

NEAR EAST UNIVERSITY
GRADUATE SCHOOL OF SOCIAL SCIENCES
APPLIED (CLINICAL) PSYCHOLOGY
MASTER'S PROGRAMME



MASTER'S THESIS

THE RELATIONS OF PRIMARY-SECONDARY
CAPASITIES, ATTACHMENT MODELS AND
PROBLEM SOLVING ABILITIES AMONG MARRIED
INDIVIDUALS

Melis SENCAR

NICOSIA
2016

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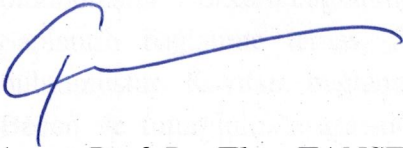
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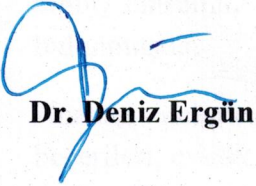
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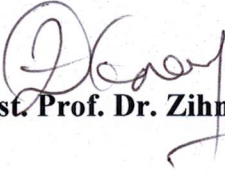
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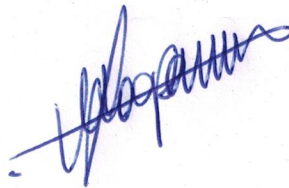
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Evlilik Uyumu, Birincil-kinicil Yetenekler,Ba lanma Modelleri ve Evlilikte Problem Çözme Becerilerinin ili kisi

Melis SENCAR

Ocak,2016

ÖZET

Ara tırmanın amacı gerçek yetenekler, evlikte problem çözme becerileri ve ba lanma modellerinin ili kisini incelemektir. Ara tırmaya katılan katılımcılarda aranan özellikler, Kuzey Kıbrıs Türk Cumhuriyet'inde ya ıyor olmaları, en az bir yıl evli olmaları ve ana dillerinin Türkçe olmasıydı. Katılımcıların ya aralı ı 19-80 olup, ya ortalaması 37.S'di. Katılımlar kartopu yöntemi ile seçildi. Katılımcılara demografik bilgi formu, Evlilikte Problem Çözme Ölçe i, Wiesbaden Pozitif Psikoterapi ve Aile Terapisi Envanteri , Yakın ili kilerde Ya antılar Envanteri ve ili ki Ölçekleri Anketi verildi. Yapılan ara tırmada güvenli ba lanma ile cinsellik, fantezi, temizlik, açıklık, ba arı, dürüstlük, tutumluluk ve itaatle arasında ili ki bulunmu tur. Korkulu ba lanma umut, düzenlilik ve tutumlulukla arasında ili ki bulunmu tur. Saplantılı ba lanma temas, fantezi, düzenlilik, kibarlık, dürüstlük ve sadakatle ili kisi bulunmu tur. Kayıtsız ba lanma umut arasında olumlu yönde anlamlı bir ili ki bulundu. Beden ve tutumlulukla arasında olumsuz yönde anlamlı bir ili ki bulunmu tur. Kaçınan ba lanma sabır, zaman, umut, cinsellik, düzenlilik ve dürüstlikle olumlu yönde anlamlı ili kisi bulunmu tur. ile olumsuz yönde anlamlı bir ili kisi bulunmu tur. Kaygılı ba lanma umut, cinsellik, fantezi, kibarlık, itaat ve sadakat ile olumlu yönde anlamlı bir-ili kisi bulunmu tur.

Anahtar kelimeler: ba lanma modelleri, gerçek yetenekler, evlilikte problem çözme becerileri, evlilik uyumu

The Relations of Primary-Secondary Capacities, Attachment Models and Problem Solving Abilities Among Married Individual

Melis SENCAR

Ocak,2016

ABSTRACT

The aim of the study is to investigate the relationships between the real abilities, problem solving abilities in marriage and attachment models. The required qualifications of who participated in the study is to live in Turkish Republic of Northern Cyprus, to be married at least one year and to speak Turkish as their native language. The age range of participants is 19 and 80 and the average of age is 37.8. Participants are chosen by the snowball method and Demographic Questionnaire, Marital Problem Solving Scale, Experiences in Close Relationship Scale, Wiesbaden's Inventory of Positive Psychotherapy and Family Therapy and Relationships Scales Questionnaires are given to participants. In the conducted research, it is found that there is a relationship between secure attachment and sexuality, fantasy, cleanliness, openness, success, honesty, prudence and obedience. Also, it is resulted that fearful attachment has relationship with hope, tidiness, and prudence. Moreover, preoccupied attachment has relationship with contact, fantasy, tidiness, kindness, honesty and fidelity. On the other hand, it is found that there is a positive relationship between dismissive avoidant attachment and hope but it has a negative directed relationship with body, we and prudence. Lastly, it is resulted that avoidant attachment has positive relationship with patience, time, hope, sexuality, tidiness and honesty, however it has negative relationship with work. Add to these, anxious attachment has positive and significant relationship with hope, sexuality, fantasy, kindness, obedience and fidelity.

Key words: Attachment models, actual capacities, marital adjusment

TABLE OF CONTENTS

THIS APPROX. PAGE

ÖZET 1

ABSTRACT 1

ACKNOWLEDGEMENT 1

ACKNOWLEDGEMENT

Special thanks to my supervisor Assoc. Prof. Dr. Ebru Tansel Çakıcı, for her support, guidance and her patience. She has been the driving force throughout this phase of my education. She has truly inspired me both academically and personally.

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1.1 Actual Capacities 1

1.1.1 Primary Capacities 1

1.1.2 Secondary Capacities 1

1.2 Abilities of Adult Probiotics 1

1.3 Attachment Models 1

1.3.1 Secure Attachment Model 1

1.3.2 Power-based Attachment Model 1

1.3.3 Dominating Attachment Model 1

1.3.4 Fearful Attachment Model 1

1.3.5 Insecure 1

2. METHOD 1

2.1 Hypothesis 1

2.2 Participants 1

2.3 Instruments 1

2.3.1 Adult Attachment Interview 1

2.3.2 Marital Status 1

2.3.3 Attachment Interview of Probiotics 1

TABLE OF CONTENTS

THESIS APPROVAL PAGE

ÖZET	1
ABSTRACT	11
ACKNOWLEDGEMENT	111
LIST OF TABLES	1V
ABBREVIATIONS	V
1.INTRODUCTION	1
1.1. Marriage Adjustment	1
1.2. Actual Capacities	3
1.2.1 Primary Capacities	3
1.2.2 Secondary Capacities	4
1.3. Abilities of Solve Problem	5
1.4. Attachment Models	6
1.4.1 Secure Attachment Models	7
1.4.2 Preoccupied Attachment Models	4' 7
1.4.3 Dismissing Attachment Models	8
1.4.4 Fearful Attachment Models	8
1.5 Interview	9
2.METHOD	10
2.1 Hypothesis	10
2.2 Participants	10
2.3 Instruments	15
2.31 Socio Demografik For	15
2.3.2 Marital Problem Solving Scale	15
2.3.3 Wiesbaden's Inventory of Positive Psychotherapy and Family Therapy	15

2.3.4 Experiences in Close Relationship Scale.....	16
2.3.5 Relationships Scales Questionaries	16
3. RESULTS	18
4.DISCUSSION	27
5.CONCLUSION	29
REFERENCES	31
APPENDICES	37
Aydınlatılmış Onam Formu	37
Bilgilendirme Formu	40
Sosyo Demografik Form	41
İÖA.....	41
EPÇÖ	43
YİYE.....	44
WIPPF	48

TABLE OF CONTENTS

THESIS APPROVAL PAGE

ÖZET	1
ABSTRACT	11
ACKNOWLEDGEMENT	111
LIST OF TABLES	IV
ABBREVIATIONS	V
1.INTRODUCTION	1
1.1. Marriage Adjustment	1
1.2. Actual Capacities	3
1.2.1 Primary Capacities	3
1.2.2 Secondary Capacities	4
1.3. Abilities of Solve Problem	5
1.4. Attachment Models	6
1.4.1 Secure Attachment Models	7
1.4.2 Preoccupied Attachment Models	7
1.4.3 Dismissing Attachment Models	8
1.4.4 Fearful Attachment Models	8
1.5 Interview	9
2.METHOD	10
2.1 Hypothesis	10
2.2 Participants	10

2.3 Instruments	15
2.3.1 Socio Demografik Form	15
2.3.2 Marital Problem Solving Scale	15
2.3.3 Wiesbaden's Inventory of Positive Psychotherapy and Family Therapy	15
2.3.4 Experiences in Close Relationship Scale	16
2.3.5 Relationships Scales Questionaries	16
3. RESULTS	18
4.DISCUSSION	27
5.CONCLUSION	29
REFERENCES	31
APPENDICES	37
Aydınlatılmış Onam Formu	37
Bilgilendirme Formu	40
Sosyo Demografik Form	41
ÖA	41
EPÇÖ	43
Y YE	44
WIPPF	48

LIST OF TABLES

Table 1: Descriptive Characteristics of Participants

Table 2. Descriptive Characteristics of Participants

Table 3. Duration of marriage of the participants

Table 4. Correlation between mean scores of subscales of attachment models and primary capacities

Table 5. Correlation between mean scores of attachment subtypes secondary capacity

Table 6. Correlation between mean scores of MPSS and attachment models

Table 7. Correlation between mean scores of MPSS and primary capacities

Table 8. Correlation between mean score of MPSS and secondary capacity

Table 9. Comparison of mean score of primary capacities among participants with different attachment models

Table 10. Comprasion of mean score of secondary capacities according to attachment models

ABBREVIATION

Marital Problem Solving Scale: MPSS

Wiesbaden's Inventory of Positive Psychotherapy and Family Therapy: WIPPF

Experiences in Close Relationship Scale: ECR

Relationships Scales Questionnaires: RSQ

1. INTRODUCTION

1.1 Marriage Adjustment

Marriage is a unity where a woman and man come together to start a family. According to Larson and Halman (1994), marriage is interpreted as an important institution in every communities and cultures. There are main things to carry on a marriage such as confidence, loyalty, good sex life and good communication. (Soylu, Ka nıcı, 2015 cited in Larson, Halman). Fidanoglu (2006) defines marriage as "the relationship system that established by two people, who have different interest, desires, and needs, live together, share experiences, have children and raise them up. There are main issues to carry on the marriage but the most important issue is the marital adjustment to carry on the marriage. According to Collins and Coltrane (1991), marital adjustment is to share responsibility, which the couple has against each other, and to cope with problems that they face in marriage. Marital adjustment has many components. These components are being faithful to each other, a good sex life, and common hobbies, having a job and enough money and a good communication (Greeff, 2000). Besides these components; problem solving abilities, primary and secondary abilities of the individual, the attachment models of the individual and the style of perception of self and environment also affect the daily and romantic relationships.

Marital satisfaction is provided by the marital adjustment, good and effective communication between partners, carrying out their responsibilities and coping with the problems faced in marriage. Ozturk and Arkar (2014) explains that the one of the most important factors for the marital satisfaction is sexual compatibility and the same study finds out that as the marital satisfaction declines, also sexual compatibility decreases.

Marital satisfaction is provided by the marital adjustment, good and effective communication between partners, carrying out their responsibilities and coping with the problems faced in marriage. Moreover, marital satisfaction is a psychological satisfaction obtained from the environmental dimensions such as the way of showing love that partners show each other, sexual satisfaction, communication style, sharing

problems. According to Rosen and et al. (2004), the stability of marriage, partner loyalty, respect to partner, loyalty in sexual life, being good friends with the partner, forgiveness, and being volunteer to forgive are the cooperative variables for the marital satisfaction. Also, Rosen and et al. (2004) find out that the most important predictor of marital satisfaction is the partner support and it is seen that as the educational levels increase, the marital satisfaction declines.

Dökmen (2012) finds that the increased conflicts in marriage increases the adultery possibility. Also, the results of another study done by Dökmen (2012) show that socio-economic situation is the factor that increase the marital satisfaction. However, conflicts in marriage also decrease the marital satisfaction. The results of the study conducted by diz (2009) show that family violence (emotional, physical, verbal, economic and sexual violence) experienced in the marriage also decreases the marital adjustment thereby satisfaction. In marriage, marital adjustment is one of the factors that increase the satisfaction.

1.2 Primary and Secondary Abilities

Positive psychotherapy is a model based on the balance model. The founder of the positive psychotherapy is Nossart Peseschkian. Nossart Peseschkian started positive psychotherapy studies firstly in Germany.

According to positive psychotherapy, balance model has four main areas. These areas are body, success, relations (divided into two as family and friend) and fantasy. According to Peseschkian (1985), person can enhance these areas. Whether positive psychotherapy is a humanistic approach, it is also a theory composed by source-oriented, conflict resolution-oriented, integrant, transcultural and psychodynamic approaches. The most important feature that distinguishes positive psychotherapy from other theories is to use stories, wise words and adages in the therapy process. This theorem's perspective to human is positive and it supports that all human beings are good in real and they own two main capacities. These capacities are loving and cognition abilities. According to Peseschkian (2000), loving ability firstly is formed by the bond with the caregiver and it improves and takes form in the later life. This ability shows itself as patience, time, intercourse, sexuality/sensuality, hope, faith, being sure, and being collaborated capacities in the following years. Moreover, according to Peseschkian (2000), cognition ability is from the need of knowing everything in their environment with all reality. In the following years, cognition ability shows itself in openness, array, alertness, kindness, success, obedience, fidelity, confidence, pureness, and prudence capacities. Peseschkian maintains that "When human is born, she/he is not blank plate; vice versa they come to the world with unexplored capacities". Even though psychotherapy contains psychoanalysis in itself, it claims that the self does not act with sexuality and aggression triggers. Therefore, he claims that human beings come with capacities and abilities. He defines these abilities as primary and secondary abilities. The primary ability is love in other words the emotional part of the human. On the other hand, secondary abilities are defined as cognition in other words behavioral abilities. The primary abilities of positive psychotherapy contain love, patience, time, relation, sex, confidence and faith. Love is the feeling that senses to him or herself and to the environment. Patience is the individual's anticipation ability and giving time to others. Time is the individual's devotion enough time to him or herself and to others. According to Peseschkian (1986), the history of person is the integration of today and future

deliberately (Peseschkian,1986,71). Moreover, sexuality is the importance that individual gives to sexuality and faith is the behaviors towards future relating to the hodiernal events. The secondary abilities also include clarity, alertness, honesty, kindness, success, reliability, obedience, prudence and fairness. Cleanliness concept refers to the cleanliness of the individual's body, clothes, house and environment. Tidiness states as the individual's relationship with objects. Person's tidiness provides finding objects easily and not experience time loss. Obedience is the individual's dependence to rules, wishes, and authority coming from the others. Honesty is the pegging down individual's feelings and thoughts. Fairness is to stand aside towards states and incidents. Prudence is the attitude that individual displays against the money or any economic valued thing. Trust is the feeling that individual feels to others. According to Peseschkian (1986), trust is the most important aspect about the interpersonal relationships (Peseschkian,1986,138). Kindness is not to display aggressive behaviors towards others by the individual. Lastly, alertness is to execute the individual's plans and appointments at the right time. Person may have problems in life when if these two abilities progress more or less. If the abilities progress less, this means that person cannot execute his/her abilities. On the other hand, if the abilities progress more, this means that person would spend many energy to perform his/her progressive abilities. In the light of this information, the importance of the balance is important for the ability progression in positive psychotherapy. The aim of the positive psychotherapy is to develop the coping skills. According to Peseschkian, even though positive psychotherapy contains other therapy models, it also has particular features. The most important feature that distinguishes positive psychotherapy from other models is to underline the potentials of human and their abilities and it underlines that the abilities take an important place in human life.

1.3 Problem Solving Abilities in Marriage

The thoughts and aims of the man and woman that form marriage can differ. So, they can face with many problems. It is very important to solve the problems and cope with the problems in order to carry on the marriage. Gill, Christensen, and Fincham (1999) say that positive behaviors increase the marital adjustment. It can be said that accurate problem solving abilities affect the relation in a positive way. When the problems in marriage are coped with, marital adjustment and happiness increases.

It is seen that problems between the partners are mostly arisen from poor communication. Generally, while partners speak reciprocally, they plan what to say instead of listening. Thus, they do not understand what the opposite person say or they understand it differently. So, it can be said that instead of solving the existential problem, other problems are added on these. It can be said that the reason why partners do not have good communication is the effort of putting on their own thoughts and opinions to the opposite. On the other hand, another communication problem is to display aggressive or passive behaviors to the opposite. When this is the case, passive partner cannot say what they want or cannot express directly. The study conducted by Göver and Sevim (2007) results that the problem solving abilities in marriage is a strong predictor on the marital satisfaction. It is said that if the partners have effective problem solving abilities in order to solve inevitable problems, marriage would not be affected by these problems. Effective communication is to transfer the sayings in a proper way to the opposite and to understand the sayings correctly.

While trying to solve the existential problem, one of the issues that should be considered is the tone of voice, trying to learn the opposite's opinions and not being defensive. Another point is to talk about the attitudes and behaviors that partners are uncomfortable about each other and not to speak critical. And it should not be forgotten that each partner is an individual and this should be accepted in this; ~y.

1.4 Attachment Models

The term attachment is firstly used by Bowlby in 1958. The first attachment starts between the mother and baby during the pregnancy. While the baby develops attachment to the mother, mother is affected by the baby's attachment. If the mother experiences any struggle or hardness in their own babyhood, they may experience this struggle in the first period of maternity while mother attaches the baby. Barely, if the mother attaches her mother and father securely in her babyhood, this condition is reflected to her marriage and baby. According to Bowlby, the psychobiologic system that is innate stimulates to maintain life of the baby and to bond with people. Baby provides a good interaction with the caregiver by sucking, observing, smiling, crying and touching interactions. These features progress in a better way, if these interactions are given consistently and regularly by the caregiver. During the

transition to adolescence, children focus on the external affairs besides family. Adolescent starts to be independent. In other words, this period is the time that the adolescent becomes independent and the friend relationships stand out. Also, sexuality stands out in this period.

Adolescent, who has secure attachment, would choose a relationship that he/she can share feelings easily and he/she can have secure sexual relationship. The study conducted by Allen and his colleagues (1998) results that the maintained secure attachment toward the family by the adolescent would have a relationship with self-respect, psychological well-being, life quality, and social life in the following years.

Adolescent, who have insecure attachment, starts to face with problems in the family. The reason of many problems that are experienced is the thought of dispossessing their individualities. These adolescents live same problems also in their social environment. The adolescents that develop insecure attachment have fear of abandonment and they are usually anxious.

In the study done by Tyrell and Dozier in 1999, it is found that adolescents, who have avoidant attachment, trend to control the environment due to the distrust that they feel about the environment and because of this, it is concluded that the behaviors are defensive. These adolescents have problems with their parents. According to the avoidant attachment model that they develop with their family and because of this reason, they have tendency to fall into depression easily.

Adolescents, who develop insecure attachment, usually feel lonely and usually their self-esteem is low. Also, it can be said that they show aggressive behaviors towards environment and friends because of not able to cope with the problems.

It is predicted and seen that while the adolescent moves to adulthood period from adolescence period, they get the developed attachment model through their romantic relationship in their adulthood. In other words, their attachment model would affect their romantic relationships in the future.

Attachment is very important for the human life. It is mentioned that the individual's attachment models affects daily and romantic relationships. Bartholomew and

Horowitz (1991) explain attachment models in four ways. These attachment models are separated as followings: secure attachment, preoccupied (anxious) attachment, fearful attachment and dismissive-avoidant attachment model.

1.4.1 Secure Attachment Model

According to Bartholomew and Horowitz (1991), individuals, who have secure attachment, perceive themselves and their environment in a positive way. They usually adapt easily to people they just met and where they enter into. Also, they do not have fear of abandonment.

1.4.2 Preoccupied Attachment Model

In this attachment model, the individual perceive himself negatively but environment positively. In other words; even though individual sees him/herself as worthless, but they perceive environment as valuable and they are obsessive about the relationships. These individuals do not find themselves valuable to love. Individuals, who have preoccupied attachment, refrain from establishing proximity with the people but they experience fear of abandonment. Individuals, who developed preoccupied attachment model, have low self-confidence and they need support of others constantly. Even though they need support of others, they have difficulty to express feelings and thoughts to others. According to Feeney and Nollere (1990), the partner, who has anxious attachment, mostly have fear of abandonment.

1.4.3 Fearful Attachment

In fearful attachment model, individual perceives both self and environment in a negative way and they find both as invaluable. In other words, while they see themselves as insecure, they also see environment as insecure and due to this reason, they reject the environment. Although the individuals, who have this attachment model, want to contact social relationships, they usually refuse it due to the fear of abandonment. Besides, due to this reason, they also avoid to constitute romantic relations. In other words, these individuals avoid having close relationships because of fear of rejection and impairment.

1.4.4 Dismissing Attachment Model.

In this attachment model, while individuals perceive themselves positively, their perception of environment is negative. They also avoid constituting close relationships because of the fear of impairment. Even though they have high self-respect, they avoid having close relationships in their social life.

According to Barthdomew and Horowitz, who have avoidant attachment model are usually seen as snooty and they do not accept their problems usually. Also, they avoid having close relationships and they accept experienced distress and anxious during the relationships with others. For this reason, avoidant attachment model also contains fearful and dismissive attachment.

1.5 LITERATURE REVIEW

In the study that Eryılmaz (2010) studied, the relationship between individuals' subjective well-being and positive psychotherapy structures, which are primary and secondary capacities, is examined. The sample of the study is comprised of total 182 individuals, 94 female and 88 male, who are between 25-40 years old. In the study, Life Satisfaction Scale, Positive-Negative Emotion Scale and Wiesbaden Positive Psychotherapy and Family Therapy Inventory are used. It is found that adulthood subjective well-being is explained in a positive and significant way related to hope and time from primary skills, and success and confidence from secondary skills. It is seen that confidence, time, success and hope skills are important for subjective well-being of adult.

In the study that Öztürk and Arkar (2014) studied, it is aimed to investigate the marital adjustment and sexual satisfaction. The sample of the study is comprised of 100 married couples, who are 18-55 years old. Personal Information Form, Marital Adjustment Scale and Golombok-Rust Sexual Adjustment Scale are used to collect data. It is resulted that the relationship between couple satisfaction, couple adjustment, commitment of couple, showing love and general marriage adjustment of both wife and husband as a couple and satisfaction from sexual intercourse is negatively directed. Also, the relationship between commitment of couple and communication for both spouses is found to be negatively directed.

In the study that Akgün studied, a group study is executed in an attempt to increase the individuals' marital satisfaction by studying on solving the problems caused by miscommunication between spouses. 12 housewives, who are between 23 and 49 years old, participated in to the performed group study in a community center. Married Life Scale and Problem Solving in Marriage Scale are used in 12 sessions. Pre-test and post-test model are used in the study. It is seen that there is a meaningful development by the applied scales at the end of the sessions. With committed group study, it is seen that group studies are beneficial.

Lastly, in the study that Sümer and Güngör (1999) studied, the comparison of Relationship Scale and Relationship Inventory is executed. The sample of the study is comprised of 82 females and 67 males, who study in the university. Test-retest method is used in this study and RSQ and RQ is also used. Based on the results, it is observed that the attachment models are described in a best way by secure attachment in first order and preoccupied attachment model in second order in both scales.

2.METHOD

The aim of this study is to examine the relationship between marital adjustment and actual abilities, and problem solving abilities and attachment models.

2.1 Hypothesis

1. There is a positive relationship between secure attachment and primary capacities.
2. There is a positive relationship between secure attachment and problem solving abilities in marriage.
3. There is a positive relationship between problem solving abilities and secondary capacities.

2.2 Sample

Sample of the study is constituted by 106 married individuals, who live in Turkish Republic of Northern Cyprus, are married at least one year, are above 18 years old and speak Turkish as mother language. Participants are selected by snowball method. Their age range is between 19 and 80 and the average of age is 37.8. %75.5(n=80) of the participants were born in Cyprus, %19.8(n=21) of them were born in Turkey and %4.7(n=5) of them were born in other countries. When the education level of the participants are looked at, it is seen that %5.7(n=6) of them are primary school graduate, %7.5(n=8) of them are secondary school graduate, %43.4(n=46) of them are high school graduate, %34(n=36) of them have bachelor degree and %9.4(n=10) of them have master and above degree. Male participants are employees %23.3 (n=15), %35.8(n=19) of them are civil servant, %26.4(n=14) of them work freelance, %3.4(n=5) of them are retired and %1.9(n=1) of them is unemployed. On the other hand, %20.8(n=11) of female participants are employees, %11.3 (n=6) of them are civil servant, %35.8(n=19) of them work freelance, %5.7(n=13) of them retired, %0.9(n=1) of them are housewives. %28.3(n=30) of the participants do not have any child, %27.4(n=29) of them have only one child, %34.9(n=37) of them have two children, %5.7(n=6) of them have three children and %3.8(n=4) participants have four and more children. %86.8 (n=92) couple participants married out of love and %13.2(n=14) couples are arranged marriage. %8.5(n=9) participants have low sexual compatibility, %13.2 (n=14) of them have medium compatibility, %43 (n=47) of

them have good compatibility and %34 (n=36) of them have very good sexual compatibility. %18.9 (n=20) participants mentioned that their monthly income is between 1500-3000, %40.6 (n=43) of them have 3000-6000 monthly income, %36.8 (n=39) of them have 6000-10000 monthly income and %3.8(n=4) of them have above 10000 monthly incomes. Couple participants are married at least one year and at most 55 years. The average marriage period is 11.66 years.

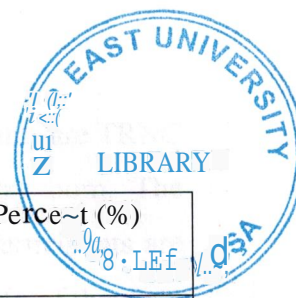


Table 1. Descriptive Characteristics of Participants

	Frequency(n)	Percentage (%)
Birthplace of Participants		
TRNC	80	75,5
TR	21	19,8
Other	5	4,7
Education Level of Participants		
Primary school	6	5,7
Secondary school	8	7,5
High school	46	43,4
University	36	34,0
Master and above	10	9,4
Occupation of Male Participants		
Worker	15	23,3
Officer	19	35,8
Self-employed	14	26,4
Retired	5	3,4
Unemployed	1	1,9
Occupation of Female Participants		
Worker	11	20,8
Officer	6	11,3
Self-employed	3	35,8
Retired	13	5,7
House wife	1	.9

The birthplace of participants is given. It is seen that 75.5% of participants are TRNC born, 19.8% are Turkey born and 4.7% of them are other country born. The educational level of the participants is given. It is observed that six participants are primary school graduate, eight of them are secondary school graduate, 46 of them are high school graduate, 36 of them have bachelor degree and ten of them have master and above degree. The occupation of male participants is given in Table 3. 15 of male participants are employees, 19 of them are civil servant, 13 of them work freelance, 5 of them are retired and one of them is unemployed. The occupations of female participants are given in Table 4. 11 of female participants are employees, six of them are civil servant, 19 of them work freelance, 14 of them are housewives.

Table 2. Descriptive Characteristics of Participants

	Frequency(n)	Percent(%)
Number of Children of the Participants		
No child	30	28,3
1	29	27,4
2	37	34,9
3	6	5,7
4 and more	4	3,8
Monthly Income of the Participants		
1500-3000	20	18,9
3000-6000	43	40,6
6000-10000	39	36,8
10000 and above	4	3,8
Sexual Harmony of the Participants		
Low	9	8,5
Medium	14	13,2
High	47	44,3
Very good	36	34,0
Type of Marriage		
Married out of love	92	86,8
Arranged Marriage	14	13,2

The number of children that participants have is given. It is seen that 28.3% of the participants have no child, 27.4% of them have only one child, 34.9% of them have two children, 5.7% of them have 3 children and 3.8% of them have four and more children. The monthly income of the participants is given. It is mentioned that 18.9%

of the participants have 1500-3000 monthly income, 40.6% of them have 3000-6000 monthly income, 36.8% of them have monthly income between 6000 and 10000 and 3.8% of them have more than 10000 monthly income. The sexual compatibility of the participants is given in Table 7. It is claimed that 8.5% of the participants have low sexual harmony, 13.2% of them have medium, 44.3% of them have high and 36% of them have very good sexual harmony. The type marriage done by the couples is given. It is seen that 86.80%, of them married out of love and 13.2% of them have arranged marriage.

Table 3. Duration of Marriage of the Participants

	N	Min	Max	mean
Duration of marriage	106	1	55	11,6

The duration of marriage of the couple participants is given. Couple participants are married at least one year and at most 55 years. The average marriage period is 11.66 years.

2.3 Data Collection Tools and Instruments

In the beginning of the study, information form, enlighten consent form and sociodemographic form was given. Moreover, four instruments are used in totally in this study. These instruments are Relationship Scales, Problem Solving in Marriage Inventory, Experiences in Close Relationships Inventory (ECRI), and Wiesbaden Positive Psychotherapy and Family Therapy Inventory.

2.3.1 Socio-demographic Information Form

The information of age, educational level, occupation, personal monthly income, number of child and place of birth is taken from the participants as socio-demographic variables.

2.3.2 MPSS

This scale was developed by Baugh, Averr and Sheets-Hawoth in 1982. The aim of this scale development is to learn the perception of couples' experienced problem

solving abilities. The inventory consists 9 items and it is 7-Likert type scale. It is found in the original study that the internal consistency of the scale is .95 and test-retest correlation coefficient is .86 86 ($p < .001$). When the correlation between this scale and Couple Harmony Scale is looked at for criterion validity, it is resulted that the correlation of these two scales is .61 ($p < .001$). The adaptation of this inventory to Turkish culture was done in 2002 by Hünler as master thesis. Hünler changed 7-Likert type scale to 5-Likert type in order to ease the answering of the scale. The highest points can be taken from the scale is 45 and the lowest points is nine. The highest point shows that the individual perceives him or herself successful in terms of problem solving abilities in marriage. As a result, this inventory was developed to measure the perception on the individual's problem solving abilities in marriage (Hünler,2002).

2.3.3 WIPPF

Wiesbaden Positive Psychotherapy and Family Therapy Inventory were developed by Peseschkian and Deidenbach in 1988(Kozal,2009). This scale is 4-Likert type that measures primary and secondary abilities with positive psychotherapy value judgment and it contains 85 questions. The German original form of inventory was translated into Turkish by Kozal in 2009 and the validity and reliability study is done for Turkish Republic of Northern Cyprus population. The internal consistency of WIPPF was found as 0,83 (Kozal,2009). This scale is applied to adolescents and adults. Also, it contains 85 questions and it has 27 subscales. These subscales measure tidiness, cleanliness, alertness, politeness, honesty-openness, success, confidence, prudence, obedience, fairness, loyalty, patience, time, contact, faith, hope, sexuality, love, faith of religion, body, success, contact, fantasy, I, you, we, primary we.

2.3.4 ECR

This inventory was developed by Brennan and his colleagues in 1998 to measure two basis dimensions, which are anxiety experienced in close relationships and avoidance of others. ECRI is 5-Likert type scale and it contains 36 items. It is found in the original study that the internal consistency of the scale is 0.86. It was adapted into

Turkish culture in 2006 by Sümer. It has two subscales called as avoidance of others and anxiety. The scoring of the inventory is done like this; 3., 15., 19., 22., 25., 27., 29., 31., 33. and 35. items are reverse items. While average of odd numbered items are taken to assess avoidance score, average of even numbered items are taken to calculate anxiety score.

2.4.5 RSQ

This questionnaire was developed by Griffin and Bartholomew in 1994. This questionnaire has 30 items and it is 7-Likert type scale, which aims to measure four attachment styles. The subscales of the scale are secure, avoidant, preoccupied and fearful attachment. It is found in the original study that the internal consistency of the scale is .71 and test-retest correlation coefficient is .53 ($p < .001$). The maintained points classify the attachment models. When the participants get the highest score, it is assigned to the attachment model. The questionnaire was adapted to Turkish culture by Sümer and Güngör in 1999 and the validity and reliability of this questionnaire was done by them. Relationship Scales Questionnaire (RSQ) is formed by 17 items that measure attachment dimensions defined by Bartholomew (1990). The reverse items are 5, 7 and 17. During calculating attachment dimensions, both original and reverse condition of 5th item is used. 3., 7., 8., 10. and 17. items' average give secure attachment score; 1., 4., 9. and 14. items' average give fearful attachment score; 5. (reverse), 6., 11. and 15. items' average give preoccupied attachment score; 2., 5. (original), 12., 13. and 16. items' average give avoidant attachment score.

Analysis of the Data

The data of the study was analyzed by SPSS 22 Analysis program. the level of significance to the maintained data is accepted as 0.05 and the analysis are done with Pearson correlation analysis and ANOVA.

RESULT

Table 4. Correlation between mean scores of subscales of attachment models and primary capacities

	RSQ secure	RSQ fearful	RSQ preoccupied	RSQ dismissing	ECR avoidant	ECR anxious
Patience	r:-0.070 p:0.479	r:0.136 p:0.163	r: -0.174 p: 0.074	r: 0.107 p: 0.275	r: 0.260 p:0.007*	r: 0.072 p: 0.464
Time	r: 0.056 p: 0.569	r:0.070 p:0.474	r: -0.039 p: 0.695	r:0.112 p:0.251	r: 0.342 p:0.000**	r: 0.349 p:0.000**
Contact	r: 0.113 p:0.251	r:-.039 p:0.694	r: 0.242 p: 0.013*	r: 0.044 p: 0.653	r:0.062 p:0.524	r: 0.118 p: 0.227
Trust/confidence	r: 0.031 p: 0.775	r:0.075 p:0.442	r: 0.233 p: 0.016*	r: 0.029 p: 0.770	r:0.021 p:0.832	r:0.167 p: 0.087
Hope	r: 0.019 p: 0.755	r:0.190 p:0.051	r:0.097 p:0.325	r:0.259 p:0.007**	r:0.409 p:0.000**	r: 0.231 p:0.017**
Sexuality	r:0.187 p:0.055***	r:0.106 p:0.279	r:0.218 p: 0.025*	r: 0.015 p:0.880	r:0.319 p:0.001 **	r:0.336 p:0.000***

*P<0.05, ** P< 0.001

In Table 10, pearson correlation analysis between the mean score of subscales of RSQ, which were secure attachment, fearful attachment, avoidant attachment and preoccupied attachment styles, and the subscales of ECR, which were avoidant and fearful attachment, and primary capacities, was done.

According to pearson correlation analysis of mean score of secure attachment subscale of RSQ and primary capacities, only sexuality is found to be statistically significant (r:0.187) (p<0.05). Moreover, it is seen that there is no relationship between patience, time, contact, trust and hope.

According to pearson correlation analysis of mean score of fearful attachment subscale of RSQ and primary capacities, the correlation between the fearful attachment and hope is found to be statistically significant (r: 0.190) (p<0.05).

According to pearson correlation analysis of mean score of preoccupied attachment subscale of RSQ and primary capacities. Contact is found to be statistically significant ($r:0.242$). The correlation of yet another primary capacity trust is statistically significant ($r:0.233$). Also, the relationship of preoccupied attachment and sexuality as primary capacity is found to be statistically significant ($r:0.218$) ($p<0.05$). It is observed that there is no relationship between the preoccupied attachment and patience, time, and hope primary capacities.

Furthermore, according to pearson correlation analysis of mean score of avoidant attachment subscale of RSQ and primary capacities, it has a statistically significant relationship between hope ($r:0.259$) ($p<0.05$). However, other primary capacities such as patience, time, contact, trust and sexuality have no relationship with avoidant attachment model.

Pearson correlation analysis between the subscales of ECR, which are avoidant and anxious attachment, and the primary capacities was done. The statistically significant correlation is seen between the relationships, avoidant attachment and patience ($r:0.260$) avoidant attachment and time ($r:0.342$) avoidant attachment and hope ($r:0.409$) avoidant attachment and sexuality ($r:0.319$) ($p<0.05$). The relationship between the subscales of ECRi and contact and trust primary capacities is not found.

Also, pearson correlation analysis between mean score of anxious attachment, and the primary capacities was done. Relationship between anxious attachment model and hope primary capacity ($r:0.231$) and sexuality primary capacity ($r:0.336$) is found to be statistically significant ($p<0.05$). It is also resulted that there is no relationship between anxious attachment model and patience, contact, and trust primary capacities.

Table 5. Correlation between mean scores of attachment subtypes secondary capacity

	RSQ secure	RSQ fearful	RSQ preoccupied	RSQ dismissing	ECR avoidant	ECR anxious
Orderliness	r:0.078 p:0.424	r:0.179 p:0.066	r:0.220 p:0.024*	r:-0.173 p:0.077	r:0.310 p:0.001 **	r:0.089 p:0.367
Cleanliness	r:0.479 p:0.000**	r:-0.045 p:0.648	r:0.199 p:0.226	r:-0.136 p:0.164	r:-0.307 p:0.001**	r:0.055 p:0.576
Politeness	r:0.225 p:0.020*	r:0.056 p:0.569	r:0.252 p:0.009**	r:0.081 p:0.408	r:-0.144 p:0.141	r:0.294 p:0.002**
Openness- honesty	r: 0.201 p:0.031 *	r: -0.159 p:0.104	r: -0.098 p:0.315	r: -0.190 p:0.051	r: 0.038 p:0.700	r:-0.092 p:0.346
Ambition- achievement	r:0.315** p:0.001	r:-0.068 p:0.490	r:0.093 p:0.342	r:-0.076 p:0.437	r:-0.085 p:0.386	r:0.056 p:0.568
Dependability- exactness- conscientiousness	r:0.249 p:0.010**	r:0.077 p:0.430	r:0.178 p:0.069	r:0.154 p:0.115	r:0.252 p:0.009**	r:0.101 p:0.001
Frugality	r:0.340 p:0.000**	r:-0.198 p:0.042*	r:-0.066 p:0.502	r:-0.310 p:0.001 **	r:0.008 p:0.938	r:-0.180 p:0.064
Obedience	r:0.178 p:0.067*	r:0.097 p:0.321	r:0.052 p:0.599	r:0.124 p:0.204	r:0.043 p:0.661	r:0.302 p:0.002**
Justice	r:0.025 p:0.798	r:0.111 p:0.259	r:0.118 p:0.229	r:0.072 p:0.077	r:0.123 p:0.209	r:-0.112 p:0.255
Faithfulness	r:0.107 p:0.274	r:0.070 p:0.479	r:0.348 p:0.000**	r:0.223 p:0.020**	r:0.052 p:0.596	r:0.394 p:0.000**

*P<0.05, ** P< 0.001

Pearson correlation analysis between the mean score of secondary capacities and secure, fearful, preoccupied, and avoidant attachment models subscales of RSQ, and avoidant and anxious attachment models subscales of ECR was studied.

According to pearson correlation analysis of secure attachment model subscale of RSQ and secondary capacities, secure attachment model subscale has meaningful relationship with cleanliness ($r:0.479$), openness ($r:0.201$) success ($r:0.315$), honesty ($r:0.249$), prudence ($r:0.340$) and obedience ($r:0.178$) and all these correlations are statistically significant ($p<0.05$). Relationships with other secondary capacities known as trust, array and fairness are not found.

Based on pearson correlation analysis between fearful attachment model subscale of RSQ and secondary capacities, it is found that the correlation between fearful attachment model and tidiness is statistically significant ($r:0.179$) and it is seen that it has negative but statistically significant relationship with prudence ($r:-0.198$) ($p<0.05$). However, no relationship is found with trust, fairness, obedience, honesty, success, openness, kindness, and cleanliness capacities.

Moreover, pearson correlation analysis shows that the relationship between preoccupied attachment model subscale of RSQ and tidiness ($r:0.220$), kindness ($r:0.252$), and fidelity ($r:0.348$) is statistically significant ($p<0.05$) but it is resulted that there is no relationship with fairness, prudence, obedience, success and openness.

Whereas pearson correlation of avoidant attachment model subscale of RSQ and secondary capacities is analyzed, it was found that there is a negative relationship with prudence ($r:-0.310$), and positive relationship with fidelity ($r:0.223$). These relationships are found to be statistically significant ($p<0.05$).

Beside these, pearson correlation analysis of avoidant attachment model subscale of ECR and secondary capacities were conducted. Based on this correlation analysis, it is found that the correlation of avoidant attachment model and tidiness ($r:0.310$), honesty ($r:0.252$) is statistically significant ($p<0.005$). Also, it has a negative but statistically significant relationship ($r:-0.307$) ($p<0.005$). On the other hand, it is resulted that there is no relationship with fidelity, fairness, prudence, obedience, success, openness-honesty and kindness.

Lastly, pearson correlation analysis of anxious attachment model subscale of ECR and secondary capacities was done. According to the results, it is found that the

relationship between anxious attachment model and kindness ($r=0.294$), obedience ($r=0.302$), fidelity ($r=0.394$) is statistically significant ($p<0.005$). However, it is seen that there is no relationship with fairness, prudence, honesty, success, openness, cleanliness and tidiness.

Table 6. Correlation between mean scores of MPSS and attachment models

	RSQ secure	RSQ fearful	RSQ preoccupied	RSQ dismissing	ECR avoidant	ECR anxious
MPSS	$r:-0.222$ $p:0.022^*$	$r:0.184$ $p:0.059$	$r:0.118$ $p:0.228$	$r:0.200$ $p:0.040^*$	$r:-0.118$ $p:0.229$	$r:-0.038$ $p:0.699$

* $P\leq 0.05$, ** $P< 0.001$

The pearson correlation analysis is done between MPSS and attachment models. Based on the correlation analysis, it is found that there is a negative and significant relationship between MPSS and secure attachment ($r:-0.222$). On the other hand, it is seen that it has a positive and significant relationship with avoidant attachment ($r:0.200$).

Table 7. Correlation between mean scores of MPSS and primary capacities

	Patience	Time	Contact	Trust/confidence	Hope	Sexuality
MPSS	$r:-0.021$ $p:0.833$	$r:-0.327$ $p:0.001^*$	$r:-0.053$ $p:0.592$	$r:-0.135$ $p:0.168$	$r:-0.131$ $p:0.181$	$r:0.123$ $p:0.207$

* $P\leq 0.05$, ** $P< 0.001$

The pearson correlation analysis is conducted between MPSS and primary capacities. Based on the results, it is found that MPSS only have negative and significant relationship with time capacity ($r:-0.327$).

Table 8. Correlation between mean score of MPSS and secondary capacity

	MPSS
Orderliness	r:-0.334 p:0.000*
Cleanliness	r:-0.122 p:0.215
Politeness	r:-0.262 p:0.007*
Openness- honesty	r:-0.175 p:0.073
Ambition- achivement	r:-0.079 p:0.423
Dependability- exactness- conscientiousness	r:-0.101 p:0.305
Frugality	r:-0.221 p:0.020*
Obedience	r:-0.248 p:0.010*
Justice	r:-0.238 p:0.583
Faithfullness	r:-0.238 p:0.014*

*P<0.05, ** P< 0.001

Moreover, pearson correlation analysis of MPSS and secondary capacities is conducted. Based on the results, it is found that MPSS has negative and significant relationship with tidiness (r:-0.334), kindness (r:-0.262), prudence (r:-0.221), obedience (r:-0.248) and fidelity (r:-0.238).

Table 9. Comparison of mean score of primary capacities among participants with different attachment models.

	RSQ secure mean±SD	RSQ fearful mean±SD	RSQ preoccupied mean±SD	RSQ dismissing mean±SD	df f (p)
Patience	6.80±1.99 n:31	6.96±2.11 n:25	5.45±1.70 n:31	7.20±1.67 n:15	3 4.1 0.009
Time	5.09±1.51 n:31	5.28±1.30 n:25	4.77±1.11 n:31	5.26±1.75 n:15	3 0.759 0.520
Contact	5.51±1.23 n:31	6.00±2.23 n:25	6.70±1.29 n:31	5.86±1.79 n:15	3 2.8 0.040*
Trust/ confidence	5.45±1.65 n:31	5.84±1.97 n:25	6.38±1.40 n:31	6.06±1.38 n:15	3 1.7 0.161
Hope	4.90±1.89 n:31	5.80±2.06 n:25	5.16±1.95 n:31	5.60±2.19 n:15	3 1.09 0.356
Sexuality	6.41±2.04 n:31	6.84±1.79 n:25	7.41±2.56 n:31	7.46±1.88 n:15	3 1.4 0.237

*P<0,05, ** P< 0,001

In Table 15, the results of Variance Analysis (ANOVA) related to the comparison of primary capacities average by attachment models of participants. Significant differences were found for patience and contact among groups.

Advanced analysis with Tukey shows that patience score for participants with dismissing attachment model is significantly higher than the participants with secure, fearful and preoccupied attachment model.

Advance analysis Tukey also show that for contact, the significant difference is only between preoccupied and secure attachment models. Preoccupied type has significant higher score than secure model.

Table 10. Comprasion of mean score of secondary capacities according to attachment models

	RSQ secure mean±SD n:31	RSQ fearful mean±SD n:25	RSQ preoccupied mean±SD n:31	RSQ dismissing mean±SD n:15	df f (p)
Orderliness	5.00±2.09 n:31	6.36±2.37 n:25	6.38±2.44 n:31	5.66±2.12 n:15	3 2.4 0.068
Cleanliness	7.19±1.49 n:31	7.12±1.90 n:25	7.77±1.62 n:31	8.20±1.65 n:15	3 1.9 0.126
Politeness	4.48±1.54 n:31	5.40±1.84 n:25	5.51±1.99 n:31	5.26±1.98 n:15	3 1.9 0.126
Openness-honesty	6.67±1.59 n:31	5.92±1.35 n:25	5.61±1.72 n:31	6.20±1.85 n:15	3 2.3 0.076
Ambition- achivement	7.09±1.98 n:31	6.80±1.25 n:25	7.16±1.80 n:31	7.26±1.66 n:15	3 0.298 0.827
Dependability- exactness- conscientiousness	3.83±0.82 n:31	4.00±1.25 n:25	4.16±1.79 n:31	3.80±0.77 n:15	3 0.42 0.735
Frugality	8.09±1.08 n:31	6.36±1.95 n:25	6.45±1.87 n:31	6.40±1.76 n:15	3 5.4 0.002*
Obedience	5.00±1.52 n:31	5.88±1.92 n:25	5.67±1.62 n:31	5.93±1.62 n:15	3 1.7 0.159
Justice	5.83±1.50 n:31	6.64±1.70 n:25	7.00±2.23 n:31	5.73±1.90 n:15	3 2.7 0.044*
Faithfullness	4.80±1.81 n:31	4.72±1.54 n:25	5.90±1.59 n:31	5.20±1.52 n:15	3 4.1 0.009*

*P<0.05, ** P< 0.001

It was found that there was a difference between secure attachment and other three attachment models related to prudence made in Tukey analysis ($p \leq 0.05$). It is seen that prudence point averages are high in significant level in secure attachment.

In the conducted Tukey analysis, it was seen that there was a difference between preoccupied attachment and other three attachment models by fairness ($p \leq 0.05$). The fairness point averages are high in a significant level for preoccupied attachment model. When the individuals who have preoccupied attachment model are looked at, it is found that they have significant higher fidelity point averages than the individuals who have secure and fearful attachment models ($p \leq 0.05$).

Discussion

Results of Variance Analysis (ANOVA) related to the compare of participants' points of attachment models and primary capacities. Based on the ANOVA results, it is found that 31 participants have secure (%29.24), 25 participants have fearful (%23.5), 31 participants have preoccupied (%29.24), and 15 participants have dismissive avoidant (%14.1) attachment model. In the study conducted by Sümer and Güngör (1999), it is found that most of the participants have secure attachment. In the second order, preoccupied attachment model is found and the minimum attachment model is found as dismissive avoidant attachment model (Sümer,Güngör, 1999,9).

According to the correlation analysis of secure attachment subscale of RSQ and primary capacities, it is found that secure attachment only have significant relationship with sexuality. In the study that Uluyol (2014) conducted on the married people, it is concluded that secure attached married people have good sexuality. This situation makes it think that secure attached spouses have increased marital satisfaction (Uluyol,2014,56). When examining the secure attachment model, a positive relationship with primary capacities due to the positive perception on both self and others was expected; in other words it was expected to support the hypothesis completely. However, the first hypothesis is supported partially. Eryılmaz (2011) found in the study done with the adults that as the individual's hope level increased, they were more happy and healthy and their relationships with the society were more strong (Eryılmaz,2011,9). Based on the results of this study, the sexuality points of avoidant attached individuals were high. Uytun and et al. (2003) say that individuals, who have avoidant attachment model, have tendency to get others under control due to their negative perceptions towards others and not trusting the others. It can be interpreted as individuals, who have this attachment model, might try to get others under control by using sexuality of others.

Even though the development of time ability means that the individual would have enough time for both self and others, it is not found in this study that it has a relationship with secure attachment model. While looking at the features of the secure attachment model, the importance of time can be seen. However, it is found that there is no relationship between secure attachment and contact. While comparing

the different attachment models and contact ability, only difference was found between preoccupied and secure attachment in Tukey analysis. Contact was found to be high and statistically significant in preoccupied attachment ($p \leq 0.05$). According to the features of preoccupied attachment model, it was expected to have relationship with contact because individuals, who have preoccupied attachment model, serve to others in order to try to correct their self-confidence. They usually depend to others because of having high feelings of being abandonment and they express their feelings exaggeratedly. In the study that Uluyol (2014) conducted with married people, it is concluded that secure attached spouses display more close touch and more friendly to their spouses. In other words, he reasoned differently from this study (Uluyol,2014,57).

Moreover, the secondary capacities of the participants, who have different attachment models, are compared. The fidelity mean point is found to be higher for who have preoccupied attachment model than who have secure and fearful attachment model and this difference is statistically significant ($p \leq 0.05$). In the study that Kantarcı (2009,66) conducted, it is resulted that couples with insecure attachment have more tendency to cheat than the secure attached couples. It can be said that this study and literature results are parallel. Also in the same study, he results that secure attached couples are more open and honest in the relationship and their satisfaction of the relationship is higher (Kantarcı,2009,67). According to the results of this study and the literature, it can be thought that secure attached individuals care about the fidelity because of being open and honest in their relationships. Due to the low marital satisfaction of insecure attached couples, they have more tendency to head towards extramarital relationships (Kantarcı,2009 cited in Kobak,Hazen 1991,68). Also, it is found that prudence, which is one of the secondary capacities, is related with secure attachment model.

When the reaction types are compared based on the attachment models, the contact reaction is found to be at least for the individuals, who have preoccupied attachment model. Preoccupied attached individuals have high anxiety levels in their relationships because of the abandonment fears. Due to the continuous anxiety in the relationship and the fear of being ended of the relationship, it is thought that the contact reaction is low. In the study that Anbar conducted, it is found that securely attached individuals have high satisfaction on their business life and relationships

(Anbar,2013,). According to Uytun and his colleagues (2013), securely attached individuals are in tendency to develop new projects in their business and love lives instead of fantasies because of the thought of being able to get help for all topics and trusting others(Uytun, et al., 2013). Uytun and his colleagues (2013) mention that individuals, who have avoidant attachment model, satisfy their needs by fantasies because of being afraid of hurt even though they try to establish close relationships (Uytun, et al., 2013).

One of the constraints of this study is the having excess question number and because of this, participants rejected to participate in the study. Also, they rejected to participate in the study because of the questions about the private life such as sexuality. The sample of the study was taken from TRNC. Thereby, these results cannot be generalized to a different culture. In this study, married individuals are examined separately. In order to see the interaction of the couples much better, couples should be taken together in the study and it is thought that taking couples together in the study would provide healthier and interesting data. In the further studies, if the married couples are evaluated together and if it is tried to use different methods in the data collection phase, it is thought that the results would be contributed to this area.

Conclusion

In the conducted research, it is found that there is a relationship between secure attachment and sexuality, fantasy, cleanliness, openness, success, honesty, prudence and obedience. Also, it is resulted that fearful attachment has relationship with hope, tidiness, and prudence. Moreover, preoccupied attachment has relationship with contact, fantasy, tidiness, kindness, honesty and fidelity. On the other hand, it is found that there is a positive relationship between dismissive avoidant attachment and hope. Lastly, it is resulted that avoidant attachment has positive relationship with patience, time, hope, sexuality, tidiness and honesty, however it has negative relationship with work. Add to these, anxious attachment has positive and significant relationship with hope, sexuality, fantasy, obedience and fidelity.

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ARA TIRMA AMAÇLI ÇALI MA Ç N AYDINLATILMI ONAM FORMU

Evlilik uyumu ile gerçek yetenekler, evlikte problem çözme becerileri ve ba lanma modelleri ile ilgili yeni bir ara tırma yapmaktayız. Ara tırmanın ismi "evlilik uyumu ile gerçek yetenekler, evlikte problem çözme becerileri ve ba lanma modellerinin ili kisi " dir.

Sizin de bu ara tırmaya katılmanızı öneriyoruz. Bu ara tırmaya katılıp katılmamakta serbestsiniz. Çalı maya katılım gönüllülük esasına dayalıdır. Kararınızdan önce ara tırma hakkında sizi bilgilendirmek istiyoruz. Bu bilgileri okuyup anladıktan sonra ara tırmaya katılmak isterseniz formu imzalayınız.

Bu ara tırmayı yapmak istememizin nedeni, evlilik uyumu ile gerçek yetenekler, evlikte problem çözme becerileri ve ba lanma modellerinin ili kisinin incelenmesidir, Yakın Do u Üniversitesi Psikoloji Anabilim Dalı Uygulamalı Klinik Psikoloji Yüksek Lisans ortak katılımı ile gerçekleştirilecek bu çalı maya katılımınız ara tırmanın ba arısı için önemlidir.

E er ara tırmaya katılmayı kabul ederseniz. Ara tırmaya katılacak olan katılımcılarda aranacak olan özellikler, Kuzey Kıbrıs Türk Cumhuriyet'inde ya ıyor olmaları, en az bir yıl evli olmaları ve ana dillerinin Türkçe olması gerekmektedir. Bu ara tırma toplamda be ölçek ve ki isel bilgilerin sorulaca ı sosyo-demografik form kullanılacaktır. Bu ölçekler li kiler Ölçe i Anketi, Evlilikte problem çözme ölçe i, Yakın ili kilerde ya antılar ölçe i, Wiesbaden Pozitif Psikoterapi ve Aile Terapisi Envanteri ve Evlilik ölçe idir.

Bu çalı maya katılmanız için sizden herhangi bir ücret istenmeyecektir. Çalı maya katıld ınız için size ek bir ödeme de yapılmayacaktır. Ara tırmanın yaklaşık 15-20 dakika sürmesi dü ünülmektedir.

Sizinle ilgili tıbbi bilgiler gizli tutulacak, ancak çalı manın kalitesini denetleyen görevliler, etik kurullar ya da resmi makamlarca gere i halinde incelenebilecektir.

Bu alı maya katılmayı reddedebilirsiniz. Bu ara tırmaya katılmak tamamen iste e ba lıdır ve reddetti iniz takdirde size uygulanan tedavide herhangi bir de i iklik olmayacaktır. Yine alı manın herhangi bir a masında onayınızı ekmek hakkına da sahiptir.

(Katılımcının / Hastanın Beyanı)

Sayın Psikolog Melis Sencar tarafından Psikoloji Anabilim Dalı Uygulamalı Klinik Psikoloji Yüksek Lisans Anabilim Dallarında 'Evlilik uyumu ile gerek yetenekler, evlikte problem özme becerileri ve ba lanma modelleri konusunda bir ara tırma yapılaca ı belirtilerek bu ara tırma ile ilgili yukarıdaki bilgiler bana aktarıldı. Bu bilgilerden sonra böyle bir ara tırmaya "katılımcı" olarak davet edildim.

E er bu ara tırmaya katılırsam ara tırmacı ile aramda kalması gereken bana ait bilgilerin gizlili ine bu ara tırma sırasında da büyük özen ve saygı ile yakla ılaca ına inanıyorum. Ara tırma sonuçlarının e itim ve bilimsel amaçlarla kullanımı sırasında ki sel bilgilerimin ihtimamla korunaca ı konusunda bana yeterli güven verildi.

Projenin yürütölmesi sırasında herhangi bir sebep göstermeden ara tırmadan ekilebilirim. (Ancak ara tırmacıları zor durumda bırakmamak için ara tırmadan ekilece imi önceden bildirmemim uygun olaca ının bilincindeyim) Ayrıca tıbbi durumuma herhangi bir zarar verilmemesi ko uluyla ara tırmacı tarafından ara tı~~ dı ı tutulabilirim.

Ara tırma için yapılacak harcamalarla ilgili herhangi bir parasal sorumluluk altına girmiyorum. Bana da bir ödeme yapılmayacaktır.

ster do rudan, ister dolaylı olsun ara tırma uygulamasından kaynaklanan nedenlerle meydana gelebilecek herhangi bir sa lık sorununun ortaya ıkması halinde, her türlü tıbbi müdahalenin sa lanaca ı konusunda gerekli güvence verildi. (Bu tıbbi müdahalelerle ilgili olarak da parasal bir yük altına girmeyece im).

Ara tırma sırasında bir sa lık sorunu ile kar ıla tı ımda; herhangi bir saatte, Psikolog Melis Sencar'ı 0542 854 63 65 (cep) no'lu telefondan arayabilece imi biliyorum.

Bu ara tırmaya katılmak zorunda de ilim ve katılmayabilirim. Ara tırmaya katılmam konusunda zorlayıcı bir davranı la kar ıla mı de ilim. E er katılmayı reddedersem, bu durumun tıbbi bakımına ve hekim ile olan ili kime herhangi bir zarar getirmeyece ini de biliyorum.

Bana yapılan tüm açıklamaları ayrıntılarıyla anlamı bulunmaktayım. Kendi ba ıma belli bir dü ünme süresi sonunda adı geçen bu ara tırma projesinde "katılımcı" olarak yer alma kararını aldım. Bu konuda yapılan daveti büyük bir memnuniyet ve gönüllülük içerisinde kabul ediyorum.

mzalı bu form ka ıdının bir kopyası bana verilecektir.

Katılımcı

Adı, soyadı:

Adres:

Tel.

mza

Katılımcı ile görüş en ara tırmacı

Adı soyadı, unvanı: Melis Sencar, Psikolog

Adres:

Tel.

mza

**B LG LEND RME FORMU: EVL L K UYUMU LE GERÇEK
YETENEKLER, PROBLEM ÇÖZME YAKLA IMLARI VE BAGLANMA
B Ç MLER**

Bu çalı ma Yakın Do u Üniversitesi Klinik Psikoloji Yüksek Lisans ö rencisi Psikolog Melis Sencar tarafından Doç. Dr. Ebru Tansel Çakıcı danı manlı ında yürütölen bir tez çalı masıdır. Bu çalı manın amacı evlilik uyumu ile gerçek yetenekler , problem çözme yakla ımları ve ba lanma biçimlenin ili kisine bakmak. Daha önce de belirtildi i gibi katılımcılara ait bilgiler kesinlikle gizli tutulacaktır ve elde edilen bilgiler sadece bilimsel ara tırma ve yazılarda kullanılacaktır. Çalı manın sonuçlarını ö renmek veya bu ara tırma hakkında daha fazla bilgi almak için a a ıdaki ileti im bilgilerinden ara tırmacıya ula abilmeniz mümkündür. Bu ara tırmaya katıldı ınız için te ekkür ederiz.

Psikolog Melis Sencar
Klinik Psikolojisi Yüksek Lisans Ö rencisi,
Yakın Do u Üniversitesi
Lefko a

Sosyo - Demografik form

1-)Yaş :

2-)Cinsiyet: a)Kadın b)Erkek

3-)Doğum yeriniz: a)Kıbrıs b)Türkiye c)Diğer

4-)Eğitim durumu:

a)Okur yazar değil b)Okur yazar c) İlk okul d)Orta okul e)Lise f)Üniversite

g)Yüksek lisans ve üstü

5-)Mesleğiniz:

Erkek için:

a)İşçi b)Memur c)Serbest d)Emekli
e)Diğer

Kadın için:

a)İşçi b)Memur c)Serbest d)Emekli
e)Ev hanımı

Kaç yıllık evlisiniz:

Evlenme biçiminiz: a)Severek b)Görücü usulü

Kaç çocuğunuz var: a)Yok b)1 c)2 d)3 e)4
ve üzeri

Ailenizin gelir durumu: a)1500 ve altı b)1500-3000 c)3000-6000 d)6000-
10000 10000 ve üzeri

Cinsel uyumunuz nasıl? a)Az b)orta c) iyi d) çok iyi

İlişkiler Ölçeği Anketi (ÖA)

Aşağıda yakın duygusal ilişkilerinizde kendinizi nasıl hissettiğinize ilişkin çeşitli ifadeler yer almaktadır. Yakın duygusal ilişkilerden kastedilen arkadaşlık, dostluk, romantik ilişkiler ve benzerleridir. Lütfen her bir ifadeyi bu tür ilişkilerinizi düşünerek okuyun ve her bir ifadenin sizi ne ölçüde tanımladığını aşağıdaki 7 aralıklı ölçek üzerinde değerlendiriniz.

1-----2-----3-----4-----5-----6-----7

Beni hiç Beni kısmen Tamamıyla tanımlamıyor

1. Başkalarına kolaylıkla güvenemem. ()
2. Kendimi başımsız hissetmem benim için çok önemli. ()
3. Başkalarıyla kolaylıkla duygusal yakınlık kurarım. ()
4. Bir başıma ki ile tam anlamıyla kaynaıp bütünle mek isterim. ()
5. Başkalarıyla çok yakınlık kurmam incitileceğimden korkuyorum. ()
6. Başkalarıyla yakın duygusal ilişkilerim olmadıkça sürece oldukça rahatım.
()
7. İhtiyacım olduğu anda yardıma köşacıları konusunda başkalarına her zaman güvenebileceğimden emin değilim. ()
8. Başkalarıyla tam anlamıyla duygusal yakınlık kurmak istiyorum. ()
9. Yalnız kalmaktan korkarım. ()
10. Başkalarına rahatlıkla güvenip başlanabilirim. ()
11. Çok zaman, romantik ilişkide olduğum insanların beni gerçekten sevmediği konusunda endişelenirim. ()

12. Ba kalarına tamamıyla güvenmekte zorlanırım. ()
13. Ba kalarının bana çok yakınla ması beni endi elendirir. ()
14. Duygusal yönden yakın ili kilerim olsun isterim.()
15. Ba kalarının bana dayanıp bel ba laması konusunda oldukça rahatımdır. ()
16. Ba kalarının bana, benim onlara verdi im de er kadar de er vermedi ini kaygılanırım.()
17. htıyacınız oldu unda hiç kimseyi yanınızda bulamazsınız. ()
18. Ba kalarıyla tarn olarak kayna ıp bütünle me arzum bazen onları ürkütüp benden uzakla tırıyor. ()
19. Kendi kendime yetti irni hissetmem benim için çok önemli. ()
20. Birisi bana çok yakınla tı ında rahatsızlık duyarım. ()
21. Romantik ili kide oldu um insanların benimle kalmak istemeyeceklerinden korkarım()
22. Ba kalarının bana ba lanrnarnalarını tercih ederim. ()
23. Terk edilmekten korkarım. ()
24. Ba kalarıyla yakım olmak beni rahatsız eder. ()
25. Ba kalarının bana, benim istedi im kadar yakınla makta gönülsüz olduklarımı dü ünüyorum. ()
26. Ba kalarına ba lanmamayı tercih ederim. ()
27. htıyacım oldu unda insanları yanımda bulaca ımı biliyorum. ()
28. Ba kaları beni kabul etmeyecek diye korkarım. ()
29. Romantik ili kide oldu um insanlar, genellikle onlarla, benim kendimi rahat hissetti imden daha yakın olmamı isterler. ()
30. Ba kalarıyla yakınla mayı nispeten kolay bulurum. ()

EVLİLİKTE SORUN ÇÖZME ÖLÇEĞİ

Aşağıdaki ifadeleri/düğünceleri kendinize en uygun olanı işaretleyin.

Aşağıda 'hiç' ten 'çok' be seçenek var. Size en yakın olanı daire içine alın.

1. Diğer çiftlere kıyasla, kendi sorun çözme becerilerinizden ne kadar eminsiniz?

Hiç emin değil (1) (2) (3) (4) (5) Çok emin

2. Çözümlerinizi, ildeki sorunlarda ne derecede etkilidir?

Çok etkisiz (1) (2) (3) (4) (5) Çok etkili

3. Evinize bir sorun için, bir çözüm önerme konusunda kendinizi ne kadar rahat hissedersiniz?

Çok rahatsız (1) (2) (3) (4) (5) Çok rahat

4. İliğinizde karar verme sürecine ne kadar katkınız olur?

Hiç (1) (2) (3) (4) (5) Çok

5. Evliliğinizde karar verme sürecinden ne kadar mutlusunuz?

Çok mutsuz (1) (2) (3) (4) (5) Çok mutlu

6. Evinizle sorunları tartışırken, eviniz sizin duygularınızı ne kadar iyi anlar?

Asla (1) (2) (3) (4) (5) Her zaman

7. Sorunlara getirilen çözümlerden ne kadar memnunsunuz?

Hiç memnun değil (1) (2) (3) (4) (5) Çok memnun

8. Evinizle birlikte sorun çözmeye çalışmak konusunda kendinizi ne kadar rahat hissediyorsunuz?

Çok rahatsız (1) (2) (3) (4) (5) Çok rahat

9. Bir çift olarak ildeki farklılıklar ya da sorunları çözme konusunda kendinizi

nasıl değerlendirirsiniz?

Çok etkisiz (1) (2) (3) (4) (5) Çok etkili

YAKIN İLİLERDE YAŞANTILAR ENVANTERİ

Aşağıdaki her bir ifadenin sizi ne derecede tanımladığını yanlarındaki ölçek üzerinde işaretleyiniz. Ölçeği işaretlerken lütfen aşağıdaki anahtar göz önünde bulundurunuz.

ANAHTAR:

1= Beni hiç tanımlamıyor 2= Çok az tanımlıyor 3= Az tanımlıyor 4=Orta derecede tanımlıyor 5= Ortanın üstünde tanımlıyor 6= Epey tanımlıyor 7= Beni tamamen tanımlıyor

1. Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.

1234567

2. Terk edilmekten korkarım.

1234567

3. Romantik ilişki de olduğum kişi ile yakın olmak konusunda çok rahatımdır.

1234567

4. İlişkilerim konusunda çok kaygılıyım.

1234567

5. Birlikte olduğum kişi bana yakınlaşmaya başlamaz kendimi geri çekiyorum.

1234567

6. Romantik ilişki de olduğum kişilerin beni benim onları umursadıkları kadar umursamayacaklarından endişelenirim.

1234567

7. Romantik ili kide oldu um ki i çok yakın olmak istedi inde rahatsızlık duyarım.

1234567

8. Birlikte oldu um ki iyi kaybedece im diye çok kaygılanırım.

1234567

9. Birlikte oldu um ki ilere açılma konusunda kendimi rahathissetmem.

1234567

10. Genellikle, birlikte oldu um ki inin benim için hissettiklerinin benim onun için hissettiklerim kadar güçlü olmasını arzu ederim.

1234567

11. Birlikte oldu um ki iye yakın olmak isterim, ama sürekli kendimi geri çekerim.

1234567

12. Genellikle birlikte oldu um ki iyle tamamen bütünle mek isterim ve bu bazen onları korkutup benden uzakla tırır.

1234567

13. Birlikte oldu um ki ilerin benimle çok yakınla ması beni gerginle tirir.

1234567

14. Yalnız kalmaktan endi elenirim.

1234567

15. Özel duygu ve dü üncelerimi birlikte oldu um ki iyle payla mak konusunda oldukça rahatımdır.

1234567

16. Çok yakın olma arzum bazen insanları korkutup uzakla tırır.

1234567

17. Birlikte olduğum ki iyle çok yakınla maktan kaçınmaya çalışırım.

123456 ■ 7

18. Birlikte oldu um ki i tarafından sevildi imin sürekli ifade edilmesine gereksinim duyarım.

1234567 ■ ■

19. Birlikte oldu um ki iyle kolaylıkla yakınla abilirim.

1234567 ■ ■

20. Birlikte oldu um ki ileri bazen fazla duygu ve ba lılık göstermeleri için zorladığımı hissedirim.

1234567 ■ ■

21. Birlikte oldu um ki ilere güvenip dayanma konusunda kendimi rahat bırakmakta zorlanırım.

1234567 ■ ■

22. Terk edilmekten pek korkmam.

1234567 ■ ■

23. Birlikte oldu um ki ilere fazla yakın olmamayı tercih ederim.

1234567 ■ ■

24. Birlikte oldu um ki inin bana ilgi göstermesini sağlayamazsam üzülür ya da kızarım.

1234567 ■ ■

25. Birlikte oldu um ki iye hemen hemen her şeyi anlatırım.

1234567 ■ ■

26. Birlikte oldu um ki inin bana iste im kadar yakın olmadığımı düşünürüm.

1234567 ■ ■

27. Sorunlarımı Ye kaygılarımı genellikle birlikte oldu um ki iyle tartı ırım.

123456 7

28. Bir ili kide olmadı im zaman kendimi biraz kaygılı ve güvensiz hissedirim.

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29. Birlikte oldu um ki silere güvenip dayanmakta rahatımdır.

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30. Birlikte oldu um ki i istedi im kadar yakınımda olmadı ında kendimi engellenmi hissedirim.

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31. Birlikte oldu um ki ilerden teselli, ö üt ya da yardım istemekten rahatsız olmam.

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32. htiyaç duydu umda, birlikte oldu um ki iye ula amazsam kendimi engellenmi hissedirim.

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33. htiyacım oldu unda birlikte oldu um ki iden yardım istemek i e yarar. '~

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34. Birlikte oldu um ki iler beni onaylamadıkları zaman kendimi gerçekten kötü hissedirim

1234567

35. Rahatlama ve güvencenin yanı sıra çok ey için birlikte oldu um ki iyi ararım.

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36. Birlikte oldu um ki i benden ayrı zaman geçirdi inde üzülrüm.

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WIPPF-ENVANTERİ

Her bir sayfalarda de ğerlenen kökenden, ya da tan ve cinsiyetten gelmi ğen insanların konu ğularından alınmı ğı iddia ve ifadeleri bulacaksınız. Bu konu ğularda oldukça farklı tavırlar, duygular ve davranı ğı ğeritlerinin görülece ği beklenmektedir.

Bu anket formu alı ğı gelmi ğ anlamda bir 'test' olmayıp ankette daha çok sizden kendi resminizi çizmeniz beklenmektedir. Ğeritleme yaparken 'yanlı ğ' bir ğey yapmanız olası de ğildir. Çünkü her insan, kendine ait bir görü ğü olma hakkına sahiptir. Burada tamamen sizin kendi ki ğisel görü ğünüz sorulmaktadır.

Cümleleri kendi görü ğünüze göre de ğerlendirmenizi rica ederiz. Seçmeniz için dört olasılık vardır.

E ğer cümleyi/iddiayı onaylıyorsanız 'Evet' in altındaki birinci dairenin içine bir 'X' ğeriti koyunuz:EvetHayır

○ ○ ○ ○

E ğer bir cümleyi/iddiayı onaylamıyorsanız 'Hayır' ın altındaki birinci dairenin içine bir ğarpı ğeriti koyunuz:EvetHayır

○ ○ ○ ○

Söz konusu bir iddianın sizin için sadece belli ğartlar altında geçerli olmasından dolayı, bir cümleyi ne açık bir ğekilde onaylamak ne e açık bir ğekilde reddetmek istememeniz de mümkündür. Bu durumda iki olasılı ğımız daha vardır:

E ğer bir cümleyi reddetmek yerine daha çok onaylama e ğilimindeyseniz, 'Evet' dairesinin yanındaki daireyi ğeritleyebilirsiniz:EvetHayır

○ ○ ○ ○

E ğer bir cümleyi daha çok onaylamak yerine reddetmek istiyorsanız, 'Hayır' dairesi yanındakini daireyi ğeritleyebilirsiniz:Evet Hayır

O O O O

Lütfen her **cümle için** cevap olasılıklarında birini işaretleyiniz. Yanlış yapma olasılığı olmadığı için uzun süre düşünmeniz gerekmez, hepsini ard arda hızlı bir şekilde işaretleyebilirsiniz,

'Baba' ve 'Anne' kelimeleri her şeyden önce öz anne babayı kastetmektedir. Eğer daha ziyade akrabalar yanında, bir bakıcı veya evlat edinen bir aile yanında veya bir çocuk yetiştirme yuvası veya çocuk köyünde büyümüşseniz, 'Anne', 'Baba' kelimeleri sizin için bu görevi üstlenmiş ilgili ahlsları kastetmektedir.(ör: Nine, amca, büyük kız karde, komu, bakıcı anne, yurt eğitimcisi, vs.)

Lütfen şimdi sayfayı çeviriniz ve başlayınız. Size ait tüm bilgilerin saklı kalacağını garanti ediyoruz.

Onaylıyorum

Evet Hayır

1. Giriş bölümünü okudum ve her cümleyi açık bir şekilde cevaplamaya hazırım O
000
2. Zamanımı çok iyi kullanırım, gecemi gündüzüme katmak zorunda kalmam O
000
3. Bir insanın görgü kurallarına uyması, onun ne durumda olduğunu gösterir O
000
4. Çevremdeki insanlar tarafından güvenilir olarak değerlendiriliyorum O
000
5. Kendisiyle yapılan güzel ikna konuşmasına rağmen söyleneni yapmaya çocuk bunun sonuçlarına katlanmalıdır. O
000
6. Kendimi sık sık yorgun, bitkin veya tükenmiş hissediyorum O
000

7. Annem benim için bir örnekti ☐ O
000 ☐
8. Sabır ve bekleyebilmek benim için manevi gücün i aretidir. ☐ O
000 ☐
9. İnsanların birli i benim için önemli bir amaçtır. ☐ O
000 ☐
10. Her şeyin sağda solda atılı olması beni çıldırtabilir. ☐ O
000 ☐
11. Yalnız birine değil, bir çok insana karşı efkatli olmak isterim. ☐ O
000 ☐
12. Çevreden gelen tüm etkilere rağmen dünya görüşümü (din, inanç) muhafaza ederim. ☐ O
000 ☐
13. Anne/babam(babam veya annem) benimle dua ederdi. ☐ O
000 ☐
14. Alışveriş yaparken fiyatlara dikkat ederim ☐ O
000 ☐
15. Sık sık haksızlığa uğradığımı hissederim ☐ O
000 ☐
16. Fazla tokalaşma tehlikelidir, Çünkü bakteriler bulaşır ☐ O
000 ☐
17. Bana yüzde yüz güvenilebilir ☐ O
000 ☐
18. Önce iş, sonra eğlence! ☐ O
000 ☐
19. İş yerinde tarafsızlık için yasaklanmamı olmasına rağmen, özel ilişki benim için önemlidir. ☐ O O O O ☐
20. Babam bana karşı çok sabırlıydı ☐ O
000 ☐
21. Bazen her şeyi sineye çeker, arkadaşça davranırım ve ardında buna kızarım ☐ O
000 ☐
22. İlişkide olduğum insanların çoğu dürüştür. ☐ O
000 ☐
23. Sağlam bir ilişkiyi, çok gevrek ve de işken ilişkilere tercih ederim ☐ O
000 ☐

24. Problemlerim oldu ğ unda daima iyi bir çözüm aklıma gelir O
000 ☐
25. Sık sık i ğ e gömülerek dü ğ üncelerimden uzakla ırıyorum O
000 ☐
26. Her ğ eye (ailede, i ğ te) sebep aramaktansa, daha iyisi kendim i ğ leri yoluna koyarım O
000 ☐
27. Anne ve babam aralarındaki problemleri i ğ birli ğ i içerisinde çözebilirlerdi O
000 ☐
28. Anne ve babam (baba ve-ya anne) yabancılara kar ı ho ğ görülü ve giri ğ ken davranırlardı O O O O
000 ☐
29. Geni ğ bir tanıdık çevrem var O
000 ☐
30. Önemli bir karar verirken çözümler üzerinde dü ğ ünmek veya çözüm bulmak için kendime zaman ayırıyorum.
0000 ☐
31. ğ te ve evde 'e ğ ek' gibi çalı ırım O
000 ☐
32. 'sakla samını gelir zamanı' ata sözüne göre davranırım O
000 ☐
33. Benden farklı tutum ve davranı ğ ları olan insanları oldukları gibi kabul etmeyi denerim.
0000 ☐
34. Anne ve babam ya amın anlamı var mı sorusuyla me ğ gul olmu ğ lardır O
000 ☐
35. E ğ er bir anla tı ımız zaman da gelmezse, sinirlenirim O
000 ☐
36. İhtiyaçlarımı ve ilgilerimi açık bir ğ ekilde ifade ederim O
000 ☐
37. Annem bana kar ı sabırlıydı O O O O
38. Bana haksızlık yapıldı ğ nda, bu beni hasta eder.(ör: mideme vurur, ba ğ ım a rır) O
000 ☐
39. Çok kritik durumlarda bile sakin kalırım O
000 ☐
40. ğ efkat ve vücut temasını çok ho ğ eyler olarak hissederim O
000 ☐

41. Sadakat benim için(ili kide/arkada lıkta) mutlak bir de erdir .O
000 ■
42. Anne ve babam derneklerin (ör: ilgi grupları, çalı ma grupları, bo zaman de erlendirme klupleri) üyesiydiler
0000 ■ ■ ■ ■ ■
43. Her ey bana kar ı olsa da teslim olmam O
000 ■ ■ ■ ■ ■
44. Mesleki problemlerde geri adım atmak yerine, i arkada larımla temas kurmaya çalı ırım. O O O O
45. Annem ve babam iyi anla ırlardı O
000 ■ ■ ■ ■ ■
46. Problemleri çözemedi im zaman bedenim çok duyarlı tepki verir O
000 ■ ■ ■ ■ ■
47. Kendimi yalnız i e verebildi im zaman huzurlu hissederim O
000 ■ ■ ■ ■ ■
48. Evin tertipli olmaması, beni rahatsız eder O
000 ■ ■ ■ ■ ■
49. Ya amında zorluklar olsa da, ya amımın bir anlamı oldu unu görürüm O
000 ■ ■ ■ ■ ■
50. nsan toplulu unu dakiklik olmaksızın dü ünemem O
000 ■ ■ ■ ■ ■
51. Dü üncelerini açık açık açık söyleyen insanları farklı görü te olsam da severim O
000 ■ ■ ■ ■ ■
52. Dü üncelerimi, ba kalarına ters gelse de söylerim O
000 ■ ■ ■ ■ ■
53. Anne ve babam biz çocuklarla dini ve dünya görü ü ile ilgili konuları tartı ırlardı O
000 ■ ■ ■ ■ ■
54. Kar ılıklı güven olmada di er insanlarla beraber ya ayamam veya çalı amam O
000 ■ ■ ■ ■ ■
55. E er bir kez söz verdiysem, o. sözü tutarım O
000 ■ ■ ■ ■ ■
56. Ölümünden sonra bir ya amın olup olmaması benim için önemlidir O
000 ■ ■ ■ ■ ■

57. İnsan tüm insanlara e it davranmalıdır, aksi taktir de haksızlık olur O
000
58. Temiz bir yuvadan temiz bir karakter sahibi oldu una karar verilebilir O
000
59. Mesle inde zorluklarla kar ıla tı ında, i arkada larıma ve-ya amirlerime
ba vururumO O O O
60. Küçükü ümde babam benim için örnektir O
000
61. Ba ka insanlarla tanı mak ho uma gitti inde dı arıya severek çıkarım(ör: restorana,
sinemaya, tiyatroya, kafeye, dansa...) O
0000
62. Anne ve babamın evde sık sık misafirleri olurdu veya kendileri sık sık misafir olarak
davet edilirlerdi O
0000
63. Ben gayretli ve çalı kan bir insanım O
000
64. Hayatımda daha ileri gitmeyi umut ederim O
000
65. Ba kaları tarafından kabul edilmek için kibar davranırım O
000
66. A k ile ya anan cinsellik dünyada var olan en güzel eydir O
000
67. Annemin benim için zamanı vardı O
000
68. Yalnız kalmak zorunda olmamak için devamlı birileri için ileti im halinde olmayı
ararım O O O O
69. Tasarruf yapmak zorunda olmadı ım zamanlarda, ya amım için yaptı ım harcamaları
kısıtlarım 0000
70. İnsanlarla tanı tı ımda, en ba ta onlara güvenerek onara ans veririm O
000
71. Ele tirildi im zaman, mideme (safra keseme) vurur, kasılırım O
000
72. Babamın benim için zamanı vardı O
000

73. Duygularımızla algılayabildiklerimiz, gerçeğin sadece küçük bir kısmıdır ☐ O
000 ■
74. Problemler karşısında çözüm bulmak için hırslanırım. Her zaman bekarlı olurum ☐ O
000 ■
75. Uzun tartışmalar olmada kararlarımı(mesleki/kişisel) uyulmasını beklerim ☐ O
000 ■
76. Başka insanların benim fikirlerim hakkında ne düşündüğünü benim için fark etmez ☐ O
000 ■
77. Benim hayatımın anlamıdır ☐ O ☐ O ☐ O ☐ O
78. Misafirler benim için ikinci sırada değildir. Misafirlere her zaman için vakit ayırırım ☐ O
000 ■
79. Her şeyin orda, burada da durması beni kızdırır(bulaşık, dolu kül tablaları, boş
içeriler) ☐ O ☐ O ☐ O ☐ O
80. Problemler olduğu zaman annem/babam birbirleriyle açık bir şekilde konuşabilirlerdi
0000 ■
81. Ziyaretçi geldiğinde ev yeni temizlenmemişse, bu bana göre hoş değildir ☐ O
000 ■
82. Bende farklı inançlara sahip olmasına rağmen sevdiğim insanlar vardır ☐ O
000 ■
83. Biri beni bekletirse, sinirli(huzursuz, kızgın...) olurum ☐ O
000 ■
84. Yaşamımda daha çok şeyler yapabileceğimden umutluyum ☐ O
000 ■
85. Bir sorun hemen çözülmezse, başka bir olanak ortaya çıkana kadar bekleye bilirim. ☐ O
000 ■

MEL S SENCAR (KKTC-1990)

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Career & goals:

E itim hayatım boyunca edindi im bilgi ve deneyimlerimi çevremle ve ihtiyacı olan herkesle payla mak.

Intership

Barı Ruh ve Sinir Hastalıkları Hastanesinde 120 i günü staj.

Education:

Master : Yakın Do u Üniversitesi Klinik Psikoloji

University: Do u Akdeniz Üniversitesi Psikoloji Bölümü

High School: Namık Kemal Lisesi

Secondary School: Çanakkale Ortaokulu

Elementary School: Yeni Bo a ziçi İkokulu

I attended Congresses, Symposiums, Social Events and Achievement Exams

1. English Preparatory School English Language Test - 2007
2. XIV. Ulusal Psikoloji Kongresi Katılım Belgesi 'Farkındalıklar Diyarında' stanbul Üniversitesi Edebiyat Fakültesi Psikoloji Bölümü - 2009
3. XIV. Ulusal Psikoloji Kongresi Çalışma Grubu' Bebek, çocuk ve ergenlerde uygulanan psikolojik testler' Katılım Belgesi stanbul Üniversitesi Edebiyat Fakültesi Psikoloji Bölümü- 2009
4. XIV. Ulusal psikoloji Kongresi Çalışma Grubu 'i -Ki i- li ki Bütün(Holistik) Bakı stanbul Üniversitesi Edebiyat Fakültesi Psikoloji Bölümü - 2009
5. Ba ımsız Psikologlar nsiyatifi Psikoloji Bahar Kampı Katılım Belgesi- 2010

6. Ba ımsız Psikologlar ınsiyatifi Psikoloji Bahar Kampı alı ma Grubları Katılım Belgesi 'Ara tırma ve Uygulamalar Açısından Yeni Bir Yaklaşım: Çocuklar için ve Çocuklarla, Trafik psikolojisi: Seçme Konular, Toplumsal Davranış Becerileri Geli tirme' 2010
7. Do u Akdeniz Üniversitesi Psikoloji Günleri Katkı Belgesi-2011
8. Do u Akdeniz Üniversitesi E itim Tanıtım Günleri Katkı Belgesi-2011
9. Do u Akdeniz Üniversitesi Psikoloji Günleri Katılım Belgesi-2011
10. XVI. Ulusal Psikoloji Kongresi Katılım Belgesi ' imizdeki Sınırları A mak' Girne Amerikan Üniversitesi-2011
11. XVI. Ulusal Psikoloji Kongresi alı ma Grubu' Ki ilere göre a k, ba lanma, cinsellik' Girne Amerikan Üniversitesi - 2011
12. 3. Ruh Sa lı ı Sempozyumu Katılım Belgesi ' li kiler'- 2011
13. Do u Akdeniz Üniversitesi Psikoloji Bölümü gönüllü ara tırma görevlisi - 2012
14. 4. Ruh Sa lı ı Sempozyumu katılım belgesi 'Kayıplar ve Yas' - 2012
15. Kıbrıs Türk Psikologlar Derne i Evlilik Danı manlı ı E itimi Katılım Belgesi -2013
16. Pozitif Psikoterapi Temel E itimi - 2014
17. 6.Ruh Sa lı ı Sempozyumu. 'Günlük Ya amda iddet' 2014
18. Pozitif Psikoterapi master a masındayım.
19. Management Center tarafından yürütölen, Birle ik Devletler Dı ı leri Bakanlı ı tarafından finanse edilen "Barış ve İnsan Hakları için Kadın Savunucular" projesi altında finanse edilen proje için Yeni Bo aziçi Kadınlar Derne i adına 'Çocuk stismarına Dur De!' adlı bro ür hazırladım.
20. 7. Ruh sa lı ı sempozyumu 'Seçimlerimiz ve Toplumsal Kabul 2015
21. 6. Kıbrıs Psikanaliz Günleri 'Yerli Yerinde Yersiz Yurtsuz' 2015

Work Experience

Psychologist at Derin Nefes Psikolojik Danı manlık ve Terapi Merkezi

Languages

English

Turkish