

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

MASTER'S THESIS

**THE RELATIONSHIP OF MARITAL SATISFACTION
WITH ATTACHMENT STYLES, MODEL DIMENSIONS
AND ACTUAL CAPACITIES**

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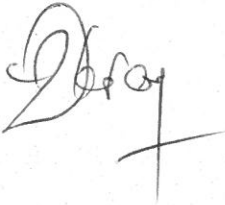


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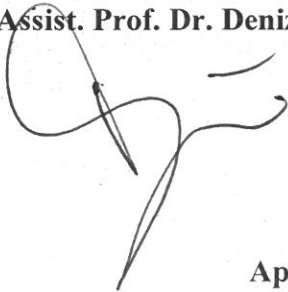
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I Fadime Kaya, hereby declare that this dissertation entitled
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ABSTRACT

THE RELATIONSHIP OF MARITAL SATISFACTION WITH ATTACHMENT STYLES, MODEL DIMENSIONS AND ACTUAL CAPACITIES

Fadime Kaya

June 2017, 70 pages

In this study the relationship between attachment styles and marital satisfaction of married individuals was investigated. The participants of the study were consisted of married individuals living in TRNC. Purposive sampling was used and questionnaires were applied to volunteers. Total of 100 married individuals of who 56 were women and 44 were men took place in the research.

The instruments of the research were the Experiences in Close Relationships Inventory-II, the Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (WIPPF) and Marital Life Scale. It was found that marriage satisfaction increases as the level of anxious and avoidant attachment decreases. A similar finding about relationship of WIPPF model dimensions and marital satisfaction was as the participants take an other person as a model us lead of mother and father, the level of marital satisfaction found to decreases. Actual capacities about hope, obedience and loyalty were found to have positive correlation with marital satisfaction.

Keywords: *Attachment Styles, WIPPF, Marital Satisfaction, Married Individuals.*

ÖZ

Evlilik Doyumunun Bağlanma Stilleri, Gerçek Yetenekler ve Model Boyutları Arasındaki İlişkisi

Fadime Kaya

Haziran 2017, 70 sayfa

Bu araştırmada, evli bireylerin bağlanma biçimleri ve evlilik doyumu gerçek yetenekler ve model boyutlar arasındaki ilişkisi incelenmiştir. Araştırmanın evrenini KKTC’de yaşayan evli bireyler oluşturmaktadır. Amaca dönük örneklem yöntemi kullanılmış ve gönüllü kişilere anket uygulanmıştır. Araştırmanın 56’sı kadın; 44’ü erkek toplam 100 kişi ile yürütülmüştür.

Araştırmada ölçme aracı olarak Yakın İlişkilerde Yaşantılar Envanteri-II, Wiesbaden Pozitif Psikoterapi ve Aile terapisi envanteri ve Evlilik Yaşam Ölçeği kullanılmıştır. Kaygılı ve kaçınmalı bağlanma düzeyi azaldıkça evlilik doyumu arttığı tespit edilmiştir. Benzer olarak WIPPF model boyutları ve evlilik doyum ilişkisine bakıldığında, anne-baba yerine bir diğerini model alma arttıkça evlilik doyumunda azalma tespit edilmiştir. Gerçek yeteneklerden umut, itaat, sadakat ile evlilik doyumu arasında aynı yönde ilişki bulunmuştur. Bu bulgular evlilik danışmanlık sürecinde bağlanma stili, model boyutları ve gerçek yetenekler konularının ele alınması gerektiğini göstermektedir.

Anahtar Sözcükler: Yetişkin Bağlanma Biçimleri, Pozitif psikoterapi, Evlilik Doyumu, Evli Bireyler

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ABBREVIATIONS

ECR-R: Experiences in Close Relationships Inventory-II

WIPPF: Wiesbaden Inventory for Positive Psychotherapy and Family Therapy

MLS: Marital Life Scale.

CHAPTER 1. INTRODUCTION

The concept of marriage, which has been developing and changing continuously since 2000 BC, is a cultural phenomenon that has a great influence on people's lives. The concept of family, which consists of the triangle of mother, father and children, has become a core family structure by experiencing differences in its functionality and form in the last century (Kaplan K., 2016).

The continuity of marriage is influenced by many factors. The existence of these factors and how they emerged has been extensively documented in the literature. Acting on the fact that a healthy marriage is possible with the fulfilment of marriage, marital satisfaction is also important for healthy individuals and healthy community. Therefore, finding a satisfactory response to the needs of individuals and societies depends on the degree that this harmony is achieved.

In literature studies, attachment style is one of the factors that marriage satisfaction is mostly related to. It has been proved through various studies that attachment style plays a major role in the determination of adulthood relations. In this context, the effect of attachment styles on marital satisfaction will be investigated in this study.

1.2. Aim of the study

Based on the assumption that an individual's attachment style with mother affects the romantic relationships in adulthood, attachment styles and effects on marital satisfaction was investigated in this study. It is believed that the attachment with the caregiver during the first years of the life is similar to the romantic relationship in adulthood. Personality is another factor that affects marital satisfaction. Actual capacities defined in positive psychotherapy are continuous of behaviors individuals have.

For this purpose, the effects of attachment styles and personality in terms of actual capacities on marital satisfaction among married individuals living TRNC will be investigated.

In the current study the attachment style of the participants was evaluated with “Experiences Inventory of Close Relationships” inventory which was developed by Brennan, Clark and Shaver (1998) and which is commonly used in research on understanding marital adjustment and relationships. Its validity and reliability study in Turkey was conducted by Sümer and Güngör (2005).

Participants' marital satisfaction was measured by using the Marriage Life Scale, which was developed by Tezer in 1986 to assess the satisfaction of married individuals (Tezer, 1986). In order to understand the participants' actual capacities and model dimensions, WIPPF 2.0 developed by founder of Positive Psychotherapy Nossrat Peseschkian was used.

1.3. Research Questions and Hypotheses

The hypotheses in the research are as follows:

1. Marriage satisfaction varies according to the attachment styles of the individuals
2. Taking parents as Models, affects marital satisfaction in a positive way
3. There is a relationship between socio-demographic characteristics of individuals and marital satisfaction.
4. Personality traits in terms of actual capacities affect marital satisfaction.

1.4. Assumptions

1. All the participants will be tested on equal terms.
2. It reflects the fact that the study group is representative of the study universe
3. ECR-R, MLS and WIPPF 2.0, used in the research, has the qualification and competence to carry out the objectives of the research.
4. Participants of the study are expected to respond sincerely to the means of measurement.

1.5. Limitations

1. Research findings are limited to married couples living in TRNC.
2. Findings obtained in the research are limited to the measurement of research tool.

1.6. The Significance of Research

The results of this research will enable data on:

- The attachment styles and their relation with marital satisfaction
- The model dimensions and their relation with marital satisfaction
- The actual capacities and their relation with marital satisfaction
- Application of WIPPF in Turkish culture which has been used in a few studies till now

1.7. Basic Concepts Used in Research

Marriage: Marriage is the union of two people (whether of the same sex or of opposite sexes) who commit to romantically loving and caring for each other and to sharing the burdens and benefits of domestic life (Yeşiltepe, 2011).

Attachment is strong emotional ties that people see as important for themselves and develop against the others (Feeney-Collins, 2011).

Attachment Style: A chronic interpersonal style that reflects general beliefs about oneself and the others (Feeney-Collins, 2011). The bottom types are;

Secure Attachment: Proximity is relaxed and autonomous in establishing.

Anxious Attachment: Afraid of closeness and socially avoiding.

Avoidant Attachment: Indifferent and anti-addictive to the intimacy.

Preoccupied Attachment: Negatif self and positive others.

Marriage Satisfaction: The perception of the degree to which an individual meets the needs of marriage. As it expresses the general satisfaction provided by this marriage, it also expresses more specific situations such as friendship in marriage and satisfaction from sexuality (Spainer and Lewis, 1980).

CHAPTER 2.Theoretical framework

2.1 Marriage

Marriage is the gathering of two people in order to continue their lives together under laws to establish a family.

Marriage is an act between woman and man officially. Nowadays, in the beginning of the twentieth century, the Netherlands became the first country to accept homosexual marriages, and in several countries homosexual marriages was accepted by the law. From a literary perspective, it is possible to encounter many different definitions of marriage (Çelebi and Bal, 2015).

According to Çelik (2006) marriage has an important place in the development of individuals and is the smallest unit that is the result.

According to Saxton (1982), marriage is a general institution that is maintained throughout life by fulfilling its responsibilities to a woman and a man for the continuation of mankind, to the children they bring to the world, and to their wives (et al., Eşsizoglu 2013).

Fidanoğlu (2006) describes marriage as a system of relationships that two individuals with different interests and needs have to live together, to share their experiences, to make children and to raise children. Şendil and Kızıldağ (2003) describes marriage as an institution composed of husband and wife. When two different genders choose each other as a partner, this private institution is formed (Yılmaz and Kalkan, 2010).

Finally, according to Özgüven, it is a form of legal relationship that has a control, rights and authority of the social state, which connects a woman with a man as a "husband and wife" and provides a certain status to the children.

Despite the widespread research and many researches on the relationship between spouses in the literature, it is seen that there is limited research on this subject in Turkey (Şentürk, 2013).

2.2. Marriage Satisfaction

As in all the world societies, marriage relations are also changing due to the social, economic and cultural changes that take place in our society, the problems experienced in marriage are more diverse compared to the past and the adjustment problems between spouses are increasing (Şener and Terzioğlu, 2008).

When marriage adjustment begins to deteriorate, it can turn into a life crisis for spouses and children. For this reason, marriage satisfaction is one of the important issues to be studied and investigated. Marriage satisfaction can be defined as satisfaction in marriage (Çavuşoğlu, 2011).

In general, the satisfaction of marriage affects the individual positively while the lack of satisfaction creates negative emotions on the individual (Cihan - Güngör, 2007; Çınar, 2008).

Marriage satisfaction refers to the level of personal satisfaction that individuals experience in marriage, while marital adjustment refers to the quality of marriage relationship (Cihan - Güngör, 2007).

Marriage satisfaction can be conceptualized as the level of satisfaction of what individuals want. According to another definition, marriage satisfaction is the perception of the individual in meeting marital needs (Çapkın and Curun, 2012).

According to Mackey and O'Brien, partnership, sexual and psychological closeness, control of conflict, trust, respect, empathic understanding and equality, relational values and communication quality concepts are the interactions that increase marital satisfaction (Çağ and Yıldırım, 2013).

Marriage satisfaction is undoubtedly the most important display of marriage to continue in a healthy way and whether a marriage will continue (Güngör, 2007).

It is seen that married individuals pay more attention to their happiness in their marriage than other important satisfaction sources such as marital satisfaction, economic security and job satisfaction (Tezer, 1996).

At the beginning of the marriage relationship, the sex role of the marriage that the society imposes is determined. It is expected that women should be supportive, constructive and emotional within the marriage relationship; men are expected to protect the family and provide economic livelihood. Topics such as housework and child care are seen as the duty of the woman (Gök, 2013).

Beside the social roles given, the ability of women and men to provide flexibility in marriage affects marital satisfaction. The gender roles that the people prescribe for society can lead to conflicts in marriage and can affect marital satisfaction negatively. (Canel, 2011).

The freshness of the emotions felt in the early periods of marriage causes the relationship to be high in satisfaction. In second term of the marriage, individuals can experience contradictions and experience some problems (Kaplan, 2016). If they can exhibit intelligent behavior during this period they can easily get rid of this period. The last period is the period of commitment (Dursun, 2016).

The marriages that love and friends continue together in this time are the best. In short, the marital satisfaction of couples who are drowning in troubled times in a healthy manner will be satisfactory. (Tarhan, 2014).

It is seen that children have positive and negative effects on marriage. As children in the family are a source of partnership, love and happiness, they strengthen the links between family members in a positive way.

On the other hand leaving the burden of child care to women can lead to conflict within the family and negatively affect marital satisfaction (Dursun, 2016).

Çınar (2008), found no significant difference between marital satisfaction and gender, duration of marriage, age, educational status and number of children. In the same study, gender roles were found to predict marriage satisfaction. There is a meaningful difference between marital satisfaction and gender roles. When both of the couples work, sharing the housework is very effective on marital satisfaction.

In another research, it was found that there is a relationship between marriage and age, and as the age of marriage grows, the level of living satisfaction in marriage also increases (Çapkin, 2012).

2.3. Attachment Theory and Attachment Forms

One of the most basic variables to be examined in marriage satisfaction is attachment. The Attachment Theory, first introduced by the psychoanalyst John Bowlby in 1969, is an approach that emphasizes the importance of the child's sense of security and psychological development to be connected to the relationship established with the parent of the path (Bowlby, 1969).

Bowlby describes attachment theory as a conceptualization of the tendency of the human being to establish strong emotional ties with other people who are special to him, and of the many emotional anxieties and personal complexities that lead to reluctance and loss of anxiety, anger, depression, and emotional rupture (et al., :Browneve &Shlosberg, 2006).

In fact, psychoanalyst, Bowlby, saw psychoanalysis as inadequate in explaining the reasons for the reactions of children to deprivation of their parents at an early age. For this reason, when we started to examine different literatures, we found that the majority of the answer was in the discipline of ethology. In this discipline, basic concepts of commitment consist of the researches made on commitment behaviours of birds and mammals. The basic assumption is that the presence of an adult who is willing to care and protect will allow him to survive by closing his later birth deficiency (Bowlby, 1973).

In psychoanalytic approach, it was stated that such reactions are composed of emotional pain suppression behaviours far from maturity. Bowlby (1980), on the contrary, stated that these reactions are very common in many mammalian species, and that these search and crying behaviours in the aetiological system are adaptive responses to the separation from the basic attachment figure.

Attachment has three basic functions in stress situations: proximity, a sense of security, and a safe haven. Bowlby emphasizes that this bonding figure has become a safe for the baby, indicating that the new nature is making an effort to increase security feelings and to meet the need for closeness at the time of stress (Hazan &Shaver, 1994).

The responses of the infants during the moments of separation from the caregivers revealed the resultant attachment theory. Babies exhibit "resistance" behaviour by crying, searching and resisting the relaxing approaches of the first responders.

Afterwards, the state of "helplessness" emerged as a result of sadness, and finally the last process defined as "breakdown" with many prolongation of the separation process (Erişti, 2010).

As a consequence of recurrent attachment experiences according to attachment theory, the attachment to the child, himself and others, builds up on the basis of the mother / caregiver's response to him in the first years of life (Gündoğan, 2015).

Ainsworth et al. (1978) tested Bowlby's theory with an experimental method known as " Foreign State ". In this study, children aged 12-18 months are separated from their mothers by short intervals, then left alone with someone they do not know, and finally brought back to their mother.

In this way, children are classified into three attachment styles based on their reactions to separation, reunification, and alienation: safe, anxious / unstable or anxious / resistant and avoiding.

Children classified as safe attachment styles are partially restless when they leave their mothers, but calm down easily and continue to explore the environment.

Children with anxious / unstable attachment style are not easy to refuse to communicate with their mothers when they are left alone by their mothers. Unlike the anxious attachment style children, the avoiding attachment style is not greatly affected by the moment of separation, but avoids contact with their mothers in reuniting.

2.4. Attachment styles in adulthood

According to Bowlby, attachment is a lifelong process that extends from birth to death, and early mental models function in adulthood without much change (Sümer and Güngör, 1999).

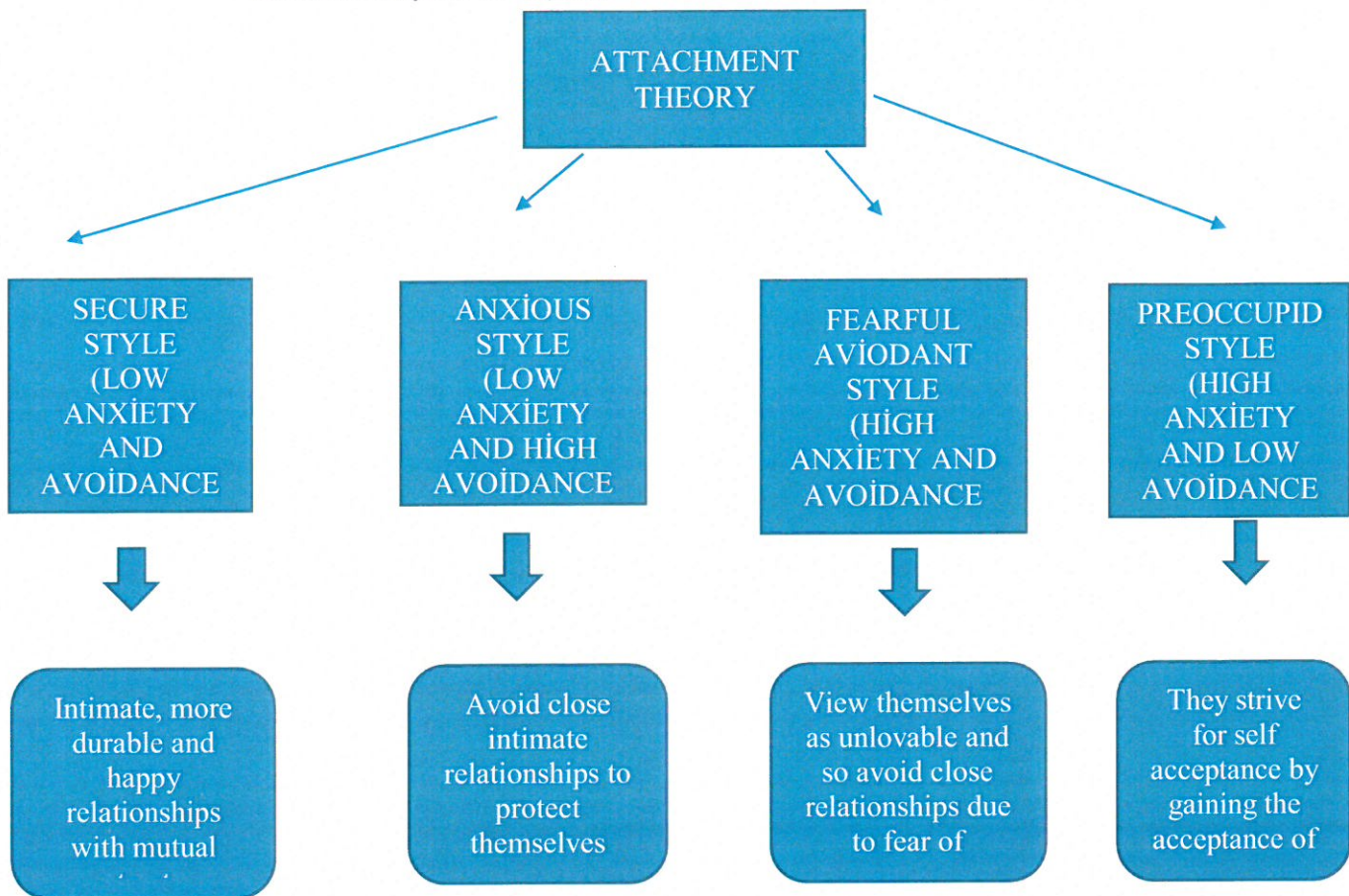
People feel trust in the person who meets their baby needs. People feel safe when they are grown up and when they are wives. Because the attachment object (mother) is a safe base, the response of the attachment object (spouse) to the adult individual causes the person to feel safe.

Separation from the attachment figure results in search behaviours and stress responses in both periods. Despite these similarities, adulthood attachment differs from childhood. Adult attachment has a reciprocal relationship where both sides are recipients and the other difference is that childhood attachment is usually a parent, but in adulthood it is a sexual partner (Açık, 2008).

When we look at romantic relationships in adulthood, it is determined that they have a positive and loving relationship with the family in childhood, and that they have positive experiences and beliefs in romantic relationships.

Anxious / unstable individuals are defined as individuals who are extremely jealous and emotional ups and downs in their relationships. Individuals who choose avoiding attachment style are defined as those who have least confidence in relation to safe attachment style, relationships and negative thoughts about romantic love.

Bartholomew and Horowitz (1991) attachment styles have four basic attachment styles: (1. Figure)



In addition, the results show that individuals with a secure attachment style do not have difficulty in close relationship, and that their relationships are consistent and long-term. This group is also generally happier, more self-confident, and more supportive of partner mistakes in romantic relationships.

Adolescents with anxious attachment style were observed to be abandoned by their wives, idealized by their husbands, focused on extreme sexual attraction, jealous and emotionally unstable. Individuals with avoiding attachment styles are far from establishing close relationships and treat their partners cold and distantly (Açık, 2008).

2.5. Attachment in marriage

In general, studies have suggested that scales measuring romantic attachment styles are associated with marital satisfaction.

Brennan and Shaver (1995); Feeney (1994, 1999), Fuller and Fincham (1995); It affects positively between secure attachment and marital satisfaction. It has a negative effect between insecure attachment and marital satisfaction.

Married couples with anxious / carefree attachment style were less likely to have positive marital satisfaction than those with a safe avoidance attachment style. It is explained that these men have intensely idealized their wives before marriage, but they are disappointed afterwards.

Women with a secure attachment style are less refusing; Husbands who see their spouses as being psychologically accessible exhibit fewer rejects as well as more support for problem solving interactions (Kobak and Hazan, 1991).

Women with anxious / unstable attachment styles have traditional feminine roles (such as being relationally oriented, marrying their partners). Men also have a masculine structure that requires them to avoid expressing their feelings.

For this reason, when the woman is anxious/unstable and the man has avoiding attachment style, both individuals perceive and counteract the behaviour of the spouse with the "gender requirement".

This may explain why the relationship between anxious / unstable men and avoiding attachment style women is much shorter (Collins and Read, 1990; Simpson, 1990; Volling, Notaro and Larsen, 1998).

When studies are examined in terms of partner selection, it is seen that individuals do not always choose partners who have similar attachment styles to their own.

It is seen in the studies that individuals with a secure attachment style often appear to prefer individuals with a secure attachment style, while insecure individuals rarely prefer individuals with the same attachment style as themselves.

According to the similarity principle, people living in the same environment and living in the same educational experience tend to be in similar religion, race, ethnicity and socio-economic situation. Individuals with avoiding attachment styles are less likely to participate in long-term relationships.

In addition, while individuals with a secure attachment style were ready for a warmer, more receptive and emotional closeness to their relationship, individuals with avoiding attachment styles were found to be more distant (Çelenoğlu, 2011).

2.6. Positive Psychotherapy

This is a therapy method developed by Nossrat Peseschkian.

2.6.1. Actual Capacities

Actual capacities are to articulate people's abilities and to specify rules governing our daily actions. Actual capacities are divided into two as secondary and primary.

2.6.2. Secondary Capacities (behavioural)

The social group that the person belongs is reflected in the norms of success. These include order, cleaning, punctuality, politeness, openness/honesty, achievement, trustworthiness, frugality, obedience, justice, loyalty. The widespread effects of secondary capacities can be understood on the basis of emotional relationships.

2.6.3. Primary Capacities (emotional)

Primary capacities deal with the ability to love. This capacity also develops among social relationships, in which relationship with parents is particularly important. Primary Capacities include categories such as patience, time, contact, trust, hope, sexuality, love, belief. On the basis of primary capacities, secondary capacities have their own emotional complaints: " I do not trust my husband anymore because I learned to relate to someone. " (Actual capacities: trust and loyalty). The underdevelopment or over development of primary capacities lead to important problems in the functioning of the individual's life (Peseschkian, 2002). Less development of capacities means that the individual can not reveal capacities in that area. If they are highly developed, it means that individuals use their energy at a high level. High energy expenditure leads to the exhaustion of the individual and to the physical and mental disability (Peseschkian, 1977).

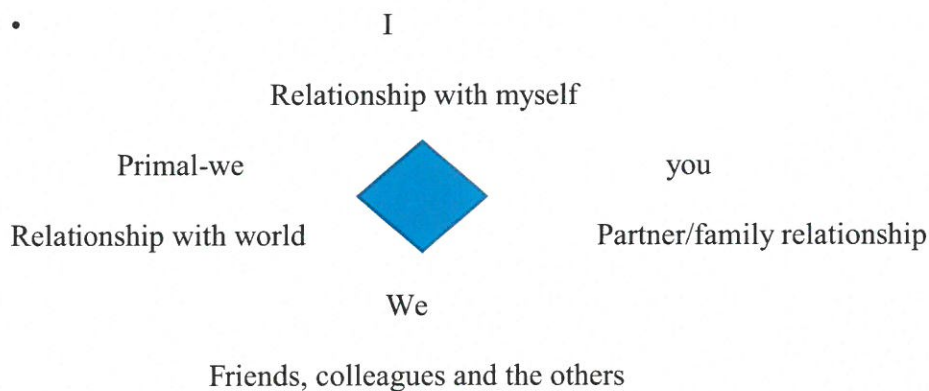
2.6.4. Model dimensions

The model we are talking about is concerned with the concepts that apply within the family group. In the model dimensions, two states are considered: first, concepts must have meaning in terms of social relations; second, concepts should define relations in the environment. These concepts are conveyed to us by relatives such as parents, siblings, grandmothers, grandparents, or those who have undertaken the functions of these relatives. The model dimensions describe the family concepts in which one grows, reflecting the person's experience of these concepts. According to Positive Psychotherapy, capacities develop according to the relationships established

with parents or caregivers and according to childhood experiences. 'Model dimensions' are used as a technique in therapy.

Model dimensions define typical basic relationships of each individual. These fundamental relationships are related to "I", "You", "We" and "Basic-We", as shown in Figure 2. The "I" dimension is the relationship of the individual to himself; The "You" dimension is the relationship of the individual the partner; the dimension of "we" includes the relationship established by the individual in the immediate surroundings and the "Basic-We" dimension includes the relation established by the individual with meaning and spirituality. These dimensions have developed in the past through relationships with parents. "The "I" dimension has evolved the relationship established with parents and siblings. "You" has developed the relationship between parents. "We" was developed by taking the model of the parents' relationship with the close environment, and "Basic-We" was developed by taking the model of the relationship of parents to meaning / spirituality (Peseschkian; 1980, 1996, 2000).

Figure 2. The four model dimensions are as follows;



2.7. Literatur Review

2.7.1. Studies about marriage

In the survey conducted by Çınar (2008), there were no significant differences between the marital satisfaction and sex, age, education status, marriage duration and number of children of 302 married couples who live in Ankara.

There was a significant difference between marital satisfaction and gender roles. Marital satisfaction found to be predicated by gender and gender roles (femininity, masculinity).

Hatipoğlu (1993) investigated the prevalence and frequency of marital conflict with some demographic variables and the role of marital satisfaction of male and female partners. 77 married couples, 154 people, living in Ankara city center constitute the sample of the study. According to Hatipoğlu, at the end of the multiple regression analysis, the prevalence of marriage conflict affects the education level and marriage satisfaction of male and female spouses. As the education level of women increases, the level of satisfaction they take from marriage also increases. It is stated that the level of income from demographic variables is predictive of marital satisfaction, and there is no significant relationship between the number of children and marital satisfaction.

Hasta (1996) has worked with 360 people in Ankara. He investigated the level of education of the woman in married couples and if she works in a paid employment, spouses' housework sharing and its effect on marital satisfaction. As a result of the research, the marital satisfaction of working women and their spouses were found to be lower than the marital satisfaction of unemployed women and their spouses.

From the perspective of the sexes related to marriage satisfaction, it is stated that marital satisfaction of men is higher than that of women and that the level of education of women does not have a significant effect on marital satisfaction.

Başat (2004) conducted a study with 200 couples in Ankara and he found out that gender and educational level variables have significant effect on sexual satisfaction and marital satisfaction. Also, gender and educational level variables were found to have significant effect on self-worth. The results of the study also showed that marital satisfaction, self-esteem, marriage duration, frequency of sexual intercourse and orgasm frequency predicted sexual satisfaction significantly.

Özenç (2002) examined marital satisfaction of spouses at different stages of marriage, depending on the attachment styles of persons and spouses. It has been concluded that the secure attachment of women do not positively affect mutual satisfaction in both critical and non-critical stages of marriage. In the critical and non-critical stages of marriage, it has been found that having at least one of the spouses in a secure manner in both periods has a positive effect on mutual satisfaction.

Güven (2005) examined the relationship between marital satisfaction and some demographic variables such as cognitive distortions, marriage problem-solving skills, age and gender in his study of 305 married participants in Ankara.

In marriage, problem-solving skills indicate that marital satisfaction is in the first place, cognitive distortions in unrealistic relationship expectancies in the second rank, demographic variables (age and gender) in other variables examined, avoidance of closeness and reading of mind do not contribute to marital satisfaction

Üncü (2007) investigated the relationship between emotional intelligence and marital satisfaction. 229 people living in İstanbul and 237 married people living in Yozgat participated in the survey. According to the results of the study, the relationship between marital satisfaction and emotional intelligence was positive. It was found that, as the emotional intelligence increases, the marriage satisfaction also increases

There are three types of marriage: arranged marriage, family arranged marriage and companionate marriage. Their effects on couple harmony and marriage satisfaction were examined. The results revealed that the participants with arranged marriage have less harmony than the couples with companionate marriage. However, in the same study it was found that the type of marriage had no significant effect on marital satisfaction (Gündoğdu, 2007).

Açık (2008) conducted a study with 100 participants in total who were divorced and married. The relationship between marital attachment and attachment styles, considered as one of the most important relationships for psychological well-being, has been examined. Participants who assessed current or completed marriages as compatible or incompatible differed in terms of marital satisfaction and anxiety and avoidance of attachment. People in harmony were found to have higher marital satisfaction and lower avoidance and anxiety scores. However, from the point of view of marital adjustment, it has been found that avoidance of attachment is a more predictive predictor than attachment concern.

Çakır (2008) examined the marital adjustment of married couples according to their attachment levels with their parents and demographic variables. The participants were a total of 534 married individuals, 267 married women and 267 married men, in different illicit and different occupational groups. The marital adjustment of the married people were examined according to their level of attachment to their parents, gender, age, educational status, number of children, working status of the married woman, whether the mother and the father are alive or not, and their income level. There was no significant difference between the marital adjustment of the married individuals and the level of attachment to their parents.

2.7.2. Studies about Attachment Styles

When the literature is examined, it is seen that the individuals with a secure attachment style in close relationship seem to have more relational commitment, harmony, satisfaction and closeness than individuals with both anxious - unstable and avoiding attachment style.

Tutarel-Kışlak and Çavuşoğlu (2006) made a research and 100 married couples living in Ankara and Balıkesir participated in the survey. Married adjustment scores, self-esteem scores and causal and responsibility load scores of married men and women with secure, obsessive, indifferent, and fearful attachment styles were examined. The results of the research showed that marriage adjustment scores of safe and obsessive-compulsive people were higher than fearful attachment.

581 volunteers from Konya participated in the study of Karakuş (2012). As a result of the research, there was a negative correlation between the secure attachment style and loneliness, and a positive relationship between fearful attachment style and loneliness.

Erwin, Salter, and Purves (2001) found that individuals with a secure attachment style showed greater satisfaction with their relationship than those with anxious / unstable or avoiding attachment style, indicating a level of attachment to their relationship.

Taycan and Kuruoğlu (2012) investigated the relationship between marital adjustment and demographic characteristics, attachment characteristics of mates, temperament and character traits. 25 married couples attended the research. In couples experiencing problems in marriage, it has been found that women and men find each other less trustworthy than controls, that women describe men as disconnected and controllable, and men describe women as dependent.

In these couples, avoidance and anxiety dimensions of attachment styles of women are highlighted , however in males, high scores were seen in avoidance dimension.

According to the results of the study that Erdal (2004) carried out with the participation of 571 students in Selçuk University, it has been found that the attachment styles of the students explain relational self esteem, relational depression and relational obsessive thinking scores at a significant level. It was found that the average of relational self-esteem points of students in the secure attachment style group were significantly higher than the average scores of the students in the other attachment style (anxious, avoidant, preoccupied) group. The relational depression scores of students in fearful, indifferent, and obsessive attachment style groups were found to be significantly higher than the relational depression scores of students in the secure attachment group. Relational obsessive thinking scores of college students in the obsessive attachment style group were significantly higher than those of the students in the group of the indifferent and secure attachment style.

In the study that Batıgün and Büyükşahin (2008) conducted in Ankara, the relationship between alexithymia and psychological manifestations and attachment styles in normal individuals of 300 participants were examined. The group with a high score of alexithymia showed more psychological symptoms. It was also found that the scores of avoidant and anxious attachment were higher.

In the study, Gundogan (2015) the relationship between the attachment styles of 100 participants and their clinical characteristics were examined in Eskişehir Osmangazi University Faculty of Medicine. The dyadic adjustment level of all secure attachments was found to be good. Violence was less in individuals with dyadic adjustment.

In addition, it was found that the followings are higher: dyadic adjustment of women in couple groups in which one or both have a secure attachment style; the couple satisfaction of women in the couple group in which one of the spouses is insecure; the agreement and emotional expression points of women in the couple group in which both spouses.

Güngör (2000) in his study, examined the influence of parenting behaviors in intergenerational transfer of mental models of attachment in the context of attachment and parenting styles of 657 high school student participants. It has been seen that secure adolescents are the most advantageous group compared to the group with insecure attachment (anxious, avoidant, preoccupied) in the context of self-evaluation, psychological symptoms, problem behaviors, and academic success.

Karakurt (2001) in his study examined the relationship between the basic attachment traits (mental aspects of attachment and anxiety and avoidance aspects of attachment) of 306 university student participants with romantic relationships and the main processes in romantic jealousy (Aspects of jealousy, feelings of inadequacy and addiction, and jealousy). Individuals with fearful attachment show higher levels of behavioral jealousy than those with secure connections; People with obsessive-compulsive attachment reported higher levels of negative and inadequate feelings than the ones with secure attachment.

By taking 218 students and their parents as participants, Sumer (2006) in his work ,examined to what extent both parental behaviors (emotional warmth and rejection) as well as relative cultural behaviors (overprotection and comparison) predicted adolescents' anxious and avoidant attachments to their parents. Parenting behaviors of both mothers and fathers have been found to predict attachment patterns of adolescent.

Parental rejection and overprotection were found to be significantly predictor of anxious and avoidant attachment in adolescents. The emotional closeness of mothers and rejection behavior of fathers were identified as the strongest predictors of the bonding dimensions.

CHAPTER 3.METHOD

The method of the research is quantitative research method. Quantitative research methods are methods that aim to explain individuals' behaviours with numerical data and to measure them objectively through observation, experiment and tests (Akman, 2014).

Quantitative research methods can be applied to a large population and generalizations can be made from the results obtained from statistical analysis.

The studies carried out with quantitative research model have two basic patterns. Quantitative research patterns are categorized as scan models and experimental models (Bilal, 2012).

Scan model is used as quantitative research pattern in this study. As it is aimed to analyse more than one factor influencing the dependent variable of this research, the research pattern is accepted as “multi-factorial design”.

3.1. Sampling

Convenience sampling (also known as availability sampling) is a specific type of non-probability sampling method that relies on data collection from population members who are conveniently available to participate in study. For this purpose, 100 people married for at least one year living in the TRNC are included in this study.

3.2 Data Collection Tools

The scales planned to be used in the research are as follows;

3.2.1. Demographic Information Form

Firstly, the participants are given a form in which the purpose of the research, the content, identity information of the researcher, and voluntary nature of the participation are stated and then a demographic information form is handed out. In addition to demographic information, socio-economic and educational levels, and marital relationship related items appear in the form.

3.2.2. Experiences in Close Relationships Scale-II (ECR-R)

It is developed by Brennan et al. by applying factor analysis to 60 scales which are used to measure attachment in adult romantic relationships (Brennan, Fraley and Waller, 2000).

As a result of factor analysis, Brennan et al. have shown that adult attachment behaviours are identified in two main dimensions, namely, anxiety in close relationships and avoidance of intimacy with others. Thus, they suggest these four attachment models to be formed by cluster analysis method on these two dimensions.

In this analysis, those with low scores on both dimensions (those with low anxiety and avoidance) are safe; high scores on both dimensions are fearful; high scores on anxiety with low scores on avoidance are obsessive, low scores on anxiety with high scores on avoidance are dismissive avoidant (Brennan, Fraley and Waller, 2000).

Since there is not enough data to make statistically meaningful comparisons when the individuals are separated according to the four attachment types in the studies conducted, it is suggested that the attachment characteristics should be analysed in terms of anxiety and avoidance dimensions without creating a four attachment model. The fact that ECR-R can also be used in this way and give meaningful results is shown by researchers who have translated this scale to our language (Sümer and Güngör, 1999; Sümer, 2006). The scale is studied on two dimensions; 18 items with the highest factor load for both dimensions are selected and the scale is composed of 36 items. Subjects are assessed on the basis of these two dimensions, and it is possible to make a classification according to Bartholomew and Horowitz (1991).

Four Type Attachment Model by applying different analyses (Sümer, 2006). The adaptation of ECR-R to Turkish is realized by Sümer and Güngör (1999), and expected findings regarding factor structure and related analyses are obtained (Güngör, 2000). ECR-R is evaluated as a 7-level Likert-type scale (1 = strongly disagree, 7 = strongly agree) (Brennan, Fraley and Waller, 2000). As a result of his studies on the scale Sümer (2006) obtains two dimensions, namely "anxiety" and "avoidance". Internal consistency coefficients of the scale are found to be 0.86 and 0.90, respectively.

This scale has previously been used by some researchers (Ertan, 2002; Karakurt 2001; Sümer and Güngör 1999) in Turkey, and has been shown to be valid and reliable. In the study carried out within the scope of the research, the reliability of the Experiences in Close Relationships Inventory II is found as .88. And the reliability of "anxiety" and "avoidance" dimensions are found to be as .77 and .88, respectively.

3.2.3. Marriage Life Scale (MLS)

MLS is developed by Tezer in 1986 to evaluate the satisfaction of married individuals' in their marriage. It is in the form of five points Likert consisting of 10 questions. The answer to be given to each item on the scale consists of "Strongly Disagree", "Disagree", "Neither Agree Nor Disagree", "Agree", " Strongly Agree" options. The lowest score is 10 and the highest score is 50 in this scale. The lower score means that marriage satisfaction is also low while higher score shows a higher level of marriage satisfaction.

In order to check the validity of the scale, the scale is applied to married and divorced individuals and a significant difference between the mean scores of the groups is identified ($t=6.23$, $p<0.01$). This finding has also been shown as proof of the validity of the scale to the external dimension.

The reliability coefficient of the scale determined by the test-retest method is 0.85, Cronbach Alpha internal consistency coefficient is determined as 0.88 in male group and 0.91 in the female group. These findings show that the scale is reliable (Tezer, 1996).

3.2.4. Wiesbaden Inventory Positive Psychotherapy and Family Therapy (WIPPF 2.0)

It is an inventory developed by Peseschkian and Deidenbach (1988). It is a scale measuring of positive psychotherapy items, and consisting of 88 items answered in the form of a four-point Likert. The adaptation of the scale to the Turkic was done by Sari et al (2010).

WPPF is applied to each client at the beginning of each counseling process and at certain intervals and is benefited for the analysis of the client's situation and in the follow-up process of capability development.

3.4. Statistical Analysis

The research has applied quantitative research methods to compare the correlation between participants' marital adjustment, attachment styles and personality traits in terms of socio demographic and personal information variables. IBM SPSS 22.0 program is used to analyse the data collected from participants. The following tests are used for the analysis;

- Descriptive statistics tests
- t-test
- Pearson correlation test

4.RESULT

Table 1. *Demographic Characteristics of the Participant*

		n	%
Gender	Female	56	56,0
	Male	44	44,0
Education	Primary School	4	4,0
	Middle School	5	5,0
	High School	30	30,0
	University	52	52,0
Partner Education Level	Master/ PhD	9	9,0
	Primary School	5	5,0
	Middle School	3	3,0
	High School	35	35,0
Monthly income	University	49	49,0
	Master/ PhD	8	8,0
	1800 below	3	3,0
	1800-4000	52	52,0
	4000-10000	42	42,0
Marriage type	10000 above	3	3,0
	Love / by Flirt	82	82,0
	Arranged by style / Willingly	17	17,0
	Arranged by style Unwillingly	1	1,0

This table shows the personal information of the participants participating in the survey. Participants in the survey 56,0% women, 52,0% of the university graduates, 49,0% of the wife of the university graduates 52,0% of the income between 1800-4000 TL and 82,0% liked / married the wife with love.

Table 2. *Descriptive Statistics of Personal Information*

n=100	Medium	Sd	Min	Max
Age	32,15	9,60	20	71
Marital Duration	7,65	8,83	1	40
Marriage Age	24,43	3,81	16	37
Dating Time	3,01	2,21	1	10
Number of children	0,98	1,29	0	4

Descriptive statistics of the personal information of the participants are seen in the table. The mean age was $32,15 \pm 9,60$; Marriage year average $7,65 \pm 8,83$; Mean age of marriage is $24,43 \pm 3,81$; Average of dating time before marriage $3,01 \pm 2,21$; The average number of children is 0.98 ± 1.29

n=100	Medium	Sd	Min	Max
MLS	39,33	7,13	12	50

Descriptive statistics of the marital life scale score of the participants in the table are seen. The average marital life is 39.33 ± 7.13 .

Table 4. Mean scores of ECR-R total and subscales

n=100	Medium	Std. Sapma	Minimum	Maksimum
Anxious Attachment	3,19	1,01	1,33	6,11
Avoidance Attachment	2,75	1,07	1,06	5,94

Descriptive statistics on ECR scale scores of participants in the table are seen.

Anxious Attachment point average is $3,19 \pm 1,01$ and Avoidance Attachment point average is $2,75 \pm 1,07$.

Table5. *Descriptive Statistics of WIPFF*

n=100	Medium	Std. Sapma	Minimum	Maksimum
Order	9,44	1,82	4	12
Cleaning	7,91	2,73	3	12
Punctuality	9,05	2,22	3	12
Polite	10,03	1,39	7	12
Openness/ Honesty	9,91	1,89	6	12
Success	9,34	2,00	4	12
Trustworthiness	10,13	1,57	6	12
Frugality	7,18	2,61	3	12
Obedience	9,51	1,58	6	12
Justice	9,31	1,94	5	12
Loyalty	10,76	1,60	5	12
Patience	9,10	2,18	3	12
Time	9,40	2,06	4	12
Contact	9,58	1,83	5	12
Trust	10,14	1,44	6	12
Hope	10,73	1,45	5	12
Sexxuality	9,05	1,86	3	12
Love	10,13	1,56	6	12
Belief	9,93	1,58	6	12
I-Mother	9,60	2,36	3	12
I-Father	8,77	2,62	3	12
I-Other	6,13	3,29	3	12
You	8,62	2,67	3	12
We	9,01	2,35	4	12
Basis we	8,94	2,46	3	12

Layout average $9,44 \pm 1,82$; Cleaning average $7,91 \pm 2,73$; Puncture is 9.05 ± 2.22 ; Average of polite $10,03 \pm 1,39$; Openness / honesty average $9,91 \pm 1,89$; The success average is 9.34 ± 2.00 , the reliability average is 10.13 ± 1.57 ;

Average of frustration $7,18 \pm 2,61$; Average obedience $9,51 \pm 1,58$; Average of justice $9,31 \pm 1,94$; Loyalty averages 10.76 ± 1.60 ; Patience average $9,10 \pm 2,18$; Time average $9,40 \pm 2,06$; Contact averages $9,58 \pm 1,83$; Confidence average $10,14 \pm 1,44$; Hope average 10.73 ± 1.45 ; Sexual averages $9,05 \pm 1,86$; Love average $10,13 \pm 1,56$; Belief average $9,93 \pm 1,58$; I-mother average $9,60 \pm 2,36$; Average of mothers and fathers 8.77 ± 2.62 ; I- other mean $6,13 \pm 3,29$; Your mean is 8.62 ± 2.67 ; We mean $9,01 \pm 2,35$; The average we average is 8.94 ± 2.46 .

Table 6 a.) Comparison of mean scores of WIPPF- Secondary Capacities According Gender

Gender		N	mean	Sd	t	p
Order	Female	56	9,39	1,84	-0,291	0,772
	Male	44	9,50	1,82		
Cleaning	Female	56	7,86	2,95	-0,218	0,828
	Male	44	7,98	2,44		
Punctuality	Female	56	8,68	2,30	-1,911	0,059
	Male	44	9,52	2,05		
Polite	Female	56	10,13	1,40	0,770	0,443
	Male	44	9,91	1,38		
Openness/ Honesty	Female	56	10,16	1,88	1,505	0,136
	Male	44	9,59	1,88		
Success	Female	56	9,43	2,11	0,499	0,619
	Male	44	9,23	1,87		
Trustworthiness	Female	56	10,30	1,48	1,247	0,215
	Male	44	9,91	1,68		
Frugality	Female	56	7,18	2,66	-0,006	0,995
	Male	44	7,18	2,58		
Obedience	Female	56	9,43	1,64	-0,580	0,563
	Male	44	9,61	1,51		
Justice	Female	56	9,29	1,89	-0,140	0,889
	Male	44	9,34	2,03		
Loyalty	Female	56	10,73	1,62	-0,195	0,846
	Male	44	10,80	1,59		

Table6.b.) Comparing the Gender of Participants in terms of WIPPF Primary Capacity

Gender		N	mean	Sd	t	P
Patience	Female	56	8,86	2,39	-1,263	0,210
	Male	44	9,41	1,86		
Time	Female	56	9,57	2,02	0,938	0,350
	Male	44	9,18	2,12		
Contact	Female	56	9,80	1,82	1,383	0,170
	Male	44	9,30	1,82		
Trusth	Female	56	10,34	1,28	1,578	0,118
	Male	44	9,89	1,59		
Hope	Female	56	10,86	1,43	0,990	0,325
	Male	44	10,57	1,47		
Sexuality	Female	56	9,39	1,91	2,115	0,037*
	Male	44	8,61	1,71		
Love	Female	56	10,16	1,62	0,221	0,826
	Male	44	10,09	1,51		
Belief	Female	56	10,16	1,47	1,639	0,105

Table6.c.) Comparison of mean scores of WIPPF- Model Dimensions According Gender

Gender		N	mean	Sd	t	P
I-mother	Female	56	9,66	2,44	0,289	0,773
	Male	44	9,52	2,28		
I-father	Female	56	8,79	2,74	0,067	0,946
	male	44	8,75	2,50		
I-other	Female	56	6,27	3,56	0,483	0,630
	Male	44	5,95	2,93		
You	Female	56	8,46	2,73	-0,656	0,513
	Male	44	8,82	2,61		
We	Female	56	8,95	2,47	-0,304	0,762
	Male	44	9,09	2,21		
Basis we	Female	56	9,20	2,59	1,180	0,241
	Male	44	8,61	2,26		

* P <0.05 There was a significant difference, p> 0.05 no significant difference

Results of comparative analysis of WIPPF scores of gender of participant participants in table are seen. According to t test for gender;

There is a statistically significant difference in sexuality scores among the sex groups. The average score of sexuality of women is 9,39 and that of men is 8,61. According to this, the sexuality level of the women is higher (p <0,05).

There was no statistically significant difference in the other scores (p> 0.05).

Table 7. Comparison of mean scores of MLS according to gender

Gender		N	mean	Sd	t	P
MLS	Female	56	38,57	7,85	-1,203	0,232
	Male	44	40,30	6,05		

* P <0.05 There was a significant difference, p> 0.05 no significant difference

According to t test for gender; there was no statistically significant difference between sex groups in terms of marital life score (p> 0.05).

Table 8. Comparison of mean scores of ECR-R according to gender

Gender		N	mean	Sd	t	p
Anxious Attachment	Female	56	3,12	0,92	-0,776	0,440
	Male	44	3,28	1,12		
Avoidant attachment	Female	56	2,93	1,16	1,960	0,053
	Male	44	2,53	0,89		

According to t test for gender;

There was no statistically significant difference between sex groups in terms of ECR-R scores ($p > 0.05$).

Table 9. The correlation between mean scores of WIPFF- Secondary Capacities and MLS

n=100		MLS
Order	r	0,041
	p	0,687
Cleaning	r	-0,157
	p	0,118
Punctuality	r	0,114
	p	0,260
Polite	r	-0,035
	p	0,732
Openness/ Honesty	r	-0,062
	p	0,539
Success	r	0,150
	p	0,137
Trustworthiness	r	0,081
	p	0,425
Frugality	r	-0,041
	p	0,684
Obedience	r	0,154
	p	0,125
Justice	r	0,176
	p	0,079
Loyalty	r	0,101
	p	0,319

According to Pearson Correlation test performed for WIPFF secondary capacities scores of participants and WIPFF secondary capacities scores of participants and MLS. There is no relation between MLS score and Order, Cleanliness, Punctuality, Polite, Openness / Honesty, Success, Trustworthiness, Frugality, Obedience, Justice, Loyalty scores ($p > 0,05$).

Table 10. The correlation between mean scores of WIPPF- Primary Capacities and MLS

n=100		MLS
Patience	r	0,045
	p	0,654
Time	r	0,127
	p	0,208
Contact	r	-0,123
	p	0,223
Trust	r	-0,010
	p	0,918
Hope	r	,213*
	p	0,033
Sexuality	r	-0,002
	p	0,984
Love	r	-0,069
	p	0,494
Belief	r	-0,069
	p	0,496

Results of the analysis of the relationship between WIPPF primary capacities scores and MLS scores are shown in the participants of the table.

There is a positive relationship between MLS score and Hope.

There is no relationship between patience, Time, Contact, Confidence, Sexuality, Love, Belief, Primary Abilities scores ($p > 0,05$).

Table11a. The correlation between mean scores of WIPPF- Secondary Capacities and ECR-R

n=100		Anxious Attachment	Avoidance Attachment	ECR-R
Order	r	0,164	0,060	0,129
	p	0,103	0,555	0,202
Cleaning	r	,254*	,297**	,322**
	p	0,011	0,003	0,001
Punctuality	r	0,022	-0,125	-0,062
	p	0,826	0,216	0,540
Polite	r	0,018	-0,002	0,009
	p	0,856	0,983	0,928
Openness/honesty	r	0,027	0,081	0,064
	p	0,789	0,424	0,529
Success	r	-0,101	-0,178	-0,164
	p	0,315	0,076	0,102
Trustworthiness	r	-0,082	-0,151	-0,137
	p	0,415	0,133	0,173
Frugality	r	-0,040	0,052	0,009
	p	0,695	0,604	0,931
Obedience	r	-0,060	-0,198*	-0,152
	p	0,552	0,049	0,130
Justice	r	-0,086	-0,137	-0,130
	p	0,397	0,174	0,196
Loyalty	r	-0,295**	-0,201*	-0,288**
	p	0,003	0,045	0,004

There is a positive correlation between secondary capacities score and anxious attachment, avoidant attachment and ECR-R scores ($p < 0.05$). As the Anxious Attachment and the ECR-R score increase, the level of Cleanliness increases ($p < 0.05$).

There is a negative correlation between the obedience score and the avoidant attachment score ($p < 0.05$). As the attachment score increases, the level of obedience decreases. There is no relationship between obedience attitude and anxious attachment and ECR-R attitudes ($p > 0.05$).

There is a negative correlation between loyalty score and avoidant attachment, anxious attachment and ECR-R scores ($p < 0.05$). Loyalty is reduced as avoidant attachment, anxious attachment, and ECR-R score increase.

Table 11b. The correlation between mean scores of WIPPF- Primary Capacities and ECR-R

n=100		Anxious Attachment	Avoidance Attachment	ECR-R
Patience	r	-0,117	0,084	-0,016
	p	0,246	0,404	0,874
Time	r	-0,169	-0,086	-0,148
	p	0,092	0,393	0,142
Contact	r	-0,046	-0,059	-0,061
	p	0,647	0,561	0,544
Trust	r	-0,138	-0,127	-0,155
	p	0,171	0,207	0,125
Hope	r	-0,007	-0,162	-0,101
	p	0,944	0,108	0,319
Sexuallity	r	-0,044	-0,151	-0,115
	p	0,663	0,134	0,254
Love	r	-0,089	-0,040	-0,074
	p	0,380	0,695	0,464
Belief	r	0,038	-0,136	-0,060
	p	0,709	0,176	0,553

There was no relationship between Primary Abilities and Anxious Attachment, Avoidance Attachment and ECR-R scores ($p > 0,05$)

Table 11c. The correlation between mean scores of WIPPF- Model Dimensions and ECR-R

n=100		Anxious Attachment	Avoidance Attachment	ECR-R
I-mother	r	0,035	-0,107	-0,044
	p	0,729	0,289	0,663
I-father	r	-0,089	-0,082	-0,100
	p	0,379	0,415	0,323
I-other	r	,287**	,418**	,413**
	p	0,004	0,000	0,000
You	r	0,010	-0,023	-0,008
	p	0,918	0,820	0,939
We	r	0,174	-0,018	0,088
	p	0,083	0,857	0,384
Basis we	r	0,024	-0,107	-0,050
	p	0,811	0,290	0,620

There was a positive correlation between I-Other and Anxious Attachment, Avoidance Attachment and ECR-R scores ($p < 0.05$). I-Other level is increasing as Avoidance Attachment, Anxious Attachment and ECR-R score increase.

When we look at Table 11, there are no relations with some variables.

There was Peligion, Punishment, Punishment, Openness / Honesty, Success, Reliability, Frugality, Justice, Patience, Time, Contact, Trust, Hope, Sexuality, Love, Faith, I-mother, I-father, you, we, basis we, no relationship between anxious attachment, avoidant attachment and ECR-R scores ($p > 0,05$)

Tablo12. The correlation between mean scores of ECR-R and MLS

n=100		MLS
Anxious Attachment	r	-0,296*
	p	0,003
Avoidance Attachment	r	-0,576*
	p	0,000
ECR-R	r	-0,513*
	p	0,000

Tabloda ECR-R scores and MLS correlation analysis results are seen.

According to Pearson Correlation test for ECR-R scores and MLS relation; There is a negative correlation between MLS and Anxious Attachment score ($p < 0.05$). MLS scores are decreasing as Anxious attachment score increases.

There is a negative moderate correlation between MLS and avoidant attachment score ($p < 0.05$). MLS score is decreasing as the avoidant score increases.

There is a negative correlation between MLS and ECR-R score ($p < 0.05$). As the ECR-R score increases, the MLS score decreases.

5. DISCUSSION

The aim of this study is to examine the correlation between attachment styles and marriage satisfaction. Thus, individuals married for at least one year have been selected for the research. MLS is used to assess marital satisfaction and ECR-R is used to evaluate attachment styles. WIPPF 2.0 is used to assess childhood experiences and relationship with caregivers.

When gender factor is analysed, it is observed that male and female participants do not differ in marital satisfaction and attachment styles. Anar's (2002) research contradicts with this finding. According to his research study, women's marital satisfaction scores are found to be significantly higher than men's Tezer (1996), Çelik (2006) and Berk (2009) find that there is no significant difference between the marital satisfaction of men and women. These results support our findings. There was no difference for items of WIPPF according to gender.

There are no statistically significant differences for ECR-R between the gender groups in terms of ECR-R scores ($p>0,05$).

As marriage satisfaction increases, level of hope as a primary capacity increases. This shows that the level of hope affects marital satisfaction.

In positive psychotherapy, having capacity of hope means that even when people feel desperate, they believe that there is always a way out, that they will have a good future for themselves and their families, and that they always have a life plan (Peseschkian 1996, 2002). It has been shown that hopeful people are happier, more successful in coping with stress and they have stronger social ties (Peterson 2000, Synder 2000).

There is a negative and weak correlation between marital satisfaction and I-Other scores, which is one of the dimensions of the model ($p<0,05$). As marriage satisfaction increases, self-other levels decrease. Situations in which the individual take mother or father as role model indicate a more healthy attachment. When an individual takes a role model other than their parents, he/she is considered as not to have strong family ties. When we consider the results of this study, there is a negative moderate correlation between ECR-R scores and Anxious Attachment, and Avoidant Attachment Score ($p<0,05$). Marriage satisfaction decreases as avoidant and anxious attachment increases. These findings are parallel to each other. Marriage satisfaction is higher in secure individuals who can take their parents as the role model. In clinical practices, during marriage counseling, it is observed that having strong ties with family of origin and having problems with the family of origin is especially affecting marital satisfaction in a negative way (Bayraktaroğlu, Çakıcı 2013). One of the studies (Ertan, 2002), that investigated the relationship between attachment styles and marital satisfaction find that the marriages in which both partners have insecure attachment are the most common marriage type in Turkey, however, couples who have secure attachment have the best harmony.

There is no correlation found between marital satisfaction and the relationship between parents, relationships with other people, and their philosophies of life. When the correlation between secondary capacities and attachment styles is analysed; it is observed that there is a weak positive correlation between Cleaning score and Anxious Attachment and Avoidant Attachment scores ($p<0,05$). As the Anxious Attachment and

Avoidant Attachment scores increase Cleaning levels increase too ($p<0,05$). Each individual develops the current relationship model based on the past model, and each individual develops his or her own capacities by modeling the family in these four dimensions (Peseschkian, 2000). For example, if an individual penalized by his/her mother and not given love because he/she is not clean enough, then the individual may become sensitive about cleaning and conflicts may arouse in close relationships and romantic relationships with respect to their love and cleaning capacities (Sarı, 2015).

There is a strong negative correlation between Avoidant Attachment score and Obedience score, which is one of the primary capacities ($p<0,05$). As the Avoidant Attachment score increases Obedience score decreases. Obedience and respect are observed as important behaviours expected from children in Turkish society (Kağıtçıbaşı, 1973; Tezcan, 1987). The secure attachment may be bringing more conformity to the wishes of the partner in the trust relationship.

There is a very weak negative correlation between Loyalty score and Avoidant and Anxious Attachment score. As Avoidant Attachment and Anxious Attachment scores increase the Loyalty score decreases.

The fact that there is a lot of importance attached to the loyalty in marriage is due to the fact that cheating causes serious harm to marriage. Thus it is important for individuals to be loyal and trustworthy so that they can keep together long (Hovardaoğlu, 1996). Secure attachment predicts loyalty in marriage. As a result of statistical evaluation and analysis, it is found that individuals with secure attachment style have lower tendency to cheat than those with insecure attachment style (Kantarci, 2009).

It is observed that the marital satisfaction of the married individuals participating in the research is generally above the average. There is a negative correlation between marital satisfaction and anxiety and avoidance scores of the individuals participating in the research. As expected, the marital satisfaction of married individuals with low avoidance and anxiety scores is found to be high. Avoidant and anxious couples reported marital stress (Senchak and Leonard, 1992). This information supports the correlation suggesting high scores on both attachment dimensions result in low marital satisfaction. Similarly, Kobak and Hazan (1991) reported that anxious and avoidant attachment style is associated with lower marital satisfaction. Cohn et al. (1992) also stated that couples exhibiting a secure attachment style have more cohesive and less conflictual relationships. It has been reported that anxious attachment is a more important determinant of marital adjustment than avoidant attachment (Gallo and Smith, 2001). In another study, it is reported that the correlation between anxious attachment style and marital quality perception is significantly more related to each other in women than in males (Marchand, 2000).

In this context, it is reported that the emotional expression difficulty specific to individuals with insecure attachment (anxiety-avoidance) increases the likelihood of divorce by reducing the level of marriage adjustment (Feeney, 1999). Both avoidance and anxiety dimensions of ECR-R and negative correlations with MLS are as expected. As expected, this case shows that the higher the score on avoidant and anxious attachment dimensions, the lower the satisfaction of marriage is, in the case of insecure functioning models. Individuals with low marital satisfaction are reported to be prone to obsessive behaviours. Individuals with low satisfaction in their marriages develop insecure, dependent relationships with their spouses or other people with whom they have an emotional connection.

They need more intimacy than their spouse needs. People with obsessive attachment style are reported to show aggression and change direction more frequently than other attachment styles. These findings are supported by other research (Kobak ve Hazan, 1991; Mikulincer, 1998).

6. CONCLUSION AND SUGGESTIONS

It is thought that this study investigating the correlation between attachment styles and marital satisfaction will set an example for the future studies that will be conducted in this field. Consequentially, marital satisfaction has predictive power on the faith towards relationships based on attachment styles.

Findings that are worth consideration in applied areas such as marriage and family therapy are discussed elaborately in this section. The assertion is that it is important to have similar studies conducted in our country to enhance mutual cohesion and satisfaction of the spouses. When the demographic characteristics of the research are analysed, it is observed that future studies should be conducted within a larger population with various samples.

When the variables of the research are analysed, it is observed that the participation of the couples together in the study in the future researches would be significant in order to obtain more comprehensive results. In this way, the consistency between the perceptions of the partners in the relevant variables of the study are going to be available for the analysis.

A four-step model can indicate the variables of adult attachment styles using different analysis models. Thus, the differences between the positive safe attachment type and the other attachment types can be surveyed through other variables. Premarital attachment type of the individuals can be investigated and longitudinal researches can be carried out. Actual capacities about hope, obedience and loyalty were found to have positive correlation with marital satisfaction.

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APPENDICES

APPENDIX 1- BİLGİLENDİRME FORMU Bağlanma Stilleri ile Evlilik Doyumu Arasındaki İlişkinin İncelenmesi.

Bu çalışmanın amacı bağlanma stilleri ile evlilik doyumu arasındaki ilişkinin incelenmesidir.

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 bağlanma stilleri ve evlilik doyumunu 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. Fadime Kaya iletişime geçmekten lütfen çekinmeyiniz (email: fato.kaya@hotmail.com)

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

Katıldığınız için tekrar teşekkür ederim.

Psk. Fadime Kaya
Psikoloji Bölümü,
Yakın Doğu Üniversitesi,
Lefkoşa.

APPENDIX 2- AYDINLATILMIŞ ONAM

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

Bu çalışmanın amacı bağlanma stilleri ile evlilik doyumu arasındaki ilişkiyi 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.

Psk. Fadime KAYA

Yukardaki bilgileri ayrıntılı biçimde tümünü okudum ve anketin uygulanmasını onayladım.

İsim:

İmza:

Telefon:

APPENDIX 3- SOSYO-DEMOGRAFİK BİLGİ FORMU

1. Cinsiyetiniz nedir?

- a) Kadın b) Erkek

2. Kaç yaşındasınız, belirtiniz:.....

3. Eğitim durumunuz nedir?

- a) İlkokul
b) Ortaokul
c) Lise
d) Üniversite
e) Yükseklikan/Doktora

4. Eşinizin eğitim düzeyi nedir?

- a)İlkokul
b) Ortaokul
c) Lise
d) Üniversite
e) Yükseklikan/Doktora

5. Gelir düzeyiniz;

- a) 1800 ve altı
b) 1800-4000
c) 4000-10.000
d) 10.00 ve üstü

6. Kaç yıllık evlisiniz, belirtiniz:

7. Kaç yaşında evlendiniz, belirtiniz:

8. Eşinizle nasıl evlendiniz?

a) severek/ flört ederek evlendim.

b) görücü usulü/ isteyerek evlendim.

c) görücü usulü/ istemeyerek evlendim.

9. Evlenmeden önce eşinizle ne kadar süredir tanışıyordunuz? (ay/yıl).....

10. Kaç çocuğunuz var, belirtiniz:

APPENDIX 4- Yakın İlişkilerde Yaşam Ölçeği (YIYE-II)

Aşağıdaki maddeler romantik ilişkilerinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin ilişkinizde yalnızca şu anda değil, genel olarak neler olduğuyula ya da neler yaşadığınızla ilgilenmekteyiz. Maddelerde sözü geçen "birlikte olduğum kişi" ifadesi ile evlilik ilişkide bulunduğunuz kişi kastedilmektedir. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılardaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine çarpı (X) koyarak gösteriniz.

1-----2-----3-----4-----5-----6-----7
 Hiç katılmıyorum Kararsızım/fikrim yok Tamamen Katılıyorum

Örnek Maddeler

1. Birlikte olduğum kişinin sevgisini kaybetmekten korkarım.

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

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

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

3. Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.

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

4. Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissederim.

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

Yazışma Adresi

Uzm. Psikolog Mehmet HARMA mehmetharma@gmail.com

APPENDIX 5 – Evlilik Yaşam Ölçeği (EYÖ)

Aşağıda evlilik yaşamına ilişkin 10 cümle bulunmaktadır. Bu cümlelerin her birinin altında “kesinlikle katılmıyorum”, “katılmıyorum”, “kararsızım”, “katılıyorum” ve “kesinlikle katılıyorum” seçenekleri yer almaktadır. Her cümleyi dikkatlice okuyunuz ve sizin evlilik yaşamınıza uygun olduğunu düşündüğünüz seçeneği çarpı (x) koyarak işaretleyiniz.

Örnek Maddeler

1. Evlilikten beklediklerimin çoğu gerçekleşti.

() Kesinlikle katılmıyorum () Katılmıyorum () Kararsızım () Katılıyorum () Kesinlikle katılıyorum

2. Evliliğimizdeki engellerin aşılmaz olduğunu düşünüyorum.

() Kesinlikle katılmıyorum () Katılmıyorum () Kararsızım () Katılıyorum () Kesinlikle katılıyorum

3. Evliliğimizi çok anlamlı buluyorum.

() Kesinlikle katılmıyorum () Katılmıyorum () Kararsızım () Katılıyorum () Kesinlikle katılıyorum

4. Evliliğimizde giderek eksilen heyecan beni rahatsız ediyor.

() Kesinlikle katılmıyorum () Katılmıyorum () Kararsızım () Katılıyorum () Kesinlikle katılıyorum

Yazışma Adresi

Prof. Dr. Esin TEZER esin@tutor.fedu.metu.edu.tr

APPENDIX 6- WIPPF 2.0 Wiesbaden Pozitif Psikoterapi ve Aile Terapisi Envanteri

WIPPF 2.0

Wiesbaden Pozitif Psikoterapi ve Aile Terapisi Envanteri
Uluslararası Versiyon 2.04 – Türkçe

Bu envanterde farklı yaşlardan kadın ve erkek kişilerin çeşitli ifadeleri bulunmaktadır

Lütfen kendi bakış açınıza göre bu ifadeleri değerlendiriniz. Bu envanterin sonuçları konsültasyon ve tedavi için yararlı olabilmektedir.

Lütfen her ifade için bir cevap işaretleyin. Dört farklı seçenek mevcuttur.

Evet

- “Tamamıyla katılıyorum” için “evet”in altındaki O harfini işaretleyin
- “Hiç Katılmıyorum” için “hayır”ın altındaki O harfini işaretleyin
- “Kismen katılıyorum” için “evet”e yakın olan O harfini işaretleyin
- “Kismen katılmıyorum” için “hayır”a yakın olan O harfini işaretleyin

Hayır

X O O O
O O O X
O X O O
O O X O

Örnek Maddeler

Evet

- 1 Yönergeleri okudum ve tüm soruları açıklıkla yanıtlamaya hazır hissediyorum.
- 2 Öfkeli veya heyecanlı olduğum zaman bunu bütün vücudumda hissedirim.
- 3 Çalışma yerimi/ofisimi/evimi her zaman düzenli tutar ve bırakırım.
- 4 Çocukluğumda ebeveynlerimin pek çok sosyal ilişkisin olduğunu gözlemledim.

Hayır

O O O O
O O O O 20a
O O O O 1a
O O O O 26a

APPENDIX 7 – CURRICULUM VIATE

1. Name, Surname: Fadime Kaya

2. Date of birth: 27/05/1992

3. Title: MSc

4. Education Status: Master Degree

Degree	Department	University	Years
Bachelor	Psychology	Cyprus International University	2010-2015
Postgraduate	Clinical Psychology	Near East University	2015-2017

Master's Thesis:

Kaya, F. (2017). The Relationship of Marital Satisfaction with Attachment Styles, Model Dimensions and Actual Capacities. Near East University. Institute of Social Sciences, Nicosia, Cyprus.