiz.	1	2	3	4	5	6	7	8	9
5. Tartışmadan sonra her ikimiz de birbirimize özellikle iyi davranmaya çalışırız.	1	2	3	4	5	6	7	8	9
6. Eşim söylediği veya yaptığından suçluluk duyarken, ben kendimi incitilmiş hissederim.	1	2	3	4	5	6	7	8	9
7. Ben söylediğim veya yaptığımdan suçluluk duyarken, eşim kendini incitilmiş hisseder.	1	2	3	4	5	6	7	8	9
8. Eşim her şey normale dönmüş gibi davranmaya çalışırken, ben uzak dururum.	1	2	3	4	5	6	7	8	9
9. Ben her şey normale dönmüş gibi davranmaya çalışırken, eşim uzak durur.	1	2	3	4	5	6	7	8	9
10. Eşim beni özür dilemek ve/veya bir daha yapmamam için söz vermeye zorlarken, ben buna direnirim.	1	2	3	4	5	6	7	8	9
11. Ben eşimi özür dilemesi ve/veya bir daha yapmaması için söz vermeye zorlarken, eşim buna direnir.	1	2	3	4	5	6	7	8	9
12. Eşim başkalarından (anne-baba, arkadaş veya çocuklarından) destek arar.	1	2	3	4	5	6	7	8	9
13. Ben başkalarından (anne-baba, arkadaş veya çocuklarımdan) destek ararım.	1	2	3	4	5	6	7	8	9

Appendix F. Relationship Happiness Scale

Aşağıda eşinizle olan ilişkiniz hakkında cümleler verilmiştir. Eşinizle olan ilişkinizi göz önünde bulundurarak bu cümlelere ne ölçüde katıldığınızı belirtiniz. Her bir ifadenin evliliğinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılardaki 5 aralıklı derecelendirme üzerinde ilgili rakamı yuvarlak içine alarak belirtiniz.

Hiç katılmıyorum	Biraz katılmıyorum	Kararsızım/fikrim yok	Biraz katılıyorum	Tamamen katılıyorum
1	2	3	4	5

1. Eşimle iyi bir ilişkim var.	1	2	3	4	5
2. Eşimle ilişkim çok istikrarlıdır.	1	2	3	4	5
3. Eşimle ilişkim çok güçlüdür.	1	2	3	4	5
4. Eşimle ilişkim beni mutlu ediyor.	1	2	3	4	5
5. Eşimle kendimi gerçekten bir bütünün parçası gibi hissediyorum.	1	2	3	4	5
6. Genel olarak evliliğimdeki her şeyden çok memnunum.	1	2	3	4	5

Appendix G. Human Participants Ethic Committee in Middle East Technical University

UYGULAMALI ETİK ARAŞTIRMA MERKEZİ
APPLIED ETHICS RESEARCH CENTER

ORTA DOĞU TEKNİK ÜNİVERSİTESİ
MIDDLE EAST TECHNICAL UNIVERSITY

OSMANLIYININ BULGARI GÖRÜŞÜ
ÇANKAYA ANKARA/TÜRKİYE
T: +90 312 210 22 35
F: +90 312 210 79 58
ueam@metu.edu.tr
www.ueam.metu.edu.tr

Sayı: 28620816/119-485

01 Nisan 2013

Gönderilen: Prof.Dr. Nebi Sumer
Psikoloji Bölümü

Gönderen : Prof. Dr. Canan Özgen
IAK Başkanı

İlgi : Etik Onayı

Danışmanlığını yapmış olduğunuz Sosyal Psikoloji Bölümü Yüksek Lisans öğrencisi Fulya Kirmer'in "The Role of Capitalization and Mattering on Close Relationships: An Attachment Theory Perspective" isimli araştırması "İnsan Araştırmaları Komitesi" tarafından uygun görülerek gerekli onay verilmiştir.

Bilgilerinize saygılarımla sunarım.

Etik Komite Onayı
Uygundur
01/04/2013

Canan Özgen

Prof.Dr. Canan ÖZGEN
Uygulamalı Etik Araştırma Merkezi
(UEAM) Başkanı
ODTÜ 06531 ANKARA

01.04.2013 05

Appendix H. The Inform Consent

Gönüllü Katılım Formu

Bu çalışma, ODTÜ Sosyal Psikoloji Yüksek Lisans Programı öğrencisi Arş. Gör. Fulya Kırimer tarafından yüksek lisans tezi kapsamında yürütülmektedir. Araştırmanın amacı, ilişki kalitesini belirlemede, eşlerin birbirine yönelik davranışlarının eşler tarafından algılanma biçimlerinin ne derecede önemli olduğunu araştırmaktır. Çalışmaya katılım tamamıyla gönüllülük temelindedir. Çalışma süresince, sizden kimlik belirleyici hiçbir bilgi istenmemektedir. Cevaplarınız kesinlikle gizli tutulacak, veriler toplu olarak sadece araştırmacılar tarafından değerlendirilecek ve elde edilecek bilgiler bilimsel yayımlarda kullanılacaktır.

Çalışmada cevaplandırılması istenen anket, genel olarak kişisel rahatsızlık verecek herhangi bir ayrıntı içermemektedir. Ancak, katılım sırasında sorulardan ya da herhangi başka bir nedenden ötürü kendinizi rahatsız hissederseniz çalışmayı yarıda bırakmakta serbestsiniz. Böyle bir durumda sorumlu kişiye, çalışmadan ayrılmak istediğinizi söylemeniz yeterli olacaktır. Anketi **tamamen bireysel** görüşlerinizi temel alarak cevaplandırmanız, çalışmanın geçerliği açısından önem taşımaktadır. Anketin cevaplanması yaklaşık 30 dakika sürecektir. Çalışmanın veri toplama aşamasının sonunda, bu çalışmayla ilgili sorularınız cevaplanacaktır. Bu çalışmaya katıldığınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak için Psikoloji Bölümü yüksek lisans öğrencilerinden Fulya Kırimer (fulya.kirimer@metu.edu.tr) ya da Psikoloji Bölümü öğretim üyesi Prof. Dr. Nebi Sümer (nsumer@metu.edu.tr) ile iletişime geçebilirsiniz.

Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim zaman yarıda bırakabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayımlarda kullanılmasını kabul ediyorum. (Formu doldurup imzaladıktan sonra uygulayıcıya geri veriniz).

İsim Soyad

Tarih

İmza

----/----/-----

Appendix I. Tezin Türkçe Özeti

BAĞLANMA KURAMI PERSPEKTİFİNDEN MUTLULUK PAYLAŞIMI VE ÖNEMSENME ALGILARININ EVLİ ÇİFTLER ÜZERİNDEKİ ROLÜ

Bağlanma Kuramı

Bowlby (1969/1982, 1973) “bağlanma” kavramını bireylerin ait olma ve güvenme ihtiyaçlarını karşılamak için yakın ilişkide oldukları kişilerle aralarında oluşturdukları duygusal bağ olarak tanımlamıştır. Kişiye ihtiyaç duyduğu anda yeterli duygusal desteği vermesi beklenen kişiler “bağlanma figürü” olarak nitelendirilir. Bağlanma mekanizmaları sadece çocukluk döneminde değil, insanın bütün yaşamı boyunca duygusal, sosyal ve bilişsel gelişiminde farklı işlevlere sahiptir (Bkz., Kerns, 2008). Güvenli bağlanmanın oluşabilmesi çocukluk döneminde anne-çocuk arasındaki fiziksel yakınlığa bağlı iken, yetişkinlikte bağlanma figürü ile ilgili olumlu zihinsel temsillere sahip olmaya bağlıdır (Mikulincer ve Shaver, 2004). Ayrıca, yetişkinlik döneminde ilişkideki her iki partner de karşılıklı olarak bağlanma figürü rolünü üstlenmektedir (Crowell ve Treboux, 1995; Hazan ve Shaver, 1994).

Yetişkinlik döneminde kişiler bağlanma mekanizmalarına bağlı olarak farklı davranış stratejileri benimserler. Kaygılı bağlanan bireyler genellikle ilişkileri hakkında endişe duyarlar ve bağlanma figürüyle aralarında sabit bir yakınlık olmasını isterler. Kaçınan bağlanan bireyler fiziksel ve duygusal yakınlıktan rahatsızlık duyarlar ve hem kendilerine hem bağlanma figürüne karşı olumsuz tutumlara sahiptirler. Kaygılı ve kaçınan bağlanma düzeyleri düşük olan güvenli bağlanan bireyler yakınlık gösterme ve güvenme konusunda kendilerini rahat hissederler (Bkz., Bartholomew, 1994; Cassidy ve Shaver, 2008). Yetişkin bağlanma boyutları çok sayıda kişisel ve kişilerarası mekanizmayla birlikte kişilerin tercihleri, deneyimleri ve yaşam kaliteleri üzerinde farklı etkilere yol açar.

Yetişkinlik Döneminde Bağlanma

Yetişkinlik döneminde bağlanma romantik ilişkiler bağlamında ilk kez Hazan ve Shaver (1987) tarafından incelenmiştir. Güvenli bağlanan bireylerin güvensiz bağlanan bireylere göre romantik ilişkilerinde daha mutlu oldukları bulunmuştur. Araştırmacılar bağlanma stillerinin gruplandırılması konusunda farklı çalışmalar yürütmüştür (örn., Hazan ve Shaver, 1987; Bartholomew ve Horowitz, 1991). Brennan, Clark ve Shaver (1998) birbirine dik iki boyutun, bağlanma stillerine göre kişilerarası bağlanma farklılıklarını daha iyi açıklayacağı kanısına varmıştır. Bu boyutlar kaygılı ve kaçınan bağlanma olarak isimlendirilmiştir.

Araştırmacılar bağlanma boyutlarının duygusal, bilişsel ve davranışsal mekanizmalarını anlamaya yönelik çalışmalar yürütmüştür (örn., Collins ve Read, 1994). Bağlanma figüründen ihtiyaç duyduğu ilgi ve desteği alamayan kişilerin öğrenilebilen davranışsal iki mekanizmadan birini geliştirdikleri belirlenmiştir. Aşırılaştırma (hyperactivation) stratejileri yakınlık ve desteğe ulaşmak için aşırı derecede çaba göstermeyi ifade eder. Kaygılı bağlanan kişiler ilgi kaybı yaşamaktan endişe duyduğu için bu stratejileri kullanma eğilimindedirler. Etkisizleştirme (deactivation) stratejileri ise kişisel bağımsızlığını sürdürmeyi ve yakınlık ihtiyacını reddetmeyi ifade eder. Kaçınan bağlanan kişiler fiziksel ve duygusal olarak bağlanmaya ilişkin davranış ve durumlardan uzak durmayı tercih ettiği için, bağlanma sistemlerini hareketsiz hale getirme eğilimindedirler (Mikulincer ve Shaver, 2003). Bu nedenle, farklı bağlanma boyutlarına sahip bireylerin farklı algısal ve duygusal tepkiler göstermesi sonucunda farklı davranış kalıplarının meydana geldiğini söylemek mümkündür. Buna göre, davranışların nedenlerini anlayabilmek için öncelikle bağlanma boyutlarını dikkate alarak kişilerin durumları nasıl algıladıkları ve yorumladıklarını incelemek gerekir. Bu çalışmada, bağlanma boyutları ve ilişki fonksiyonları arasındaki ilişkiyi belirlemede partner davranışları (mutluluk paylaşımı ve önemseme) algısının aracı rolü olup olmadığı incelenecektir.

Kişilerarası iletişim ilişki fonksiyonlarını anlamada önemli bir rol oynar. Olumlu ve yapıcı iletişim kalıpları daha yüksek ilişki doyumu sağlarken olumsuz ve talep-kaçınma kalıpları ilişki tatminsizliği ve hatta boşanmayla sonuçlanabilir (Christensen, Eldridge, Catta-Preta, Lim ve Santagata, 2006). Güvenli bağlanan bireyler güvensiz bağlanan bireylere göre kişilerarası çatışmaların çözüm sürecinde daha yapıcı olma ve daha yüksek düzeyde evlilik doyumu bildirme eğilimindedirler. Kendini ifade etme eğilimi güvenli bağlananlarda en yüksek düzeyde olup, kaygılı bağlanan bireylerde kaçınan bağlanan bireylere göre daha yüksektir. İletişim kalıplarının ve ilişki doyumunun her iki tarafın bağlanma düzeylerinden de etkilendiği kanıtlanmıştır (Bkz. Feeney, 2008). Bu çalışmada her iki çiftin de bağlanma boyutlarına ve kendini ifade etme durumunda algılanan partner davranışlarına odaklanılacaktır.

Çiftlerin partner davranışlarına yaptıkları atıfların bağlanma boyutlarıyla ilişkili olduğu ve ilişki fonksiyonlarını etkilediği tespit edilmiştir. Güvenli bağlanan bireyler güvensiz bağlanan bireylere göre, kendilerinin ve partnerlerinin olumsuz davranışlarına karşı daha olumlu atıflarda bulunmuşlardır (Sümer ve Cozarelli, 2004). Bu bağlamda, partnerin gösterdiği davranıştan ziyade kişinin partnerinin davranışını nasıl algıladığına odaklanmak gerekir (Collins ve Feeney, 2004). Bu çalışmada, kişilerarası iletişim (mutluluk paylaşımı ve önemsenme) esnasında partner davranışlarına yapılan farklı atıfların bağlanmaya ilişkin bireysel farklılıklar tarafından yordanması beklenmektedir. Bu iki değişkenin potansiyel aracı rolünü tartışmadan önce bağlanma boyutları ve ilişki unsurlarını (örn., doyum, çatışma, sosyal destek) daha önce çift bağlamında inceleyen çalışmalar ele alınmıştır.

Çiftlerde Romantik Bağlanma

Yetişkinlik döneminde kişiler hem bağlanan hem de bağlanılan figür rolünü üstlendiği için karşılıklı bir bağlanma kurulması söz konusudur. Geçmiş çalışmalar göstermiştir ki yakın ilişkileri daha iyi anlamak adına yalnızca bir

bireyin özellikleri, duyguları veya algılarını değil her iki tarafın da ortak dinamiklerini incelemek gerekir (örn., Campbell, Simpson, Kashy ve Rholes, 2001; Carnelley, Pietromonaco ve Jaffe, 1996; Collins ve Read, 1990; Feeney, 1994; Gallo ve Smith, 2001). Bu nedenle çiftlerden veri toplanarak yapılan çalışmalar, araştırmacıların bağlanma boyutlarının karşılıklı etkisini açıklamasını sağlayacaktır.

Güvenli bağlanma ve romantik ilişki öğeleri (ilişki kalitesi, ilişki doyumu ve mutluluk gibi) arasında güçlü ve sabit bir ilişki olduğu birçok çalışma tarafından desteklenmiştir (Sümer ve Cozarelli, 2004). Örneğin, flört eden çiftlerle yapılan bir çalışmada, özellikle güvenli bağlanan partnerlere sahip kadınların partner davranışlarını daha olumlu değerlendirdiği, kaygılı bağlanan partnerlere sahip erkeklerin ilişkilerini daha olumsuz değerlendirdiği bulunmuştur (Collins ve Read, 1990). Evli çiftlerde, yüksek düzeyde kaçınan ve kaygılı bağlanmanın çiftler arası uyumu (Carnelley, Pietromonaco, ve Jeffe, 1996) ve cinsel doyumu (Banse, 2004) olumsuz yönde etkilediği bulunmuştur. Hem bireysel hem de toplumsal kültürlerde yürütülen çalışmalar, kaçınan bağlanma düzeyinin kişilerin ve partnerlerin kaygılı bağlanma düzeylerine göre evlilik fonksiyonlarını daha güçlü yordadığını göstermiştir. Cinsiyet farklılıkları açısından, kaçınan bağlanan kadınların kaçınan bağlanan erkeklere göre daha düşük evlilik doyumu yaşadıkları tespit edilmiştir (Molero, Shaver, Ferrer, Cuadrado ve Alonso-Arbiol, 2010; Harma ve Sümer, 2012; Özen, 2012).

Yapıcı olmayan problem çözme stratejileri genellikle güvensiz bağlanan kişilerin sevgi, ilgi ve yakınlık hisleriyle ilgili sorun yaşamasından kaynaklanmaktadır (Bkz. Feeney, 2008). Yapılan çalışmalarla kaygılı ve kaçınan bağlanma ile çatışma çözümü stratejileri arasındaki ilişki tespit edilmiştir. Örneğin, bağlanma kaygısına sahip bireyler kaçınan bağlanan bireylere göre daha fazla çatışma yaşadıklarını belirtmiştir (Banse, 2004; Li ve Chan, 2012). Evli çiftlerle yapılan çalışmalarda, yüksek düzeyde kaygılı bağlanan erkekler ve

kadınlar daha fazla çatışma belirtmiştir (Campbell, Simpson, Boldry ve Kasy, 2005; Harma ve Sümer, 2012).

Kişilerin algıladıkları sosyal destek güvenli bağlanmanın önemli göstergelerinden biridir. Geçmiş çalışmalar, kaygılı ve kaçınan bağlanma boyutlarına sahip bireylerin hem daha az sosyal destek gösterdiğini hem de daha az sosyal destek aldığını göstermiştir (Anders ve Tucker, 2000; Collins ve Feeney, 2004). Kadınlarda, algılanan sosyal desteğin kaçınan bağlanma ve evlilik doyumu arasında dolaylı bir etkisi olduğu bulunmuştur (Meyers ve Landsberger, 2002). Kaçınan bağlanan partnerlere sahip kadınların algılanan ilgi gösterme davranışı varlığında daha az evlilik doyumu belirttikleri tespit edilmiştir (Kane ve ark., 2007). Kaçınan bağlanan bireyler sosyal destek ihtiyacından uzak durmayı tercih edeceği için, bağlanma kaygısına sahip bireylere göre partner desteğini daha olumsuz değerlendirme ve daha düşük ilişki doyumu yaşama eğiliminde olabilirler.

Bu çalışmada, kültüre ve cinsiyete bağlı bağlanma düzeyi farklılıkları dikkate alınarak, güvensiz bağlanma boyutlarının ilişki doyumu ve çatışma ile olan bağlantısı daha önce etkisi incelenmemiş olan iki sosyal destek temelli değişkenin aracı rolü ile test edilecektir. Olumlu bir olayı yakınlarıyla paylaştıklarında yeterli düzeyde destek algılamak kişiler için önemlidir (mutluluk paylaşımı algısı). Aynı şekilde, bir kişiye özel olduğunu ve karşı tarafın günlük etkinliklerin önemli bir parçası olduğunu hissettirmek (önemsenme algısı) sosyal desteğin önemli bir parçasıdır. Bu iki değişkenin algılanan partner desteğinin romantik ilişkideki rolünü anlamada birbirini tamamlayan iki öge olabileceği düşünülerek, bağlanma boyutları ve ilişki fonksiyonları arasında her iki değişkenin birlikte üstlendikleri rol incelenecektir.

Mutluluk Paylaşımı Algısı

Kişinin olumlu bir olayı başkalarıyla paylaşması, kişiyi olayın kendisinden bile daha iyi hissettirebilir. Langston (1994) bu durumu mutluluk paylaşımı

(capitalization) olarak tanımlamıştır. Gable ve arkadaşları bu tanımı, kişisel olumlu bir olayın başka biriyle paylaşımı ve olaydan ekstra kazanç sağlama süreci olarak düzenlemiştir (Gable, Reis, Impett ve Asher, 2004). Mutluluk paylaşımı algısı, kişinin olumlu bir olayı paylaştığında karşısındakinin verdiği tepkiyi kişinin nasıl algıladığını tanımlar. Algılanan mutluluk paylaşımı dört grupta incelenir: Aktif-yapıcı (örn., bir habere coşkuyla tepki vermek), pasif-yapıcı (örn., bir olayı abartmamaya çalışarak yalnızca mutlu olduğunu göstermek), aktif-yıkıcı (örn., olayın olumsuz yönlerini vurgulamak) ve pasif-yıkıcı (örn., olaya tamamen kayıtsız kalmak) (Gable ve Reis, 2010). Aktif-yapıcı faktöründen diğer üç faktöre ait puanların çıkarılması ile mutluluk paylaşımı algısı için toplam puan hesaplanmıştır. Böylece puanlar arttıkça kişilerin algıladığı mutluluk paylaşımı düzeyi de artmaktadır (Gable ve ark., 2004). Aynı çalışmada evli çiftlerde, mutluluk paylaşımı algısı ile yakınlık hissi, doyum, çatışma çözümü başarısı ve günlük olumlu aktivite sayısı olumlu yönde ilişkili bulunmuştur.

Mutluluk paylaşımı bir çeşit ilgi gösterme şekli olarak yorumlandığında (Gosnell ve Gable, 2013), bu değişkenin bağlanma dinamikleri ve ilişki fonksiyonları açısından önemli doğurguları olabileceği düşünülmektedir. Mutluluk paylaşımı algısı ve ilişki doyumu arasındaki bağlantıyı gösteren çalışmalar olmasına karşın (örn., Illies, Keeney ve Scott, 2011), bağlanma boyutları ile bağlantısını inceleyen çalışmalara pek rastlanmamıştır. Gosnell ve Gable'ın (2013) çalışmasında mutluluk paylaşımı algısı ve duygusal çıktılar arasında bağlanma boyutlarının yönlendirici etkisi olup olmadığı incelenmiştir. Olayın önem derecesi kontrol edildiğinde yalnızca kaçınan bağlanmanın mutluluk paylaşımı algısını sınırda anlamlı olarak yordadığı bulunmuştur. Araştırmacılar bulguların genellenmeden önce başka çalışmalarla desteklenmesi gerektiğini vurgulamıştır. Ayrıca, çiftlerin mutluluk paylaşımı algılarının karşılıklı özelliklerine bağlı olup olmadığı da henüz incelenmemiştir.

Kaçınan bağlanan kişiler karşısındaki kişilerle paylaşımında bulunmakta güçlük çektiği için (Mikulincer ve Shaver, 2003), partnerlerinden yeterli düzeyde

destek alamayabilir ve partnerlerinin paylaşımlarına yapıcı tepkiler veremeyebilirler. Bu da ilişki doyumlarının düşmesine neden olabilir. Bağlanma kaygısı yaşayan kişiler partnerlerinden aşırı derecede duygusal yakınlık bekleme eğiliminde oldukları için (Mikulincer ve Shaver, 2003), partnerlerinin tepkilerini yetersiz bulabilir ve partnerlerinin paylaşımlarına aşırı tepkiler verebilirler. Bu da partnerleri tarafından olumsuz olarak değerlendirilebilir ve daha çok çatışmaya neden olabilir. Mutluluk paylaşımı gibi önemsenme algısının da ilişki kalitesini belirleyen önemli süreçlerden biri olduğu düşünülmektedir.

Önemsenme Algısı

Önemsenme algısı (mattering) kişinin diğer kişiler için ne kadar önemli olduğunu, onlar tarafından ne kadar ilgi gördüğünü ve kişinin bu ilgiden ne kadar memnun olduğunu tanımlar (Rosenberg ve McCullough, 1981). Bazı araştırmacılar, her bireye ait tek bir önemsenme algısının olması gerektiğini vurgularken (örn., Elliot, Kao ve Grant, 2004), bazıları kişinin hayatındaki her birey için ayrı önemsenme algısına sahip olabileceğini savunmuştur (örn., Marshall, 2001).

Yüksek önemsenme algısının hem kişisel mutluluk (Demir ve ark., 2011) hem de ilişki kalitesi (Mak ve Marshall, 2004) üzerinde olumlu bir etkiye sahip olduğu bulunmuştur. Ancak neden insanlar arasında önemsenme algısı bakımından farklılıklar olduğu henüz tam olarak açıklanmamıştır. Bağlanma boyutlarının bu farklılıkların nedeni olabileceği düşünülmektedir. Yalnızca bir çalışmada kaygılı ve kaçınan bağlanmanın önemsenme algısını yordadığı gösterilmiştir (Raque-Bogdan, Ericson, Kackson, Martin ve Bryan, 2011). Ancak, bu çalışmada kişilerin genel önemsenme algıları ele alınmış, her bireye karşı farklı önemsenme algısı olabileceği göz ardı edilmiştir. Ayrıca, kişinin önemsenme algısı üzerinde partnerinin bağlanma boyutu düzeyinin etkili olup olmadığı da daha önce incelenmemiştir. Kaçınan bağlanan bireyler hareketsiz hale geçirici stratejileri kullanarak partnerden ve istenmeyen deneyimlerden uzaklaşma eğiliminde olduğu

için (Mikulincer ve Shaver, 2003), partnerin önemseme davranışlarını görmezden gelebilir, bu da ilişki tatminsizliğine neden olabilir. Kaygılı bağlanan bireyler, aşırı harekete geçirici davranışları (Mikulincer ve Shaver, 2003) nedeniyle önemseme davranışlarını yeterli bulmayabilirler, bu da çatışma durumunda yapıcı olmayan iletişim kalıplarının daha çok kullanılmasına neden olabilir.

Mutluluk Paylaşımı ve Önemslenme Algıları Üzerinde Kaygılı ve Kaçınan Bağlanmanın Rolü

Romantik ilişki çalışmaları, bağlanma boyutları ve ilişki fonksiyonlarının bağlantısını daha iyi anlamının yolunun bu bağlantıyı açıklamada potansiyel aracı rolüne sahip değişkenlerin kullanılması ve ilişkideki her iki tarafın da ortak dinamiklerinin incelenmesi gerektiğini vurgulamaktadır (Bkz. Feeney, 2008). Bu çalışmada mutluluk paylaşımı ve önemslenme algılarının doğrudan ve dolaylı etkileri göz önüne alınarak yetişkin bağlanma boyutlarının ilişki fonksiyonlarını yordama gücü test edilmiştir. Hem aktör hem partner etkilerini inceleyebilmek için çalışmaya evli çiftler katılmıştır. Kültür ve cinsiyet temeline dayalı farklılıklar göz önünde bulundurularak, farklı bağlanma boyutu düzeylerine sahip bireylerin partner davranışlarını farklı yorumlayabileceği, bu bağlantının da ilişki fonksiyonlarını farklı düzeylerde yordayabileceği kanısına varılmıştır. Özellikle, Türk kültüründe kaçınan bağlanma düzeyi yüksek olan bireylerin daha düşük mutluluk paylaşımı ve önemslenme algısına sahip olması, bunun da daha düşük ilişki doyumu ile sonuçlanması beklenmiştir. Kaygılı bağlanmanın çatışma esnasında daha olumsuz iletişim kalıplarının kullanılmasına yol açması, bu ilişkinin olumsuz mutluluk paylaşımı ve önemslenme algısı aracılığıyla açıklanması beklenmiştir. Kadınların, erkeklere göre, mutluluk paylaşımı sonrası eşlerinin verdiği tepkiyi ve eşlerinin önemseme düzeylerini daha olumsuz algılaması, bunun da daha az ilişki doyumuna ve çatışma esnasında daha olumsuz iletişim kalıplarının kullanılmasına neden olması beklenmiştir.

Hipotezler

Kaçınan bağlanmanın çiftlerin ilişki doyumlarını hem aktörün hem partnerin mutluluk paylaşımı ve önemsenme algısı aracılığıyla yordama gücünün kaygılı bağlanmaya göre daha yüksek olması beklenmiştir (model 1).

Kaygılı bağlanmanın çiftlerin iletişim kalitelerini hem aktörün hem partnerin mutluluk paylaşımı ve önemsenme algısı aracılığıyla yordama gücünün kaçınan bağlanmaya göre daha yüksek olması beklenmiştir (model 2).

Kadınların bağlanma boyutlarının hem kendi (aktör etkisi) hem de eşlerinin (partner etkisi) aracı ve sonuç değişkenlerini yordama gücünün erkeğin bağlanma boyutlarından daha güçlü olması beklenmiştir (model 1 ve 2).

Yöntem

Kartopu örnekleme yöntemi ile Türkiye'nin beş büyükşehirinde yaşayan evli çiftlere ulaşılmış ve analizler 112 çiftten toplanan verilerle yapılmıştır. Katılımcıların yaşları 23 ile 69 ($Ort.kadın = 36.89$, $SS = 9.84$; $Ort.erkek = 39.70$, $SS = 9.96$) arasında olup evlilik süreleri 1 ay ile 39 yıl arasında değişmektedir ($Ort. = 137.35$ ay, $SS = 119.32$).

Katılımcılara kişisel bilgilerin (yaş, cinsiyet, eğitim, evlilik süresi) yanısıra Yakın İlişkilerde Yaşantılar Envanteri-II, Mutluluk Paylaşımı Algısı Ölçeği, Önemsenme Algısı Ölçeği, İletişim Şekilleri Ölçeği ve İlişki Mutluluğu Ölçeğinin yer aldığı değerlendirme bataryaları her eş için ayrı zarflarda olacak şekilde sunulmuştur.

Ölçeklerin iç tutarlık katsayıları yeterli düzeyde bulunmuştur. Temel analizler öncesinde bu çalışmada kullanılmak üzere çevirisi yapılan ölçekler için faktör analizleri yapılmıştır.

Veriler ikili (dyadic) analiz için uygun hale getirildikten sonra hipotezler APIMeM (Actor-Partner Interdependence Mediation Modeling); Ledermann, Macho ve Kenny, 2011) analizi ile test edilmiştir.

Bulgular

Temel analizler öncesinde betimleyici analizler yapılmış ve değişkenler arasındaki korelasyonlar hesaplanmıştır (Bkz., Tablo 3.1). Ardından t-test analizi ile değişkenler arasında cinsiyet farkı olup olmadığı incelenmiştir. Kadınların bağlanma kaygısı ($Ort. = 2.77, SS = .77$) kaçınan bağlanma düzeyinden ($Ort. = 2.00, SS = .92$) anlamlı olarak daha yüksektir ($t(111) = 8.44, p < .001$). Aynı şekilde, erkeklerin bağlanma kaygısı ($Ort. = 2.75, SS = .78$) kaçınan bağlanma düzeylerinden daha yüksektir, $t(111) = 8.78, p < .001$. Kadınlar ($Ort. = -4.52, SS = 3.84$) erkeklerden ($Ort. = -3.22, SS = 3.77$) daha düşük mutluluk paylaşımı algısı bildirmişlerdir, $t(222) = -2.54, p = .012, d = .34$. Erkekler ($Ort. = 4.61, SS = .56$) kadınlardan ($Ort. = 4.41, SS = .69$) daha yüksek ilişki doyumuna sahiptir, $t(213.20) = -2.36, p = .019, d = .32$.

Kaygılı ve kaçınan bağlanma hem kadınlarda ($r = .36, p < .01$) hem de erkeklerde ($r = .49, p < .01$) olumlu ilişkili bulunmuştur. Bağlanma boyutlarının diğer değişkenlerle korelasyonlarının beklenen yönde ve düzeyde olduğu görülmüştür (Bkz., Tablo 3.2). Ek olarak, kadın ve erkeklerin kaçınan bağlanma düzeyleri ile yaşın olumlu ilişkili olduğu bulunmuştur ($r = .27, p < .01$; $r = .24, p < .01$, sırasıyla).

Bağlanma Boyutlarının Mutluluk Paylaşımı ve Önemslenme Algıları Üzerindeki Etkisi

Mutluluk paylaşımı ve önemslenme algılarının aracı rolünü test etmeden önce çiftlerin bağlanma boyutlarının bu değişkenler üzerindeki direk etkileri APIM yöntemi kullanılarak analiz edilmiştir (Bkz., Figür 3.1). Anlamlı olmayan bağlantılar modelden çıkarıldığında, kadınların kaygılı bağlanmasının kendi önemslenme algılarını ($\beta = -.16, p < .05$), kaçınan bağlanmasının hem kendi mutluluk paylaşımı ve önemslenme algılarını hem de erkeğin mutluluk paylaşımı algısını yordadığı görülmüştür (sırasıyla, $\beta = -.43, p < .05$; $\beta = -.48, p < .05$; $\beta = -.19, p < .05$). Erkeklerin kaygılı bağlanması kendi mutluluk paylaşımı ve

önemsenme algılarını yordamıştır (sırasıyla, $\beta = -.37, p < .05$; $\beta = -.23, p < .05$). Erkeklerin kaçınan bağlanması ise hem kendi hem de eşlerinin önemsenme algılarını yordamıştır (sırasıyla, $\beta = -.27, p < .05$; $\beta = -.18, p < .05$).

Bağlanma boyutları kadınların ve erkeklerin mutluluk paylaşımı algılarının toplam varyansının %20 ve %22'sini, önemsenme algılarının toplam varyansının %43 ve %20'sini açıklamıştır.

Mutluluk Paylaşımı ve Önemslenme Algılarının Bağlanma Boyutları ve İlişki Doyumu Arasındaki Aracı Etkileri

Mutluluk paylaşımı ve önemsenmenin aracı değişken, çiftlerin ilişki doyumlarının sonuç değişkenleri olduğu modelde, anlamlı olmayan linkler çıkarıldığında model, veri ile oldukça iyi uyum göstermiştir ($\chi^2(22, N = 112) = 21.76, p = 0.47, GFI = .962, AGFI = .906, NNFI = .998, CFI = .999, RMSEA = .00$ [90% CI = .00, .08]) (Bkz., Şekil 3.2).

Dört önemli aktör aracı etkisi bulunmuştur. Kadınların önemsenme algısı, kendi kaçınma bağlanmaları ve ilişki doyumları arasında aracı rol üstlenmiştir ($\beta = -.12, t = -2.67, p < .05$). Erkeklerin hem bağlanma kaygısı ve ilişki doyumları arasındaki ($\beta = -.09, t = -2.06, p < .05$) hem de kaçınan bağlanma ve ilişki doyumları arasındaki ($\beta = -.11, t = -2.36, p < .05$) ilişkilerde kendi önemsenme algıları aracı etkisi göstermiştir. Kadınların kaygılı bağlanma ve ilişki doyumları arasında kendi önemsenme algılarının aracı rolü sınırda anlamlılık göstermiştir ($\beta = -.04, t = -1.65, p < .05$).

Aktör etkilerinin yanı sıra, iki önemli partner aracı etkisi gözlenmiştir. Erkeklerin kaçınan bağlanmasının kadınların ilişki doyumunu hem kendilerinin hem de eşlerinin önemsenme algıları aracı rolü ile yordadığı bulunmuştur ($\beta = -.08, t = -2.45, p < .05$).

Ki-kare bağımsızlık testi sonuçlarına göre, hipotezler kısmen desteklenerek, kaçınan bağlanmanın ilişki doyumunu yordama gücünün kaygılı

bağlanmadan iki cinsiyet için de daha yüksek olduğu ve bu ilişkiye mutluluk paylaşımı algısının değil, sadece önemsenme algısının aracılık ettiği bulunmuştur. Kadınların kaçınan bağlanmasının önemsenme algısı üzerinden ilişki doyumunu yordama gücünün erkeklerinkinden daha yüksek olduğu görülmüştür. Mutluluk paylaşımı algısının herhangi bir aracı rolü tespit edilmemiştir.

Mutluluk Paylaşımı ve Önemsenme Algılarının Bağlanma Boyutları ve İletişim Kalitesi Arasındaki Aracı Etkileri

Çiftlerin iletişim kalitelerinin sonuç değişkenleri olduğu modelde, anlamlı olmayan bağlantılar modelden çıkarıldığında model, veri ile oldukça iyi uyum göstermiştir ($\chi^2(22, N = 112) = 21.91, p = 0.47, GFI = .96, AGFI = .91, NNFI = .99, CFI = 1.00, RMSEA = .00$ [90% CI = .00, .08]) (Bkz., Figure 3.3).

Erkeklerin mutluluk paylaşımı algısı, kendi bağlanma kaygıları ve iletişim kaliteleri arasında tam aracı rolü üstlenmiştir ($\beta = .07, t = 2.16, p < .05$). Partner aracı etkisi olarak, sınırda anlamlı bir etki bulunmuştur. Kadınların bağlanma kaçınması erkeklerin iletişim kalitesini yine erkeklerin mutluluk paylaşımı algısı aracılığıyla sınırda yordadığı görülmüştür ($\beta = .04, t = 1.66, p < .05$). Bu sonuçlara göre, kadınların değil, erkeklerin bağlanma kaygısının iletişim kalitesini sadece mutluluk paylaşımı algısı aracılığıyla yordadığı tespit edilmiştir.

Tartışma

Bulgular, çalışmanın kısıtları ve doğurguları göz önünde bulundurularak ve gelecek çalışmalara öneriler sunularak tartışılmıştır. İlk aracı değişken modelinin aktör etkilerine bakıldığında, önceki çalışmalarda elde edilen kültürel bulguları (Harma ve Sümer, 2012) destekleyen bir sonuç olarak kadınların kaçınma bağlanmasının ilişki doyumunu önemsenme algısı aracılığıyla yordama gücünün erkeklerin bağlanma boyutlarından daha yüksek olduğu tespit edilmiştir. Buna ek olarak önemsenme algısı, çiftlerin kaygılı bağlanma ve ilişki doyumları arasındaki ilişkiyi açıklamada da aracı rol üstlenmiştir. Kaçınan bağlanmanın ilişkinin

refahına en çok zarar veren faktör olduğu bilgisi (Sümer ve Kağıtçıbaşı, 2010) desteklenmiştir. Partner etkilerine bakıldığında, kaçınan bağlanan erkekler eşlerinin bağımlılık ve iletişim ihtiyaçlarını yeterince karşılayamadığı için (Mikulincer ve Shaver, 2003), kaçınan bağlanan eşlere sahip kadınların hem eşlerine gerektiği kadar önemseme gösteremediği hem de yeterli düzeyde önemseme algılayamadıkları, bunun da ilişkide tatminsizliğe yol açtığı sonucuna varılabilir. Mutluluk paylaşımı algısının ilk modelde aracı rolünün bulunamaması ile ilgili olarak, geçmiş çalışmaların vurguladığı gibi bağlanma boyutlarının doyum üzerindeki doğrudan etkisinin iletişimle ilintili faktörlerin dolaylı etkisinden daha baskın olabileceği düşünülmektedir (Feeney, Noller ve Callan, 1994). Ayrıca, geçmiş çalışmalarda incelenmeyen (örn., Gosnell ve Gable, 2013) bağlanma boyutları ve mutluluk paylaşımı algısı arasındaki ilişkiler çiftlerin ortak dinamikleri dikkate alınarak desteklenmiştir.

İkinci aracı değişken modelin aktör ve partner etkilerine bakıldığında, bulguların güvensiz bağlanma ve kişilerarası iletişim kalitesi arasındaki ilişkiyi desteklediği görülmüştür (Bkz. Mikulincer ve Shaver, 2012). Kaygılı bağlanan erkeklerin daha olumsuz çatışma çözümü stratejisi kullandığını belirtmesi çalışmanın önemli bulgularından biridir. Ayrıca, erkeklerde mutluluk paylaşımı algısının kaygılı bağlanma ve iletişim kalitesi arasında aracı rol oynadığı tespit edilmiştir. Kadınların kaçınma bağlanması ile erkeklerin iletişim kalitesi ilişkisini açıklamada yine erkeklerin mutluluk paylaşımı algılarının aracı değişken olma potansiyeline sahip olduğu belirlenmiştir.

Sonuç olarak kaçınan bağlanmanın aktör etkileri kaygılı bağlanmaya göre ilk aracı değişken modelinde daha yüksektir. Tüm anlamlı partner aracı etkilerinin kaçınma bağlanması için bulunması kültürel beklentileri desteklemiştir (Bkz., Friedman ve ark., 2010; Harma ve Sümer, 2012). İkinci aracı değişken modelinde yine beklendiği üzere, kaygılı bağlanma ile iletişim kalitesi arasındaki ilişki kaçınan bağlanma ile olan ilişkiden daha yüksektir. Kültürel bağlamdaki cinsiyet rolleri göz önüne alındığında (Sümer ve Kağıtçıbaşı, 2010), kaçınan bağlanan

eşlere sahip erkeklerin mutluluk paylaşımı algısı yoluyla daha olumsuz çatışma çözümü süreci yaşadıkları bulunmuştur.

Çalışmanın Kısıtları ve Gelecek Çalışmalar için Öneriler

Çalışmanın kısıtları arasında, veri toplamak amacıyla yalnızca öz bildirim ölçüm araçlarının kullanılması, kesitsel bir çalışma yürütülmesi ve kartopu örnekleme yönteminin kullanılması gösterilebilir. Ayrıca, kullanılan örneklemin ilişki doyumlarının görece yüksek olduğu görülmüştür. Bu kısıtlar nedeniyle sonuçların ilgili evrene genellenebilirliği azalmaktadır. Veri toplama aşamasında kişilere kendileri için olumlu bir olayı eşlerine anlattıklarında nasıl bir tepki alacakları sorulurken, düşünülen bu olayın karşı tarafı gerçekten mutlu edecek bir olay olup olmadığı kontrol edilmemiştir. Bu nedenle, olayın içeriği ve her iki taraf için de duygusal sonuçları değerlendirildikten sonra mutluluk paylaşımı algıları ölçülmelidir (Bkz., Gentzler, Kerns ve Keener, 2010). Çalışmaya katılan çiftlerin evlilik sürelerinin kontrol edilmemesi önemli kısıtlardan biridir. Buna karşın, evlilik süresi arttıkça çiftlerin kaçınan bağlanma düzeylerinin artması literatürle (örn., Davila, Karney ve Bradbury, 1999) çelişen dikkate değer bir bulgudur. Bunun Türkiye’ye özgü bir durum olup olmadığı gelecek çalışmalarda incelenmelidir. Ek olarak, iletişim şekilleri ölçeğinin üç alt faktörü (yapıcı, yapıcı olmayan, talep/kaçınma) ayrı ayrı incelenmemiş, analizlere toplam bir iletişim kalitesi skoru oluşturularak devam edilmiştir. Bunun da yordayıcı ve aracı değişkenlerin iletişim kalitesi üzerindeki etkilerini olduğundan düşük göstermiş olabileceği gelecek çalışmalar tarafından dikkate alınmalıdır.

Özetle, bu çalışmada yetişkin bağlanma boyutları ve ilişki fonksiyonları arasındaki ilişkileri açıklamada algılanan partner davranışlarının aracı rolü Türkiye kültürel bağlamında test edilmiştir. Çiftlerden veri toplanarak ortak dinamiklerin karşılıklı etkisi incelenebilmiş, doğrudan ve aracı etkili aktör ve partner etkileri tespit edilmiştir. Katılımcıların evli çiftlerden oluşması evlilik dinamiklerinin daha iyi anlaşılmasına katkıda bulunmuştur. Bağlanma boyutları ve ilişki doyumu

arasında önemsizlik algısının, bağlanma boyutları ve iletişim kalitesi arasında ise mutluluk paylaşımı algısının aracı rol üstlendiği bulunmuştur. Güvensiz bağlanmaya sahip bireylerle çalışan uzmanların ve çift terapistlerinin terapi programlarını bu bulguların doğrularını göz önünde bulundurarak hazırlamaları önerilebilir. Özellikle kaçınan bağlanan kadınların ve kaçınan bağlanan eşlere sahip kadınların, partner davranışlarının olumlu yönlerine odaklanması sağlanırsa bunun, kişilerin genel ilişki değerlendirmelerine olumlu yansıtılabileceği düşünülmektedir.

Appendix J. Thesis Photocopying Permission Form

TEZ FOTOKOPİSİ İZİN FORMU

ENSTİTÜ

Fen Bilimleri Enstitüsü	<input type="checkbox"/>
Sosyal Bilimler Enstitüsü	<input checked="" type="checkbox"/>
Uygulamalı Matematik Enstitüsü	<input type="checkbox"/>
Enformatik Enstitüsü	<input type="checkbox"/>
Deniz Bilimleri Enstitüsü	<input type="checkbox"/>

YAZARIN

Soyadı : Kırımer
Adı : Fulya
Bölümü : Psikoloji

TEZİN ADI (İngilizce) : The Role of Capitalization and Mattering among Married Couples: An Attachment Theory Perspective

TEZİN TÜRÜ : Yüksek Lisans Doktora

1. Tezimin tamamından kaynak gösterilmek şartıyla fotokopi alınabilir.
2. Tezimin içindekiler sayfası, özet, indeks sayfalarından ve/veya bir bölümünden kaynak gösterilmek şartıyla fotokopi alınabilir.
3. Tezimden bir bir (1) yıl süreyle fotokopi alınamaz.

TEZİN KÜTÜPHANEYE TESLİM TARİHİ: