

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

MASTER'S THESIS

**THE COMPARISON OF ANXIETY LEVEL AND MARITAL
ADJUSTMENT BETWEEN WORKING AND NON-WORKING MARRIED
WOMEN**

OZAN YAÇINTAŞ

**NICOSIA
2017**

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DECLARATION

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I, Ozan Yalçınbaş, hereby declare that this dissertation entitled
„The Comparison of Anxiety Level and Marital Adjustment
 between Working and Non-Working MARRIED women“
 has been prepared myself under the guidance and supervision of
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ABSTRACT**The Comparison of Anxiety Level and Marital Adjustment Between Working and Non-Working Married Women****Ozan Yalçıntaş****June 2017, 54 Pages**

The aim of the research is to examine marital adjustment and anxiety symptoms in working and non-working married women. A total of 84 married women, 22 of them married and 22 of them unmarried working women which is living in Balıkesir, 20 of them married and 20 of them married working women living in T.R.N.C participated in the research. Demographic information form, Beck Anxiety Scale and Marital Adjustment Scale were used as data collection tools. The data obtained in the study were analyzed by SPSS 21 package program. According to the results of the survey, married adjustment for working and non-working married women was found to be significantly better than for those who did not work. There was no significant difference between the two groups in terms of anxiety. A statistically significant difference was not found when marital adjustment and anxiety statements were compared according to the country where the participants lived. According to another result, there was no significant relationship between marital adjustment and anxiety according to income status of working and non-working group. In conclusion, according to the findings, it was determined that the working status was one of the factors affecting marital adjustment.

Keywords: *Marital adjustment, anxiety, working women, non-working women*

ÖZ

Çalışan ve Çalışmayan Evli Kadınların Evlilik Uyumu ve Anksiyete Belirtilerinin

Karşılaştırılması

Ozan Yalçıntaş

Temmuz 2017, 54 Sayfa

Araştırmanın amacı çalışan ve çalışmayan evli kadınlardaki evlilik uyumunun, anksiyete belirtilerinin incelenmesidir. Araştırmaya Balıkesir’de yaşayan 22 evli çalışan ve 22 evli çalışmayan, K.K.T.C’ de yaşayan 20 evli çalışan ve 20 evli çalışmayan, toplam 84 evli kadın katılmıştır. Veri toplama aracı olarak Demografik bilgi formu, Beck Anksiyete Ölçeği ve Evlilik Uyum ölçeği kullanılmıştır. Araştırmada elde edilen verilere SPSS 21 paket programı ile çeşitli analizler uygulandı. Araştırmanın sonucuna göre, çalışan ve çalışmayan evli kadınların evlilik uyumu karşılaştırıldığında çalışan kadınların, çalışmayanlara göre evlilik uyumu anlamlı bir şekilde daha iyi olduğu bulunmuştur. Her iki grubun anksiyete ile ilişkisine bakıldığında anlamlı bir fark bulunamamıştır. Katılımcıların yaşadıkları ülkeye göre evlilik uyumu ve anksiyete belirtileri karşılaştırıldığında istatistiksel olarak anlamlı bir fark bulunamamıştır. Bir başka sonuca göre çalışan ve çalışmayan grubun gelir durumlarına göre evlilik uyumu ve anksiyete belirtilerine bakıldığında anlamlı bir ilişki bulunamamıştır. Sonuç olarak bulgulara göre çalışma durumu evlilik uyumunu etkileyen faktörlerden biri olduğu tespit edilmiştir.

Anahtar kelimeler: *Evlilik uyumu, Anksiyete, çalışan kadın, çalışmayan kadın*

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LIST OF ABBREVIATIONS

ANOVA: Analysis of variance

DSM: Diagnostic and statistical manual of mental disorders

SPSS: Statistical Package for Social Sciences

BAS: Beck Anxiety Scale

MAS: Marital Adjustment Scale

CHAPTER I

INTRODUCTION

Marriage, which provides the basic shape of the family, is one of the most fundamental human behaviors. It is a social bond that is expected to provide satisfaction and happiness to the mankind. Another area that has an important place in human life is the family life. The most basic structure of the society is known as the family which is legally created by two individuals getting married. When the individual and social functioning of marriage is examined, it is seen that the life of marriage aims to satisfy the needs and desires of the biological, social and psychological needs of women and man.

In our country, in general, housework and child care are another burden of our women besides working in full time jobs. Today, women's roles and responsibilities in society have been diversified with their participation in the working life. Unlike previous times when the scope of the tasks and responsibilities given to women is to ensure the regulation of home and family life, we are witnessing that women in modern society have stepped up their careers and still continue to fulfill their responsibilities for the home and family life. The scope of women's roles in modern society is changing.

As a result of the restructuring roles of women in their participation in the workplace, there are differences in the representation of women in the society. However, acknowledged as traditional role for woman being a mother, responsible for the functioning of the family and also a responsible wife accepted as the primary duties of the housewives. A full time working housewife represented to the community by these responsibilities (Chen and Lan-Lin, 1992). Women are not identified with tasks and responsibilities that are not career-oriented in the modern society. Expectancies changed

when women began to participate in work life. In this fieldwork, the focus is on the psychological and emotional processes of working and non-working women. In comparative studies of the subjective well-being and functioning of working women and non-working women, it is observed that both groups are subjected to different stress factors in terms of the scope of tasks and responsibilities required by the positions, roles and responsibilities they have. It has been shown that women who work have more depressive symptoms than women who do not work (Turner, 2007). Because, it is thought that the working women feels herself inadequate by thinking that the tasks and responsibilities required by the roles in the home are lacking and that the tendency of depression is more in this context.

There are studies supporting the expectation of women working in everyday life and the tendency to mood disorders due to the increase in daily demands (Chen and Lan-Lin, 1992, Turner, 2007). Marital women working with this approach may be expected to have more psychological symptoms. In particular, when observing which psychological symptoms are related to marriage, it can be clearly seen that it is related to high-level anxiety, mood disorders, and substance use disorders (Whisman, 2007).

Nevertheless, when analyzed the housewives' life satisfaction it is seen that especially when the kids gain more freedom and the husbands stuck with the career, it has been suggested that housewives satisfactions have decreased and they stuck between the responsibilities.

1.1. Aim of the Study

The aim of the study is to examine marital adjustment and anxiety symptoms in working and non-working married women.

1.2. The Hypothesis of the Study

Working women have lower anxiety levels than non-working women.

Working women have higher marital adjustment than the non-working women.

As the marital adjustment increases in working women, anxiety decreases.

1.3..Significance of the study

The study is a unique example when compared to previous studies on women who are working and not working because it includes marital adjustment and anxiety symptoms as variables in their research, unlike sociodemographic and psychological variables. In the literature, it is seen that when the other studies done in this area are examined, the general psychological symptoms among the variables and the frequency of depression are compared. The two variables for this study are shedding light on future work because of comparing the differences between the two groups of anxiety and marital adjustment for working and non-working women.

1.4. Limitations

An important limitation of the current study was using self report assessment for both anxiety and marital adjustment. In general, using the same assessment method for measuring the correlation between two variables can create false correlations because of the common-method bias.

Another important limitation of this study was its low sample size, which makes it hard to generalize the results of the study. Not only the sample size of the current study was relatively low, also all participants were from the same ethnicity, which on the other hand would reduce the external validity of the findings for populations of other

nationalities.

The third limitation of the current study was its correlational design, which makes it impossible to make any casual conclusions about the relationship of work status, marital adjustment, and anxiety. While the current study indicated that there is a significant correlation between work status and marital adjustment in married women, it cannot conclude that the work status is contributing to marital adjustment.

1.5. Definitions

1.5.1 Anxiety

Anxiety disorder is one of the most common mental problems of the modern age. Anxiety disorder is a problem that affects every part of the society as well as the working people. The anxiety is actually a normal feeling, but the anxiety disorder is a different situation and can affect the social, family and work life of the person negatively.

Anxiety is defined as the state that people show when in stressful or sad situations. Loss of a loved ones or challenging situations that can lead to unhappiness that creates long term worries or sadness's can be defined as anxiety disorder. The continuity, intensity or the disproportion of the fear and worry the individuals are feeling can be considered under psychiatric disorders.

According to DSM V, anxiety disorder is defined as anxiety (worry) and distress experienced by people with or without a cause. Anxiety is an emotion that is necessary for us to survive and is necessary in the sense of get someone to act at a certain level "(DSM 5, 2013).

Nevertheless, it may be possible to feel anxiety in situations where the cause is unclear, or the anxiety level is above the normal. The level of an anxiety may be at a level that affects daily life functioning. Psychiatric disorders, which are defined as anxiety disorders, can be seen if high levels of anxiety are observed in individuals.

If the anxiety level is so high that it affects the daily life, school and career success or the social lives of the individuals it can be called anxiety disorders. People who are suffering from anxiety disorders have hard time to focusing on the job, being successful, long lasting and sometimes have difficulty coping.

More specifically, when observed which psychological symptom is related to the marriage it is found that the problems concerning marriage is closely related to the high level of anxiety, mood disorders and substance use disorders (Whisman, 2007).

Shahi, Ghaffari, and Ghasemi (2011) have shown that marital satisfaction has a significant effect on the mental health of persons in their studies of marital satisfaction and mental health in Iranian couples, and that this relationship is most manifested by symptoms of depression and anxiety.

Filsinger and Wilson (1983) showed that marriage compliance scores decreased as their level of anxiety increased, and talked about the relationship between social anxiety and marital compliance.

A comprehensive study by Whisman, Uebelacker, and Weinstock (2004) found that one's level of anxiety and depression and the level of depression of his/her spouse outweighed the level of marital satisfaction.

1.5.2. Marital Adjustment

Marital adjustment is defined as the perception of the degree which the individual meets the requirements of the marriage relationship. When marriage relation is investigated in literature; It is noteworthy that many different concepts have been used to describe this relationship. These concepts are often confronted as marital adjustment, marital satisfaction, happiness of marriage and quality of marriage.

In a quality marriage, it is expected that both sides will be harmonious. If this harmony deteriorates, the individuals suffer from individual distress and indirectly affect the society they are in. In addition, the unrest within the family also affects the children.

Birtchell and Kennard (1983) also shown that women with poor marital adjustment have worse mental health than women with good marriage.

Davidson (1984) tried to explain marriage harmony within the framework of Equity Theory. According to the Equity Theory the person who has lesser investment gain than he put into the relationship has lower input while the other person has higher input. If the partners have a low or high gains this will, will affect harmony of the marriage. Since the marriage satisfaction is a mutual process, the perceived inequality of one of the spouses shows less harmony with the other spouse. Davidson (1984) has shown that the best-fitting relationships that each of the spouses considered themselves equal to other.

Gottman and Krokoff (1989) also found that communication behaviors such as defensiveness, stubbornness and withdrawing from communication determines marital compliance. Tutarel Kışlak and Çabukça (2002) have also found similarly that empathy as a significant variable that predicts marital adjustment. Lively (1969) sees marital adjustment as a continuous development of a dynamic relationship based on continuity

between spouses, and indicates that the measure obtained by stopping this continuity at a certain point will not reflect the true relationship

Spanier (1972), on the marital adjustment; " A marriage in which spouses negotiate on the important issues without conflict, with which they enjoy the same leisure activities and participate in the same activities together, and also have emotional affinity with one another. "

Trost (1985) argues that the notion of marital adjustment must be abandoned in a theoretical and conceptual sense because an explicitly undefined structure cannot be measured.

Li and Fung (2011) also think that the concept of marriage satisfaction is used in place of marriage quality in many places, the reason behind that thought is emphasizing the subjective nature of the concept. Marital adjustment has also been associated with the satisfaction and happiness of one's relationship (Roach, Fraizer and Bowden, 1981). Burgess and Cottrell (1939) thinks that a harmonious marriage is a marriage relationship that creates an environment that satisfies the attitudes and behaviors, the character structure of each one of the partners, primarily in the relationship. Hafner and Spence (1988) also noted that spouses who did not achieve success in marital adjustment developed psychological symptoms, but this was more common in women. The fact that two individuals with their own characteristics and who continue their lives together, which characteristics of the personality structures make it possible for the individuals to have more harmonious and mutually happier relationship All the past habits and behaviors of two different people who have formed a marriage association might cause some problems to their spouses in marriage process (Yılmaz, 2009).

How couples influence each other's personality traits and how this effect is reflected in the marriage institution and how it changed the harmony of the relationship subjects are closely related to personality and marital adjustment (Kansız and Arkar, 2011)

Marriage happiness and marriage satisfaction that develop in the context of a harmonious marriage are important turning points in human life and affect the psychological health of married individuals significantly (Erbek and his friends., 005). The expectation of happiness, satisfaction and anticipation in marriage is possible with mutual harmony provided by partners (Sardoğan and Karahan 2005). Johnson and his friends (2001) in the study they made about marriage, they found that harmony within the spouses consists five different dimensions These are the happiness, interaction, disagreements, problems and tendency of divorce between the spouses. Johnson and colleagues collected these five dimensions under two general guidelines. The first dimension is the interaction of happiness and spouses, the second dimension is about conflicts, problems and a tendency to divorce. When the aforementioned researches are examined, happiness means providing personal satisfaction and happiness in both general and special areas of the relationship. Interaction can be defined as the activities the spouses do together and the time they spend. The concept of disagreement on the other dimension is an expression used to explain the intensity of the verbal and physical conflicts that are experienced in relationship.

1.5.2.1 Factors Affecting Marital adjustment

Studies on marital adjustment have also revealed many factors influencing marital adjustment, as far as Hamilton's (1929) classical study extends (Spanier, 1976).

Sprakowski and Hughston (1978) found that perceptions that spouses were similar to

each other were the most influential factor in marital compliance when they worked with couples over 50 years in marriage. Burgess (1939), in a survey conducted with a large number of married couples, sorts the following factors that determine high marital compliance; The fact that spouses have been married happily, the spouses have agreed on having children, the spouses are closely related to each other's families, the spouses and their families have similar cultural backgrounds, including their nationality, religiosity, activities, educational, social and cultural status. In addition to these similarities, it was seen that the similarity of age between men and women positively contributed to marital harmony (Kirkpatrick, 1937). Davidson (1984) has shown that spouses that has the best marital harmony are those who sees each other equal. Batool and Khalid (2012) investigated the impact of some demographic variables and emotional intelligence on marital compliance in their work with Pakistani couples. According to the results of this research, only the number of children with demographic factors has a significant association with marital compliance. Accordingly, as the number of children in possession increases, marriage compliance decreases. The authors explain this as being a factor that creates a dissatisfaction in the life of marriage in terms of the economic difficulties of having children, the prevention of love and compassion for each other, and the restriction of the home environment in terms of spouses. Another consequence of the research is that emotional intelligence has been detected as a variable explaining marital compliance in large measure. Accordingly, the factors such as interpersonal skills, empathy, optimism, and impulse control that people have are determining the quality of marriage

CHAPTER II

REVIEW OF RELATED LITERATURE

When the happiness of marriage is thought to contribute to the total happiness of a person much more than the satisfaction of business and friendship relations (Glenn and Weaver, 1981), the effects of marital problems on the psychological health of the person are inevitable. When we look at literary work in this subject, it is seen that these effects are manifested mostly in women and most with depression, anxiety disorders and relatively few somatization symptoms. There are different opinions on what is the etiology between marriage-related unhappiness and psychological symptoms. While some studies suggest that marital negativities increase the risk of psychological disorders through biological mechanisms (Ehlers, Frank and Kupfer, 1988; Kiecolt-Glaser, Malarkey, Chee and Newton, 1993), some studies link this to psychosocial factors. For example, according to Marital Discord Model by Beach, Sandeen and O'Leary (1990), adversities in marriage are influential in the development of psychological problems. According to this model, verbal and physical aggression in marriage, threat of separation or divorce, serious humiliation, criticism or accusatory behavior, significant deterioration in designated routines, and important personality marriage stressors allow the occurrence of symptoms of depression by raising the stress level. Contrary to this view, there are also studies suggesting that deterioration in psychological health affects the marriage experience. In a study conducted by Chakrabarti, Kulhara and Verma (1993), a total of 90 people with dysthymia, generalized anxiety disorder and obsessive-compulsive disorder, these difficulties led to the deterioration of participants' family routines and interactions, and to other marital and family experiences.

Yildirim (1992) researched the factors affecting the level of compliance of married individuals. He addressed three variables: Individual, familial and socio-economic. One thousand and one hundred married individuals joined the research. In individual category gender, age, first marriage age, health status, satisfaction with physical appearance and satisfaction with physical appearance of partner variable discussed and found that they have an important impact on the marriage compliance. Variables discussed in the familial category which were form of marriage, sharing the household chores, support of relatives and close friends, serious debates and fighting in the family, the degree of kinship of the spouses, partners' agreements in the child education found that they have an important impact on the marriage compliance. Variables discussed in the socio-economic category which were socio-economic level perceived by the spouses, level of contribution to family income per month, level of education and job satisfaction variables found that they have an important impact on the marriage compliance.

In a study comparing marital adjustment and subjective well-being with 200 working women and 200 non-working housewives, both parameters were found to be significantly worse than working women. In the same study, it has been shown that the general health, life satisfaction and self-esteem of working women are higher than the housewives. Although having less pessimistic emotions than working women, housewives has more despair, insecurity and anxiety than the working women. (Nathawat, S. S., & Mathur, A, 1993).

According to a study conducted with psychological disorders experienced by married and non-working women, it is striking that psychological symptom severity is higher in housewives in the survey. According to other results of the research, the reason behind the psychological symptom severity in the housewives is because they have less

contribution in the family income and has less education than the working women.

(Cilli, A. S., Kaya, N., Bodur, S., Ozkan, İ., & Kucur, R, 2004)

In another study conducted in this area, Turner (2007) examined the chronic and psychological stress levels of single mothers and working mothers in rural areas. In the study conducted with 508 mothers, it was determined that working mothers had less stress on child care, economic level, or place they're living. However, it was seen that working mothers experienced less psychological stress than mothers who did not work and this was explained by the fact that financial stress was lower in working mothers. In this study, it was concluded that financial requirements were an important factor in the stress perception of working and non-working women.

Adhikari (2012) suggests that when working and non-working women compared about the symptoms of anxiety and depression, it is suggested that the increased responsibilities of working women constitute a risk factor for depression and anxiety disorders. It is argued that working women try to overcome their duties and responsibilities that their roles require and that these transitions are a process that can create a risk to the mental health of working women. The fact that women feel themselves inadequate as a result of the pressure they feel in this context and the fact that their self-esteem is diminished by the sense of inadequacy is considered as a trigger factor for psychiatric disorders

3.4 Statistical Analysis

All statistical calculations and analysis were performed with Statistical Package for Social Sciences (SPSS) 21.0 software.

Frequency analysis was carried out to investigate the descriptive characteristics of

study sample.

For the continuous data such as BAS score and MAS score scores, descriptive statistics such as arithmetic mean, standard deviation, median, minimum and maximum values were calculated.

To determine the statistical hypothesis testing methods, the distribution characteristics of the scale scores were investigated in terms of normality. For this purpose, Kolmogorov-Smirnov test of normality, Shapiro-Wilk test of normality, Q-Q plots, skewness and kurtosis values were all analyzed in each menopausal group. Additionally, Levene's test of homogeneity of variances were applied where required. Using all gathered information, non-parametric hypothesis tests were performed throughout the whole data analysis phase.

To understand the possible associations between age and scale scores, Pearson correlation test was used.

Mann Whitney U test was applied for the comparison of BAS score and MAS score between two employment groups. In addition, within each employment group, scale scores were compared with respect to the age groups, nationality groups and income groups of the participants with Mann Whitney U test.

Kruskal Wallis test was applied for each employment group to understand the significance of BAS score and MAS score differences between three education level of participants. This was due to the dependent variable having more than two independent categories.

Linear regression analysis was applied for understanding MAS score scale (dependent variable) with respect to three independent variables: age, employment and BAS score.

Related analysis result of each statistical method is shown in their corresponding tables throughout the text. Level of significance was accepted to be 0.05 for the whole study.

CHAPTER III

METHOD

3.1. Model of the study

Current study is a descriptive survey model

3.2. Population and Sample

Study sample consists of a total of 84 females: 44 of them from Balıkesir, Turkey and 40 of them from TRNC. Sample was selected with purposive sampling technique and snowball sampling method was used for reaching the individual participants.

3.3. Instruments

Study data was collected with a survey form which consists of a socio-demographical section, Beck Anxiety Scale (BAS) and Marital Adjustment Scale (MAS) form.

3.3.1. Socio-Demographical Information Form

First section of the survey consists of the questions regarding the socio-demographical characteristics of the participants. This section was developed by the researcher and it aims to gather information such as age, nation, number of children, education level, employment, occupation, income level and presence of psychiatric diseases

3.3.2. Beck Anxiety Scale (BAS)

The BAS was developed by Beck and Steer in 1988 and consists of 21-item Likert scale self-report questionnaire measuring common symptoms of clinical anxiety, such as nervousness and fear of losing control. Scale is widely used for adolescents and mature

individuals to measure their level of anxiety. Respondents indicate the degree to which they are bothered by each symptom. Each symptom is rated on a 4-point scale ranging from 0 (not at all) to 3 (severely, I could barely stand it), and the total scores can range from 0 to 63, with higher scores corresponding to higher levels of anxiety. Thirteen items assess physiological symptoms, five describe cognitive aspects, and three represent both somatic and cognitive symptoms.

Turkish validity and reliability study of BAS was carried out by Ulusoy et.al. in 1993 (REF). In current study, the reliability coefficient for BAS had a Cronbach's alpha of 0.875.

3.3.3. Marital Adjustment Scale (MAS)

Locke and Wallace (1959) created a shortened version of the Marital Adjustment Test (LWSMAT) by eliminating duplicate items and selecting items that were considered most fundamental to measure marital adjustment. This short test has 15 items, including measures of the overall happiness in the marriage, the degree of agreement between the spouses in various matters, how they resolve conflicts, the choice of shared activities, and their expectations about the marriage.

The first item of the test measures global happiness; the next 8 items address agreement on specific matters such as finances, recreation, affection, friends, and philosophy of life; and the remaining 6 items address specific choices and feelings regarding the marriage and the respondent's spouse. The test use various response formats, including 7-point (Item 1), 6-point (Items 2–9), and 4-point (Items 11, 13, and 15) Likert-type scale, and 3- and 2-choice responses (Items 10, 14, and 12). A complex scoring system is used in the LWSMAT, including 10 different weights for all 15 items.

MAS, was adapted to Turkish by Tutarel-Kislak (1999) together with a reliability and validity study for it, is intended to measure the satisfaction derived from a marital relationship, and marital adjustment.

The score taken from the scale varies between 1 and 58. Those who get a higher score are considered to be compatible in terms of marital relationship, whereas those who get a lower score are accepted to be incompatible. Tutarel-Kislak (1999) found the internal consistency (Cronbach Alpha) coefficient of the scale as.84. The value in question was .85 for women, and .83 for men.

In the current study, Cronbach's alpha was found to be 0.819.

CHAPTER IV

RESULTS

Table 1. Descriptive statistics of demographic variables of participants with respect to their employment status

	Employed		Unemployed		Total	
	n	%	n	%	N	%
Age Groups						
39 or Younger	24	61,5	16	35,6	40	47,6
40 or Older	15	38,5	29	64,4	44	52,4
Education						
Primary and Secondary School	4	10,3	10	22,2	14	16,7
High School	9	23,1	18	40,0	27	32,1
University or Higher Degree	26	66,7	17	37,8	43	51,2
Nation						
Turkey	19	48,7	25	55,6	44	52,4
TRNC	20	51,3	20	44,4	40	47,6

Table 1 shows the demographic characteristics of the participants with respect to their employment status.

As shown in the table, employed group has 24 individuals who are aged 39 years or younger (%61.50) while unemployed group has 29 individuals (%63.40) who are aged 40 years or older at the time of the study.

In both employment groups, education level of the participants was investigated and shown in Table 1. In employed group; 4 participants (%10.3) were primary or secondary

school graduates, 9 people (%23.1) were high school graduates and 26 people were (%66.7) university or higher degree graduates. In the unemployed group; 10 participants (%22.2) were primary or secondary school graduates, 18 people (%40.0) were high school graduates and 17 people were (%37.8) university or higher degree graduates.

A total of 20 employed group participants (%51.3) were from TRNC while 19 of them (%48.7) were from Turkey. On the other hand, 25 unemployed group participants (%55.6) were from TRNC while 20 of them (%44.4) were from Turkey

Table 2. Descriptive statistics of participants with respect to their employment status

	Employed		Unemployed		Total	
	n	%	n	%	N	%
Children						
Yes	30	76,9	42	93,3	72	85,7
No	9	23,1	3	6,7	12	14,3
Income						
Lower than 2,500 TL	17	43,6	22	48,9	39	46,4
Higher than 2,500 TL	22	56,4	23	51,1	45	53,6
Psychiatric Diseases						
No	35	89,7	37	82,2	72	85,7
Yes	4	10,3	8	17,8	12	14,3

Table 2 displays the parenthood status, income level and presence of psychiatric diseases of the participants in two employment groups.

Majority of the participants in each group reported that they have at least one child. In employed group, 30 individuals (%76.9) were having children while remaining 9 participants (%23.1) did not have any. In unemployed group, 42 individuals (%93.3) were having children while remaining 3 participants (%6.7) did not have any.

Income status of the participants were also shown in Table 2. Accordingly, in employed group 17 participants (%43.6) were having an income level of lower than 2,500 TL and 22 participants (%56.4) were having higher than 2,500 TL. In unemployed group 22 participants (%48.9) were having an income level of lower than 2,500 TL and

23 participants (%51.1) were having higher than 2,500 TL.

Similarly, in both groups, majority of the participants did not report any psychiatric disease. In employed group, 4 participants (%10.3) reported such diseases while in unemployed group 8 individuals (%17.8) reported the presence of psychiatric disorders for themselves.

Table 3. Descriptive statistics and comparison of scale scores between employment groups

	Employed					Unemployed					Z	P
	\bar{x}	s	Medi an	Min	Ma x	\bar{x}	s	Medi an	Min	Ma x		
BA	11,2	6,4	9,00	2,00	27,0	13,3	9,4	12,00	1,00	36,0	-	
S	6	9			0	8	0			0	0,6	0,544
											1	
MA	46,3	6,6	47,00	19,0	57,0	39,3	8,1	38,00	25,0	58,0	-	
S	3	3		0	0	6	6		0	0	4,2	0,001
											0	*

* $p < 0.05$

In Table 3, both descriptive statistics and statistical comparison results of scale scores were shown for both employment groups.

BAS level in employed group was 9.00 (2.00-27.00) while it was 12.00 (1.00-36.00) in the unemployed group. The difference was not statistically significant ($p > 0.05$).

On the other hand, employed group had significantly higher MAS level compared to the unemployed group ($p < 0.05$). The level of MAS in employed group was 47.00 (19.00-57.00) in employed group and 38.00 (25.00-58.00) in unemployed group.

Table 4. Descriptive statistics and comparison of scale scores between age groups of employed participants

		Employed						
	Age	\bar{x}	S	Median	Min	Max	Z	P
BAS	39 or Younger	11,33	6,64	9,00	2,00	25,00	0,00	1,000
	40 or Older	11,13	6,46	10,00	3,00	27,00		
MAS	39 or Younger	47,21	4,79	47,50	39,00	56,00	-	0,487
	40 or Older	44,93	8,85	46,00	19,00	57,00		

Table 4 displays the descriptive statistics and statistical analysis results of scale scores in different age groups of employed individuals.

As shown in the table, neither BAS nor MAS levels of different age groups of employed participants did show statistically significant difference ($p > 0.05$).

For 39 years or younger employed participants, BAS level was 9.00 (2.00-25.00) and MAS level was 47.50 (39.00-56.00).

For 40 years or older employed participants, BAS level was 10.00 (3.00-27.00) and MAS level was 46.00 (19.00-57.00).

Table 5. Descriptive statistics and comparison of scale scores between age groups of unemployed participants

		Unemployed						
	Age	\bar{x}	s	Median	Min	Max	Z	P
BAS	39 or Younger	15,25	8,07	17,50	2,00	27,00	-	0,208
	40 or Older	12,34	10,04	10,00	1,00	36,00	1,26	
MAS	39 or Younger	40,63	8,74	37,50	29,00	58,00	-	0,758
	40 or Older	38,66	7,90	39,00	25,00	52,00	0,31	

Table 5 displays the descriptive statistics and statistical analysis results of scale scores in different age groups of unemployed individuals.

Like the employed group, neither BAS nor MAS levels of different age groups of unemployed participants did show statistically significant difference ($p > 0.05$).

For 39 years or younger unemployed participants, BAS level was 17.50 (2.00-27.00) and MAS level was 37.50 (29.00-58.00).

For 40 years or older unemployed participants, BAS level was 10.00 (1.00-36.00) and MAS level was 39.00 (25.00-52.00).

Table 6. Descriptive statistics and comparison of scale scores between income groups of employed participants

		Employed						
	Income	\bar{x}	s	Median	Min	Max	Z	p
BAS	Lower than 2,500 TL	12,65	6,89	12,00	4,00	27,00	-	0,239
	Higher than 2,500 TL	10,18	6,10	9,00	2,00	24,00	1,18	
MAS	Lower than 2,500 TL	46,65	8,25	47,00	19,00	57,00	-	0,287
	Higher than 2,500 TL	46,09	5,25	46,00	37,00	56,00	1,07	

Table 6 displays the descriptive statistics and statistical analysis results of scale scores in different income groups of employed individuals.

As shown in the table, neither BAS nor MAS levels of different income groups of employed participants did show statistically significant difference ($p>0.05$).

For employed participants who had an income of lower than 2,500 TL, BAS level was 12.00 (4.00-27.00) and MAS level was 47.00 (19.00-57.00).

For employed participants who had an income of higher than 2,500 TL, BAS level was 9.00 (2.00-24.00) and MAS level was 46.00 (37.00-56.00).

Table 7. Descriptive statistics and comparison of scale scores between income groups of unemployed participants

		Unemployed						
	Income	\bar{x}	s	Median	Min	Max	Z	P
BAS	Lower than 2,500 TL	12,68	9,98	12,00	1,00	36,00	-	0,517
	Higher than 2,500 TL	14,04	8,97	12,00	1,00	35,00	0,65	
MAS	Lower than 2,500 TL	41,95	8,64	41,50	27,00	58,00	-	0,061
	Higher than 2,500 TL	36,87	6,99	37,00	25,00	51,00	1,88	

Table 7 displays the descriptive statistics and statistical analysis results of scale scores in different income groups of unemployed individuals.

As shown in the table, neither BAS nor MAS levels of different income groups of unemployed participants did show statistically significant difference ($p > 0.05$).

For unemployed participants who had an income of lower than 2,500 TL, BAS level was 12.00 (1.00-36.00) and MAS level was 41.50 (27.00-58.00).

For unemployed participants who had an income of higher than 2,500 TL, BAS level was 12.00 (1.00-35.00) and MAS level was 37.00 (25.00-51.00).

Table 8. Descriptive statistics and comparison of scale scores between nations of employed participants

		Employed						
	Nation	\bar{x}	S	Median	Min	Max	Z	p
BAS	Turkey	12,63	7,30	12,00	2,00	27,00	-1,13	0,260
	TRNC	9,95	5,47	9,00	4,00	24,00		
MAS	Turkey	46,11	7,98	47,00	19,00	57,00	-0,30	0,767
	TRNC	46,55	5,26	46,50	37,00	55,00		

Table 8 displays the descriptive statistics and statistical analysis results of scale scores in different nationality groups of employed individuals.

As shown in the table, neither BAS nor MAS levels of different nationalities of employed participants did show statistically significant difference ($p>0.05$).

For employed participants who were Turkish citizens, BAS level was 12.00 (2.00-27.00) and MAS level was 47.00 (19.00-57.00).

For employed participants who were TRNC citizens, BAS level was 9.00 (4.00-24.00) and MAS level was 46.50 (37.00-55.00).

Table 9. Descriptive statistics and comparison of scale scores between nations of unemployed participants

		Unemployed						
	Income	\bar{x}	s	Median	Min	Max	Z	P
BAS	Turkey	15,56	9,94	14,00	2,00	36,00	-1,72	0,086
	TRNC	10,65	8,09	10,50	1,00	27,00		
MAS	Turkey	40,28	8,90	40,00	25,00	58,00	-1,05	0,293
	TRNC	38,20	7,20	36,50	25,00	57,00		

Table 9 displays the descriptive statistics and statistical analysis results of scale scores in different nationality groups of unemployed individuals.

Table shows that, neither BAS nor MAS levels of different nationalities of unemployed participants did show statistically significant difference ($p > 0.05$).

For unemployed participants who were Turkish citizens, BAS level was 14.00 (2.00-36.00) and MAS level was 40.00 (25.00-58.00).

For unemployed participants who were TRNC citizens, BAS level was 10.50 (1.00-27.00) and MAS level was 36.50 (25.00-57.00).

Table 10. Descriptive statistics and comparison of scale scores between education groups of employed participants

		Unemployed						
		Media			Min	Max	χ^2	P
	Education	\bar{x}	s	n				
BAS	Primary and Secondary School	14,50	8,89	12,50	6,00	27,0 0	1,00	0,60 7
	High School	9,89	5,11	9,00	4,00	18,0 0		
	University or Higher Degree	11,23	6,62	9,00	2,00	25,0 0		
	Primary and Secondary School	40,50	15,78	43,00	19,00	57,0 0		
MAS	High School	48,89	3,02	48,00	46,00	55,0 0	3,15	0,20 7
	University or Higher Degree	46,35	5,13	46,00	37,00	56,0 0		

Table 10 displays the descriptive statistics and statistical analysis results of scale scores in different education levels of employed individuals.

As shown in the table, both BAS and MAS levels of different education groups of employed participants did not show statistically significant difference ($p>0.05$).

For employed participants who were primary or secondary school graduates, BAS level was 12.50 (6.00-27.00) and MAS level was 43.00 (19.00-57.00).

For employed participants who were high school graduates, BAS level was 9.00 (4.00-16.00) and MAS level was 48.00 (46.00-55.00).

For employed participants who were university or higher degree graduates, BAS level was 9.00 (2.00-25.00) and MAS level was 46.00 (37.00-56.00).

Table 11. Descriptive statistics and comparison of scale scores between education groups of unemployed participants

		Unemployed						
		Media			Min	Max	χ^2	p
	Education	\bar{x}	s	n				
BAS	Primary and Secondary School	14,50	11,45	13,50	1,00	36,0 0	2,31	0,31 5
	High School	15,39	9,10	12,50	1,00	35,0 0		
	University or Higher Degree	10,59	8,22	6,00	2,00	27,0 0		
	Primary and Secondary School	38,40	8,59	35,00	27,00	52,0 0		
MAS	High School	38,61	6,45	38,00	25,00	57,0 0	0,81	0,66 9
	University or Higher Degree	40,71	9,72	43,00	25,00	58,0 0		

Table 11 displays the descriptive statistics and statistical analysis results of scale scores in different education levels of unemployed individuals.

As shown in the table, both BAS and MAS levels of different education groups of unemployed participants did not show statistically significant difference ($p>0.05$).

For unemployed participants who were primary or secondary school graduates, BAS level was 13.50 (1.00-36.00) and MAS level was 35.00 (27.00-52.00).

For unemployed participants who were high school graduates, BAS level was 12.50 (1.00-35.00) and MAS level was 38.00 (25.00-57.00).

For unemployed participants who were university or higher degree graduates, BAS level was 6.00 (2.00-27.00) and MAS level was 43.00 (25.00-58.00).

Table 12. Correlation analysis between age and scale scores in both employment groups

		Age	
		Employed (n=39)	Unemployed (n=45)
BAS	r	-0,085	-0,192
	P	0,605	0,207
MAS	r	-0,195	0,075
	P	0,234	0,625

Table 12 shows the correlation analysis outcomes between age and scale scores in both employment groups.

As displayed in the table, age did not have any statistically significant correlation with BAS in employed group ($r=-0.085$; $p>0.05$) and in unemployed group ($r=-0.192$; $p>0.05$).

Similarly, the correlation between age and MAS was not statistically significant in employed group ($r=-0.195$; $p>0.05$) and unemployed group ($r=0.075$; $p>0.05$).

Table 13. Correlation analysis between scale scores for all participants

		BAS	MAS
BAS	r	1,000	-0,164
	p		0,137
MAS	r	-0,164	1,000
	p	0,137	

Table 13 reports the correlation analysis results between BAS and MAS in all participants.

Accordingly, it was shown that these two scales did not have statistically significant association in between ($r=-0.164$; $p>0.05$).

Table 14. Regression analysis for MAS as dependent and BAS, age and employment as independent variables.

	Unstandardized		Standardized		
	Coefficients		Coefficients		
	B	Std. Error	Beta	t	p
Model Constant	42,41	4,41		9,61	0,001*
Age	-0,03	0,09	-0,04	-0,39	0,698
Employment	6,49	1,79	0,40	3,64	0,001*
BAS	-0,12	0,10	-0,12	-1,14	0,259

*R²: 0.194, * p<0.05*

Table 14 shows the linear regression analysis results of the model where MAS is the dependent variable and BAS, age and employment status as independent variables.

As seen in the table, the regression model has a coefficient of determination of $R^2 = 0.194$. Among the selected variables, only employment status had a significant contribution to the model ($p < 0.05$), while age and BAS did not have any statistically significant effect on MAS scores ($p > 0.05$).

Regression outcomes suggest that employed individuals would be expected to have an additional MAS score of 6.49 compared to the unemployed participants and this contribution is statistically significant ($p < 0.05$).

CHAPTER V

DISCUSSION AND CONCLUSION

5.1 Discussion

The aim of the current study was to determine the relationship between marital adjustment and severity of anxiety symptoms and compare this according to working status of married women. In fact, this study was focused on two main issues. First, how working status of married women (working vs non-working) might be related to the happiness and satisfaction they experience in their marriage. Second, how their working status might be related to the general anxiety symptoms and stresses that experience through their daily lives.

Based on previous studies on this topic, three hypotheses were formed. The first hypothesis was that anxiety level is lower in working women compared to non-working women. The second hypothesis was that marital adjustment is higher in working women compared to non-working women, and the lastly, there is a significant negative correlation between marital adjustment and anxiety level in working women. Finding of the study supported the second hypothesis and indicated that working women had a significantly higher level of marital adjustment compared to non-working women. However, the first and last hypotheses were not supported. Findings indicated no significant difference in severity of anxiety symptoms between working and non-working women, and there was no significant correlation between marital adjustment and anxiety level in working women.

Finding of the current study, in regard with the second hypothesis, is consistent with the previous research. In fact, several past researches have found similar results about the relationship between marital adjustment and work status of married women. In a

study by Nathawat and Mathur (1993), marital adjustment and subjective well-being was assessed on 400 working and non-working married women, and findings of their study indicated that both marital adjustment and subjective well-being were significantly higher in working married women. Moreover, their study indicated that working women reported higher levels of self-esteem and life satisfaction compared to non-working women. In another study by Yildirim (1992) that was done on a sample of 1100 couples, socio-economic status on both partners were found to be significantly correlated with their perceived satisfaction and happiness in marriage. More specifically, women that had a higher level of income and had more financial contributions to the family, reported higher levels of marital satisfaction.

Another related study on working and non-working married women, found that working women had a higher level of marital satisfaction and adjustment. Moreover, their study indicated that working women with higher income, had a higher level of marital adjustment, compared to working women with lower income (Cilli, A. S., Kaya, N., Bodur, S., Ozkan, İ., & Kucur, R., 2004).

Finding of the current study, in regard with the higher level of marital adjustment in working women, compared with non-working women can be explained by the Equity theory of Davidson (1984), that relates marital satisfaction with contributions of the partners to the family. According to Equity theory, one of the important factors that account for perceived marital satisfaction and adjustment is the equality that is felt by both partners in terms on their contributions to the family. In other words, when both partners feel they are contributing to the family, more or less equally, they are both more satisfied with the relationship. However, if one of the partners considers himself/herself as being on a lower level of importance, in terms on contributing to the family, then the

level of marital adjustment reduces dramatically.

According to Davidson (1984) perception of equality between partners in a relationship, plays a substantial role in the happiness they feel in the relationship. As Davidson posited, one of the important factors that explains the relationship between equality in a relationship and perceived satisfaction is the status that is assigned to each partner in the relationship. If the differences in the contributions of partners in a relationship is considerable, then the partner with lower contributions considers himself/herself as being on a lower status, or being of lower importance to the family. Likewise, the other partner, with significantly more contributions identifies himself/herself with a higher and more dominant status. Consequently, this results in a disproportional distribution of power between the partners, which can dramatically damage and hinder the marital adjustment.

Apart from inequality in distribution of power in the relation, inequality in terms of contribution can also weaken negotiations between the couple. As was proposed by Spanier (1972), negotiation and sameness are of great importance in marital adjustments. Perception of being alike and being able to negotiate about different issues, is of critical importance in resolving marital problems and achieving higher adjustment.

In this regard, since working women have significantly more financial contributions to the family, they must have a higher level of perceived equality in their marriage. In other words, since working women make money, they gain a higher status in their marital relationships, compared to non-working women. As a result, power distribution would be more equal in marital relations where the women work, which can increase marital adjustment. One important factor here is that, since working women gain more power in their marriage, they would be less vulnerable to domination or subjugation by

their husbands. However, non-working women generally have a lower status and lower share in the power which can act as a risk factor for being dominated or subjected in their marriage. This could consequently, increase the risk of battery and domestic violence against them and reduce their marital satisfaction dramatically.

Moreover, it is also possible that working women would experience a higher level of sameness with their working husbands, which according to Spanier (1972) is an important factor for gaining satisfaction and happiness from marriage. Working women would probably have more in common with their working husbands, as they both work and would have more or less similar work-related experiences. On a deeper level, work-related experiences generally constitute an important aspect of a person's social identity. Such experiences are generally internalized overtime and constitute an important domain of one's perceptions about oneself. This could also significantly contribute to the perception of sameness between couples, since they both have the work-related domain in their identity. In comparison, non-working women would not have such experiences and would not form a work-related domain in their social identity, which could alienate them from their working partners.

Findings of the study in regard with the first and last hypothesis are not consistent with the general findings of past studies. In the current study, there was no significant difference between the level of anxiety in working and non-working married women. This result is inconsistent with the findings of previous past researches. In the study by Nathawat and Mathur (1993) on 400 working and non-working women, anxiety, insecurity and depression levels were found to be significantly higher in non-working women, compared to working women. In another related study by Turner (2007) on a sample of 508 single mothers, anxiety level was found to be significantly higher in non-

working mothers, compared to working ones. The study also indicated that child and financial stresses were significantly higher in non-working mothers, which contributed to their feelings of insecurity and anxiety. While these past findings are inconsistent with the results of the current research, this might be explained by the work-related anxieties and strain. As Adhikari (2012) proposed, working women who are also responsible for the child care and domestic work, experience a high load of work-related pressures which can produce feelings of inadequacy and job-related anxiety. These women perceive themselves as not strong or powerful enough to deal with their work-related and domestic responsibilities at the same time, which can consequently increase their vulnerability to depressive or anxiety-related disorders. On the other hand, non-working women may have feelings of financial insecurity and anxiety.

5.2 Conclusions and Recommendations

In conclusion, findings of the current study indicate that working women are significantly more satisfied in their marriage compared to non-working women, which points to the importance of providing job opportunities for women. Looking at this finding from another perspective, social factors such as the ceiling effect, which can hinder women's job related progression and reduce their occupational opportunities can significantly damage their marital adjustment as well. Lower marital adjustment on the part of wives, definitely would affect and diminish the quality of marriage for the husbands as well. This indirectly suggests that reducing occupational inequalities between men and women, and providing women with better and richer job-related chances, can improve the marital quality for both men and women.

Non-working women may have feelings of financial insecurity and anxiety. This might be the reason why the current study could not find a significant difference in anxiety

level between working and non-working women. However, the assessment of the anxiety in the current study was insensitive to the domains of anxiety and could not differentiate work-related and financial-related anxieties. Future studies can improve these findings, by using specific questionnaires for assessing work-related and financial-related anxieties independently and compare them between working and non-working women.

In general, using the same assessment method for measuring the correlation between two variables can create false correlations because of the common-method bias. Future studies may improve this limitation by using clinical methods for measuring anxiety other than self report questionnaires.

Another important thing of this study was its low sample size, which makes it hard to generalize the results of the study. Not only the sample size of the current study was relatively low, also all participants were from the same ethnicity, which on the other hand would reduce the external validity of the findings for populations of other nationalities. Future studies can improve this limitation by using samples with more ethnic diversity and higher sample size. Another recommendation of current study is correlational design, which makes it impossible to make any causal conclusions about the relationship of work status, marital adjustment, and anxiety. While the current study indicated that there is a significant correlation between work status and marital adjustment in married women, it cannot conclude that the work status is contributing to marital adjustment.

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APPENDICES**APPENDIX A- BİLGİLENDİRME FORMU****Çalışan ve Çalışmayan Evli Kadınlarda Evlilik Uyumu ve Anksiyete Belirtilerinin Karşılaştırılması**

Bu çalışmanın amacı Çalışan ve Çalışmayan Evli Kadınlarda Evlilik Uyumu Ve Anksiyete Belirtilerinin Karşılaştırılmasıdır.

Bu çalışmada size bir demografik bilgi formu ve bir dizi ölçek sunduk. Demografik bilgi formu sizin yaş cinsiyet gibi demografik özellikleriniz hakkındaki soruları içermektedir. Ölçekler ise evlilik uyumu ve anksiyete düzeyini ölçmektedir.

Daha önce de belirtildiği gibi, ölçeklerde ve görüşmelerde verdiğiniz cevaplar kesinlikle gizli kalacaktır. Eğer çalışmayla ilgili herhangi bir şikayet, görüş veya sorunuz varsa bu çalışmanın araştırmacılarından biri olan Psk.Ozan Yalçıntaş ile iletişime geçmekten lütfen çekinmeyiniz ([email, pskozanyalcintas@gmail.com](mailto:pskozanyalcintas@gmail.com) telefon:0533 820 42 35).

Eğer araştırmanın sonuçlarıyla ilgileniyorsanız, .01.07.2017 tarihinden itibaren araştırmacıyla iletişime geçebilirsiniz.

Katıldığınız için tekrar teşekkür ederim.

Psikolog
Ozan YALÇINTAŞ

Psikoloji Bölümü,
Yakın Doğu Üniversitesi,
Lefkoşa.

APPENDIX B- AYDINLATILMIŞ ONAM FORMU

Bu çalışma, Yakın Doğu Üniversitesi Fen Edebiyat Fakültesi Psikoloji Bölümü tarafından gerçekleştirilen bir çalışmadır.

Bu çalışmanın amacı Çalışan ve Çalışmayan Evli Kadınlarda Evlilik Uyumu Ve Anksiyete Belirtilerinin Karşılaştırılmasını incelemektir.

Anket tamamen bilimsel amaçlarla düzenlenmiştir. Anket formunda kimlik bilgileriniz yer almayacaktır. Size ait bilgiler kesinlikle gizli tutulacaktır. Çalışmadan elde edilen veriler yalnızca istatistik veri olarak kullanılacaktır. Yanıtlarınızı içten ve doğru olarak vermeniz bu anket sonuçlarının toplum için yararlı bir bilgi olarak kullanılmasını sağlayacaktır.

Telefon numaranız anketörün denetlemesi ve anketin uygulandığının belirlenmesi amacıyla istenmektedir.

Yardıminız için çok teşekkür ederim.

Psikolog
Ozan YALÇINTAŞ

Yukardaki bilgileri ayrıntılı biçimde tümünü okudum ve anketin uygulanmasını onayladım.

İsim:

İmza:

Telefon:

APPENDIX C- ETİK KURULU ONAY YAZISI**YAKIN DOĞU ÜNİVERSİTESİ****BİLİMSEL ARAŞTIRMALAR ETİK KURULU**

30.03.2017

Sayın Doç. Dr. Ebru Çakıcı,

Bilimsel Araştırmalar Etik Kurulu'na yapmış olduğunuz YDÜ/SB/2017/8 proje numaralı ve "Çalışan ve Çalışmayan Evli Kadınlarda Evlilik Uyumu ve Anksiyete Belirtilerinin Karşılaştırılması" 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.

APPENDIX D- SOSYODEMOGRAFİK BİLGİ FORMU

1. Yaşınız:

2.Çocuğunuz var mı?:

a)Evet b)Hayır

3. Kaç çocuğunuz var?: Var ise belirtiniz(.....)

4. Eğitim Durumuz:

a) Okur-yazar b)İlkokul mezunu c)Ortaokul mezunu d)Lise mezunu e)Üniversite mezunu f) Yüksek lisans veya Doktora mezunu

5. Çalışıyor musunuz? a)Evet b)Hayır

6. 'Hayır' ise daha önce çalıştınız mı?

a)Evet b)Hayır

7. Mesleğiniz?

a)İşçi b)Serbest meslek c)Memur d)Emekli e)Ev hanımı f)diğer (belirtiniz)...

8. Aylık gelir durumunuz?

a)Asgari ücret veya altı b)1300-2500 TL c)2500-5000 TL d) 5000-1000 TL e) 10000 TL ve üzeri

9. Psikiyatrik tanı ve tedavi aldınız mı? a)Hayır b)Evet(Belirtiniz.....)

APPENDIX E- BECK ANKSİYETE ÖLÇEĞİ

Beck Anksiyete Ölçeği

Hastanın Soyadı, Adı:.....

Tarih:.....

Aşağıda insanların kaygılı ya da endişeli oldukları zamanlarda yaşadıkları bazı belirtiler verilmiştir. Lütfen her maddeyi dikkatle okuyunuz. Daha sonra, her maddedeki belirtinin BUGÜN DAHİL SON BİR (1) HAFTADIR sizi ne kadar rahatsız ettiğini yandakine uygun yere (x) işareti koyarak belirleyiniz.

	Hiç	Hafif düzeyde Beni pek et- kilemedi	Orta düzeyde Hoş değildi ama kat- lanabildim	Ciddi düzeyde Dayanmakta çok zor- landım
1. Bedeninizin herhangi bir yerinde uyuşma veya karın- calanma				
2. Sıcak/ ateş basmaları				
3. Bacaklarda halsizlik, titreme				
4. Gevşeyememe				
5. Çok kötü şeyler olacak korkusu				
6. Baş dönmesi veya sersemlik				
7. Kalp çarpıntısı				
8. Dengeyi kaybetme duygusu				
9. Dehşete kapılma				
10. Sinirlilik				
11. Boğuluyormuş gibi olma duygusu				
12. Ellerde titreme				
13. Titreklik				
14. Kontrolü kaybetme korkusu				
15. Nefes almada güçlük				
16. Ölüm korkusu				
17. Korkuya kapılma				
18. Midede hazımsızlık ya da rahatsızlık hissi				
19. Baygınlık				
20. Yüzün kızarması				
21. Terleme (sıcaklığa bağlı olmayan)				

Toplam BECK-A skoru:.....

APPENDIX F- EVLİLİK UYUM ÖLÇEĞİ

1. Bu maddede yer alan ölçeği kullanarak, bütün yönleri ile evliliğinizdeki mutluluk düzeyini en iyi temsil ettiğine inandığınız noktayı **daire** içine alınız. Ortadaki 'mutlu' sözcüğü üzerindeki nokta, çoğu kişinin evlilikten duyduğu mutluluk derecesini temsil eder ve ölçek kademeli olarak sol ucunda evliliği çok mutsuz olan küçük bir azınlığı, sağ ucunda ise evliliği çok mutlu küçük bir azınlığı temsil etmektedir.

* * * * * * *

Çok
Mutsuz

Mutlu

Çok Mutlu

*Aşağıdaki maddelerde verilen konulara ilişkin olarak, siz ve eşiniz arasındaki **anlaşma** ya da **anlaşmazlık** derecesini yaklaşık olarak (X) şeklinde belirtiniz. Lütfen her maddeyi değerlendiriniz.*

	Her zaman anlaşırız	Hemen her zaman anlaşırız	Ara sıra anlaşamadığımız olur	Sıklıkla anlaşamayız	Hemen her zaman anlaşamayız	Her zaman anlaşamayız
2. Aile bütçesini idare etme	()	()	()	()	()	()
3. Boş zaman etkinlikleri	()	()	()	()	()	()
4. Duyguların ifadesi	()	()	()	()	()	()
5. Arkadaşlar	()	()	()	()	()	()
6. Cinsel ilişkiler	()	()	()	()	()	()
7. Toplumsal kurallara uyma (doğru, iyi veya uygun davranış)	()	()	()	()	()	()
8. Yaşam felsefesi	()	()	()	()	()	()

9. Eşin akrabalarıyla anlaşma () () () () () ()

Lütfen evliliğinizi en iyi ifade ettiğine inandığınız bir cevabın yanındaki kutucuğu (X) şeklinde işaretleyiniz.

10. Ortaya çıkan uyumsuzluklar genellikle:

- () Erkeğin susması ile
- () Kadının susması ile
- () Karşılıklı anlaşmaya varılarak sonuçlanır.

11. Ev dışı etkinliklerinizin ne kadarını eşinizle birlikte yaparsınız?

- () Hepsini
- () Bazılarını
- () Çok azını
- () Hiç birini

12. Boş zamanlarınızda genellikle aşağıdakilerden hangisini tercih edersiniz?

- () Dışarıda bir şeyler yapmayı
- () Evde oturmayı

Eşiniz genellikle aşağıdakilerden hangisini yapmayı tercih eder?

- () Dışarıda bir şeyler yapmayı
- () Evde oturmayı

13. Hiç evlenmemiş olmayı istediğiniz olur mu?

- () Sık sık
- () Arada sırada
- () Çok seyrek
- () Hiçbir zaman

14. Hayatınızı yeniden yaşayabilseydiniz;

- () Aynı kişiyle evlenirdiniz
- () Farklı bir kişiyle evlenirdiniz
- () Hiç evlenmediniz

15. Eşinize güvenir, sırlarınızı ona açar mısınız?

- () Hemen hemen hiçbir zaman
- () Nadiren
- () Çoğu konularda
- () Her konuda

APPENDIX G- CIRRICULUM VIATE

He was born in Edremit in 1992. He was completed his elementary school education at Private Alçev-Mesa Elementary School between 1998-2006 years. Then he completed his high school education at Edremit High School between 2006-2010 years. Then he graduated from psychology undergraduate programme from Eastern Mediterranean University between 2010-2015 years. Lastly he graduated from Clinical Psychology Master Programme from Near East University between 2015-2017 years.

He made his intership at Ankara Atatürk Training and Research Hospital on Psychiatry service in January, 2016 . And he finished his intership at Edremit Devlet Hospital in June, 2016.

Master's Thesis:

Yalçıntaş, O. (2017). The Comparison of Anxiety Level and Marital Adjustment Between Working and Non-Working Married Women. Master Thesis. Near East University. Graduate School of Social Sciences Nicosia, Cyprus.

APPENDIX H- ORIGINALITY REPORT

ORIGINALITY REPORT			
%6	%3	%5	%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS
PRIMARY SOURCES			
1	Kabacoff, R.I.. "Psychometric properties and diagnostic utility of the Beck Anxiety Inventory and the state-trait anxiety inventory with older adult psychiatric outpatients", Journal of Anxiety Disorders, 199701/02 Publication	%1	
2	www.openaccess.hacettepe.edu.tr:8080 Internet Source	%1	
3	Sayyed Meysam Dibaji, Sayyed Hamid Reza Oreyzi, Mohammad Reza Abedi. "Occupation or Home: Comparison Housewives and Working Women in the Variables of Stress, Depression and Perception of Quantitative, Mental and Emotional Home Demands", Review of European Studies, 2017 Publication	%1	
4	www.encyclopedia.com Internet Source	<%1	
5	M. Kumthekar. "Women's Self-concept and Mental Health", Journal of Health	<%1	