

**NEAR EAST UNIVERSITY**  
**GRADUATE SCHOOL OF SOCIAL SCIENCES**  
**GENERAL PSYCHOLOGY**  
**MASTER'S PROGRAMME**

**MASTER'S THESIS**

**THE RELATIONSHIP BETWEEN SELF CONSTRUAL, RELIGIOUS  
ORIENTATIONS, PERCEIVED SOCIAL SUPPORT AND  
PSYCHOLOGICAL WELL-BEING AMONG DIVORCED  
INDIVIDUALS**

**Fahriye BALKIR BORAN**

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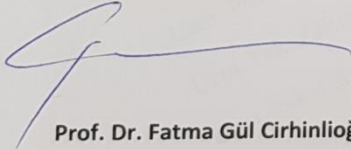
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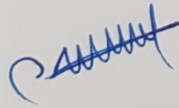
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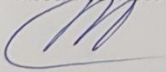
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## ABSTRACT

**The Relationship Between Self Construal, Religious Orientations, Perceived Social Support and Psychological Well-Being Among Divorced Individuals**

Fahriye Balkır Boran

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In this study, the relationship between self construal, religious orientations, perceived social support and psychological well-being among divorced individuals have been analysed. 100 divorced individuals in total have participated in the study. Personal Information Form, Self Construal Scale (SCS), Religious Orientation Scale (ROS), Perceived Social Support Scale (PSSS) and Psychological Well-Being Scale (PWBS) have been used as data collection tools. In accordance with the findings of the study, the scores received by women from internal and external religious orientation dimensions have been found to be higher than men. It has been determined that the difference among the scores received by the participants from interdependent self construal sub-dimension according to their age groups is significant. It has been seen that the scores received by divorced individuals from external orientation sub-dimension of religious orientation scale according to their age groups, have been predicted at a significant level. It has been found that there are significant differences among the scores received by the divorced individuals that participated in the study from the general of perceived social support and sub-dimensions of the scale. It has been determined that there is a negative correlation among the scores received by the participants from independent self construal sub-dimension and internal orientation and external orientation sub-dimensions of religious orientation scale; whereas there is a significant positive correlation among the scores received from the perceived social support scale and special someone sub-dimension of the scale and from psychological well-being scale.

The findings obtained from our study have been discussed by the findings of other studies.

**Keywords:** *Divorce, Self Construal, Religious Orientation, Perceived Social Support, Psychological Well-being*

## ÖZ

### **Boşanmış Bireylerde Benlik Kurgusu, Dini Yönelimler, Algılanan Sosyal Destek ve Psikolojik İyi Hali Arasındaki İlişkiler**

Fahriye Balkır Boran

Ocak 2018

Bu çalışmada boşanmış bireylerde benlik kurgusu, dini yönelimler, algılanan sosyal destek ve psikolojik iyilik hali arasındaki ilişkileri incelenmiştir. Çalışmaya toplamda 100 boşanmış birey katılmıştır. Veri toplama aracı olarak Kişisel Bilgi Formu, Benlik Kurgusu Ölçeği (BKÖ), Dini Yönelim Ölçeği (DYÖ), Algılanan Sosyal Destek Ölçeği (ASDÖ) ve Psikolojik İyi Olma Ölçeği (PIOÖ) kullanılmıştır.

Araştırma bulgularına göre kadınların içsel ve dışsal dini yönelim boyutlarından aldıkları puanlar erkeklere göre daha yüksek bulunmuştur. Katılımcıların yaş gruplarına göre bağlaşıklık benlik kurgusu alt boyutundan aldıkları puanlar arasındaki farkın anlamlı olduğu tespit edilmiştir. Boşanmış bireylerin yaş gruplarına göre dine yönelim ölçeğinde yer alan dışsal yönelim alt boyutundan aldıkları puanlar arasında anlamlı düzeyde yordadığı görülmüştür. Boşanmış bireylerin algılanan sosyal destek ölçeği genelinden ve ölçekte yer alan alt boyutlardan aldıkları puanlar arasında anlamlı farklar olduğu saptanmıştır. Katılımcıların bağımsız benlik kurgusu alt boyutundan aldıkları puanlar ile dine yönelim ölçeğinde yer alan içsel yönelim ve dışsal yönelim alt boyutlarından aldıkları puanlar arasında negatif, algılanan sosyal destek ölçeği ve ölçekte yer alan özel bir insan alt boyutundan ve psikolojik iyi olma ölçeğinden aldıkları puanlar arasında pozitif yönlü anlamlı olduğu saptanmıştır. Son olarak araştırmaya dahil edilen boşanmış bireylerin bağımsız benlik kurgusu ve arkadaş desteği puanları psikolojik iyi oluşlarını olumlu yönde etkilemektedir.

**Anahtar Kelimeler:** *Boşanma, Benlik Kurgusu, Dini Yönelim, Algılanan Sosyal Destek, Psikolojik İyi Hali*

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## ABBREVIATIONS

Turkish Republic of Northern Cyprus (TRNC)

Republic of Turkey (TR)

Self Construal Scale (SCS)

Religious Orientation Scale (ROS)

Perceived Social Support Scale (PSSS)

Psychological Well-Being Scale (PWBS)

## **CHAPTER I**

### **INTRODUCTION**

Relations between self construal, religious orientations, perceived social support and psychological well-being among divorced individuals are going to be researched in this study.

Family; “is a fundamental unit, which is composed of individuals that have blood tie, that have degree of kinship by marriage or other legal ways and that mainly live in the same house; where sexual, psychological, social and financial needs of individuals are met and in which adjustment and participations for the society are met and organized.” (Nazlı, 2001). In another definition, family has been assessed as “A social association, in which human species is produced in a certain way, in which the process for preparing for the community takes place for the first time and in an effective manner to a certain extent, in which sexual relations are organized in a certain way, in which sincere, warm and assuring relationships to a certain extent are established with spouses, parents (other relatives in accordance with the type of family) and in which interactions are contained to a less or more extent when compared to the social order.”(Kahraman, 2011).

Turkish Family Structure Specialization Commission (Türk Aile Yapısı Özel İhtisas Komisyonu) has defined family as “a fundamental unit, which is composed of individuals that have blood tie that have degree of kinship by marriage or other legal ways and that mainly live in the same house; in which sexual, psychological, social and financial needs of individuals are met and where harmony and participations for the society are met and organized (Sorakın, 2013).

The term of “marriage” is more distinctive to the term of “family”. “Family” is a group or organization; whereas “marriage” is a “contract” which is made by two people in order to live together, share life, have and bring up children. Marriage is an institutionalized road, a system of

relations, a legal way of relationship, which binds a woman and a man to each other as “husband-wife”, which provides a certain status to children that will be born, in which the “state” has control, right and authority from social aspect. The rights and obligations of spouses and children are determined with social rules, traditions and beliefs as much as being determined by law (Özgüven, 2001). Marriage constitutes the core of family that is one of the systems in which humans exist since being born. Marriage is one of the main shapes of social life and its identity is gained when two people from different genders get together with wedlock. Having physical, emotional, social, moral, economic and legal dimensions, marriage has more significance than two people from different genders sharing a common life (Erdoğan, 2004).

As it can be understood from the definitions, family is the smallest group of society, in which an individual lays the foundation of life through physical, social and psychological aspects, and in brief all of its aspects. Therefore, positive or negative effects that are created on an individual by the family have major significance.

Parents will undertake major roles for creating healthy individuals first and then creating healthy societies (Büyükkaragöz, 1990). The roles that are undertaken by parents such as giving birth, raising and socializing a child create a healthy environment, in which children undertake various roles in life such as a spouse or parent and where they experience deep and satisfying emotions (Erkan and Özabacı, 2014). The biggest need of the era is individuals, who have self confidence, who can act independently, who are creative, bold, explorer, compatible and who can control situations that cause concern. Parents and family have undeniable duties for these individuals to be raised (Aral and Başar, 1989).

Divorce generally occurs when troubles in marriages cannot be overcome and incompatibilities and problems among spouses cannot be eliminated (Keskin, 2013). Irrespective of the reason or

who has the fault, divorce has been accepted as “an undesired process and family fact” in every era since its known presence during the first periods of history and within every society (Aktaş, 2011).

However, divorced women in societies such as in Turkey particularly suffer from unpleasant implications, attitudes and behaviours. One of the worst facts for the divorced women is that most of them cannot go back to their family homes as they presume that they and their children would not be protected and that they do not have much strength or solution for resisting economical problems (Karhan, 2011).

Briefly, women and children are the party that usually suffers the most harm from divorce. Many women, who have to work, particularly have struggles for life and they put their own expectations into the background (Aydın, 2009).

Self construal, religious orientations, social supports and psychological well-being levels of divorced individuals in the Northern Cyprus (TRNC) are being questioned in the study.

The term of “self” is a wide term related with how an individual defines himself/herself. It has been known that the presence of self within the scientific field was seen with Psychologist William James, who approached the terms systematically for the first time. In his study named “The Principles of Psychology” (1952/1891), William James has stated that self should be considered in two dimensions as “self as knower” that concerns the subject, in other words the individual himself/herself and as “self as known” that concerns the object, in other words the one that examines the individual from the outside and the subject of science should be self as known. In addition, James has grouped self as the material self, the social self, the spiritual self and pure ego. He has made its widest definition as “the total of everything that the individual can tell himself/herself” (cited by Yiğit, 2010).

Psychoanalysis theory of Freud has made a significant contribution on the term of “self”. In the scope of psychic tool that he classified as “the id-ego-superego”, Freud has explained self with the term of “ego” that is the conscious side of personality to a large extent. In other words, instead of the term of “self”, he has used the term of “ego” (Bacanlı, 2004).

Bilgin (2008, p:211) has defined self as “the whole of the representations of an individual that are about himself/herself” or “the whole of personal characteristics of a person that makes him/her similar to or different than others. Singelis (1994) has approached the term of self generally as a “structure” which functions for organisation of cognitive and affective processes and for organising behaviours.

Markus and Kitayama (1991) have defined the construct of self as how an individual sees his/her self with his/her relations with the others. Two types of constructs of self have been mentioned that are reciprocally dependent and independent. Markus and Kitayama (1991) have suggested two fundamental constructs of self that is based on how an individual see himself/herself with his/her relations with the others. These are independent self construal and dependent self construal. Independent self states the freedom to self and expressing self, acting with internal belief and senses that the individual considers true, being confident and promoting own aims and difference from the others. On the other hand reciprocally dependent self states acting according to group norms and roles, the sense of belonging, showing the behaviour of adapting, being indirect, not having contradictions and disagreements and promoting group aims and the harmony of the group. The authors have stated that independent self is a whole and stable, it doesn't change against situations and relations; whereas reciprocally dependent self is flexible and it changes against situations and relations.



The term of religious orientation has been used by psychologists to define the way of practicing or living religious beliefs and values of an individual (Batson and Ventis, 1982; Allport and Ross, 1967). The most popular conceptualization is the distinction of internal and external religiousness. Internal religiousness approaches religion as an objective itself. In accordance with Allport and Ross (1967, p.434) individuals that are referred as having internal religious orientation are defined as being totally devoted to their religious beliefs and the effect of religion is seen in all aspects of their lives. On the other hand, individuals that have external religious orientation use religion to reach their non-religious objectives (Allport and Ross; 1967). The motive of being religious for the individuals that are externally religious is based on external values and beliefs that are social, instrumental and pragmatic (Earnshaw, 2000).

Perceived social support that includes the assessment of received social support on individual basis is explained as cognitive assessment of an individual that includes his/her trust that support will be given by his/her social circle whenever needed (Kaniasty and Norris, 2009). With the presence of social support, an individual is protected from harmful effects of stressful events that s/he encounters. This affect of social support has begun to be studied in 1970s. People encounter with different types and functions of social support at different phases of life (Cohen and Syme, 1985). Social support and social relations that are provided by social support resources provide convenience for the life of an individual in both psychological and health aspects (Cohen, 2004).

Psychological well-being includes life goals of an individual, whether the individual is aware of his/her potential and the quality of relationship s/he established with other individuals (Ryff and Keyes, 1995, p.720). In order to explain in a more clear way, it represents the individual to perceive himself/herself in a positive manner, to be pleased with himself/herself even in situations when s/he is aware of his/her restrictions, to develop secure and close relations with

other people, to shape his/her surrounding in a way that will meet his/her individual needs and expectations, to act in a self directed manner and independently, to have a goal and meaning of life, to be aware of his/her capacity and to try to develop this capacity constantly (Keyes, Shmotkin and Ryff, 2002, p.1007).

In the light of all of these terms and theories, whose definitions and explanations are given above, assessment of individualism terms of these variables after divorce are contained this study.

### **1.1. Problem**

The main question that is researched in the study is “What are the relations between self construal, religious orientations, perceived social support and psychological well-being among divorced individuals?” Answers for the following sub-problems are searched to reveal findings regarding the aforesaid problem:

Do self construal, religious orientations, perceived social support and psychological well-being change according to genders?

Do self construal, religious orientations, perceived social support and psychological well-being change according to period after divorce?

Do gender, age, level of income, education level, self construal, religious orientations and level of perceived support have a contribution for predicting psychological well-being of a divorced individual?

### **1.2. Aim**

Relations between self construal, religious orientations, perceived social support and psychological well-being among divorced individuals have been researched in this study. Positive

and negative effects that can be created by self construal, religious orientations, perceived social support on divorced women and men are being put forth.

### **1.3. Significance**

The number of marriages that are resulted in divorce has been increasing every year in TRNC as it is in other countries of the world. Divorce as a social fact has been reviewed in various countries by being approached from many perspectives. However, the number of scientific studies on the divorce fact in TRNC is hardly any. The results of this study are significant as it can be a source for similar studies that would be conducted afterwards.

### **1.4. Limitations**

The findings obtained in this research are limited with the assessment of data collection tools. The other limitation is the sampling group, which is composed of divorced women and man that live in TRNC. Finally, it is limited with the responses divorced women and men give to survey questions.

### **1.5. Definitions**

**Family:** It is a social institution that enables continuation of human species as a result of biological relations, where socialization process occurred for the first time, that mutual relations are linked to certain rules, that transfers substantial (material) and spiritual (immaterial) wealth, which are formed in the society until that day, throughout generations and that has biological, psychological, economical, social, legal, etc. aspects (Salman, 2011).

**Marriage:** Marriage is defined in different societies as a union, in which two different genders get together and establish it to make joint struggle in life. Even though marriage is seen as a bilateral contract, which is made by a man and a woman for sharing, it is regulated and controlled by law, ethic norms, religious rules and social structures (Karaman, 2011).

**Divorce:** Divorce is legally ending marriage relationship with a court order while the spouses are alive (Ünal, 2013).

**Religious Orientation:** The term of religious orientation has been used by psychologists to define the way of practicing or living religious beliefs and values of an individual (Batson and Ventis, 1982; Allport and Ross, 1967).

**Social Support:** Social support is defined as being taken into consideration by environment, being loved, being taken care of and feeling valuable and belonged to that environment (Cobb, 1976).

**Perceived Social Support:** The term of perceived social support is related with to what extent an individual considers himself/herself valuable. It is what s/he perceives on situations such as s/he is considered valuable by his/her environment, loved and respected, will receive help whenever needed and when relations with his/her environment are satisfactory (Ardahan, 2006).

**Self:** It is the terms that is composed of the total of opinions and thoughts of an individual on his/her personality, individual's knowing and understanding himself/herself and the way of assessing his/her judgements on himself/herself (Balkır, 2016).

**Self Construal:** Self construal is defined as “the whole of feelings, thoughts and actions of an individual on his/her relations with himself/herself and the others apart from the others (Singelis, 1994, p.581; Singelis and Sharkey, 1995)

**Psychological Well-Being:** It is defined as optimal health-oriented way of life and the status well-being in which body, mind and soul is combined for an individual to live as a whole and functionally in his/her social and natural environment (Myers et al 2000:252).

## **CHAPTER II**

### **LITERATURE REVIEW**

Divorce rates have shown an increase in the last 150 years. The significance of marriage cycle at different points has changed. These changes can be said to be the increase of the age of first marriage, increase of divorce and the increase of remarrying after divorce. Living together, which is used as a step for marriage, has gained significance. It has been stated that married people are in better conditions material, immaterial and emotional aspect when compared to divorced people (Stevenson and Wolfers, 2007). While marriage rates have been decreasing in industrialized countries, divorce numbers have been increasing. Life styles that contain living alone or being

together without marriage have arisen. As divorce is perceived as a matter of choice like marriage, more divorce situations can be seen at the point where expectations from marriage are not met (Aydın and Baran, 2010). As women started to work, their role in family has started to change. Traditions and facts on the education of children lose their significance and power. All of these reasons caused patriarchal structure to become weak. The increase that is seen in divorce rates in recent years is a proof of that (Süleymanov, 2010). Urbanization, migration, transition from traditional to modern, transition from extended family to nuclear family, women's being in working life, perception of changed gender roles, globalization, modernization, changes in the world, changes in family structure, relations and values are principal reasons of divorces in Turkey (Taylan and Daniş, 2016).

Each society needs family institution in order to be able to exist. Family institution is also affected because of industrialization and technological developments. Divorce is affected from religious beliefs, customs and traditions and legal regulations. Children are affected the most from divorce without doubt (Ünal, 2013).

Decrease of financial resources of family, failure of parent-child relation, change and sometimes destruction of parenthood system and reshaping of family bonds are caused by divorce (Furstenberg, 1990).

Divorced 40 women, who were diagnosed with psychological breakdown, were interviewed in another conducted study. Most of these women are university graduates and have jobs. According to the result of the study, it has been found that these women suffered from physical and emotional violence from their ex-husbands. It has been seen that most of these women who suffered from this violence waited to divorce for a period differing from 1-12 years as they thought that their problems would be solved, for the future of their children and as they refrained

from reactions of social environment against divorced women. After divorce, women got in worse situation financially and their relations with their former environment deteriorated. Although families be with their divorced daughters and extend financial and emotional support, it has been seen that they continued to control them. Control of families is among the reasons that make the lives of divorced women difficult. The belief that women are needed to be controlled even if they are adults that is sourced from cultural values is revealed as pressure on divorced women (Bulut, 2008).

172 people in total, 39 of which are divorced women and their children and 47 are married women and their children, participated in a conducted study. The aim of the study is to compare anxiety levels of mothers and their children from divorced and married families. According to the result of the study, it has been seen that anxiety levels of children, whose parents are divorced, are higher than children, whose parents are married. Anxiety levels of divorced women have been seen as higher than married women. Thus, having higher anxiety levels can be interpreted as divorce has negative effects on children and their mothers (Öngider, 2011).

106 divorced individuals participated in a study that was carried out to examine opinions of divorced individuals on marriage. It has been seen that the rate of individuals that divorced with the request of the spouse and divorced by agreeing mutually are the same. Divergence and difference of opinion, intervention from relatives such as parents, financial reasons, difference of social environment and lack of harmony and physical and psychological violence are among the leading reasons for divorce. Divorced men think that divorced individuals should get married with individuals that haven't been married before. On the other hand divorced women think that remarriages are not welcomed by the society that divorced individuals having a child should not consider remarriage and individual that considers remarriage should make a certain property request from the person they would marry in order to ensure their safety. In accordance with

these obtained results, encouragement of families, close environment and society is quite important in terms of remarriage (Arpacı and Tokyürek, 2012).

When another research in relation to divorce is examined, it has been seen that the participants of this study are 196 men and women (54% women, %34 married, %34 divorced and 32% whose spouse is deceased). The aim of the study is to research loneliness, optimism and well-being of married and divorced individuals and individuals whose spouse is deceased (widow). When the result of the study is taken into consideration, well-being and harmony of divorced individuals or individuals that suffered a loss are lower than married individuals. Divorced individuals had higher points on optimism when compared to individuals whose spouse is deceased (widow). Individual whose spouse is deceased (widow) had lower points in well-being and optimism; whereas they had higher points in loneliness when compared to married people (Ben-Zur, 2012).

Another study made with 21 divorced women has been considered and it has been seen that they suffered many troubles after divorce. Financial problems, care and education of children, change of habits, loneliness and psychological pressures are the leading troubles. Majority of participants stated that they tried to be moderate in their behaviours after divorce, they pointed social judgements and it has been found that they have developed various strategies to struggle with negative attitudes they suffer (Uğur, 2014).

It has been found that the divorce process and the afterwards is a process that affect every individual in the family in a negative manner according to a research that was conducted on divorce on 42 individuals in total, 24 of which are women and 18 are men. It can be said that spouses both become poorer and it is possible to say that particularly women suffer more from this situation, and they can face significant problems spiritually (Erbay, Gök and Kardeş, 2015).

Another study was carried out with 71 participants. The participants of the study are composed of children among 7-15 years of age and their mothers in a school in Romania, 41 of their families



are divorced; whereas 38 of them are children and their mothers from regular families. The results of the study show that the children of divorced families suffer from more emotional problems when compared to children from regular families; on the other hand when divorced mothers are compared with married mothers, it has been seen that divorced mothers have higher points in all psychological problems and they tend to overreact or have more hostility in their parenthood styles. It has been indicated that emotional and behavioural problems of children of divorced families are strongly related with the problems of their mothers (Jurma, 2015).

Married and divorced 430 women in total participated in another study, which was carried out to research social support perceptions and desperation levels of divorced and not divorced women and to research the reasons of divorce for divorced women. The reasons of divorce for the divorced women have been seen as irreconcilable differences, lack of harmony and violence. As married women have more responsibilities and concerns for the future, it has been seen that their desperation levels can be higher. Social support levels of married women have been found to be higher than divorced women. It has been found that it was possible for divorced women to feel desperation due to the lack of social support (Özabacı et al, 2015).

In accordance with another study, women receive more harm when compared to men during divorce process. 10 divorced women participated in the study and the participants were applied meeting technique. As a result of the study, it has been seen that women had difficulty while making a decision on divorce and the concern for the future of children, refraining from the reactions of people in the environment and women's not having financial security are among the leading factors that make the decision for divorce difficult. Women's having high education levels, having certain income and having high confidence facilitate making a decision for divorce. Even though most of the time families support their children for divorce, it has been seen that in some cases they act against that and try to convince their children to reconcile. The

majority of divorced women have been seen to consider remarriage in a negative manner and marriage doesn't exist among their future plans (Can and Aksu, 2016).

In another study conducted on divorce, when divorce fact is taken into account, it has been seen that divorce rates have been increasing rapidly. It has been seen that children are affected the most when the reasons for divorce, which is a social problem, is investigated, reasons that lay under the divorce fact are determined and to what extent families and children are affected from this situation is set forth. It has been concluded that if divorce of spouses is inevitable, parents should act consciously and together to ensure that their children get over the situation with the least harm (Tatlilioğlu and Demirel, 2016).

In another study was conducted on 2040 poor women, that are divorced, that live separately from their husbands despite they are officially married, that are separated for having imam marriage (unofficial religious marriage) or not getting married officially, that their husband is convicted for long term or that lost their husbands for any reason. When the results of the study are considered, ending of marriages due to reasons such as death, divorce, separation, etc. made women alone in their struggle for staying alive with their children. Poor women could not go back to their families most of the time and when they went back, they got rejected by the family. Negative situations such as social exclusion, neighbourhood pressure, marginalisation and denigration affected broken poor families from deep inside. Poor women and children could not receive social support and suffered from negative treatments for most of the time (Yusufoğlu and Kızmaz, 2016).

A study has been conducted in the Northern Cyprus with 460 participants, 230 of which are women and 230 are men that divorced at least once and in the study, it has been seen that there are many elements (customs, traditions, religious beliefs, etc.) that affect divorce, children are

affected with couples and not only but also the society is affected. When the results of the study are taken into account, it has been seen that children are the most efficient factor that postpones divorce and social support (mother, father, neighbour, friend, relative, expert, etc.) after divorce is high (Dürüst,2017).

The number of researches on the role played by religion and spirituality on divorce is limited. Very few researches examine the role played by religion and spirituality on the decision for divorce or staying married. 4 themes have been revealed when a qualitative research on divorce and religion that was made with 30 participants is considered. These are 1. staying married “right from moral aspect”, 2. Dilemma a of religious beliefs, 3. being affected from religious social network mainly and 4. religious applications during decision making process. In conclusion, it has shown that divorce is believed to be wrong in terms of moral aspect and they struggle a lot to maintain their marriage or they do not get a divorce until they think that they are right. It has been indicated that most of them try to gain strength through religious ways such as prayer, forgiveness or continuing to attend the church and begin to attend them while they are deciding on the future of their problematic marriages (Bell, Harris, Crabtree, Allen and Roberts, 2017).

Divorce is one of the experiences that is more stressful and psychologically challenging for spouses and all of the families. Religion or spiritualism can be a powerful resource for assistance for the individual to cope with stressful situations that happen due to divorce. When the results of the study that was conducted with 11 participants, 6 of which are divorced women and 5 divorced men, it has been seen that religion played a significant role in an individual’s life while s/he is having stress, coping with that and particularly its positive forms reduce the effect of stress among the individuals that are under stress and leads to positive forms of adaptation to stressful situations such as divorce (Simonic̃ and Klobuc̃ar, 2017).

Another study, which was carried out with 424 participants, who suffered from death of a family member, loss of job and divorce, has been taken into consideration and connections among balance of identity regarding intensity of sorrow through identity disorder after loss and lost identity and balance of identity have been examined. When the results are taken into account, it has been found that characteristics of identity that represent relationship and self construal being approved at a higher level and sorrow that increase because of all sorts of loss are related with identity disorder (Papa and Lancaster, 2016).

## **CHAPTER III**

### **METHOD**

#### **2.1 Research Model**

Information on the way of creating population and sample, tools that were used to collect data and analysis of the collected data have been given in this section.

##### **2.2.1 Population**

The population of the study is composed of divorced individuals that live in the North Cyprus.

##### **2.2.2 Sampling Method**

The sample of the research was created by using “Accidental Sampling Method”. It has been aimed to reach 100 divorced individuals that live in the North Cyprus. Due to restrictions that exist in terms of time, money and labour of participants, the sampling should be easily accessed and applied; thus sampling was made by using accidental sampling method. The survey was collected with drop and collect method. For the confidentiality and safety of surveys, all of them were given in closed envelopes and they were submitted in closed envelopes.

#### **2.3 Data Collection Tools**

“Personal Information Form”, which determines personal characteristics of the participants of the survey, “Self Construal Scale (SCS-BKÖ)” which was developed by Singelis (1994), “Religious Orientation Scale (ROS-DYÖ)” which was developed by Allport and Ross (1967), “Perceived Social Support Scale (PSSS-ASDÖ)” which was developed by Zimmet et al (1988)

and “Psychological Well-Being Scale (PWBS-PİÖÖ) which was developed by Ryff (1989) were used in the study as data collection tools.

### **2.3.1 Personal Information Form**

Information on the gender, age, education status, working status, marriage and divorce were requested.

### **2.3.2. Self Construal Scale (SCS)**

The scale, which was developed by Singelis (1994), is a 5-level Likert scale that is composed of two sub-scales and 24 items. The sub-scales have been created to determine two different self construal types that are independent and interdependent. The participants are asked to mark one of the choices of “strongly disagree”, “disagree”, “undecided”, “agree”, “strongly agree” that best match themselves. “Strongly disagree” is rated as 1 point; whereas “strongly agree” is rated as 5 points in the scale. The lowest total point that can be received from the scale is 24 and 120 is the highest total point. Cronbach alpha is .69 for independent sub-scale and Cronbach alpha is .73 for interdependent sub-scale for the original form of the scale. Creating the form of the scale in Turkish and validity and reliability study of the scale has been made by Kurt (2000). In the study Kurt (2000) carried out with university students, Cronbach alpha is .61 for independent sub-scale and Cronbach alpha is .67 for interdependent sub-scale. Cronbach alpha coefficient for independent self construal scale has been found as 0,71, and the coefficient for interdependent self construal has been found as 0,74 in the study.

### **2.3.3. Religious Orientation Scale (ROS)**

Religious Orientation Scale, which was developed by Allport and Ross (1967) and which is composed of 20 items, is a likert type scale. 9 of its items are composed of internal religious orientation and 11 articles are from articles that express external religious orientation. Various studies have shown that Cronbach alpha internal consistency coefficients vary from .67 and .93 for internal religious orientation sub-scale and .76 and .85 for external religious orientation sub-scale (Donahue, 1985). It has been seen that there are 2 sub-scales in the Religious Orientation Scale, whose adaptation to Turkish was made by Cirhinlioğlu (2006). When Cronbach Alpha Internal Consistency Coefficient of Religious Orientation Scale, which is adapted to Turkish, is taken into account,  $\alpha=.87$  has been found for Internal Religious Orientation Sub-Scale and  $\alpha=.60$  has been found for External Religious Orientation Sub-Scale. Cronbach alpha coefficient for internal orientation sub-dimension of the scale has been found as 0,68, and the coefficient for interdependent self construal has been found as 0,72 in the study.

### **2.3.4. Perceived Social Support Scale (PSSS)**

The scale was developed in 1988 by Zimmet et al for defining social support elements perceived by individuals and its validity and reliability studies in Turkey were made by Eker and Arkar (11). It is a scale 7 degree (1-7 points) Likert type scale, which is composed of 12 items in total, and varies from “absolutely no” and “absolutely yes”. In order to determine family, friend, special someone support, the scale has three sub-scales that are composed of 4 items. The lowest point that can be obtained from sub-scales is 4 and the highest point is 28. The lowest point that can be obtained from the whole of the scale is 12 and the highest point is 84. Having higher point

shows that perceived social support is high (12). In the study, Cronbach alpha coefficient for the general of the scale has been found as 0,83.

### **2.3.5 Psychological Well-Being Scale (PWBS)**

42-item form of Psychological Well-Being Scale (PWBS-PİÖÖ), which was developed by Ryff (1989) in order to determine psychological well-being levels, which was revised by Ryff and Keyes (1995) and which was adopted by Akın, Demirci, Yıldız, Gediksiz, Eroğlu (2012), has been used. The scale measures psychological well being characteristics, it is based on an individual's giving information on himself/herself and composed for 6 sub-dimensions (autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance) each of which has 7 items. The scale has been measured with 7-item likert style rating as "1 Strongly Disagree – 7 Strongly Agree". The highest point that can be reached from the scale is 294 and the lowest point is 42. Having high points from each sub-scale by an individual means that the individual has the characteristics, which are assessed by the related sub-scale. In addition, the scale gives a total psychological well-being point. Items no 3, 5, 8, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, and 41. that are within the scale are reverse scored. The Cronbach alpha coefficient of the general of the scale has been found as 0,79 in the study.

### **Statistical Assessment of the Data**

Statistical Package for Social Sciences (SPSS) 24.0 data analysis program has been used in statistical analysis of data of the study.

Frequency analysis has been adopted for determining socio-economic characteristics of the participants and the results have been shown with frequency distribution tables.



Descriptive statistics such as average, standard deviation, minimum and maximum value of the points received by the participants from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given.

In order to determine hypothesis tests that will be used in the study, points received by the participants from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale, have been analysed with normal distribution consistence Kolmogorov-Smirnov, Shapiro-Wilk test, QQ plot graph and coefficient of skewness-kurtosis and it has been determined that data set does not comply with normal distribution. Accordingly, nonparametric hypothesis tests have been used in the study. Mann-Whitney U test has been used when independent variable is composed of two categories; whereas Kruskal-Wallis test has been used when it is composed for more than two categories. Mann-Whitney U test has been applied to determine the resource category of the difference, which is seen among the categories as a result of the Kruskal-Wallis test.

Spearman correlation analysis has been used to analyse the relation between the points received by the participants from scales and multivariable linear regression analysis has been used for predicting the points received from Self Construal, Religious Orientation and Perceived Social Support Scale for the points received from Psychological Well-being Scale.

## **RESULTS**

**Table 1.**

**Distribution of participants according to their identifier characteristics**

	Number (n)	Percent (%)
<b>Gender</b>		
Female	62	62,0
Male	38	38,0
<b>Age Group</b>		
35 years old and younger	30	30,0
Between the ages of 36-45	48	48,0
46 years old and older	22	22,0
<b>Nationality</b>		
TC (Republic of Turkey)	10	10,0
KKTC (TRNC)	65	65,0
TC/KKTC	25	25,0
<b>Educational Status</b>		
Elementary	7	7,0
High school	35	35,0
Undergraduate/Graduate	58	58,0
<b>Place where most of his/her life is spent</b>		
Village	21	21,0
City	79	79,0
<b>Status of having children</b>		
Have children	74	74,0
Don't have children	26	26,0
<b>Number of children (n=74)</b>		
One	33	44,59
Two	29	39,19
Three and more	12	16,22

Distribution of individuals, who are included in the study and divorced from their spouses, according to their identifier characteristics have been given in Table 1.

When Table 1. is examined, it is seen that 62,0% of the divorced individuals are women, 38,0% are men, 30,0% are 35 years old or younger, 48,0% are between the ages of 36-45, 22,0% of them are in the group of 46 years old or older; 10,0% of them are from TC (Republic of Turkey) nationality, 65,0% are from KKTC (TRNC) nationality and 25,0% of them are from both TC and TRNC nationality. 7,0% of the participants have been seen that they are graduated from elementary school, 35,0% are from high school and 58,0% are graduated from undergraduate or graduate degree when the distribution of the participants according to their educational status is observed. It is found that 21,0% of the divorced individuals that were included in the study have spent most of their lives in a village; whereas 79,0% of them spent in a city. It is found that 74,0% of the participants have children and 44,59% of these participants that have children have a child; 39,19% of them have two children and 16,22% participants have three or more children.

**Table 2.**

**Distribution of participants on the characteristics of their previous marriages**

	Number (n)	Percent (%)
<b>Marriage age</b>		
23 years old and younger	32	32,0
Between the ages of 24-30	51	51,0
31 years old and older	17	17,0
<b>Form of getting married</b>		
Arranged marriage and willingly	12	12,0
By meeting with suggestion from friends and family	17	17,0
By meeting on our own without any mediator	67	67,0
Other	4	4,0
<b>Number of marriage</b>		
First	97	97,0
Second	3	3,0
<b>Period of staying married</b>		
Less than 1 year	5	5,0
1-6 years	36	36,0
6-12 years	16	16,0
12-18 years	24	24,0
19 years and more	19	19,0
<b>Period since divorce</b>		
Less than 1 year	28	28,0
Between 1-5 years	54	54,0
6 years and more	18	18,0
<b>The person made the divorce decision</b>		
Himself/Herself	44	44,0
Spouse	22	22,0
Together	33	33,0
<b>Period between considering divorce and legal procedures</b>		
Less than 1 year	62	62,0
Between 1-5 years	33	33,0
6 years and more	5	5,0
<b>Current situation of having serious relationship</b>		
Have a relationship	32	32,0
Don't have a relationship	68	68,0
<b>Period of being together with the current partner(n=32)</b>		
1 year	8	25,0
2 years	4	12,5
3 years	20	62,5

Distribution of participants on the characteristics of their previous marriages has been given in Table 2.

When Table 2. is examined, it is seen that 32,0% of the divorced individuals that participated in the study got married when they were 23 years old and younger, 51,0% between the ages of 24-30 and 17,0% when they were 31 years old or older; 12,0% of them got married with an arranged marriage and willingly, 17,0% of them got married by meeting with suggestion from friends and family and 67,0% of them got married by meeting with their spouse on their own without any mediator. It has been found that it was the first marriage of 97,0% of the participants; 5% of them remained married for less than one year, 36,0% of them between 1-5 years, 16,0% of them between 6-12 years, 24,0% of them between 12-18 years and 19,0% of them for 19 years and more. It has been determined that less than a year has passed since the divorce of 28,0% of the participants; a period between 1-5 years has passed since the divorce of 54,0% of the participants and more than 6 years have passed since the divorce of 18,0% and 44,0% of the participants made the divorce decision, 22,0% of them said their spouse made the divorce decision and 33,0% made the divorce decision together with their spouse. It has been found that a period of less than one year has passed among 62,0% of participants since their considering divorce and legal procedures and a period between 1-5 years has passed among 33,0% of the participants. It has been determined that 32,0% of the divorced individuals currently have a serious relationship and among the individuals that are currently in a serious relationship, 25,0% of them have a relationship of a year, 12,5% for 2 years and 62,5% for 3 years.

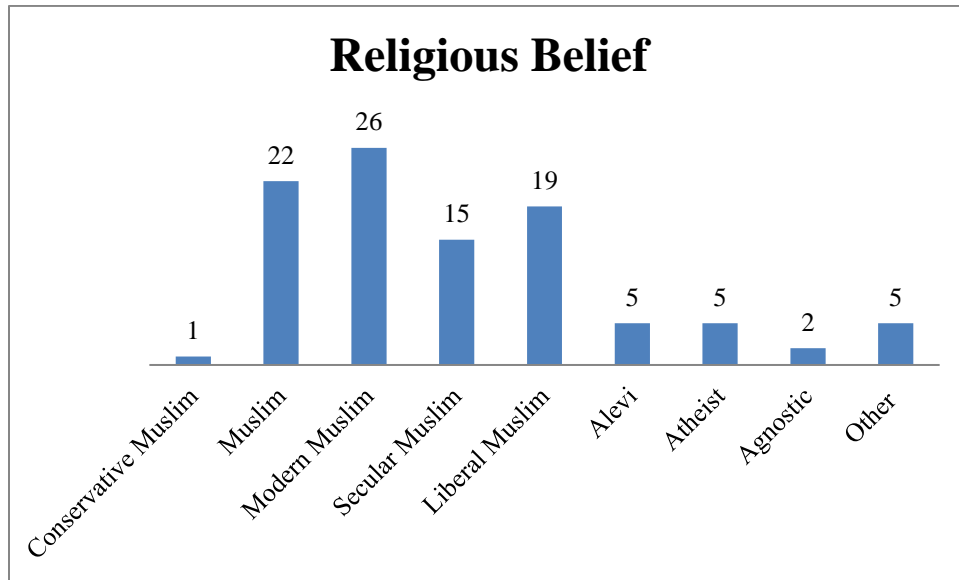
**Table 3.**

**Distribution of participants according to introductory characteristic of their divorced spouses**

	Number (n)	Percent (%)
<b>Age of the divorced spouse</b>		
35 years old and younger	34	34,0
Between the ages of 36-45	37	37,0
46 years old and older	29	29,0
<b>Educational status of the divorced spouse</b>		
Elementary	10	10,0
High school	34	34,0
Undergraduate/Graduate	56	56,0
<b>Marriage age of the divorced spouse</b>		
23 years old and younger	27	27
Between the ages of 24-30	57	57
31 years old and older	16	16
<b>Number of marriage of the divorced spouse</b>		
First	89	89
Second	11	11

Distribution according to introductory characteristics of divorced spouses of participants has been given in Table 3.

When results on introductory characteristics of divorced spouses of the participants in Table 3. are analysed, it has been seen that 34,0% of the divorced spouses of the participants are 35 years old and younger, 3,0% of them between the ages of 36-45 and 29,0% of them are 46 years old and older; whereas 10,0% of them are graduate from elementary school, 34,0% of them from high school and 56,0% of them have undergraduate or graduate degree and 27,0% of them got married when they were 23 years old and younger, 57,0% of them got married when they were between the ages of 24-30 and 16,0% of them got married when they were 31 years old and older. The marriage was the first marriage of 89,0% of the divorced spouses of the participants and it was the second marriage of 11% of the divorced spouses.



**Figure I. Distribution of participants according to their religious beliefs**

According to Figure I., 22% of the divorced individuals that are within the scope of the study express their religious belief as Muslim, 26,0% as modern Muslim, 15,0% as secular Muslim, 19,0% as liberal Muslim, 5% as Alevi, 5% as atheistic and 2% as agnostic.

**Table 4.****Points of Participants from the Scale of SC, RO, PSS and PWB**

	<b>n</b>	<b><math>\bar{x}</math></b>	<b>s</b>	<b>Min</b>	<b>Max</b>
<b>Self Construal Scale</b>					
Independent self construal	100	49,08	5,77	30	60
Interdependent self construal	100	41,89	7,03	23	52
<b>Religious Orientation Scale</b>					
Internal orientation	100	28,10	9,07	11	50
External orientation	100	25,04	10,76	11	51
<b>Perceived Social Support Scale</b>					
Special Someone	100	20,97	7,79	4	28
Family	100	23,94	5,78	4	28
Friend	100	23,73	5,34	4	28
Total scale	100	68,64	15,28	12	84
<b>Psychological Well-Being Scale</b>	100	205,39	30,22	123	294

Introductory statistics have been given in Table 4. on the points received by the participants from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scales.

When Table 4. is analysed, it has been determined that the participants reached  $49,08 \pm 5,77$  points in average from independent self construal sub-dimension within the self construal scale; on the other hand they reached  $41,89 \pm 7,03$  points in average from interdependent self construal.

It has been found that the participants received  $28,10 \pm 9,07$  points in average from internal orientation sub-dimension and  $25,04 \pm 10,76$  points in average from external orientation sub-dimension when the points received by the participants from religious orientation scale is examined.



It has been seen that the divorced individuals that participated in the study received  $20,97 \pm 7,79$  points in average from special someone sub-dimension of the perceived social support dimension,  $23,94 \pm 5,78$  points in average from family sub-dimension and  $23,73 \pm 5,34$  points in average from friend sub-dimension. The average point received by the participants from the general of the perceived social support scale is  $68,64 \pm 15,28$ .

The participants received  $205,39 \pm 30,22$  points in average from psychological well-being scale.

**Table 5.**

**Comparison of points of SC, RO, PSS and PWB Scale received by the participants according to their genders**

	<b>Gender</b>	<b>n</b>	<b><math>\bar{x}</math></b>	<b>s</b>	<b>M.R.</b>	<b>T.R.</b>	<b>Z</b>	<b>p</b>
<b>Independent self construal</b>	Female	62	48,66	6,09	48,28	2993,50	-0,979	0,328
	Male	38	49,76	5,22	54,12	2056,50		
<b>Interdependent self construal</b>	Female	62	42,35	6,95	52,46	3252,50	-0,864	0,388
	Male	38	41,13	7,19	47,30	1797,50		
<b>Internal orientation</b>	Female	62	29,66	8,51	55,57	3445,50	-2,236	0,025*
	Male	38	25,55	9,49	42,22	1604,50		
<b>External orientation</b>	Female	62	27,48	9,72	58,50	3627,00	-3,529	0,000*
	Male	38	21,05	11,29	37,45	1423,00		
<b>Special someone</b>	Female	62	20,97	8,10	51,22	3175,50	-0,322	0,747
	Male	38	20,97	7,36	49,33	1874,50		
<b>Family</b>	Female	62	23,66	6,44	49,97	3098,00	-0,244	0,807
	Male	38	24,39	4,54	51,37	1952,00		
<b>Friend</b>	Female	62	23,55	5,78	50,19	3112,00	-0,140	0,889
	Male	38	24,03	4,59	51,00	1938,00		
<b>PSSS Total Score</b>	Female	62	68,18	16,80	50,87	3154,00	-0,164	0,869
	Male	38	69,39	12,59	49,89	1896,00		
<b>Psychological Well-being Scale</b>	Female	62	202,02	32,26	47,64	2953,50	-1,261	0,207
	Male	38	210,89	26,03	55,17	2096,50		

\* $p < 0,05$

The results of Mann-Whitney U test, which was made for comparing the points received by the participants from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale according to their genders, have been given in Table 5.

When Table 5. is examined, it has been found that no significant difference exists statistically among the points received by the participants in Self Construal, Perceived Social Support and

Psychological Well-being Scale ( $p>0,05$ ). Points received by female and male participants from Self Construal, Perceived Social Support and Psychological Well-being Scale are similar.

It has been determined that there is a statistically significant difference among the points received by divorced individuals that are within the scope of the study according to their genders between internal orientation and external orientation sub-dimensions of religious orientation scale ( $p<0,05$ ). The points received by female participants from internal orientation and external orientation sub-dimensions of religious orientation scale have been found higher than male individuals

**Table 6.**

**Comparison of points of SC, RO, PSS and PWB Scale received by the participants according to their age groups**

	Age Group	n	$\bar{x}$	s	Mean Rank	X <sup>2</sup>	p	Diff.
<b>Independent self construal</b>	35 years old and younger	30	49,93	5,82	53,98	1,046	0,593	
	Between the ages of 36-45	48	48,50	5,57	47,48			
	46 years old and older	22	49,18	6,25	52,34			
<b>Interdependent self construal</b>	35 years old and younger	30	42,83	6,93	54,52	7,878	0,019*	2-3
	Between the ages of 36-45	48	39,98	7,15	42,55			
	46 years old and older	22	44,77	5,84	62,36			
<b>Internal orientation</b>	35 years old and younger	30	25,97	7,69	43,92	4,696	0,096	
	Between the ages of 36-45	48	27,90	9,13	49,63			
	46 years old and older	22	31,45	10,07	61,39			
<b>External orientation</b>	35 years old and younger	30	22,33	9,70	43,85	6,148	0,046*	1-3
	Between the ages of 36-45	48	24,58	10,94	48,73			
	46 years old and older	22	29,73	10,66	63,43			
<b>Special Someone</b>	35 years old and younger	30	21,20	8,16	51,57	0,326	0,850	
	Between the ages of 36-45	48	21,40	7,16	51,23			
	46 years old and older	22	19,73	8,78	47,45			
<b>Family</b>	35 years old and younger	30	25,30	4,04	55,62	2,181	0,336	
	Between the ages of 36-45	48	23,73	6,11	50,23			
	46 years old and older	22	22,55	6,80	44,11			
<b>Friend</b>	35 years old and younger	30	25,03	4,25	56,93	2,769	0,250	
	Between the ages of 36-45	48	23,27	5,90	49,34			
	46 years old and older	22	22,95	5,29	44,25			
<b>PSSS Total Score</b>	35 years old and younger	30	71,53	12,61	55,35	2,303	0,316	
	Between the ages of 36-45	48	68,40	16,60	50,85			

	46 years old and older	22	65,23	15,52	43,11		
<b>Psychological Well-being Scale</b>	35 years old and younger	30	197,70	26,83	43,28	2,662	0,264
	Between the ages of 36-45	48	208,31	34,72	53,38		
	46 years old and older	22	209,50	22,16	54,07		

\* $p < 0,05$

The results of Kruskal-Wallis test, which was made for comparing the points of individuals from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale according to their age groups, have been given in Table 6.

When Table 6.is examined, it has been seen that there is no statistically significant difference among the points received by the individuals that participated in the study from independent self construal sub-dimension according to their age groups ( $p > 0,05$ ). It has been found that the difference among the points received by the individuals from interdependenceself construal sub-dimension is statistically significant ( $p < 0,05$ ). Self construal points of participants that are within the age group of 46 years old and older have been found to be higher than the participants between the ages of 36-45.

It has been determined that no statistically significant difference exists among the points received by participants according to their age groups from the internal orientation sub-dimension of religious orientation scale ( $p < 0,05$ ). Among the points received by divorced individuals that participated in the research according to their age groups from external orientation sub-dimension of the religious orientation scale, a statistically significant difference has been found ( $p < 0,05$ ). It has been found that participants that are within the age group of 46 years old and older received higher point from the external orientation sub-dimension when compared with the participants of 35 years old and younger.

It has been determined that there is no statistically significant difference among the points received by the participants according to their age groups from the Perceived Social Support and Psychological Well-being Scales.

**Table 7.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to their nationalities**

	Nationality	n	$\bar{x}$	s	Mean Rank	X <sup>2</sup>	p	Difference
<b>Independent self construal</b>	TR	10	44,10	7,77	31,80	4,882	0,093	
	TRNC	65	49,51	5,17	51,64			
	TR/TRNC	25	49,96	5,66	55,02			
<b>Interdependent self construal</b>	TR	10	43,20	6,03	54,90	1,431	0,492	
	TRNC	65	42,26	7,01	52,06			
	TR/TRNC	25	40,40	7,47	44,68			
<b>Internal orientation</b>	TR	10	35,50	8,03	73,35	17,544	0,00*	1-2
	TRNC	65	25,25	7,74	41,78			2-3
	TR/TRNC	25	32,56	9,48	64,02			
<b>External orientation</b>	TR	10	36,90	7,62	82,75	21,512	0,000*	1-2
	TRNC	65	21,66	9,36	41,65			2-3
	TR/TRNC	25	29,08	10,74	60,60			
<b>Special someone</b>	TR	10	14,70	8,90	30,40	10,452	0,011*	1-2
	TRNC	65	20,57	7,83	48,62			1-3
	TR/TRNC	25	24,52	5,23	63,44			
<b>Family</b>	TR	10	19,10	7,43	26,95	8,260	0,020*	1-2
	TRNC	65	24,35	5,59	52,14			1-3
	TR/TRNC	25	24,80	4,74	55,66			
<b>Friend</b>	TR	10	19,80	5,98	29,95	6,001	0,048*	1-2
	TRNC	65	24,22	5,11	52,72			1-3
	TR/TRNC	25	24,04	5,22	52,96			

<b>PSS Total Score</b>	TR	10	53,60	18,64	25,30	11,354	0,000*	1-2
	TRNC	65	69,14	14,02	50,12			1-3
	TR/TRNC	25	73,36	13,81	61,56			
<b>Psychological Well-being Scale</b>	TR	10	175,60	26,25	22,70	11,312	0,000*	1-2
	TRNC	65	211,46	28,39	55,58			1-3
	TR/TRNC	25	201,52	29,55	48,42			

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to their nationalities from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 7.

When Table 7.is examined, it has been found that there is no statistically significant difference among the points received from self construal scale by the participants according to their nationalities ( $p > 0,05$ ).

It has been determined that there is a statistically significant difference among the points received by the participants according to their nationalities from the internal orientation and external orientation sub-dimensions of the religious orientation scale ( $p < 0,05$ ). The difference is sourced from participants of TRNC origin. The points received by participants of TRNC origin from internal orientation and external orientation sub-dimensions that are within the orientation scale are lower than the participants of TR origin and TR/TRNC origin.

It has been found that there are statistically significant difference among the points received by divorced individuals that are included in the study from the general of perceived social support scale and sub-dimensions in the scale ( $p < 0,05$ ). The points received by participants of TR origin are lower than the points received by other participants in the general of perceived social support scale and sub-dimensions in the scale.

A statistically significant difference has been determined among the points of psychological well-being scale according to the nationalities of participants and it has been found that the scale points of participants of TR origin are lower than other participants ( $p < 0,05$ ).

**Table 8.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to their educational status**

	<b>Educational Status</b>	<b>n</b>	<b><math>\bar{x}</math></b>	<b>s</b>	<b>Mean Rank</b>	<b>X<sup>2</sup></b>	<b>p</b>	<b>Difference</b>
<b>Independent self construal</b>	Elementary	7	42,57	7,32	23,21	9,317	0,009*	1-3
	High school	35	48,34	5,74	46,29			
	Undergraduate/ Graduate	58	50,31	5,05	56,34			
<b>Interdependent self construal</b>	Elementary	7	45,00	7,05	64,14	1,670	0,434	
	High school	35	41,91	6,36	49,57			
	Undergraduate/ Graduate	58	41,50	7,43	49,41			
<b>Internal orientation</b>	Elementary	7	38,86	7,69	81,86	9,148	0,010*	1-2
	High school	35	27,74	8,20	50,39			1-3
	Undergraduate/ Graduate	58	27,02	9,01	46,78			
<b>External orientation</b>	Elementary	7	41,14	8,43	88,14	18,635	0,000*	1-2
	High school	35	26,77	9,73	57,07			1-3
	Undergraduate/ Graduate	58	22,05	9,71	41,99			
<b>Special someone</b>	Elementary	7	15,57	9,69	34,36	2,440	0,295	
	High School	35	21,77	7,05	52,20			
	Undergraduate/ Graduate	58	21,14	7,87	51,42			
<b>Family</b>	Elementary	7	21,71	8,22	39,57	1,195	0,550	
	High school	35	23,97	5,76	50,66			
	Undergraduate/ Graduate	58	24,19	5,51	51,72			
<b>Friend</b>	Elementary	7	21,00	6,88	38,36	2,728	0,256	
	High school	35	22,97	5,97	47,14			
	Undergraduate/ Graduate	58	24,52	4,62	53,99			



<b>PSSS Total Score</b>	Elementary	7	58,29	22,66	35,71	1,987	0,370
	High school	35	68,71	16,29	51,34		
	Undergraduate/ Graduate	58	69,84	13,37	51,78		
<b>Psychological Well-being Scale</b>	Elementary	7	200,57	29,65	45,14	3,140	0,208
	High school	35	198,69	36,45	44,33		
	Undergraduate/ Graduate	58	210,02	25,47	54,87		

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to their educational status from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 8.

When Table 8 is examined, it has been found that there is a statistically significant difference among the points received by the participants from independent self construal sub-dimension according to their educational status ( $p < 0,05$ ). Independent self construal points of participants that are undergraduate/graduate are higher than the participants that are elementary school graduates. It has been determined that the difference among the points received by the participants according to their educational status from interdependent self construal sub-dimension is not statistically significant.

It has been found that the difference among the points received by the participants according to their educational status from internal orientation and external orientation sub-dimensions in the religious orientation scale is a statistically significant difference ( $p < 0,05$ ). The points received by the participants which are elementary school graduates from internal orientation and external orientation sub-dimensions in the religious orientation scale have been found to be higher than other participants.

It has been determined that there is no statistically significant difference among the points received by the participants according to their educational status from the perceived social support scale and psychological well-being scale ( $p > 0,05$ ).

**Table 9.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the settlement area they lived**

	Settlement	n	$\bar{x}$	s	Mean Rank	Sum of Ranks	Z	p
<b>Independent self construal</b>	Village	21	48,62	6,64	47,86	1005,00	-0,471	0,638
	City	79	49,20	5,56	51,20	4045,00		
<b>Interdependent self construal</b>	Village	21	41,62	6,44	48,36	1015,50	-0,381	0,703
	City	79	41,96	7,22	51,07	4034,50		
<b>Internal orientation</b>	Village	21	33,71	8,33	67,45	1416,50	-3,016	0,003*
	City	79	26,61	8,72	45,99	3633,50		
<b>External orientation</b>	Village	21	31,57	10,35	68,55	1439,50	-3,213	0,001*
	City	79	23,30	10,24	45,70	3610,50		
<b>Special someone</b>	Village	21	22,43	6,52	54,45	1143,50	-0,716	0,474
	City	79	20,58	8,09	49,45	3906,50		
<b>Family</b>	Village	21	24,38	5,15	49,57	1041,00	-0,172	0,863
	City	79	23,82	5,96	50,75	4009,00		
<b>Friend</b>	Village	21	24,19	4,68	50,93	1069,50	-0,079	0,937
	City	79	23,61	5,52	50,39	3980,50		
<b>PSSS</b>	Village	21	71,00	14,85	55,69	1169,50	-0,929	0,353
<b>Total Score</b>	City	79	68,01	15,43	49,12	3880,50		
<b>Psychological Well-being Scale</b>	Village	21	200,14	32,61	43,71	918,00	-1,206	0,228
	City	79	206,78	29,61	52,30	4132,00		

\* $p < 0,05$

The results of the Mann-Whitney U test, which was made to compare the points received by the participants according to the settlement area they spent their lives from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 9.

When Table 9.isanalyzed, no statistically significant difference has been found among the points received by the participants according to the settlement area they spent their lives from Perceived Social Support and Psychological Well-being Scale ( $p>0,05$ ).

It has been determined that there is a statistically significant difference among the points received from internal orientation and external orientation sub-dimensions of religious orientation scale by the divorced individuals that are within the scope of the study according to the settlement area they spent their lives ( $p<0,05$ ). The points received by participants, who spent their lives in village, from internal orientation and external orientation sub-dimension is higher than the points received by participants, who spent their lives in city.

**Table 10.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to their status of having children**

	<b>Children</b>	<b>n</b>	$\bar{x}$	<b>s</b>	<b>Mean Rank</b>	<b>Sum of Ranks</b>	<b>Z</b>	<b>p</b>
<b>Independent self construal</b>	Have	74	48,85	5,87	49,85	3689,00	-0,378	0,705
	Don't have	26	49,73	5,56	52,35	1361,00		
<b>Interdependent self construal</b>	Have	74	41,64	6,89	49,03	3628,00	-0,858	0,391
	Don't have	26	42,62	7,53	54,69	1422,00		
<b>Internal orientation</b>	Have	74	28,64	9,33	52,32	3872,00	-1,062	0,288
	Don't have	26	26,58	8,27	45,31	1178,00		
<b>External orientation</b>	Have	74	26,07	11,29	52,82	3908,50	-1,350	0,177
	Don't have	26	22,12	8,58	43,90	1141,50		
<b>Special Someone</b>	Have	74	20,62	7,81	49,33	3650,50	-0,693	0,488
	Don't have	26	21,96	7,82	53,83	1399,50		
<b>Family</b>	Have	74	23,41	6,25	48,43	3583,50	-1,258	0,208
	Don't have	26	25,46	3,84	56,40	1466,50		
<b>Friend</b>	Have	74	23,38	5,61	49,26	3645,00	-0,750	0,453
	Don't have	26	24,73	4,41	54,04	1405,00		
<b>General ASDÖ</b>	Have	74	67,41	16,10	48,31	3575,00	-1,282	0,200

(PSSS)	Don't have	26	72,15	12,29	56,73	1475,00		
<b>Psychological</b>	Have	74	204,70	30,30	49,89	3691,50		
<b>Well-being Scale</b>	Don't have	26	207,35	30,49	52,25	1358,50	-0,358	0,721

When the results of the Mann-Whitney U test, which is given in Table 10., is analyzed, it has been seen that there is no statistically significant difference among the points received by the divorced individuals that are within the scope of the study from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale according to their status of having children ( $p>0,05$ ).

**Table 11.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the ages of the participants when they got married**

	Marriage age	n	$\bar{x}$	s	Mean Rank	X <sup>2</sup>	p	Difference
<b>Independent Self construal</b>	≤ 23 years	32	48,03	6,08	45,92	2,488	0,288	
	24-30 years	51	49,18	5,91	50,33			
	31 years ≥	17	50,76	4,49	59,62			
<b>Interdependent self construal</b>	≤ 23 years	32	43,06	6,15	54,39	3,412	0,182	
	24-30 years	51	40,37	7,88	45,42			
	31 years ≥	17	44,24	4,78	58,41			
<b>Internal orientation</b>	≤ 23 years	32	29,59	9,48	55,80	1,944	0,378	
	24-30 years	51	27,88	8,87	49,25			
	31 years ≥	17	25,94	8,93	44,29			
<b>External orientation</b>	≤ 23 years	32	27,94	10,76	59,02	8,287	0,016*	1-3
	24-30 years	51	25,18	11,03	50,66			2-3
	31 years ≥	17	19,18	7,62	34,00			
<b>Special someone</b>	≤ 23 years	32	20,50	8,23	49,73	0,603	0,740	
	24-30 years	51	21,78	6,97	52,36			
	31 years ≥	17	19,41	9,36	46,35			
<b>Family</b>	≤ 23 years	32	23,25	6,94	49,50	2,223	0,329	
	24-30 years	51	23,76	5,56	48,11			
	31 years ≥	17	25,76	3,49	59,56			
<b>Friend</b>	≤ 23 years	32	23,63	6,45	52,41	1,383	0,501	

<b>PSSS Total Score</b>	24-30 years	51	23,41	4,94	47,49	0,039	0,981
	31 years $\geq$	17	24,88	4,21	55,94		
	$\leq 23$ years	32	67,38	18,83	51,17		
	24-30 years	51	68,96	14,06	49,95		
	31 years $\geq$	17	70,06	11,59	50,88		
<b>Psychological Well-being scale</b>	$\leq 23$ years	32	204,88	37,01	51,03	3,625	0,163
	24-30 years	51	201,69	25,02	46,39		
	31 years $\geq$	17	217,47	28,99	61,82		

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to their ages when they got married from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 11.

When Table 11. is examined, it has been determined that statistically there is no significant difference among the points received by the participants from the Self Construal, Perceived Social Support and Psychological Well-being Scale according to their ages when they got married ( $p > 0,05$ ).

Statistically no significant difference has been found among the points received by the participants from internal orientation sub-dimension of religious orientation scale according to the ages of the participants when they got married; whereas it has been found that the difference among the points received by them from external orientation sub-dimension is statistically significant ( $p < 0,05$ ). Points received by participants, who got married when they were 31 years old or older, from external orientation sub-dimension have been found to be lower than the points of other participants.

Table 12.

Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the period of staying married

	Period of staying married	n	$\bar{x}$	s	Mean Rank	X <sup>2</sup>	p	Diff.
<b>Independent self construal</b>	≤1 year	5	54,80	5,97	77,10	6,657	0,155	
	1-6 years	36	49,36	5,53	51,46			
	6-12 years	16	48,13	4,44	43,69			
	12-18 years	24	49,63	5,68	53,81			
	19 years ≥	19	47,16	6,64	43,24			
<b>Interdependent self construal</b>	≤1 year	5	42,60	5,81	50,60	3,552	0,470	
	1-6 years	36	40,61	7,08	45,17			
	6-12 years	16	40,69	8,08	46,44			
	12-18 years	24	42,88	7,02	54,73			
	19 years ≥	19	43,89	6,26	58,66			
<b>Internal orientation</b>	≤1 year	5	28,60	6,11	52,70	8,545	0,074	
	1-6 years	36	26,00	8,66	44,35			
	6-12 years	16	25,63	9,82	42,47			
	12-18 years	24	28,83	8,78	52,19			
	19 years ≥	19	33,11	8,84	66,21			
<b>External orientation</b>	≤1 year	5	20,00	6,63	37,40	9,660	0,047*	1-4
	1-6 years	36	22,06	9,58	42,92			2-4
	6-12 years	16	23,44	10,20	46,41			

	12-18 years	24	26,67	10,90	55,38		
	19 years $\geq$	19	31,32	11,71	65,61		
<b>Special someone</b>	$\leq 1$ year	5	25,20	1,92	58,60	5,466	0,243
	1-6 years	36	19,50	8,46	45,81		
	6-12 years	16	24,25	5,67	63,63		
	12-18 years	24	22,00	6,17	51,29		
	19 years $\geq$	19	18,58	9,59	45,21		
<b>Family</b>	$\leq 1$ year	5	27,00	1,00	62,40	5,037	0,284
	1-6 years	36	24,81	4,19	52,57		
	6-12 years	16	23,81	5,43	46,72		
	12-18 years	24	24,25	6,02	55,81		
	19 years $\geq$	19	21,21	8,13	39,92		
<b>Friend</b>	$\leq 1$ year	5	25,20	1,30	45,90	2,881	0,578
	1-6 years	36	24,17	4,83	53,60		
	6-12 years	16	25,06	3,40	52,34		
	12-18 years	24	23,88	5,45	52,88		
	19 years $\geq$	19	21,21	7,36	41,29		
<b>General ASDÖ (PSSS)</b>	$\leq 1$ year	5	77,40	1,14	65,20	4,274	0,370
	1-6 years	36	68,47	12,41	47,57		
	6-12 years	16	73,13	12,22	59,19		
	12-18 years	24	70,13	12,46	51,56		
	19 years $\geq$	19	61,00	23,63	43,53		
<b>Psychological Well-being Scale</b>	$\leq 1$ year	5	207,80	20,93	52,10	2,558	0,634
	1-6 years	36	204,97	30,03	49,97		
	6-12 years	16	196,25	38,33	40,84		
	12-18 years	24	207,38	27,05	54,29		
	19 years $\geq$	19	210,74	30,00	54,42		

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to their period of staying married from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 12.

It has been determined that there is no statistically significant difference among the points received by the divorced individuals that participated in the study from Self Construal, Perceived Social Support and Psychological Well-being Scale according to their period of staying married ( $p > 0,05$ ).

No statistically significant difference has been found among the points received by the participants from internal orientation sub-dimension of religious orientation scale according to their period of staying married; on the other hand it has been found that there is a statistically significant difference among the points they received from external orientation sub-dimension



( $p < 0,05$ ). Points received by participants, who stayed married for 19 years and more, are higher than the points of participants, who stayed married for less than a year and between 1-6 years.

**Table 13.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to their form of getting married**

	<b>Form of marriage</b>	<b>n</b>	<b><math>\bar{x}</math></b>	<b>s</b>	<b>Mean Rank</b>	<b>X<sup>2</sup></b>	<b>p</b>	<b>Dif.</b>
<b>Independent self construal</b>	Arranged marriage and willingly	12	45,00	7,24	33,25	6,476	0,091	
	By meeting with suggestion from friends and family	17	48,12	5,49	44,79			
	By meeting on our own without any mediator	67	50,10	5,03	54,82			
	Other	4	48,25	9,71	54,13			
<b>Interdependent self construal</b>	Arranged marriage and willingly	12	45,08	6,71	64,38	4,583	0,205	
	By meeting with suggestion from friends and family	17	43,59	5,48	56,09			
	By meeting on our own without any mediator	67	40,88	7,29	46,63			
	Other	4	42,00	7,53	50,00			
<b>Internal orientation</b>	Arranged marriage and willingly	12	36,08	11,42	71,63	14,216	0,003*	1-2
	By meeting with suggestion from friends and family	17	28,88	7,20	54,56			1-3
	By meeting on our own without any mediator	67	25,96	8,16	43,94			2-4
	Other	4	36,75	5,91	79,75			3-4
<b>External orientation</b>	Arranged marriage and willingly	12	37,25	12,20	78,17	22,465	0,000*	1-2
	By meeting with suggestion from friends and family	17	25,65	6,57	55,50			1-3
	By meeting on our own without any mediator	67	21,97	9,57	42,24			2-4

	Other	4	37,25	4,57	84,63		3-4
<b>Special Someone</b>	Arranged marriage and willingly	12	18,92	9,37	45,75	4,123	0,248
	By meeting with suggestion from friends and family	17	23,82	5,20	60,06		
	By meeting on our own without any mediator	67	21,04	7,58	50,08		
	Other	4	13,75	11,84	31,13		
<b>Family</b>	Arranged marriage and willingly	12	22,42	6,92	42,33	3,495	0,321
	By meeting with suggestion from friends and family	17	24,65	3,00	46,41		
	By meeting on our own without any mediator	67	24,37	5,59	53,87		
	Other	4	18,25	11,44	35,88		
<b>Friend</b>	Arranged marriage and willingly	12	24,33	4,58	52,29	0,725	0,867
	By meeting with suggestion from friends and family	17	24,29	3,57	48,41		
	By meeting on our own without any mediator	67	23,66	5,65	51,31		
	Other	4	20,75	8,81	40,38		
<b>PSSS Total Score</b>	Arranged marriage and willingly	12	65,67	14,41	43,17	3,210	0,360
	By meeting with suggestion from friends and family	17	72,76	10,12	55,91		
	By meeting on our own without any mediator	67	69,07	15,33	51,57		
	Other	4	52,75	27,58	31,50		
<b>Psychological Well-being Scale</b>	Arranged marriage and willingly	12	198,92	24,87	43,58	3,073	0,380
	By meeting with suggestion from friends and family	17	202,29	31,50	43,03		
	By meeting on our own without any mediator	67	208,27	30,17	54,07		
	Other	4	189,75	42,66	43,25		

\* $p < 0,05$

It has been determined that there is no statistically significant difference among the points, which were received by divorced individuals that participated in the study, from Self Construal, Perceived Social Support and Psychological Well-being Scale according to their form of getting married ( $p > 0,05$ ).

It has been found that there is a statistically significant difference among the points received from internal orientation and external orientation sub-dimensions of religious orientation scale by the divorced individuals that are within the scope of the study according to their period of staying married ( $p < 0,05$ ). The points received by women, who got married with an arranged marriage and willingly and in other forms, are higher than the points received by the participants, who got married by meeting with suggestion from friends and family and by meeting on their own without any mediator.

**Table 14.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the period since divorce**

	Elapsed time	n	$\bar{x}$	s	Mean Rank	$X^2$	p	Difference
<b>Independent self construal</b>	Less than 1 year	28	51,29	5,41	61,00	8,108	0,017*	1-2
	Between 1-5 years	54	47,56	5,66	43,01			2-3
	6 years and more	18	50,22	5,59	56,64			
<b>Interdependent self construal</b>	Less than 1 year	28	41,96	6,59	50,09	3,148	0,207	
	Between 1-5 years	54	40,98	7,48	47,17			
	6 years and more	18	44,50	5,88	61,14			
<b>Internal orientation</b>	Less than 1 year	28	26,18	8,00	44,91	5,085	0,079	
	Between 1-5 years	54	30,07	8,49	56,44			
	6 years and more	18	25,17	11,21	41,39			
<b>External</b>	Less than 1 year	28	21,46	9,77	41,04	4,193	0,123	

<b>orientation</b>	Between1-5 years	54	26,74	11,26	54,57		
	6 years and more	18	25,50	9,84	53,00		
<b>Special someone</b>	Less than 1 year	28	23,11	6,37	56,73	1,897	0,387
	Between1-5 years	54	20,24	8,18	48,42		
	6 years and more	18	19,83	8,37	47,06		
<b>Family</b>	Less than 1 year	28	25,64	3,06	55,16	1,219	0,544
	Between1-5 years	54	23,20	6,79	49,36		
	6 years and more	18	23,50	5,39	46,67		
<b>Friend</b>	Less than 1 year	28	24,07	4,41	49,75	1,786	0,409
	Between1-5 years	54	23,87	5,86	53,31		
	6 years and more	18	22,78	5,19	43,22		
<b>PSSS Total Score</b>	Less than 1 year	28	72,82	10,42	56,68	2,667	0,263
	Between1-5 years	54	67,31	17,82	49,94		
	6 years and more	18	66,11	12,52	42,58		
<b>Psychological Well-being Scale</b>	Less than 1 year	28	202,11	26,84	48,34	0,224	0,894
	Between1-5 years	54	206,91	32,70	51,16		
	6 years and more	18	205,94	28,53	51,89		

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to the period elapsed since their divorce from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 14.

When Table 14. is examined, it has been seen that there is a statistically significant difference among the points received from independent self construal sub-dimensions of self construal scale by the participants according to the period elapsed since their divorce ( $p < 0,05$ ). The points received by participants, which are in the group among 1-5 years passed since their divorce, have been found to be lower than other participants. It has been determined that the difference among the points received by the participants from interdependence self construal sub-dimension of self construal scale according to the period elapsed since their divorce is not statistically significant ( $p > 0,05$ ).

It has been found that the difference among the points received by the participants from Religious Orientation, Perceived Social Support and Psychological Well-being Scale according to the period elapsed since their divorce is not statistically significant ( $p > 0,05$ ).

**Table 15.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the person that made the divorce decision**

	<b>The person that made the divorce decision</b>	<b>n</b>	<b><math>\bar{x}</math></b>	<b>s</b>	<b>Mean Rank</b>	<b>X<sup>2</sup></b>	<b>p</b>	<b>Diff.</b>
<b>Independent self construal</b>	Himself/herself	44	49,41	5,64	51,02	0,159	0,924	
	Spouse	23	49,48	4,32	51,78			
	Together	33	48,36	6,85	48,91			
<b>Interdependent self construal</b>	Himself/herself	44	42,61	7,54	54,40	7,856	0,020*	1-2
	Spouse	23	38,70	6,12	35,67			2-3
	Together	33	43,15	6,41	55,64			
<b>Internal</b>	Himself/herself	44	28,43	9,64	51,08	1,865	0,394	

<b>orientation</b>	Spouse	23	29,78	8,84	56,33	1,248	0,536
	Together	33	26,48	8,45	45,67		
	Himself/herself	44	26,20	10,51	54,00		
<b>External orientation</b>	Spouse	23	24,61	10,90	49,22	0,122	0,941
	Together	33	23,79	11,15	46,73		
<b>Special Someone</b>	Himself/herself	44	20,73	8,50	51,13	1,974	0,373
	Spouse	23	22,04	6,01	51,33		
	Together	33	20,55	8,04	49,09		
<b>Family</b>	Himself/herself	44	23,80	5,80	48,17	2,446	0,294
	Spouse	23	23,43	5,91	47,02		
	Together	33	24,48	5,79	56,03		
<b>Friend</b>	Himself/herself	44	22,95	5,52	45,80	1,156	0,561
	Spouse	23	24,70	3,95	52,09		
	Together	33	24,09	5,91	55,67		
<b>PSSS Total Score</b>	Himself/herself	44	67,48	15,16	47,17	0,350	0,840
	Spouse	23	70,17	12,47	51,61		
	Together	33	69,12	17,40	54,17		
<b>Psychological Well-being Scale</b>	Himself/herself	44	204,41	27,56	48,57		
	Spouse	23	207,13	31,17	52,17		
	Together	33	205,48	33,65	51,91		

\* $p < 0,05$

When Table 15 is examined, it has been seen that there is no statistically significant difference among the points received from independent self construal sub-dimensions of self construal scale by the participants according to the person that made the divorce decision ( $p < 0,05$ ). It has been determined that the difference among the points received by the participants from interdependence self construal sub-dimension of self construal scale according to the person that made the divorce decision is statistically significant ( $p > 0,05$ ). Interdependent self construal of participants, whose spouse made the divorce decision, has been found to be lower according to other participants.

It has been found that the difference among the points received by the participants from Religious Orientation, Perceived Social Support and Psychological Well-being Scale according to the person that made the divorce decision is not statistically significant ( $p > 0,05$ ).

**Table 16.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the period between considering divorce and legal procedures**

	<b>Elapsed time</b>	<b>n</b>	<b><math>\bar{x}</math></b>	<b>s</b>	<b>Mean Rank</b>	<b>X<sup>2</sup></b>	<b>p</b>
<b>Independent self construal</b>	Less than 1 year	62	49,95	5,26	54,07	2,530	0,282
	Between 1-5 years	33	47,67	6,50	45,06		
	6 years and more	5	47,60	5,94	42,10		

<b>Interdependent self construal</b>	Less than 1 year	62	41,82	7,10	50,21	0,226	0,893
	Between1-5 years	33	41,79	7,03	50,14		
	6 years and more	5	43,40	7,54	56,50		
<b>Internal orientation</b>	Less than 1 year	62	28,44	9,28	51,48	0,251	0,882
	Between1-5 years	33	27,36	8,93	48,44		
	6 years and more	5	28,80	8,93	52,00		
<b>External orientation</b>	Less than 1 year	62	23,74	10,77	46,76	2,987	0,225
	Between1-5 years	33	26,97	11,06	55,67		
	6 years and more	5	28,40	6,73	62,80		
<b>Special someone</b>	Less than 1 year	62	21,92	7,29	53,21	1,623	0,444
	Between1-5 years	33	19,76	7,97	46,76		
	6 years and more	5	17,20	11,82	41,60		
<b>Family</b>	Less than 1 year	62	24,95	4,25	52,43	0,853	0,653
	Between1-5 years	33	22,42	7,21	46,89		
	6 years and more	5	21,40	9,58	50,40		
<b>Friend</b>	Less than 1 year	62	24,53	4,25	52,76	1,957	0,376
	Between1-5 years	33	22,88	6,41	48,48		
	6 years and more	5	19,40	7,92	35,80		
<b>PSSS Total Score</b>	Less than 1 year	62	71,40	11,48	53,97	3,008	0,222
	Between1-5 years	33	65,06	19,05	46,30		
	6 years and more	5	58,00	22,45	35,20		
<b>Psychological Well-being Scale</b>	Less than 1 year	62	206,08	26,40	50,83	0,077	0,962
	Between1-5 years	33	204,30	37,60	50,39		
	6 years and more	5	204,00	25,23	47,10		

When Table 16. is examined, it has been found that statistically there is no significant difference among the points received by the participants from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale according to the period between considering divorce and legal procedures ( $p>0,05$ ).

**Table17.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to their current situation of having serious relationship**

Serious relationship	n	$\bar{x}$	s	Mean Rank	Sum of Ranks	Z	p
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<b>Independent self construal</b>	Have	32	48,19	5,15	45,16	1445,00	-1,266	0,205
	Don't have	68	49,50	6,04	53,01	3605,00		
<b>Interdependent self construal</b>	Have	32	40,78	6,37	44,64	1428,50	-1,387	0,165
	Don't have	68	42,41	7,31	53,26	3621,50		
<b>Internal orientation</b>	Have	32	27,00	9,93	47,06	1506,00	-0,814	0,416
	Don't have	68	28,62	8,67	52,12	3544,00		
<b>External orientation</b>	Have	32	22,88	8,68	44,88	1436,00	-1,332	0,183
	Don't have	68	26,06	11,53	53,15	3614,00		
<b>Special someone</b>	Have	32	24,16	5,15	62,53	2001,00	-2,901	0,004*
	Don't have	68	19,47	8,38	44,84	3049,00		
<b>Family</b>	Have	32	23,56	5,41	47,31	1514,00	-0,786	0,432
	Don't have	68	24,12	5,97	52,00	3536,00		
<b>Friend</b>	Have	32	24,00	4,68	51,14	1636,50	-0,157	0,875
	Don't have	68	23,60	5,65	50,20	3413,50		
<b>PSSS Total Score</b>	Have	32	71,72	12,18	55,67	1781,50	-1,231	0,218
	Don't have	68	67,19	16,43	48,07	3268,50		
<b>Psychological Well-being Scale</b>	Have	32	205,53	32,82	48,64	1556,50	-0,440	0,660
	Don't have	68	205,32	29,17	51,38	3493,50		

\* $p < 0,05$

The results of the Mann-Whitney U test, which was made to compare the points received by the participants according to their current situation of having serious relationship from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale, have been given in Table 17.

When Table 17. is analyzed, the difference among the points received by the divorced individuals according to their current situation of having serious relationship from Self Construal, Religious Orientation and Psychological Well-being Scale has been found to be statistically not significant ( $p > 0,05$ ).

It has been determined that there is a statistically significant difference among the points received from special someone sub-dimension of perceived social support scale by the divorced individuals that participated in the study according to their current situation of having serious

relationship ( $p < 0,05$ ). The points received by participants, who currently have a serious relationship, from special someone sub-dimension is found to be higher than the points received by participants, who don't have a serious relationship. It has been found that there is no statistically significant difference among the points received by the participants according to currently having serious relationship from the general of perceived social support scale and from friend and family sub-dimensions ( $p > 0,05$ ).

**Table 18.**

**Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the age group of their divorced spouse**

	Age of spouse	n	$\bar{x}$	s	Mean Rank	X <sup>2</sup>	p	Difference
<b>Independent self construal</b>	≤ 35 years	34	50,15	5,58	55,46	1,557	0,459	
	36-45 years	37	48,95	5,20	48,64			
	46 years ≥	29	48,00	6,63	47,07			
<b>Interdependent self construal</b>	≤ 35 years	34	41,91	6,40	49,57	4,475	0,107	
	36-45 years	37	40,05	8,08	44,34			
	46 years ≥	29	44,21	5,72	59,45			
<b>Internal orientation</b>	≤ 35 years	34	27,00	7,71	47,85	5,866	0,053	
	36-45 years	37	26,41	9,61	44,50			
	46 years ≥	29	31,55	9,19	61,26			
<b>External orientation</b>	≤ 35 years	34	22,88	9,19	45,50	8,216	0,016*	1-3
	36-45 years	37	23,43	11,76	44,92			2-3
	46 years ≥	29	29,62	10,05	63,48			
<b>Special someone</b>	≤ 35 years	34	20,41	7,77	46,68	2,207	0,332	
	36-45 years	37	22,27	7,24	55,97			
	46 years ≥	29	19,97	8,50	48,00			
<b>Family</b>	≤ 35 years	34	24,76	4,16	51,88	0,784	0,676	
	36-45 years	37	24,00	6,28	52,24			
	46 years ≥	29	22,90	6,70	46,66			
<b>Friend</b>	≤ 35 years	34	23,97	4,47	49,44	0,120	0,942	
	36-45 years	37	23,41	6,30	51,70			
	46 years ≥	29	23,86	5,10	50,21			
<b>PSSS Total Score</b>	≤ 35 years	34	69,15	11,81	48,62	2,302	0,316	
	36-45 years	37	69,68	18,40	56,00			
	46 years ≥	29	66,72	14,86	45,69			
<b>Psychological Well-being Scale</b>	≤ 35 years	34	201,18	30,03	45,79	1,576	0,455	
	36-45 years	37	209,41	32,61	54,41			
	46 years ≥	29	205,21	27,47	51,03			

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to the age group of their divorced spouse from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 18.

It has been seen that statistically there is no significant difference among the points received from Self Construal, Perceived Social Support and Psychological Well-being Scale according to the age group of the divorced spouses of the participants ( $p>0,05$ ).

No statistically significant difference has been found among the points received by the participants from internal orientation sub-dimension of religious orientation scale according to the age group of the divorced spouses of the participants; whereas it has been found that the difference among the points received by them from external orientation sub-dimension is statistically significant ( $p<0,05$ ). Points received by participants, whose divorced spouses were 46 years old or older, from external orientation sub-dimension have been found to be higher than the points of other participants.

Table 19.

Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the educational status of their divorced spouse

	Educational Status	n	$\bar{x}$	s	Mean Rank	X <sup>2</sup>	p	Difference
<b>Independent self construal</b>	Elementary	10	47,10	5,59	39,15	6,349	0,042*	1-3
	High school	34	47,32	5,98	43,32			2-3
	Undergraduate/Graduate	56	50,50	5,36	56,88			
<b>Interdependent self construal</b>	Elementary	10	43,10	9,12	58,90	3,069	0,216	
	High school	34	43,29	5,83	55,29			
	Undergraduate/Graduate	56	40,82	7,24	46,09			
<b>Internal orientation</b>	Elementary	10	30,80	13,16	58,55	1,263	0,532	
	High school	34	28,29	7,54	52,10			
	Undergraduate/Graduate	56	27,50	9,17	48,09			
<b>External orientation</b>	Elementary	10	34,90	14,33	72,55	9,819	0,007*	1-2
	High school	34	25,76	7,78	55,25			1-3
	Undergraduate/Graduate	56	22,84	10,74	43,68			
<b>Special Someone</b>	Elementary	10	19,90	9,15	48,05	3,638	0,162	
	High school	34	18,94	8,28	43,51			
	Undergraduate/Graduate	56	22,39	7,04	55,18			
<b>Family</b>	Elementary	10	23,30	7,29	47,75	3,214	0,200	
	High school	34	22,71	6,10	44,18			
	Undergraduate/Graduate	56	24,80	5,22	54,83			
<b>Friend</b>	Elementary	10	23,30	6,22	48,95	1,208	0,547	
	High school	34	23,06	5,45	46,57			
	Undergraduate/Graduate	56	24,21	5,15	53,16			
<b>PSSS Total Score</b>	Elementary	10	66,50	20,05	49,20	3,737	0,154	
	High school	34	64,71	16,26	43,13			
	Undergraduate/Graduate	56	71,41	13,33	55,21			
<b>Psychological Well-being Scale</b>	Elementary	10	203,60	13,97	47,30	1,780	0,411	
	High school	34	199,88	35,98	45,82			
	Undergraduate/Graduate	56	209,05	28,32	53,91			

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to the educational status of their divorced spouse from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 19.

It has been found that there is a statistically significant difference among the points received from independent self construal sub-dimension of self construal scale according to the educational status of the divorced spouses of the participants ( $p < 0,05$ ). The points received from independent self construal sub-dimension by the participants, whose divorced spouse was undergraduate/graduate, were higher than other participants.

It has been determined that there is no statistically significant difference among the points received from Perceived Social Support and Psychological Well-being Scale according to the educational status of the divorced spouses of the participants ( $p > 0,05$ ).

No statistically significant difference has been found among the points received by the participants from internal orientation sub-dimension of religious orientation scale according to the educational status of the divorced spouses of the participants; whereas it has been found that the difference among the points received by them from external orientation sub-dimension is statistically significant ( $p < 0,05$ ). Points received by participants, whose divorced spouses were graduated from elementary school, from external orientation sub-dimension have been found to be lower than the points of other participants.

Table 20.

Comparison of points received from SC, RO, PSS and PWB Scale by the participants according to the marriage age of their divorced spouse

	Marriage age	n	$\bar{x}$	s	Mean Rank	X <sup>2</sup>	p	Difference
<b>Independent self construal</b>	≤ 23 years	27	49,30	4,71	50,67	0,208	0,901	
	24-30 years	57	48,81	6,15	49,62			
	31 years ≥	16	49,69	6,30	53,34			
<b>Interdependent self construal</b>	≤ 23 years	27	42,22	6,71	51,67	0,252	0,882	
	24-30 years	57	41,51	7,39	49,28			
	31 years ≥	16	42,69	6,55	52,88			
<b>Internal orientation</b>	≤ 23 years	27	26,00	8,70	44,22	1,766	0,414	
	24-30 years	57	28,88	9,46	52,51			
	31 years ≥	16	28,88	8,20	53,94			
<b>External orientation</b>	≤ 23 years	27	22,93	10,45	44,67	2,191	0,334	
	24-30 years	57	26,39	11,08	54,15			
	31 years ≥	16	23,81	9,99	47,34			
<b>Special Someone</b>	≤ 23 years	27	20,85	7,76	50,13	0,390	0,823	
	24-30 years	57	20,96	7,50	49,54			
	31 years ≥	16	21,19	9,29	54,53			
<b>Family</b>	≤ 23 years	27	23,67	5,76	48,70	5,987	0,050	
	24-30 years	57	23,33	6,21	47,00			
	31 years ≥	16	26,56	3,12	66,00			
<b>Friend</b>	≤ 23 years	27	24,33	5,07	53,33	9,608	0,008*	1-3
	24-30 years	57	22,60	5,67	44,18			2-3
	31 years ≥	16	26,75	2,86	68,22			
<b>PSSS Total Score</b>	≤ 23 years	27	68,85	15,88	51,24	3,519	0,172	
	24-30 years	57	66,89	15,83	46,89			
	31 years ≥	16	74,50	10,98	62,13			
<b>Psychological Well-being Scale</b>	≤ 23 years	27	201,19	26,53	44,63	1,844	0,398	
	24-30 years	57	206,44	32,97	51,64			
	31 years ≥	16	208,75	26,45	56,34			

\* $p < 0,05$

The results of the Kruskal-Wallis test on the comparison of points received by the participants according to the marriage age of their divorced spouse from Self Construal, Religious Orientation, Perceived Social Support and Psychological Well-being Scale have been given in Table 20.

When Table 20. is examined, it has been found that there is no statistically significant difference among the points received from Self Construal, Religious Orientation and Psychological Well-being Scale according to the age of marriage of the divorced spouses of the participants ( $p>0,05$ ).

It has been determined that there is a statistically significant difference among the points received from friend sub-dimension of perceived social support scale according to the marriage age of the divorced spouses of the participants ( $p<0,05$ ). The points received by women, whose divorced spouses had a marriage age of 31 years old and older, have been found to be higher than other participants.

It has been found that the difference among the points received from the general of perceived social support scale and from the sub-dimensions of special someone and family of the scale according to the marriage age of the divorced spouses of the participants have been found to be statistically significant ( $p<0,05$ ).



Table 21.

Correlations among the points received by the Participants from SC, RO, PSS and PWB Scale

		Independent self construal	Interdependent self construal	Internal orientation	External orientation	Special someone	Family	Friend	PSSS Total Score	Psychological Well-being Scale
<b>Independent self construal</b>	r	1,00								
	p									
<b>Interdependent self construal</b>	r	-0,03	1,00							
	p	0,73								
<b>Internal orientation</b>	r	-0,25	0,06	1,00						
	p	0,01*	0,55							
<b>External orientation</b>	r	-0,38	0,16	0,82	1,00					
	p	0,00*	0,10	0,00*						
<b>Special Someone</b>	r	0,26	-0,12	0,04	-0,01	1,00				
	p	0,01*	0,25	0,67	0,89					
<b>Family</b>	r	0,16	0,10	0,15	0,04	0,37	1,00			
	p	0,12	0,31	0,13	0,69	0,00*				
<b>Friend</b>	r	0,20	0,13	0,03	-0,10	0,44	0,67	1,00		
	p	0,05	0,18	0,74	0,34	0,00*	0,00*			
<b>PSSS Total Score</b>	r	0,26	0,03	0,09	-0,03	0,80	0,80	0,83	1,00	
	p	0,01*	0,80	0,36	0,80	0,00*	0,00*	0,00*		
<b>Psychological Well-being Scale</b>	r	0,53	0,00	-0,11	-0,20	0,20	0,14	0,28	0,25	1,00
	p	0,00*	0,99	0,28	0,04*	0,05	0,15	0,01*	0,01*	

\* $p < 0,05$

The results of Spearman correlation analysis, which was made to determine the relation between the points received by the individuals in the scope of the study, from Self Construal, Religious

Orientation, Perceived Social Support and Psychological Well-being Scale, have been given in Table 21.

When Table 21. is examined, it has been seen that there are negative correlations among the points received by the participants from independent self construal sub-dimension and internal orientation and external orientation sub-dimensions of religious orientation scale; on the other hand there are positive and statistically significant correlations among the points they received from perceived social support scale and special someone sub-dimension of the scale and psychological well-being scale ( $p < 0,05$ ). Accordingly, as the figures received by the participants from independent self construal sub-dimension increases, the figures received from internal orientation and external orientation sub-dimension decrease and points they received from perceived social support scale and special someone sub-dimension of the scale and from psychological well-being scale increase.

**Table 22.**

**Regression model on predicting points received by the Participants from SC, RO and PSS for PWB Scale**

	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.
(Constant)	55,03	31,18		1,765	0,081
Independent self construal	2,63	0,51	0,50	5,174	0,000*
Interdependent self construal	-0,03	0,39	-0,01	-0,085	0,933
Internal orientation	0,11	0,53	0,03	0,206	0,837
External orientation	-0,03	0,47	-0,01	-0,066	0,947
Special someone	-0,01	0,39	0,00	-0,037	0,971
Family	-0,55	0,62	-0,10	-0,878	0,382
Friend	1,41	0,71	0,25	1,998	0,049*

( $p < 0,05$ ;  $R^2 = 0,27$ )

The results of regression analysis, which was made for predicting the points received by the participants on Self Construal, Religious Orientation and Perceived Social Support Scale for the points they received from Psychological Well-being Scale have been given in Table 22.

When Table 22. is examined, it has been found that the model established for predicting the points received from Self Construal, Religious Orientation and Perceived Social Support Scale for the points received from Psychological Well-being Scale is significant and it explains 27% of the total variance in the points of Psychological Well-being scale.

It has been determined that the points received by the participants from independent self construal sub-dimension of self construal sub-dimension and friend sub-dimension of perceived social support scale have predicted the points received from Psychological Well-being Scale at a significant level ( $p < 0,05$ ). When points received by the participants from independent self construal sub-dimension increases 1 unit, the points received from Psychological Well-being Scale increases 2,63 units; whereas it increases 1,41 units when points received from friend sub-dimension increases 1 unit. Accordingly, independent self construal and friend support points of divorced individuals that are included in the study affect their psychological well-being in a positive manner.

## **CHAPTER V**

### **5.1. Discussion**

Relationships among self construal, religious orientations, perceived social support and psychological well-being in divorced individuals have been analysed in this study.

An increase has been seen among divorce rates in the last 150 years. It has been seen that marriage rates decrease in industrialized countries; whereas divorce rates increase (Stevenson & Wolfers, 2007; Aydın & Baran, 2010). Due to the fact that divorce of couples has been increasing both throughout the world and in our country, researchers have begun to focus on risk factors of divorce. As women started to be in work life, their role in the family has begun to change. Traditions have been losing their importance and power. Decline of patriarchal structure is the proof of the increase among divorce rates (Süleymanov, 2010).

Consistently with the literature, the points received by women from internal and external orientation dimensions in our study have been found to be higher than the points received by men. One of the consistent information obtained from scientific studies carried out on

religiousness is that women are more religious according to men. This pattern does not change among children, teenagers, young adults and older adults (Batson, Schoenrade and Ventis, 1993). This situation has been supported with various studies conducted on going to church, reading holy scripture (Field, 1993, cited by, Francis and Wilcox, 1996; Gallup and Lindsay, 1999; Gallup Report, 1987), praying (Poloma and Gallup, 1991), belief and attitudes (Greeley, 1992, cited by, Francis and Wilcox, 1996; Gallup Report, 1987) and religious orientations (Maltby and Day, 2004). The differences between genders observed in religiousness is partially resourced from the innate personality differences among genders that cause women to have more need for being religious and partially from the differences among socialization manners of girls and boys. Women have more responsibility to maintain relationships among the family and in other social groups and to provide social support and they rather acquire professions that offer care, teach, require attention and consideration and make people develop such as becoming a teacher or nurse. These characteristics of a typical woman are more compatible with religious perspective and way of life. In addition, the tendency of men that are socialized in a way to be independent for taking risk is much higher.

It has been determined that the difference among the points received by the participants from interdependent self construal sub-dimension according to their age groups is statistically significant. The interdependent self construal points of participants within the age group of 46 years old and older have been found to be higher than the participants between the ages of 36-45. This finding gives rise to the thought that individuals tend to be more relational as they get older.

It has been found that there is a statistically significant difference among the points received by divorced individuals that participated in the study from external orientation sub-dimension of religious orientation scale according to their age groups. It has been determined that participants

that are in the age group of 46 years old and older received higher points from the external orientation sub-dimension when compared to the participants that are in the age group of 35 years old and younger. Accordingly, it has been indicated that the tendency of individuals to use religion increases as they get older.

It has been determined that the difference among the points received by the participants from internal orientation and external orientation sub-dimension of the religious orientation scale according to their nationalities is statistically significant. The difference is resourced from participants of TRNC origin. The points received by participants with TRNC origin from internal orientation and external orientation sub-dimensions of the orientation scale is lower than the points received by participants of TR and TR/TRNC origin.

It has been found that there are statistically significant differences among the points received by divorced individuals that participated in the study from the general of perceived social support scale and the sub-dimensions of the scale. The points received by participants of TR origin from the general of the perceived social support scale and from the sub-dimensions of the scale are lower than the points of other participants. A statistically significant difference among the points received by the participants from psychological well-being scale according to their nationalities has been determined and it has been found that the points received by the participants of TR origin were lower than other participants. When conducted researches are taken into consideration, it has been found that social support level and psychological well-being of people, who live away from their family and country, is lower than the people who live in their own country and with their family (Ergün, Çoban, Kütük & Alpaslan, 2016; Özdemir, 2013). Consequently, a decrease is seen among the psychological well-being of the people who cannot receive any support from their social environment.

It has been determined that there is a statistically significant difference among the points received by the participants from independent self construal sub-dimension according to their educational status. The independent self construal points of undergraduate/graduate participants are higher than the participants that graduated from elementary school. It has been determined that the difference among the points received by the participants from interdependent self construal sub-dimension according to their educational status is statistically not significant.

The fundamental characteristic of independent self construal is that self is perceived as an independent and autonomous individual. Self is seen as an entity which is separate from relationships and roles in social context, which is stable and unique and whose limits are obvious. The fundamental power that arranges behaviours in independent self construal is internal characteristics of the individual such as thought, emotion, talent and need and it comes before the internal characteristics of the others. These internal characteristics show continuity and permanency. Realizing internal characteristics and own purposes, expressing oneself, being unique, coming into prominence in a group and paying attention to internal communication are characteristics that include elements which create independent self construal (Markus and Kitayama, 1991; Singelis, 1994). Independent self construal represents individualist Western cultures, in which being different, individuality and distinctiveness are idealised and stressed. It is considered that gaining these characteristics in our country in particular can only be enabled with Undergraduate /graduate education.

It has been found that the difference between the points received by the participants from internal orientation and external orientation sub-dimensions of religious orientation scale according to their educational status is statistically significant. The points received from internal orientation and external orientation sub-dimensions of religious orientation scale by the participants that



graduated from elementary school has been found to be higher than other participants. In the conducted studies, it has been seen that generally there is a positive relation among the education level and going to church and church membership and a negative relation is seen among having traditional and fundamentalist religious beliefs and having religious or mystical experiences (Gallup Report, 1986). Education level teaches people to think in a more critical level and not to easily accept religious statements that are socially determined.

It has been determined that the difference among the points received by divorced individuals in the scope of the study from internal orientation and external orientation sub-dimensions of religious orientation scale according to the settlement area they lived is statistically significant. The points received from internal orientation and external orientation sub-dimensions by participants who spent their lives in a village is higher than the points received by the participants who spent their lives in a city. Conducted studies have pointed out that more mystical lives, more fundamentalism and conservativeness in religious beliefs exist among the people that live in small towns and rural areas when compared with people that live in bigger cities (Yorkley and Madron, 1971; cited by., Batson, et al., 1993). People that live in small settlement areas pay more attention on what their neighbours would think about their beliefs and actions. This social cohesion may cause adapting norms, which are created in a way that contain norms regarding religious belief and applications, which are more in small areas, much more.

It has been determined that there is a negative (and statistically significant) correlation among the points received from independent self construal sub-dimension and from internal orientation and external orientation sub-dimensions of religious orientation scale, and a positive and statistically significant correlation among the points received from the perceived social support scale and special someone sub-dimension of the scale and from psychological well-being scale.

Accordingly as the points received from independent self construal sub-dimensions increase, the points received from internal orientation and external orientation sub-dimensions decrease; whereas the points received from perceived social support scale and special someone sub-dimension of the scale and psychological well-being scale increase. Internal religiousness is related with being connective, integrating, tolerant, mature, unbiased and being sensitive and concerned with the needs of the others. On the other hand, external religiousness is based on external values and beliefs that are social, instrumental and pragmatic. An individual uses religion with ego-defensive purposes such as having security, finding solace, ensuring sociality, status, forgiveness, having social position and approval, participating in a powerful internal group and protecting himself/herself. Therefore, a relational self, which complies with the social context and which is flexible, exists in both religious orientations.

Finally, independent self construal and friend support points of divorced individuals that participated in the study affect their psychological well-being in a positive manner. The number of studies, which analyse relations between self construal and psychological well-being, has been limited so far. Thus, the contribution of the results pointed out with our study on the literature on this subject is considered to be significant. Findings reached with studies made with European and Asian-American samples have revealed that social anxiety, depression, social avoidance and distress have shown a negative relation with independent self construal. In a study carried out by Kim, Kasser and Lee (2003) with North Korean and American university students, a positive relation has been seen between independent self construal notion with realizing oneself, being able to develop and happiness, which are considered as the indicators of psychological well-being. Regression analysis, which made separately for the samples of both countries, has shown that there is a significant relation between the independent self construal notion with realizing oneself,

being able to develop and happiness in a positive manner. In spite of that, independent self construal is positive predictor of psychological distresses and negative predictor of satisfaction with life among African, Asian and Latin Americans in some studies. Thus, it can be noted that having independent self construal may show a positive relation with psychological well-being in individualistic cultures. In communitarian cultures, having independent self construal notion can show both positive and negative relation with psychological well-being.

Those who have independent self construal believe that their emotions and rights are more important than the emotions and rights of those in their group. Therefore, individuals that focus on their individual psychological needs can be expected to show psychological well-being at a higher level. In addition, it is considered that individuals that have independent self construal notion lead to purposes (accepting himself/herself, establishing dominance in relationships with the environment, economical success, etc.) that are in conformity with their psychological needs. As a result of that, it makes sense for individuals who have independent self construal that make effort with regards to internal desires about psychological needs showing psychological well-being at higher level.

## **5.2. Conclusion and Recommendation**

In the study, it has been seen that religious orientation of women is higher than men. When the participants are considered according to their age groups, it has been seen that the difference among the points received by them from interdependent self construal sub-dimension is

statistically significant and also there is a statistically significant difference among the points they received from external orientation sub-dimension of religious orientation scale.

When nationalities, educational status and the place they spent their lives are taken into consideration, a statistically significant difference has been seen among the points received by the participants from self construal, religious orientation, social support and well-being scales.

Finally, it has been seen that independent self construal and friend support points of divorced individuals affect their psychological well-being in a positive manner. The number of studies, which examine relationships between self construal and psychological well-being, is limited. It is considered that these results pointed out by our study would make a significant contribution on the literature for future studies.

As divorce is a fact, which affects many people, necessary studies should be carried out in order to minimize the damage that can occur on the individual and on the society. The number of family counselling centres should be increased so as to prevent divorce. Supporting services for adults and children during and after the divorce process should be implemented and provided free of charge.

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**Kişisel Bilgi Formu**

1- Cinsiyetiniz: ☐ 1- Kadın ☐ 2- Erkek

2- Yaşınız.....

3- Boşandığınız eşinizin yaşı.....

4- Eğitim düzeyiniz:

☐ 1-Okur-yazar değil ☐ 2-İlkokul ☐ 3-Ortaokul ☐ 4-Lise ☐ 5-Üniversite ☐ 6-Lisansüstü

5- Boşandığınız eşinizin eğitim düzeyi:

☐ 1-Okur-yazar değil ☐ 2-İlkokul ☐ 3-Ortaokul ☐ 4-Lise ☐ 5-Üniversite ☐ 6-Lisansüstü

6- Mesleğiniz: .....

7- Boşandığınız eşinizin mesleği: .....

8-Yaşamınızın çoğunu geçirdiğiniz yer:

☐ 1-Köy

☐ 2-Kasaba

☐ 3-Şehir

☐ 4-Metropol (İstanbul, Ankara, İzmir)

☐ 5-Diğeri .....

9- Evlenme yaşıınız .....

10- Boşandığınız eşinizin evlenme yaşı .....

11- Kaçınıcı evliliğiniizi .....

12- Boşandığınız eşinizin kaçınıcı evliliğiydi .....

13- Kaç yıl evli kaldınız .....

14- Evlenme biçiminiz

☐-Görücü usulüyle ve isteyerek

☐-Görücü usulüyle ve istemeyerek

☐-Arkadaş ve akraba önerisiyle tanışarak

☐-Kimse aracı olmadan kendimiz tanışarak

☐-Diğer (belirtiniz) .....

15- Çocuğunuz varmı? ☐ Evet ☐ Hayır

16- Evet ise kaç çocuğunuz var? .....

17- Sizin aylık geliriniz ne kadardır? .....

18- Boşandığınız eşinizin toplam aylık geliri ne kadardı? .....

19- İnanç yada düşünce bakımından sizi aşağıdakilerden hangisi en iyi niteler?

☐1.Muhafazakâr Müslüman

☐2.Müslüman

- ☐3.Modern-Müslüman
- ☐4.Laik Müslüman
- ☐5.Liberal (özgürlükçü) Müslüman
- ☐6.Alevi
- ☐7.Hıristiyan
- ☐8.Yahudi
- ☐9.Ateist (Tanrıtanımaz)
- ☐10.Agnostik (Bilinemezci)
- ☐11.Diğer (belirtiniz) .....

**20-** Boşanmanızın üzerinden ne kadar zaman geçti: .....(yıl), .....(ay)

**21-**Boşanma kararını kim aldı

- ☐1-Ben ☐2-Eşim ☐3-Ben ve eşim birlikte ☐4-Diğer (belirtiniz).....

**22-**Boşanmayı aklınızdan geçirdiğiniz ilk zamanlarla resmi olarak boşanmak için yasal işlemleri başlattığınız zaman arasında ne kadar süre geçti? .....(yıl), .....(ay)

**23-** Şu sıralar ciddi bir ilişkiniz varmı? ☐ 1- Evet ☐ 2- Hayır

**24-** Şu anki partnerinizle ne kadar zamandır berabersiniz? ..... (yıl), .....(ay)

**25-** Uyuşunuz:

- ☐1-TC ☐ 2-KKTC ☐ 3-TC/KKTC ☐ 4-Diğer

**26-** Kaç yıldır KKTC’de yaşıyorsunuz: .....

## BKÖ

Lütfen aşağıdaki görüşlere ne derece katıldığınızı ya da katılmadığınızı belirtiniz.

**1. Etkileşimde bulunduğum otorite sahibi kişilere saygı duyarım.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**2. Yanlış anlaşılma riskini almaktansa, doğrudan “Hayır” demeyi tercih ederim.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**3. Grubum içerisinde uyumu korumak benim için önemlidir.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**4. Sınıf önünde konuşmak benim için sorun değildir.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**5. Mutluluğum çevremdekilerin mutluluğuna bağlıdır.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**6. Canlı bir hayal gücüne sahip olmak benim için önemlidir.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**7. Otobüste hocama yerimi veririm.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**8. Övgü veya ödül için önplana çıkartılmak konusunda kendimi rahat hissederim.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**9. Alçak gönüllü insanlara saygı duyarım.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**10. Okulda da evde de aynı kişiyimdir.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**11. Grubumun yararına kendi menfaatimi feda ederim.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**12. Başlıca hedefim kendi ayaklarımın üzerinde durmaktır.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**13. Çoğu zaman insanlarla olan ilişkilerimin, kendi başarılarımdan daha önemli olduğunu düşünürüm.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**14. Kiminle birlikte olursam olayım, hep aynı şekilde davranırım.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**15. Eğitim/meslek planları yaparken ailemin tavsiyelerini göz önünde bulundurmam gerekir.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**16. Benden yaşça epey büyük olsalar bile, yeni tanıştığım insanlara isimleriyle hitap etmek konusunda rahatımdır.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**17. Grubumun aldığı kararlara saygı duymak benim için önemlidir.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum



**18. Yeni tanıştığım insanlara karşı açık ve içimden geldiği gibi davranmayı tercihe derim.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**19. Mutlu olmasam bile, bana ihtiyaç duyulan bir grubun içinde yer almayı sürdürürüm.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**20. Diğer insanlardan birçok yönden farklı ve kendime özgü olmak hoşuma gider.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**21. Kardeşim başarısızlığa uğrarsa kendimi sorumlu hissederim.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**22. Diğer insanlardan bağımsız kişiliğim benim için çok önemlidir.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**23. Grup üyelerinin fikirlerine kesinlikle katılmasam bile, tartışmaktan kaçınırım.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

**24. Sağlıklı olmayı her şeyden değerli görürüm.**

☐Hiç Katılmıyorum ☐Pek Katılmıyorum ☐Kararsızım ☐Biraz Katılıyorum ☐Tamamen Katılıyorum

## DYÖ

Lütfen aşağıdaki ifadeleri dikkatlice okuyunuz ve bu ifadelerin her birine ne ölçüde katıldığınızı ya da katılmadığınızı uygun seçeneği işaretleyerek belirtiniz.

	Hiç Katılmıyorum	Pek Katılmıyorum	Kararsızım	Biraz Katılıyorum	Tamamen Katılıyorum
1. Dini inançlarımı, hayatımın diğer tüm alanlarına uygulamak için elimden geleni yapmaya çalışırım.					
2. Dini inancın bana sağladığı en büyük yarar hüznün ve talihsizliklerle karşılaştığım da beni rahatlatmasıdır.					
3. Hayata bakışımın temelinde dini inançlarım yatar.					
4. Dua etmemim başlıca nedeni dua etmem gerektiğinin öğretilmesidir.					
5. Tek başıma ettiğim dualar da, dini toplantılarda (mevlit, cami, v.b) ettiğim dualara benzer anlam ve duygulartadır.					
6. Dürüst ve ahlaklı bir yaşam sürdürdüğüm sürece, neye inandığım çok fazla önemli değildir.					
7. Şartlar engellemediği sürece; her gün beş vakit namaz kılarım.					
8. Senede bir kerem alımın zekâtını veririm.					
9. Şartlar engellemediği sürece; insanın ömründe birkez hacca gitmesi gerektiğini düşünürüm.					
10. Kendi sosyal ve ekonomik refahımı korumak için zaman zaman dini inançlarımdan ödün vermem gerektiğini düşünürüm.					
11. Dini amaçlı bir gruba katılacak olsam sadece kuran kurslarında ya da toplumsal yardımı amaçlayan dini gruplara katılırdım.					

12. Dindar olmakla birlikte hayatta daha birçok önemli şey olduğuna inanıyorum.					
13. İncamla ilgili kitap okurum.					
14. Dini tefekkür ed almak için zaman ayırmak benim açımdan önemlidir.					
15. Dini bir cemaate üye olmamın bir nedeni toplum içinde bana mevkie kazandırmasıdır.					
16. Çok sık olarak Allah'ın veya kutsal bir varlığın mevcudiyetini güçlü bir şekilde hissedirim.					
17. İbadet etmek bana, mutlu ve huzurlu bir hayat sağlamalıdır.					
18. İnançlı biri olsam bile dinsel düşüncelerimin günlük yaşamımı ve ilişkilerimi etkilemesine izin vermem.					
19. Şartlar engellemediği sürece; ramazan ayında oruç tutarım.					
20. İbadet yerleri iyi sosyal ilişkiler kurmam açısından önemlidir.					
21. Dine ilgi duymamın başlıca nedeni ibadet yerlerinin bana sıcak bir sosyal ortam sağlamasıdır.					
22. Hayatın anlamıyla ilgili pek çok soruyu cevaplandırdığı için din benim açımdan özellikle önemlidir.					
23. İbadetin en önemli amacı kişiye huzur vermesi ve güven sağlamasıdır.					

## ASDÖ

Aşağıda 12 cümle her bir cümle altında da cevaplarınızı işaretlemeniz için 1'den 7'ye kadar rakamlar verilmiştir. Her cümlede söylenenin sizin için ne kadar çok doğru olduğunu veya olmadığını belirtmek için o cümle	Kesinlikle hayır						Kesinlikle evet
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<b>altındaki rakamlardan yalnız birtanesini daire içine alarak işaretleyiniz. Bu şekilde 12 cümlelerin her birine bir işaret koyarak cevaplarınızı veriniz. Lütfen hiçbir cümleyi cevapsız bırakmayınız. Sizce doğruya en yakın olan rakamı işaretleyiniz.</b>							
1. Ailem ve arkadaşlarım dışında olan ve ihtiyacım olduğunda yanımda olan bir insane var (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor).	1	2	3	4	5	6	7
2. Ailem ve arkadaşlarım dışında olan ve sevinç ve kederlerimi paylaşabileceğim bir insanvar (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor).	1	2	3	4	5	6	7
3. Ailem (örneğin, annem, babam, eşim, çocuklarım, kardeşlerim) bana gerçekten yardımcı olmaya çalışır.	1	2	3	4	5	6	7
4. İhtiyacım olan duygusal yardımı ve desteği ailemden alırım (örneğin, annemden, babamdan, eşimden, çocuklarımdan, kardeşlerimden).	1	2	3	4	5	6	7
5. Ailem ve arkadaşlarım dışında olan ve beni gerçekten rahatlatan bir insan (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor) var.	1	2	3	4	5	6	7
6. Arkadaşlarım bana gerçekten yardımcı olmaya çalışırlar.	1	2	3	4	5	6	7
7. İşler kötü gittiğinde arkadaşlarıma güvenilebilirim.	1	2	3	4	5	6	7
8. Sorunlarımı ailemle konuşabilirim (örneğin, annemle, babamla, eşimle, çocuklarımla, kardeşlerimle).	1	2	3	4	5	6	7
9. Sevinç ve kederlerimi paylaşabileceğim arkadaşlarım var.	1	2	3	4	5	6	7
10. Ailem ve arkadaşlarım dışında olan ve duygularıma önem veren bir insane var (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor).	1	2	3	4	5	6	7
11. Kararlarımı vermede ailem (örneğin, annem, babam, eşim, çocuklarım, kardeşlerim) bana yardımcı olmaya isteklidir.	1	2	3	4	5	6	7
12. Sorunlarımı arkadaşlarımla konuşabilirim.	1	2	3	4	5	6	7



PİÖÖ

Aşağıda kendiniz ve yaşamınız hakkında hissettiklerinizle ilgili bir dizi ifade yer almaktadır. Lütfen doğru veya yanlış cevap olmadığını unutmayınız. Aşağıdaki ifadeleri okuduktan sonra kendinizi değerlendirip sizin için en uygun seçeneğin karşısına çarpı (X) işareti koyunuz. Lütfen her ifadeye mutlaka TEK yanıt veriniz ve kesinlikle BOŞ bırak mayınız. En uygun yanıtları vereceğinizi ümit eder katkılarınız için teşekkür ederim.	Kesinlikle Katılmıyorum	Katılmıyorum	Bazen Katılmıyorum	Kararsızım	Bazen Katılıyorum	Katılıyorum	Kesinlikle Katılıyorum
1. Çoğu insanın görüşlerine ters düşse bile düşüncelerimi dile getirmekten korkmam.							
2. Genellikle yaşamımdaki olaylardan sorumlu olduğumu hissedirim							
3. Ufkumu genişletecek aktivitelerle ilgilenmem.							
4. Çoğu insan, beni sevecen ve şefkatli biri olarak görür.							
5. İçinde bulunduğum günü yaşarım ve geleceğe yönelik hiçbir şey düşünmem.							
6. Yaşamımı gözden geçirdiğimde, yaşamımdaki olayların sonuçlarından memnuniyet duyarım.							
7. Verdiğim kararlar çoğunlukla diğer insanların davranışlarından etkilenmez.							
8. Günlük yaşam gereksinimleri sıklıkla enerjimi tüketir.							
9. Kendime ve dünyaya yönelik bakış açımı değiştirecek yeni deneyimleri önemserim.							
10. Yakın ilişkilerimi sürdürmek benim için zordur.							
11. Yaşamımın bir yönü ve amacı olduğunu düşünüyorum.							
12. Genellikle kendimi güvenli ve iyi hissedirim.							
13. Diğer insanların benim hakkımdaki düşünceleri beni kaygılandırır.							
14. Çevremdeki insanlara ve topluma pek uyum sağlayamam.							
15. Bir birey olarak yıllardır kendimi gerçekten çok fazla geliştirmedığimi düşünüyorum.							

16. Problemlerimi paylaşabileceğim yakın arkadaşım az olduğu için kendimi çoğunlukla yalnız hissedirim.							
17. Günlük aktivitelerim çoğunlukla bana saçma ve önemsiz gelir.							
18. Tanıdığım insanlardan çoğunun yaşamlarında benim elde ettiklerimden daha fazla şey elde ettiklerini düşünürüm.							
19. Güçlü fikirleri olan insanlardan etkilenme eğilimim var.							
20. Günlük yaşamımdaki çoğu sorumluluğumu yerine getirmede gayet iyiyim.							
	Kesinlikle Katılmıyorum	Katılmıyorum	Bazen Katılmıyorum	Kararsızım	Bazen Katılıyorum	Katılıyorum	Kesinlikle Katılıyorum
21. Bir birey olarak zamanla kendimi çok geliştirdiğimi düşünüyorum.							
22. Ailem ve arkadaşlarımla sohbet etmekten hoşlanırım.							
23. Yaşamdan ne elde etmeye çalıştığıma yönelik sağlıklı bir hisse sahip değilim.							
24. Kişiliğimin birçok yönünü beğenirim.							
25. Genel kaniya ters düşse bile görüşlerime güvenirim.							
26. Çoğunlukla sorumluluklarımın altında ezildiğimi hissediyorum.							
27. Eski alışkanlıklarımı değiştirmemi gerektiren yeni ortamlarda bulunmaktan hoşlanmıyorum.							
28. İnsanlar beni özverili ve zamanını diğerleriyle paylaşmaya istekli birisi olarak tanımlarlar.							
29. Geleceğe yönelik planlar yapmaktan ve onları gerçekleştirmek için çalışmaktan zevk alırım.							
30. Birçok yönden yaşamdan elde ettiklerime ilişkin hayal kırıklığı yaşadığımı hissediyorum.							
31. Tartışmalı konularla ilgili görüşlerimi söylemek benim için zordur.							
32. Yaşamımı doyum sağlayacak şekilde düzenlemede zorluk yaşıyorum.							
33. Benim için yaşam sürekli bir öğrenme, değişim ve gelişim sürecidir.							
34. Diğer insanlarla çok sayıda samimi ve güvenilir ilişkiler yaşamadım.							

35. Bazı insanlar yaşamını amaçsızca geçirir ancak ben onlardan biri değilim.							
36. Kendime yönelik tutumlarım, muhtemelen diğer insanların kendilerine yönelik tutumları kadar olumlu değildir.							
37. Kendimi değerlendirirken başkalarının önemseydiği değerleri değil kendi düşüncelerimi dikkate alırım.							
38. Zevklerime uygun bir ev ve yaşam tarzı kurabildim.							
39. Yaşamımda büyük gelişimler veya değişiklikler yapmayı denemekten uzun zaman önce vazgeçtim.							
40. Arkadaşlarıma güvenebileceğimi bilirim, onlar da bana güvenebileceklerini bilirler.							
41. Bazen kendimi yapılması gereken her şeyi yapmış gibi hissedirim.							
42. Kendimi arkadaşlarım ve tanıdıklarımla karşılaştırdığımda kim olduğuma ilişkin kendimi iyi hissedirim.							



1987 yılında Kıbrıs'ın Lefkoşa şehrinde doğdu. İlkokulu Şehit Tuncer İlkokulu, ortaokulu Şehit Hüseyin Ruso Ortaokulu, liseyi Bülent Ecevit Anadolu Lisesinde tamamladı. Lisansını Yakın Doğu Üniversitesi İngilizce Öğretmenliği Bölümünde tamamladıktan sonra Yüksek Lisansını Yakın Doğu Üniversitesi Genel Psikoloji bölümünde tamamladı. 2011 yılından itibaren Yakın Doğu Üniversitesi Psikoloji Bölümünde çalışmaktadır. Evli ve bir çocuk sahibidir.

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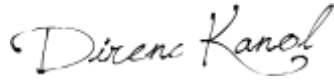
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Sayın Doç. Dr. Fatma Gül Cırhinlioğlu,

Bilimsel Araştırmalar Etik Kurulu'na yapmış olduğunuz YDÜ/SB/2017/51 proje numaralı ve **“Boşanmış Bireylerde Benlik Kurgusu, Dini Yönelimler, Algılanan Sosyal Destek ve Psikolojik İyilik Hali Arasındaki İlişkiler”** başlıklı proje önerisi kurulumuzca değerlendirilmiş olup, etik olarak uygun bulunmuştur. Bu yazı ile birlikte, başvuru formunuzda belirttiğiniz bilgilerin dışına çıkmamak suretiyle araştırmaya başlayabilirsiniz.

Yardımcı Doçent Doktor Direnç Kanol

Bilimsel Araştırmalar Etik Kurulu Raportörü



**Not:** Eğer bir kuruma resmi bir kabul yazısı sunmak istiyorsanız, Yakın Doğu Üniversitesi Bilimsel Araştırmalar Etik Kurulu'na bu yazı ile başvurup, kurulun başkanının imzasını taşıyan resmi bir yazı temin edebilirsiniz.

# The Relationship Between Self Construal, Religious Orientations, Perceived Social Support and Psychological Well-Being Among Divorced Individuals

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