NEAR EAST UNIVERSITY

GRADUATE SCHOOL OF SOCIAL SCIENCES

CLINICAL PSYCHOLOGY
MASTER'S PROGRAMME

MASTER'S THESIS

THE RELATIONSHIP OF MARITAL SATISFACTION WITH PSYCHOPATHOLOGY AND PROBLEM SOLVING SKILLS AMONG MARRIED COUPLES

Tuğçe SÖNMEZ

NICOSIA

2017

NEAR EAST UNIVERSITY

GRADUATE SCHOOL OF SOCIAL SCIENCES

CLINICAL PSYCHOLOGY
MASTER'S PROGRAMME

MASTER'S THESIS

THE RELATIONSHIP OF MARITAL SATISFACTION WITH PSYCHOPATHOLOGY AND PROBLEM SOLVING SKILLS AMONG MARRIED COUPLES

PREPARED BY

Tu çe SÖNMEZ

20154662

SUPERVISOR

ASSOC. PROF. DR. EBRU ÇAKICI

NICOSIA

2017

ABSTRACT

The Relationship of Marital Satisfaction with Psychopathology and Problem Solving Skills Among Married Couples

Tuçe SÖNMEZ

June 2017, 75 pages

This research was conducted to examine the relationship of marital satisfaction with psychopathology and problem solving skills among married couples. The sample of research consist of 100 married couples living in TRNC. Participants were required to be married for at least one year. In this research, "Personal Information Form", "Marital Satisfaction Scale (MLS)", "Problem Solving Inventory (PSI)", "Symptom Checklist-90-Revised (SCL-90-R)", "Wiesbaden Positive Psychotherapy and Family Therapy Inventory (WIPPF)", were used to collect data. The data gathered was analyzed using the SPSS 21.0 statistical program. As a result of analysis, there was a significant negative correlation between marital satisfaction and psychopathology levels of couples. As a result of comparison of problem solving strategies and marital satisfaction, It is seen that the individuals using the impulsive style and problem-solving confidence are less satisfied with their marriage. Negative relationship was found, between marital satisfaction and contact dimension of WIPPF as a conflict reaction type. The marital satisfaction of the individuals escaping to contact area in times of stress was lower. Success and fantasy dimensions, which are reactions to the problems, have also been found to be inversely related to the positive aspects of problem solving like monitoring, planfulness and problem-solving confidence. There were no differences between the males and females in the scores obtained from the scales. In marital counseling, the psychopathology and the problem solving approach of the couples should be considered to improve marital satisfaction.

Key words: *marital satisfaction, problem solving, psychopathology*

ÖZ

Evli Çiftlerde Evlilik Doyumu ile Psikopatoloji ve Problem Çözme Becerilerinin İlişkisi

Tuğçe SÖNMEZ

Haziran 2017, 75 sayfa

Bu araştırma evli çiftlerde evlilik doyumu, psikopatoloji ve problem çözme becerilerinin ilişkisini incelemek amacıyla gerçekleştirilmiştir. Araştırmaya KKTC'de yaşayan 100 evli çift katılmıştır. Katılımcılarda en az bir yıl evli olunması şartı aranmıştır. Araştırmada veri toplamak amacıyla "Evlilik Yaşam Ölçeği (EYÖ)", "Belirti Tarama Listesi (SCL-90-R)", "Problem Çözme Envanteri (PÇE)", "Wiesbaden Pozitif Psikoterapi ve Aile Terapisi Envanteri (WIPPF)", "Kişisel Bilgi Formu" kullanılmıştır. Verilerin analizinde SPSS 21.0 istatistik programı kullanılmıştır. Analizler sonucunda, çiftlerin evlilik doyumları ve psikopatoloji düzeyleri arasında negatif yönde anlamlı ilişki bulunmuştur. Problem çözme stratejileriyle evlilik doyumunun karşılaştırılması sonucunda, aceleci yaklaşım ve kendine güvenli yaklaşımı kullanan bireylerin, evlilikten aldıkları doyumun daha düşük olduğu görülmüştür. Çatışma reaksiyon tiplerinden temas boyutu ile evlilik doyumu arasında negatif yönde ilişki saptanmış, bu alanı kullanan bireylerin evlilik doyumları daha düşük çıkmıştır. Sorunlar karşısında reaksiyon verme biçimi olan bedene kaçma ve fantaziye kaçma boyutları ile problem çözmenin olumlu boyutlarından değerlendirici, planlı ve kendine güvenli yaklaşım arasında da ters yönde ilişki bulunmuştur. Ölçeklerden alınan puanlarda, kadınlar ve erkekler arasında herhangi bir farklılaşmaya rastlanmamıştır. Evlilik danışmanlığında, çiftlerin psikopatolojisi ve problem çözme yaklaşımı, evlilik doyumunu artırmak için düşünülmelidir.

Anahtar Kelimeler: *evlilik doyumu, problem çözme, psikopatoloji*

ACKNOWLEDGEMENTS

TABLE OF CONTENTS

CHAPTER I

CHAPTER II

CHAPTER III

LIST OF TABLES

CHAPTER I

INTRODUCTION

1.1.Problem State

The institution of marriage encompasses all wife and husband relations whereby many important needs such as providing social support to each other and accommodation needs are met; and also includes life satisfaction, close and intimate relationship, primarily trusting each other, love and respect, developed problem solving skills, and healthy communication (Özgüven, 2001; Berk, 2009, p. 12).

Marriage is known as the most important of all inter-personal relations. While for some people this institution is a source of happiness and satisfaction, for some others it entails negative aspects (Hawkins & Booth, 2005, pp. 452-454). Satisfaction obtained from marriage is very important for happiness of the individuals. It has been stated that unsatisfactory marriages end up with divorces and this situation affects the couples in negative ways (Üncü, 2007, pp. 36-43).

Among the factors affecting marrital satisfaction, age of marriage, types of marriage, financial condition, not having/having child, number of children, income level, and age difference between couples can be stated. However, ways of communication, ability to understand each other's feelings, mutual sensitivity, and feeling of being understood by the other are also as equally important as the above factors.

The most common problems encountered in a marriage relationship are related with communication-focused skills such as conflict resolution and problem solving. If couples do not get any help they can easily develop emotional and behavioural problems which will in return affect their marrital satisfaction and life satisfaction. Whereas, this situation lowers individuals' quality of life and also affects emotional health of the couple.

1.2.Purpose and Significance of the Study

The purpose of this research is to examine the relationship between marrital satisfaction, psychopathology levels and problem solving skills of the married couples. In this connection, it is certain that in romantic relationships, marriage has effects on life satisfaction, inter personal communication and mental health of the individuals. Achieving high level of

satisfaction in the marriage institution which is highly regarded in our community is essential for continuity.

Marrital satisfaction which develops in line with marriage has an important role in human life and also affects psychological health. In the case of decrease in marrital satisfaction, married couples and children if any, are adversely affected. In the literature, it has been found that problems encountered by married couples have direct effect on marrital satisfaction levels. It has been stated that problem solving skills and marrital satisfaction have profound effects on individuals' psychological health.

This research intends to examine marrital satisfaction, psychological health and problem solving skills of married individuals. When related literature is screened, no research including effects and interrelationship of these three concepts is identified. In this respect, it is assumed that it will be a contribution to the existing literature. Experts who know the importance of marrital satisfaction and related factors, will be able to help individuals living marriage problems by helping them to increase their problem solving skills, psychological health and marrital satisfaction and thus will be able to contribute to development of married individuals.

1.3.Research Questions and Hypotheses
1. Is there a relationship between marrital satisfaction and psychopathology?
2. Is there a relationship between marrital satisfaction and problem solving skills?
3. Is there a relationship between marrital satisfaction and reaction types for stres?

Hypotheses
1. There is reverse relationship between marrital satisfaction and psychopathology.
2. There is a positive relationship between marrital satisfaction and problem solving skills.
3. There is a negative relationship with extreme stress reactions and marital satisfaction.

1.4.Assumptions of the Study

1. All participants taking part in the research will be asked to answer scales under equal conditions.

2. MLS, SCL-90, PSI and WIPPF used in the research have necessary qualification and proficiency.

3. Individuals participating in the research are believed that they will give sincere answers to measurement tools.

4. Scales to be used are accepted to be valid and reliable.

1.5.Limitations of the Study

1. The research is limited to the 100 married individuals living in TRNC who participated on a voluntary basis.

2. The marriage satisfaction data of the married individuals in this research are limited to the items measured by the MLS.

3. Problem solving skills of married individuals examined in this research are limited to the items measured by PSI.

4. Psychopathology data of the married individuals examined in this research are limited to the items measured by SCL-90.

5. Conflict reaction types data of the married individuals examined in this research are limited to the items measured by WIPPF.

1.6.Definitions

Marriage: It is a unique total of relations formed by the two opposite sex individuals and enacted in line with the communal practices and laws (Bilen, 1978).

Marrital Satisfaction: It is the perception of the individual about the degree of satisfaction for his/her individual's needs in marriage relationship (Tezer, 1996, p. 1).

Problem Solving: Problem solving can find new ways of solving problems by going beyond the simple application of rules learned through previous experiences (Korkut, 2002, p. 177).

Psychopatology: A psychology branch that examines mental illnesses and reveals the causes of behavior for illnesses (Budak, 2003).

1.7. Abbreviations

PIF: Personal Information Form

MSL: Marital Satisfaction Scale

PSI: Problem Solving Inventory

SCL-90-R: Symptom Checklist-90-Revised

WIPPF: Wiesbaden Positive Psychotherapy and Family Therapy Inventory

CHAPTER II

2.1.Theoretical Framework andRelated Research

2.1.1.Marriage

Marriage, dating back to four thousand years ago, is formed with unification of female and male and it is the smallest unit of the community. Marriage, which constitutes an important place in human life, develops, changes and takes new forms with passage of time (Özu urlu, 1999).

Marriage is directly related to one's quality of life (Çilli, Kaya, Bodur, Özkan & Kucur, 2004; Hünler & Gençöz, 2003). Marriage, which is accepted as one of the most important life satisfaction areas, is defined in many ways. Accepted as an agreement, marriage is a phenomenon approved by the community in line with communal norms, endorsing satisfaction of sexual needs (Özu urlu, 1990; Güvenç, 1984). Marriage is a relationship system legalised with approval of the state in order for the man and woman with the purpose of sharing life together and raising their children (Özgüven, 2001).

Institution of marriage, by bringing two persons together, aims to satisfy and maintain carnal, spiritual and communal needs (Gülerce, 1996; Özgüven 2000). It has been stated that marriage prolongs one's life period, preserves physical and mental health and increases happiness. It is accepted as a process whereby it teaches individuals to solve emerging problems and behave sensibly in all areas. In this process, individuals should strive to exist by achieving unification of the two identities but without losing his/her own identity (Glenn, 1991, p. 261; Fowers, 1993).

Functions of marriage institution are determined as; defining ancestry line, sex roles and division of work, organising economic activities and maintaining a healthy sexual life (Özgüven, 2001). Since marriage is a product of human beings, it becomes problematic with passage of time and some aspects of marriage needs to be corrected (Özu urlu, 1999). (Geçtan, 1990) stated that it is important to note that individuals under current circumstances regard marriage positively. But this condition does not always provide positive answers to expectations.

When healthy marriage factors are looked at, various characteristics are determined by researchers. Some of these accepted findings are; having deep friendship relationship between

couples, reciprocality in showing respect and acceptance, enjoying friendship of each other and feeling of common purpose (citedin Kılıç, 2012, pp. 8-9).

Marriage is an institution which places responsibility on individual and it is not easy to maintain it. Couples see marriage as a source of happiness but when expectations of individuals are not met, it results in termination of marriages. When desires and expectations of individuals are not realised in a marriage relationship, level of satisfaction obtained from relationship goes down and interaction between couples also decreases (Özgüven, 2000).

2.1.2.Marrital Satisfaction

One of the most researched subject in psychology in recent years is marrital satisfaction. Marrital satisfaction is related to continuation of marriage concept and satisfaction of psychological and biological needs in marriage relationship of individuals. (Gökmen, 2001, pp. 15-50).

Marrital satisfaction is a result of evaluation which includes a general assessment of each finding related to marriage of individual whereby positive characteristics related to partner are more pronounced and negative evaluations are emphasized at a lesser degree. (Bradbury & Finchman, 1988, p. 973). According to Nichols (2005), marriage satisfaction is accepted as the degree of satisfaction and happiness which comes from individual's partner relationship (pp. 28-43).

According to Özgüven (2000), marrital satisfaction is a happy marriage relationship where couples can agree on many subjects without any concerns or stress. Three types of satisfaction are stated;

1. Satisfaction of sexual needs,
2. Satisfaction of needs for maintaining individuals life and protection
3. Satisfaction of love feeling

Rosen-Grandon talks about three factors affecting marriage satisfaction;

1. Having a mutual and sufficient level of love,
2. Attachment of couples to each other
3. Exhibiting a suitable attitude about beliefs and to exist as parents in a common life (cited in Sancaktar, 2016, p. 12).

Numerous and detailed researches about marriage satisfaction are conducted particularly in 1990s. Working on marrital satisfaction is important for achieving both individual and family wellbeing. In these studies, benefits of healthy marriages for community are determined (Bradbury & Finchman, 1990).

Factors affecting marrital satisfaction are stated as; happiness degree of marriage, acquaintance period, experience in sexual roles, degree of approval of marriage by friends and families, adaptation during early stages, commonness of ethnical and religious beliefs, communal status and level of education, age of marriage (Özgüven, 2001).

Findings on research about duration of marriage state that, while at the beginning marrital satisfaction is low, with passage of time and particularly after life becomes more comfortable and children leave home, level of marrital satisfaction increases (Anderson, Russell & Schumm, 1983).

Human beings get married for many reasons; a big majority of people are married, not to stay alone, for economic security, to have children, for a happy and good life, to have sexual satisfaction, marriage is seen as a partnership and marriage is a natural phenomenon (Çaplı, 1992). The biggest factor in deciding to marry is the feeling that they will be happier vs their previous lives. In fact, two persons can manage their marriage in harmony and can get satisfaction from their relationship. In most cases, individuals have the expectation that his partner will make him happy and in return he will make his partner happy.

According to research, it has been concluded that those who are inclined to be happy become happy and those who are inclined to be unhappy become unhappy. Happiness is a feeling that comes out when individuals have satisfaction after mutual interaction. In human life, despite it is thought that highest point of satisfaction to be reached is marriage process, however it is observed that this institution does not generate happiness. It is observed that when couples get on well with each other and develop a satisfactory relationship, they become and feel happier according to research results (cited in Canel, 2007, pp. 29-30). It has been stated that; a marriage system having good relationships, thinking about their children's future and security, having a positive outlook into future, having open communication, represents a healthy family structure (Cutler & Radford, 1999, p. 148).

Interaction and communication of couples that have emotional attachment form the basis of marriage. They share the same house and reach common conclusions on intra-family

decisions. For many reasons, problems arise for the married couples. It is observed that these problems vary according to duration of marriage and personal characteristics of the individuals. For this reason, it has to be intervened into the dissatisfactions at initial stages (Kersten, 1990).

2.1.3.Problem Solving Skill

The concept of the problem derived from the word "Proballo" from the word "Problema" in Greek is defined as the antagonistic obstacle (Kele , 2000). In Turkish it is used as problem concept and it is defined as the situation which makes the individual unhappy (Ferah, 2000). The problem word that is seen as complex and expresses the unwanted problems is often encountered in our lives (Açıkgöz, Tetik, & Yalçın, 2010, p. 20). According to Karasar (2000), problem is physical or mental disturbance when an obstacle is to be overcomed. According to John Dewey, the problem is expressed as everything that confuses, confronts, and undermines belief in the human mind (cited in Gelbal, 1991, p. 167).

Problem solving skill is a trainable skill which helps individual to find meaningful solutions for his/her problems (Conger, Reuter and Elder, 1999). Köken (2002) argued that individuals should be taught to acquire problem solving skills from their childhood period onwards. Problem is the obstacle encountered when effort is made to reach an aimed target. In daily lives, individuals face many problems. The skill to solve problems is a talent that is needed at all stages of life. Human beings constantly strive to explore themselves and their environment, to explain events and to find reliable solutions to the problems they encounter. Problem solving requires taking decisions and decisions necessitate obtaining information. In order to find reliable solutions, correct decisions have to be taken. Taking correct decisions are dependent on correct usage of information.

John Dewey put together the words problem and solution and developed the theory of problem solving. Since problem solving attitude varies according to situation and time, perception of the problem by individuals also differ. Therefore, problem solving strategies differ from one person to another (cited in Sancaktar, 2016, p. 26). Since problem differs according to individual's personal characteristics and problem solving talents, the benefits to be gained also differ (Gelbal, 1991). When literature is screened for coping strategies, while men mostly use problem solving focused coping actions, women on the other hand mostly resort to feeling oriented coping actions (Brems & Johnson, 1989). It has been determined

that those individuals with underdeveloped problem solving skills tend to have more anxiety, feel insecure and being unable to understand others (Hepner&Peterson, 1982).It has been concluded that they tend to be insufficient in terms of interpreting thoughts of others and experience more internal and spiritual problems (Heppner, Baumgardner, & Jackson, 1985).

If problem is seen as a question to be solved, it is a concept which necessitates analytical thinking skill and attention. An individual can solve his/her problems if methods suitable for him/her are applied. Problem solving is a process of directing knowledge into solution by using imagination and creative thinking. It is accepted that individual's personal characteristics and differences are crucial in problem solving. Features like self-confidence, ability to evaluate objectively, creative thinking contribute positively to problem solving process (Saygılı, 2000, pp. 18-39). According to Gelbal (1991), while problem creates complication in minds of some individuals, it does not create problem for some other individuals. Ability to solve or not to solve a problem depends on individual's age, education, skills, health, ability to cope with problems and personal traits. For individuals who constantly solve problems faced, the problems have to be new and original (pp. 167-169). Cücelo lu (1999), categorised problems as long-term, short-term, simple and complicated. Regarding problem content, he categorised into as emotional, physical and economic. When these categories are combined, problem solving becomes difficult and complicated. Heppner & Peterson (1982) stated that problem solving is synonymous with problem coping. Personal problem solving is defined as showing behavioural reactions by directing cognitive and sensory functions to a specific target (p. 66).

In the case of life events, cognitive insufficiency and emotional anxiety it may cause deterioration in problem solving behaviour and cause increase in stress levels. This insufficiency may get couples inclined to look for other's mistake, it may cause anger, animosity, sadness, low level of communication and insufficient emotional sharing (Davila, Bradbury &Cohan, 1997). According to Bingham (2004), there is not a single recommended approach which can solve all problems in an effective way. The approach taken by the individual differs from one problem to another. Bingham (2004) states some points that can effect problem solving process of the individual in order to have a healthy life span.

1. Effective problem solving necessitates a comprehensive process and it is crucial that individuals have a firm belief in problem solving.

2. Effective problem solving is being aware of an existing problem and channelling the resulting anxiety, stress and energy towards a satisfying solution in a satisfactory manner.

3. It is important that problems should be regarded as opportunities enabling one to move forward from the existing point.

4. Problem solving process starts with courage, request and self-confidence.

5. In order to face a difficult situation, effective problem solving is to formulate a rewarding force by amalgamating and pushing forward past experiences, impressions and feelings.

6. Problem solving is a skill which has to be learned and developed. It is a skill which combines time, effort, energy, practice, creativity, feelings and action.

When causes of problems in marriage life are examined, the primary factor is having unhealthy communication between couples. Couples perceive other partner's words differently and try to impose his/her own words to the other partner. By doing so, soluble problems become insoluble and new problems are added to the existing ones. Another factor which affects communication adversely is one's aggressiveness or passiveness. The individual either shouts loudly and behaves aggressively or stays passive and hide feelings inside. Thus, disagreements, arguments and unsolved problems start to come out. For couples, In order to resolve their communication problems, imperfect dimensions of their relations they need to talk positively or negatively. The proposal is; couples should understand that they cannot agree on all subjects and have to accept that the other partner is a different human being (Akgün & Polat Uluocak, 2010, pp. 11-12).

2.1.4.Psychopathology

Since the primitive ages, the concept of mental health has been affected by communal values, historic events and scientific developments before arriving at its contemporary definition (Jorm, 2000). When the triangle of individual, family and community is considered, subjects such as individual's knowledge about him/herself, preventing harms for a family, providing support to family, values of the community about mental health, level of knowledge are closely related to mental health. (Eker, 1991, pp. 1-4; Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Pollitt, P., 1997, pp. 845-850).

Psychopathology concept is stated as a branch of psychology examining mental malfunctions. A mental disorder is stated as a deviation from normal behaviour pattern progressing into an abnormal deviation (Budak, 2003). In order to explain psychopathology concept, definitions of normal and abnormal behaviour have to be made. In order to define a behaviour as abnormal, it has to be inconsistent, incompatible and should lead to a problem in a continuous manner (Öztürk, 2004, pp. 1-15). In DSM-V, if behaviours have lack of completeness, insufficiency, illogicality, personal distress, violation of social norms and nonfunctionality, then it is regarded as abnormal (APA, 2013).

When historical development of pathology is examined, a biomedical model was dominant until recent times. Research on psychosocial aspects started only in recent times. Öztürk (2004) who defines human being as a biopsychosocial creature with its normal and abnormal behaviours, argues that psychopathology has many biological, psychological and social definitions (pp. 1-15).

When prevalence of psychological disorders among genders are considered, particularly Axis 1 disorders are found to be more evident in female population (Messina, Wish & Nemes, 2000; Weissman, M. M., Bland, R., Joyce, P. R., Newman, S., Wells, J. E., & Wittchen, H., 1993).

2.1.5.Positive Psychotherapy and Reaction Types

Positive Psychotherapy which emerged in late 1960's has been developed by Prof. Nossrat Peseschkian and his colleagues in Germany (Peseschkian, 2012). Peseschkian who was born in Iran, studied medicine in Germany and made research on Positive Psychotherapy until 2010 (Heinrichs, 2012, p. 1148). With his cultural background, Peseschkian managed to combine east-west cultures and presented Positive Psychotherapy as a humanistic, psychodynamic, source-oriented, conflict resolution focused, integrative and transcultural (Cope, 2014, pp. 63-64).

In normal life, the word positive is perceived as stating positive aspects. However, in Positive Psychotherapy the word positive, in addition to positive aspects it also includes the real and existing things. It argues that within reality not only negative aspects or conflict and illnesses exist but in addition to these, talents emerging from conflicts and symptoms also exist (Cope, 2014, p. 63). Positive Psychotherapy views human being with a positive manner.

By emphasizing actual capacities of the individual, existing disorders of the individual are reinterpreted. It argues and stress that all humans are inherently good and they possess two basic capacities (capacity to love and capacity to learn). In this respect, the intention of Positive Psychotherapy is to accept problems and disorders as they exist but not to focus solely on these, but also to find out capacities existing in every human and also making sure that the patients become aware of these capacities.

According to Positive Psychotherapy every disorder has a function and symptoms bring out the conflicts. In order to cope with conflicts, four dimensions of human beings are used (body, achievement, contact, fantasy). Every human being lives in these four dimensions which also entails learning and living the life in four different shapes. These dimensions describe how a person perceives himself/herself and its environment and how reality is evaluated. When conflicts arise, every human being have a tendency to use one of these dimensions in order to solve the problems (Peseschkian, 1988, p. 173).

According to Positive Psychotherapy, a healthy individual overcomes negativities and achieves a balanced position. To achieve this, the individual has to divide his/her energy equally between these four areas. In the life of individual, if there is an imbalance between these four areas, the dominant area to which individual escapes has to be determined (Peseschkian, 1988, pp. 173-187).

Every individual tries to resolve his/her problems in line with the choices he/she developed over time. If an approach used to resolve a conflict has an outstanding lead, others stay back in the background. Choosing an approach largely depends on that person's learning experiences coming from his/her childhood period (Peseschkian, 2012).

If an individual escapes to body area when faced with problems, can give reactions related to physical symptoms. If individual escapes to achievement area, can focus excessively on his/her job. If individual escapes to contact area, can ask for help from others or avoids contact and withdraw into himself/herself. If individual escapes to fantasy dimension, indulges in abstract thoughts and gets interested in future.

2.2.Literature Review

Researches have revealed that there are various factors that can influence marital quality. Social changes like the presence and absence of children, whether the mother work or not, the general health sense of the person, marital status (divorce, second marriage, separate legislation, second marriage) came at the beginning of them (Amato, Rogers, 1997; Ren, 1997; Orbuch, House, Mero, & Webster, 1996)

Orbuch et al. (1996) conducted a research aimed at revealing when marriage quality was high during lifetime and explaining what factors played an increasing role in the quality of marriage. According to the results, marrital satisfaction was found to be higher in later years than in the first years of marriage. The thought of divorce has risen from the first years of the marriage but with the following years, the belief goes down. The length of the marriage was related to the higher marriage quality. It is thought that in the increase of the quality of marriage, the changing roles, responsibilities and prosperity levels of the individuals over the years are influential.

The effect of spousal support is very important in marital satisfaction. Günsel (2013) in a study of 210 people, 140 females and 70 males living in the Turkish Republic of Northern Cyprus, according to the type of marriage of the individual and the thought of divorce, it has been understood that the levels of spousal support that married individuals perceive differ significantly. According to the results, the levels of spousal support perceived by individuals married in an arranged marriage are higher than the individuals who have met and married; the level of spousal support perceived by married individuals who are considering divorce is lower than those who do not consider divorce. At the same time, Ça (2011) in the survey conducted with Marrital Life Scale, he examined that the marital satisfaction and perceived level of spousal support of married individuals in terms of some demographic variables. The study group consisted of 811 people, 448 female and 363 male. In the conclusions obtained, it was seen that the satisfaction from marriage of female was lower than that of satisfaction from marriage of male. It was determined that the married individual's average monthly income levels, levels of satisfaction with their sexual life, levels of sharing in domestic responsibilities and levels of religiosity increased, the satisfaction from marriage increased. In addition, there was a relationship between marital satisfaction and spousal support perceived by married individuals, when spouse support increases an increase in marital satisfaction has also been observed, the level of peer support that women perceive was found to be lower than the level of peer support that men perceive.

Çelik (2006) developed a scale to measure the marital satisfaction of married individuals. Coverage validity, construct validity, internal consistency and test-retest reliability studies were performed during the development stages of the scale. As a result of explanatory factor analysis carried out for construct validity, 12 items remained and a 3-factor structure emerged. All three factors were considered as subscales and they were named as "family", "sexuality" and "self" according to their contents.Zentner (2005) observed 41 pairs during 9 months that the marrital satisfaction is most associated with two dimensions of personality - canorousness and being open to experience -. Couples are more likely to be satisfied when both parties have these two personality traits.

Whether women work or not, researches on partners' job sharing in marriage revealed that these factors are associated with marital satisfaction. In the study of 311 married women living in zmir, the life satisfaction of married women was examined according to the variables of marital satisfaction and working status. Married women who did not work had low in life satisfaction levels, and married women who worked were found to have higher life satisfaction levels. There was also a significant relationship between marital satisfaction and life satisfaction levels of married women. As marital satisfactions increased, life satisfaction increased (Soylu & Kabasakal, 2016). Benin and Agostinelli (1988) examined the level of job-sharing and marital satisfaction in a study of 148 individuals working at the University. It has been seen that male are more satisfied with a fair job. Marrital satisfaction is high if male do not need to spend a lot of time in family affairs if job sharing is fair. Female are not interested in the amount of time spent on housework, and their happiness increases if sharing is equal.

Koçak (2014) has examined the effect of value analogy on marital satisfaction in couples with 127 married couples. When the results are examined, it has been determined that both female and male are satisfied with their marriage when their spouse approve of their ideal self. Moreover, marital satisfaction was found to be higher when female achieved their self-stated ideal self.

There are researches on gender roles in marrital satisfaction in the literature. Çınar (2008) investigated the relation of marital satisfaction, gender roles (femininity, masculinity) and help seeking attitude with 302 married individuals residing in Ankara province and found a significant difference between marital satisfaction and gender roles. In the conclusion, the gender role of feminine and androgynous individuals was higher than that the role of gender uncertain and masculine individualsAt the same time, there were also significant differences in the gender roles of female. According to the results that female with gender role

''androgen'' have a satisfaction from marriage is higher than the female with gender role of "masculine" female. Curun (2006) investigated the relationship between gender orientation and marital satisfaction with 102 persons that it is concluded that femininity variable is a predictive effect on marital satisfaction. It was seen that female participants were more likely to load on the motive dimension than male participants. It has been stated that stressful couples in the study tend to see negative incidents as general, permanent or tend to load these incidents into negative characteristics of their spouses.

In a study in which married couples were examined for their values in marriage relationship and life satisfaction in marriage was found to be positively correlated marital life satisfaction with power, stimulation, benevolence and security sub-dimensions of Schwartz Value Survey. In addition, it has been observed that the values, success, hedonism, arousal, universality, traditionalism and harmony sub- dimensions predict marital life satisfaction (Hamarta, Deniz, Dilmaç, & Arslan, 2015)

Berk (2009) examined the loading style and marital satisfaction perceptions in terms of some demographic variables in a study of 165 married teachers working in schools in Adana. In conclusion, it has been observed that in the loading styles, in the motive dimension, which is the subdimension of responsibility loading, female refer to the more motive dimension when explaining the behaviour of their spouses compared to male. Between marital satisfaction and the responsibility and causality loads of married teachers' spouse'sbehaviours, a significant difference was found in the negative direction. It has been observed that the behaviour of married female's spouses that they load their behaviour on selfish instinct more than the male. This result shows that female have problems in their marriage because their spouses deliberately perform their behaviour and that these behaviours are a result of their personality traits.

Üncü (2007) investigated the relationship between levels of emotional intelligence and marital satisfaction in married individuals living in Istanbul and Yozgat (251 female, 215 male), and he found that there is a positive relationship between marital satisfaction and emotional intelligence as the level of emotional intelligence increases, the satisfaction from marriage is increased as well. Moreover, as the level of education changes, the meaning given and expectancy of marriage are differentiated. It was determined that the marriage satisfaction of the high school graduates is high, the marriage satisfaction of the primary graduates is low and the university graduates are in the middle level of the marriage satisfaction.

The ability to solve problems in marriage has been seen as one of the factors determining the satisfaction of marriage. For the continuity of the processes of resolving the

problems correctly and of the positive relationship, it is necessary to move away from the thought that there will be no problems in the marriage (Hünler & Gençöz, 2003). According to Robinson & Blanton (1993), the marriage of closeness and communication skills is the most important determinant of relationships that have continued for at least thirty years.

In many types of research, the teaching of communication and problem-solving skills result with increased spiritual satisfaction of spouses and the satisfaction of marriage (Christensen & Shenk, 1991; Kersten, 1990). The effect of submissive behaviors on marital satisfaction in the study of 92 married couples of mothers and fathers of children from three major universities in Ankara was examined. As a result, couples' problem-solving skills have been found to play an active role for marital satisfaction. It has been found that the increase in submissive attitudes causes the perceived problem-solving skills to decrease, which causes the marital satisfaction to fall. It is stated that if correct problem-solving strategies are used to solve the problems encountered during marriage, constructive and positive results will be formed for the relationship (Hünler & Gençöz, 2003). Again in the Ankara province, 305 individuals who work in various government departments and volunteers were surveyed to determine the predictors of marriage satisfaction and problem-solving skills in marriage was found to be in the first place and cognitive distortions related to unrealistic relationship expectancies was at the second place (Güven & Sevim, 2016).

Canel (2007) conducted a study onproblem-solving skills with 10 married individuals, aiming to increase the psychological satisfaction obtained from marriage. According to the results, group work increases the marital satisfaction of married people, marital adjustment, the happiness they get from marital relations, closeness to their spouses, reducing conflicts with their spouses and reducing their anger towards their spouses. It has also been found to be effective in increasing their confidence in the way they cope with stress.

Ta köprü (2013) examined the relationship between marital satisfaction and problem-solving skills, stress coping, and marriage duration in a study of 323 participants (183 female and 140 male) living in various parts of Turkey. As a result of the analyses made, significant relationships were found between age, marital status, income level, marital traumatic events, problem-solving skills, stress coping and marrital satisfaction.

lkketenci (2004) examined the relationship between marital conformity and problem-solving skills of married individuals. A total of 261 participants including 133 males and 128 females participated in the study revealed significant relationships between the problem solving, impulsive style, reflective style, avoidant style, problem-solvinf confidence and planfulness sub-dimensions of marriage conformity. It has been observed that those who use a

planfulness and problem-solving confidence have a high marital adjustment, and those who use an avoidant style, reflective style and impulsive style have a low marital satisfaction.

McNulty and Russell (2010) conducted two separate studies on newly married couples investigating the effects of problem-solvingbehaviours on relationship satisfaction. In both studies, the couple first filled the scales to measure marital satisfaction and marital problems, and later they were taken to two laboratory sessions where they discussed a problem in their relationship and were taken to the observation after eight months. The cause of decrease of satisfaction in the results that there was found some behaviours shows by couples such as ordering, blaming and refusing during solving simple problems. Indirect negative behaviours (such as saying you do not like me rather than drinking) seem to be related to low satisfaction regardless of the severity of the problem.

Sulllivan et al. (2010) conducted a researc on 172 new married individuals with double-questionnaires in a survey of problem-solving and marital satisfaction, and they followed them in their first marriage in the first year of their marriage with sessions involving problem-solvingbehaviours and social support. Research findings showed that negative social support behaviours exhibited by newly married couples predicted low problem-solvingbehaviours, marital satisfaction and the possibility of divorce. In the measurement one year later it was determined that problem-solvingbehaviours were associated with satisfaction level for both partners.

When we look at problem-solving strategies in the literature, Sabourin, Laporte & Wright (1990) found that couples experiencing problems in marriage have less problem-solvingskills self-esteem than those who do not have problems. They were more likely to avoid different problem-solvingbehaviours and use weaker coping strategies to control their behaviours. Bouchard & Theriault (2003), evaluating the data of the one hundred and fifty-seven couples and the Couple Harmony Scale and found that marital satisfaction was higher for people with planned problem-solving coping styles. According to this, it has been determined that marital satisfaction is higher for those who are trying to change aggressive thoughts, look good from the side, make a plan about their marital problems, make these plans step by step and finally make a lot of efforts to get things done. On the other hand, it is concluded that the marital adjustment of that who use the way of avoiding evasiveness is lower those who are waiting for a miracle when things do not go well, trying to forget the troubles they have experienced, do not hide your feelings.

It has been expressed by researchers that problem-solving skills are influential on communication behaviour. Sanford (2003), in the research, observed the problem-solving dialogue, he aimed to assess problem-solvingbehaviours and the impact of conflict on communication behaviour in a survey of 37 married couples in four different problem-solving dialogues. It has been found that the communication behaviours of couples do not change according to the difficulty of the conflict in the short term, that the difficulty in the long term reduces the satisfaction of the relationship and leads to the use of negative forms in all problem-solvingbehaviours. Communication conflicttraining is given to 378 married female in Erzincan on marital satisfaction that Baran (2003) examined it has an effect on marital satisfaction whether or not. After the training, it was determined that the marital satisfactions and positive forms of communication of the female were increased and the forms of negative communication decreased.

Studies indicate that individuals' subjective well-being levels affect problem-solving skills and marital satisfaction. Tülek (2011) concludes that the most important predictor of subjective well-being of married individuals is the problem-solving ability of married individuals in their study about the subjective well-being of married individuals compared to problem-solving skills, marital satisfaction and control-centered variables. In the study consisting of 317 married individuals, a positive relationship was found between individuals' problem-solving skills and subjective well-being, and the problem-solving skill variable followed respectively by marital satisfaction and control-oriented variables.

Sancaktar (2016) investigated the effects of marriage partners' problem solving skills they encountered in marriage, happiness (subjective well-being) and marital satisfaction, revealed the level of problem solving skills in marriage, subjective well-being and marital satisfaction have changed in terms of some demographic variables. According to the results of a survey conducted by 100 randomly selected married individuals living in Istanbul province, marriage satisfaction of newly married couples was higher than that of married couples who were married for a long time. There were also significant relationships between marital satisfaction and income level, marriage problem solving, age and education status, and between subjective well-being, a number of children and age. Canbulat & Cihangir Çankaya (2014) conducted a survey of 317 individuals living in zmir who were married for at least a year, in their research on problem-solving skills, marital satisfaction and locus of control variables in marriage aimed at revealing the power of determining the subjective well-being of married individuals. According to the results; problem-solving skills in marriage, marital

satisfaction and control locus variables were found to be significant predictors of subjective well-being of married individuals.

There are various researches that suggest that psychological symptoms are effective on marital satisfaction. It is stated that the relationship between these two concepts is opposite. In other words, the low level of satisfaction from marriage leads to an increase in existing psychological symptoms while increasing psychological symptoms results with reduced marital satisfaction. Whisman (1999) stated that marital insensitivity is associated with major depression and posttraumatic stress disorder in female and dystonia in male. Bloch et al.(2009) found that depressive symptoms and higher levels of stress were higher in female with a poor relationship than in those with a good relationship. In parallel, Bookwala & Jacobs (2004) stated that marital satisfaction has a significant role in depressive mood. Whisman & Uebelacker (2009) found a bi-directional relationship between marital conflict and depression symptoms, both in female and male. According to this, while depression of spouses affects marital relationship negatively, deterioration of marital adjustment causes symptoms of depression in people. Again, in a comprehensive study by Whisman et al. (2004), it has been shown that the level of anxiety and depression and the level of spousal depression in a person can predict the level of marital satisfaction. It was found that depression negatively affected marital satisfaction and the effect of depression was found to be stronger than the anxiety.

Tutarel-Kı lak & Göztepe (2012) aimed to examine the relationships between demographic variables, emotional expression, depression, empathy with marital adjustment in 167 married persons. According to this, as the empathy scores increase, the score of marital satisfaction in marriage also increases. The increase in participants' depression scores showed that satisfaction from marriage is decreased. In a study conducted with 166 married couples with children in adolescence, the relationship between marital quality and depressive symptoms was examined, and the couples were evaluated again for one year later. It was seen that the quality of marriage was related to the depressive symptoms one year later and the effect was similar for both women and men. It was also found that the marital qualities of the spouses were related to their spouses' depressive symptoms a year later (Beach, Katz, Kim, & Brody, 2003).

Ta demir (2004) compared the marital satisfaction with cognitive distortions of couples with the questionnaires administered by 99 married couples living in the central districts of Istanbul province. Depression and anxiety affect marital satisfaction. I ılo lu (2006) compared the presence of violence, sociodemographic characteristics, spousal

adjustment, and severity of illnesses in marriage experiences of married women who were followed in the outpatient clinic for anxiety and depression. In the results of the research with 100 married female who applied to the psychiatric outpatient clinic of Bakırköy Psychiatry Hospital for anxiety or depression, it was found that the reasons for increased the violence were the loss of harmony between the couples and the increase of the anxiety and major depression tendency of the individuals.

In literature review studies about relationship of marital satisfaction with other psychological symptoms are rare. In a study by Lim (2000) conducted by Chinese-American and Chinese-Malaysian individuals, low marriage satisfaction for female and male was found to have a meaningful association with their spouses' somatization symptoms. Filsinger and Wilson (1983) showed that marital adjustment scores decreased as their level of anxiety increased and that social anxiety and marital adjustment were related.

Çilli et al., (2004), in the comparative studies of psychological symptoms of 68 housewives and 76 working married female they have found that anxiety, phobia, paranoid and somatization levels were significantly higher in housewives. According to findings, psychological symptoms in housewives are higher than working women, and psychological symptoms in both groups are closely related to total family income and education level.

A survey of 385 married individuals, 235 female and 150 male, interviewed in Istanbul's Beyo lu district, determined the attitudes of married people towards gender roles how to effect on their marital satisfactions and psychological well-being. According to the findings of the research; it has been found that marital status increases the level of psychological well-being and decreases marital satisfaction levels (Kaplan, 2016).

Kılıç (2012), examined the level of family functioning and the psychological characteristics of 100 married and 103 individuals who are to get divorced. The results of the comparison of two groups showed significant results and it was found that the married individuals got better scores from the family assessment scale. It was also found that the individuals who currently need psychological support have unhealthy family functions and the married individuals who to get divorced had higher scores than those who are married to the dimensions of depression, interpersonal sensitivity and hostility.

Psychological symptoms, problem-solving skills and marital satisfaction are thought to affect each other. Yüksel (2013) aims to examine the relationship between marital satisfaction and psychological symptoms and the ways in which coping stresses are used as an intermediary role for gender role attitudes and he made a research with 248 married female aged between 19 and 73. In the findings, it is concluded that there is a meaningful relationship

between marital satisfaction and psychological symptoms of female. Psychological symptoms were found to increase in individuals whose marrital satisfaction decreased. In addition, the subservient and helpless approach to coping with stress was also seen as an intermediary role; It has been observed that female with low marital satisfaction tend to resort to submissive and desperate approaches to cope with stress, which in turn increases the psychological indications they have. Also, It has been seen that having an egalitarian gender role attitude in relation to marriage and psychopathology affects psychopathology level, but this effect was not as high as the mediator role feature. In addition, it has come to the conclusion that female using the self-confident approach dimension of problem-oriented coping strategies have a more egalitarian gender role attitude.

Jackman Cram, Dobson & Martin (2006) who examines the effects on problem-solving behaviours of depression and marital conflicts, has constructed a study of four different groups of 17 people aged between 18 and 60 who have been married for at least one year. The groups were divided into depressive-conflicting, depressive, conflicting, and control groups. Problem-solving sessions have been applied to these pairs. Observations have shown that aggressive and less facilitating behaviours are seen in conflicted couples during problem-solving.

Training of a total of 22 individuals as an experiment and control group in a study in which the marital satisfaction of married mothers of a family education program, the problem-solving ability in marriage and the effect on psychological well-being were examined and as a result that it was found that married mothers of this program developed marital satisfactions, problem-solving skills in marriage and psychological well-being (Akça Koca, 2013).

CHAPTER III

METHOD

In this section, reseach model, research universe and sampling, data collection instruments used to collect the data and the methods used in the statistical analysis will be given.

3.1.Research Model

The current study is correlational research. The correlational research method is used to determine relationships between variables and to predict outcomes (Karasar, 2000). In this study, the relationship between marital satisfaction, psychopathology and problem solving skills of married couples is examined.

3.2.Research Sample

This research consists of 100 resident of TRNC participants who have been married for at least for one year. Participation in the survey was provided on a voluntary basis, and participants were selected with convenience sampling from Lefko a-Girne.

3.3.Instruments

The questionnare was formed from 5 parts. These are "Marrital Life Scale (MLS)", "Problem Solving Inventory (PSI)", "Symptom Checklist-90-Revised (SCL-90-R", "Wiesbaden Positive Psychotherapy and Family Therapy Inventory (WIPPF)" and "Personal Information Form" prepared by the researcher.

3.3.1.Personal Information Form (PIF)

PIF developed by the researcher is a questionnaire consisting of questions about the participants' sociodemographic and marital characteristics. Participants were asked about

gender, age, education status, education of the partner, mountly family income, marriage time, marriage age, marriage type, duration of the relation of the couple, number of children.

3.3.2.Marital Life Scale (MLS)

MLS was developed by Tezer in 1986 to measure the satisfaction from marriage in married individuals. The answers to be given to each item consist of "I absolutely disagree", "I disagree", "I am undecided", "I agree", "I absolutely agree" on a scale consisting of 10 questions with five-point Likert type. The lowest score that can be taken from this scale is 10 and the highest score is 50. A low score indicates that the level of satisfaction from marriage is low, the higher the score is, level of satisfaction from marriage is higher. In order to determine the validity of the scale, the scale was applied to married and divorced individuals. There was a significant difference between the mean scores of the groups on the scale ($t = 6.23$, $p < .01$). The reliability coefficient of the scale was .85 and the Cronbach's alpha internal consistency coefficient was .88 in the male group and .91 in the female group by the test-retest method. These findings indicate that scale is reliable (Tezer, 1996).

3.3.3.Problem Solving Inventory (PSI)

The purpose of the PSI is to determine how the individual perceives himself/herself in problem solving skills. It is a measure of self evaluation. It was developed by Heppner and Peterson (1982), Turkish version of scale was realized by Heppner, ahin and ahin in 1993. It is a Likert type scale consisting of 35 items. The answers given are 1-6 points. Items 9, 22, 29 are excluded from the scoring and 1, 2, 3, 4, 11, 13, 14, 15, 17, 21, 25, 26, 30, 34. are scored in reverse. The score range is 32-192. The high scores on the total scores indicate that the individual perceives him/herself insufficient in problem solving. The Cronbach Alpha internal consistency coefficient was .90 for all scales, and the coefficients obtained for subscales ranged from .72 to .85. It consists of six subscales. These;

1. Sub-Dimension: Impulsive Style; is that the mind moves with the first thought to solve it when the individual has a problem.

2. Sub-Dimension:Reflective Style; involves weighing, measuring, and comparing the results of options while trying to decide on problem solving.

3. Sub-Dimension:Avoidant Style; measures whether the individual thinks in detail about the solve of problem.

4. Sub-Dimension:Monitoring; measures whether the individual compares to the outcome after testing a particular method in a problem solving.

5. Sub-Dimension:Problem-solving Confidence; Explains one's self-confidence in problem solving.

6. Sub-Dimension:Planfulness; It measures whether the individual has reached a solution by evaluating the present data in a planned way to solve a problem.

3.3.4.Symptom Checklist-90-Revised (SCL-90-R)

In this study, SCL-90-R was used to collect data on participants' general psychopathology levels. SCL-90 was first adapted to Turkish by Kılıç (1987) in Turkey, developed in 1976 by Derogatis et al. Validity and reliability studies were conducted by Da (1991). This scale, consisting of 90 items, which the quiche tries to evaluate psychological distress on a scale of 0-4, consists of 10 subscales: somatization, obsessive-compulsive disorder, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, psychoticism and additional scale (guilt, eating and sleeping disorders) (Öner, 1997). A general average score is calculated, which is calculated by the average score of each subtest and the total average of all subtests.Accordingly, the average value for each subtest is 1 and average value for the overall rating score 0.50 is considered normal. It is assumed that the general evaluation score is a moderate problem between 0.50 and 1.00, and that there is a high level of problem over 1 (Da , 1991).

3.3.5. Wiesbaden Inventory of Positive Psychotherapy and Family Therapy (WIPPF)

WIPPF is an inventory developed by Peseschkian and Deidenbach (1988). It is a 4 point Likert type scale consist of 88 items. It measures concepts of positive psychotherapy such as primary and secondary capacities, conflict reactions and model dimensions. WIPPF is implemented at the beginning of the consultation process and at certain intervals every client and evaluate the analysis of the client's situation and in the follow-up of the development of talents. Application time is 20-30 minutes.

3.4.Data Collection and Analysis

The questionnare and the Information and Consent Forms were given to the participanst in a closed envelope and recollected again in closed envelopes two days later.

The data collected in the study were analyzed using the SPSS 21 statistical program. First of all, T-test was conducted to analyze how marital satisfaction levels, problem solving skills and psychopathology differ according to gender. In the second stage, Pearson Correlation analysis was conducted to determine the relationship between marital satisfaction and psychopathology, problem solving skills, reaction types and problem solving skills.

CHAPTER IV

RESULTS

This study was conducted to investigate whether there is a significant relationship between marital satisfaction, psychopathology and problem solving skills of married individuals. The data were analyzed using the SPSS 21 statistical program. Findings of the analysis are demonstrated in the tables.

Table1

Sociodemographic characteristics of the participants

Characteristic		n	%
Gender			
	Female	56	56,0
	Male	44	44,0
	Total	100	100,0
Education status			
	Elementary	4	4,0
	Secondary	5	5,0
	High school	30	30,0
	University	53	53,0
	Master	8	8,0
	Total	100	100,0
Education of the partner			
Elementary		5	5,0
Secondary		3	3,0
High school		35	35,0
University		50	50,0
Master		7	7,0
Total		100	100,0
Mountly family income			
1800-		3	3,0
1800-4000		52	52,0
4000-10000		43	43,0
10000+		2	2,0
Total		100	100,0
Marriage type			
Love/by flirting		82	82,0
Arranged/willingly		17	17,0
Arranged/unwillingly		1	1,0
	Total	100	100,0

In this study, there are 56 (56%) female and 44 (44%) male participants. 4 (4%) of the participants were graduate of elementary school, 5 (5%) secondary, 30 (30%) high school, 53 (53%) university and 8 (8%) were graduate of master education. The education of the partner of participants were as 5 (5%) of elementary, 3 (3%) of secondary, 35 (35%) of high school, 50 (50%) of university, 7 (7%) of master. 3 (3%) of the participants mentioned their mountly family income as lower than1800, 52 (52%) participants between 1800-4000, 43 (43%) participants between 4000-10000, 2 (2%) participants higher than 10000.When the marriage types of the individuals were investigated, it was seen that 82 (82%) of the participats married love/by flirting, 17 (17%) married arranged/willingly, 1 (1%) married arranged/unwillingly.

The mean age of the participants was $32,15 \pm 9.60$ (20-71). The mean of marriage time was $7,59 \pm 8,86$ (1-40). The mean of age at marriage was $24,59 \pm 4,12$ (16-40). The mean of duration of relationship of the partners is $2,97 \pm 2,24$ (1-10) years. The mean number of children of participants was $,88 \pm 1,05$ (0-4).

Table 2a

Comparison of the mean scores of MLS total of the participants by gender

	Gender	n	M	SD	f	t	p
MLS total	Female	56	34,84	5,31	4,891	,029	,329
	Male	44	35,73	3,16			

Independent samples t-test was conducted to compare mean scores of MLS total with gender. There is no statistically significant difference in scores MLS total according to gender (p>,05).

Table 2b

Comparison of the mean scores of SCL-90-R subscales by gender

	Gender	n	M	SD	f	t	p
SOMA	Female	56	,67	,51	,465	,496	,737
	Male	44	,64	,42			
OCD	Female	56	,94	,76	,000	,983	,904
	Male	44	,92	,73			
INT	Female	56	,90	,74	1,248	,267	,136
	Male	44	,68	,67			
DEPR	Female	56	,83	,69	,097	,756	,152
	Male	44	,64	,56			
ANX	Female	56	,68	,58	,352	,554	,401
	Male	44	,59	,49			
HOST	Female	56	,99	,80	,041	,839	,751
	Male	44	,94	,74			
PHOB	Female	56	,33	,39	,110	,741	,394
	Male	44	,26	,38			
PARA	Female	56	,85	,68	1,528	,219	,864
	Male	44	,88	,75			
PSYC	Female	56	,42	,43	,009	,925	,865
	Male	44	,40	,45			
AI	Female	56	,99	,74	,672	,414	,135
	Male	44	,79	,58			
GSI	Female	56	,76	,53	,054	,818	,356
	Male	44	,67	,48			

SOMA Somatization, *OCD* Obsessive-Compulsive Disorder*, INT* Interpersonal Sensitivity, *DEPR* Depression, *ANX* Anxiety, *HOST* Hostility*, PHOB* Phobic Anxiety, *PARA* Paranoid Idetion, *PSY* Psychoticism, *AI* Additional Items, *GSI* Global Severity Index.

When mean scores of SCL-90 subscales of the participants were compared according to gender by independent samples t-test analyses, no significant difference was found (p>,05).

Table 2c

Comparison of the mean scores of PSI subscales by gender

Gender	n	M	SD	f	t	p
Impulsive Style Female	56	29,29	5,79	,309	,580	,235
Male	44	30,68	5,83			
Reflective StyleFemale	56	11,29	4,45	,174	,678	,672
Male	44	10,91	4,35			
Avoidant Style Female	56	13,86	5,00	,048	,828	,165
Male	44	12,45	4,95			
MonitoringFemale	56	6,82	3,39	3,669	,058	,370
Male	44	6,27	2,48			
Problem-Solving Confidence Female	56	14,77	5,67	1,067	,304	,140
Male	44	13,16	4,96			
Planfulness Female	56	8,91	3,61	,074	,786	,799
Male	44	8,73	3,50			

When mean scores of PSI subscales of participants were compared according to gender by independent samples t-test analysis, no significant difference found (p>,05).

Table 3a

Correlation of mean scores of MLS total and SCL-90-R subscales

SCL-90-R subscales		r	P
MLS total	SOMA	-,172	,088
	OCD	-,291	,003*
	INT	-,315	,001*
	DEPR	-,337	,001*
	ANX	-,302	,002*
	HOST	-,259	,009*
	PHOB	-,311	,002*
	PARA	-,257	,010*
	PSYC	-,312	,002*
	AI	-,104	,302
	GSI	-,331	,001*

*p 0.05   **p<0.01

When the relationship of MLS total score with subscale scores of SCL-90 was investigated with Pearson correlation analysis, significant correlation between obsessive-compulsive disorder (r=-,291 p<,01), interpersonel sensitivity (r=-,315 p<,01), depression r=-,337 p<,01), anxiety (r=-,301 p<,01), hostility (r=-,259 p<,01), phobic anxiety (r=-,311 p<,01), paranoid ideation (r=-,257 p<,01), psychotizm (r=-,312 p<,01) and global severity index (r=-,331 p<,01) was found. There is no relationship between the scores of MLS total and the somatization and additional items subscales of SCL-90. The psychopathology of individuals increases, marital satisfaction decreases.

Table3b

Correlation of mean scores of MLS total and PSI subscales

PSI subscales		R	p
MLS total	Impulsive Style	-,222	,026*
Reflective Style		-,096	,344
	Avoidant Style	-,112	,265
Monitoring		-,175	,082
Problem-solving Confidence		-,260	,009*
	Planfulness	-,077	,445

*p 0.05   **p<0.01

When the correlation of mean scores of MLS total with PSI subscales score was investigated with Pearson correlation analysis, significant weak negative correlation was found between the MLS total scores with impulsive style subscale (r=-,222*, p<,05) and the problem-solving confidence (r=-,260**, p<,01) of PSI. According to the findings obtained, as the haste and self-confident in the solution of the problem increases, the satisfaction from the marriage decrease. There is no significant relationship between reflective style, avoidant style, monitoring, planfulness and marital satisfaction.

Table3c

Correlation of mean scores of MLS total and conflict reaction (body, performance, contact, fantasy) scores of WIPPF.

Reaction Type		r	p
MLS total	Body	-,145	,151
Achievement		,082	,418
	Contact	-,210	,036*
	Fantasy	-,023	,820

*p 0.05   **p<0.01

Table 3c shows that there is a significant weak negative correlation between marital satisfaction and contact dimension of conflict reaction (r=-,210* p<,05). As conflict reaction given in the direction of contact increases, the satisfaction from marriage decreases. There was no significant relationship between marital satisfaction and other reaction types such as body, achievement, and fantasy dimension.

Table3d

Correlation of mean conflict reaction types in WIPPF and PSI subscales

PSI subscales	r	p
BodyImpulsive Style	,107	,289
Reflective Style	,164	,104
Avoidant Style	,143	,155
Monitoring	,032	,751
Problem-solving Confidence	,043	,670
Planfulness	,009	,930
AchievementImpulsive Style	,079	,434
Reflective Style	-,165	,101
Avoidant Style	-,150	,137
Monitoring	-,417	,000**
Problem-solving Confidence	-,341	,001*
Planfulness	-,292	,003*
Contact Impulsive Style	,138	,171
Reflective Style	-,089	,381
Avoidant Style	,164	,102
Monitoring	-,124	,218
Problem-solving Confidence	,059	,560
Planfulness	-,013	,895
FantasyImpulsive Style	-,079	,437
Reflective Style	-,257	,010*
Avoidant Style	,097	,337
Monitoring	-,335	,001*
Problem-solving Confidence	-,240	,016*
Planfulness	-,274	,006*

*p 0.05   **p<0.01

When correlation of mean scores of conflict reaction types in WIPPF and subscales score of PSI is investigated with Pearson correlation analysis, negative significant moderate correlation were found between the monitoring (r=-,417, p<,01), problem-solving confidence (r=-,341 p<,01), planfulness (r=-,292 p<,01) with achievementdimension. That is, as the monitoring,problem-solving confidence, planfulness increases in the individuals, the achievementreaction types decreases. According to the results of Table3d, there is no significant relationship between body and contact scores of problem solving skills.

When the relationships of conflict reaction in the fantasy dimension is examined with problem-solving styles, negative significant weak correlation were found withreflective style (r=-,257 p<,01), problem-solving confidence (r=-,240 p<,05), planfulness (r=-,274 p<,01) with fantasy dimension. As the reflective,problem-solving confidence, planfulness to problem solving increases, the fantasy dimension will decrease. There was no significant relationship between fantasy dimension and impulsive style, avoidant style. Moderate negative relationships were found between monitoring (r=-,335 p<,01). In this case the fantasy dimension will decrease, monitoring increases.

CHAPTER V

DISCUSSION

This research aimed to examine the relationship between psychopathology, problem-solving skills and marital satisfaction scores of married individuals. The results obtained from 100 participants in this section are analysed and the findings are discussed in the light of the related field.

According to the research findings, in comparison of the gender of the scale scores, there was the statistically significant difference between marital satisfaction (p>,05). There is no difference in the satisfaction of marriage between men and female. Tezer (1996), Çelik (2006), Çınar (2008) and Polat (2006) found that there was no significant difference between marrital satisfaction of male and female. These results support our findings. In the survey conducted by Üncü (2007) and Kaplan (2016), it is seen that between marrital satisfaction of female and male that male were found to have higher marital satisfaction than female.

The most important reason why people continue marriage is the satisfaction they get from marriage. If a person can not get satisfaction from his marriage, he can go on different quests. Marrital satisfaction in a sense holds married couples together. Considering the factors that determine satisfaction from marriage, we see that male and female are different. As men decreased their satisfaction with marriage by increasing negative behaviours such as not being taken into consideration in their communication, not resting, not understanding their feelings, not being taken seriously then an increase in satisfaction has been observed with the fact that they have children. In female, it was observed that marriage at an older age increased the satisfaction of marriage. Difficulties in communication decrease the satisfaction of marriage for both male and female (Eskin, 2012).

Considering psychopathology in the research, there was not a statistically significant difference in terms of gender. However, previous psychopathological findings have shown that there are differences in gender. In the study of Biber (2012), it was seen that female had significantly higher levels of psychopathology than male, except for paranoia and additional scale. In another study, male's symptoms of hostility and paranoid ideation were found to be higher than in female. In females, phobic anxiety symptoms were higher than in males

(Co kun, 2017). In a study conducted by Solomon and Herman (2009), it was noted that depression and anxiety-related disorders in female were more common than in males.

There was no statistically significant difference in problem-solving skills subscale scores in the study by gender. According to literature in a study by Gümü (2015), the problem-solving abilities of married individuals showed a significant difference according to gender. Male's problem-solving skills were found to be higher than female's problem-solving skills. In a study conducted by Korkut (2002) with high school students, it was concluded that girls used more problem-solving skills than boys.

One of the aims of the research is to determine whether psychopathology is related to marital satisfaction. As a result, significant negative correlations were found correlation between levels of marriage score and psychopathology. Marriage satisfaction decreased as obsessive-compulsive disorder, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, psychoticism, overall total average scores increased. In other words, as the psychological symptoms increase, the satisfaction from marriage decreases. Düzgün (2009) found a negative relationship between marital adjustment and depression. Filsinger and Wilson (1983) examined the relationship between social anxiety and marital satisfaction and concluded that there is a negative relationship between the two variables. As the anxiety level of the spouses increased, the marital satisfaction scores decreased. Our findings were supported in this sense.

Another goal of the research is to determine whether problem-solving skills are related to marital satisfaction. The correlations between the impulsive style, reflective style, avoidant style, monitoring, problem-solving confidence, planfulness and the marital satisfaction, which form the sub-dimensions of problem-solving skills, were examined. As a result, individuals who are behaving in a impulsive style and problem-solving confidence manner to solve their problems are less satisfied with their marriage. Individuals who use a problem-solving confidence, which is seen as a functional strategy in solving problems, behave in ways to identify problems, to produce alternative solutions, to weigh their benefits and loss, and to act in this direction (cited in Yüksel, 2013). A decline in the marital satisfaction of those who use the problem-solving confidence is an unexpected result.

When we consider the literature, a positive relationship was found between the planfulness and the problem-solving confidence used for problem-solving and marital satisfaction in the survey conducted lkketenci (2004). Those who use a planfulness and problem-solving confidence have a high marital satisfaction while those who use impulsive, avoidant and reflectivestyles have a low marrital satisfaction. In the research conducted by

Hünler & Gençöz (2003), solving the problems encountered during the execution of a marriage with correct problem-solving strategies has been achieved as a result of constructive and positive results for the relationship.

Güven ve Sevim (2016) conducted a survey to determine what the predictors of marital satisfaction were, and found that problem-solving skills in marriage were the first order of marriage satisfaction. Canel (2007) investigated the problem-solving skills in the family and investigated whether group therapy to increase the psychological satisfaction obtained from the marriage was effective in increasing marital satisfactions of the couple. It was determined group therapy was effective at increasing the satisfaction of marriage by developing problem-solving skills in the family, increases the marital satisfaction of married individuals, marital satisfaction, the happiness they get from marriage relations, closeness they get to their spouses, reducing conflicts with their spouses and their anger towards their spouses.

The correlation between conflict reaction and marital satisfaction was examined in the study. As contact dimension increases, satisfaction from marriage decreases. Template escape when the person has problems and prefers to socialise without coping with problems probably leads to the failure to solve their problems efficiently and to decrease the satisfaction of marriage. Two examples of clinical practice with respect to this issue escape may be a couple who has vaginismus treatment and avoid staying alone by socializing with their friends until late each night or a couple who has marital problems and have a lot of time with their friends and do not face each other and their problems. Particularly when families of origin interfere to help the couple to solve their problems,this well-intentioned but intrusive intervention may have adverse effects (Bayraktaro lu & Çakıcı, 2013).

There is a reverse relationship between the dimensions of escape to achievement and escape tofantasy with theimpulsive style, planfulness, problem-solving confidence, which are positive dimensions of problem-solving. Individuals who have problems at home get additional work at the office, bring a work at home or a housewife is constantly cleaning the house, trying to deal with housework is taking away the couple from the realistic solution to the problem. Likewise, escape of fantasy, such as extreme religious pursuits, long hours playing on a computer or social media, or alcohol-drug abuse, will distract the person from everyday real life, making effective solutions to problems difficult. If couples succeed in ways to solve their problems, marriage satisfaction is expected to increase.

CHAPTER VI

CONCLUSIONS AND RECOMMENDATIONS

The sample of this study is limited to 100 married individuals living in the TRNC. It is believed that a larger sample can be selected to broaden the scope of the study and achieve generalizable results.

Sociodemographic variables such as gender, age, education status, marriage time, age of marriage, the number of children were not taken into consideration in the research findings. Differences in socio-demographic variables can be identified in the researches to be conducted.

Only married people took place in the research. To results can not be generalised to unmarried couples. For this reason, it may be important to obtain from married and flirting couples in future research. Problem-solving skills, levels of psychopathology, and marital satisfaction may vary between married and flirting couples.

Individuals form a family union with marriage institutions. The family, which is the most basic unit of society, can affect the structure of society in a negative way due to the problems experienced. For this reason, it is necessary for pre-marriage individuals to know each other closely, to participate in marriage education and, if necessary, to participate in therapies, and to widen these alternatives.

Preventive work should be done about the conflicts and similar problems that can be experienced in marriage with the education that will be given before marriage to marriage decision-making individuals. These training should be given more frequently and individuals should be aware that measures should be taken before reaching the divorce point. Evlilik danı manlı ında, çiftlerin psikopatolojisi ve problem çözme yakla ımı, evlilik doyumunu artırmak için dü ünülmelidir.

REFERENCES

Açıkgöz, A., Tetik, S., & Yalçın, B. (2010). Yüksekokul Ö rencilerinin Problem Çözme Becerisi Algıları ile Kontrol Oda ı Düzeylerinin Belirlenmesine Yönelik Bir Ara tırma. *Organizasyon ve Yönetim Bilimleri Dergisi, 2*(2), 19-27.

Akça Koca, D. (2013). *Bir Aile E itim Programının Evli Annelerin Evlilik Doyumu, Evlilikte Sorun Çözme Becerisi ve Psikolojik yi Olu una Etkisi*(Unpublished Master's Thesis). Marmara University, Institute of Educational Sciences.

Akgün, R., & Polat Uluocak, G. (2010). Evlilikte Etkili leti im ve Problem Çözme: Bir Toplum Merkezindeki Kadınlarla Gerçekle tirilen Grup Çalı ması. *Aile ve Toplum E itim Kültür ve Ara tırma Dergisi, 6*, 9-22.

Amato, P. R., & Rogers, S. J. (1997). A Longitudinal Study of Marital Problems and Subsequent Divorce. *Journal of Marriage and Family, 59*(3), 612-624.

Anderson, S. A., Russell, C. S., & Schumm, W. R. (1983). Perceived Marital Quality and Family Life-cycle Categories: A Further Analysis. *Journal of Marriage and Family, 45*(1), 127-139.

American Psychiatric Association. (2013). *DSM-V - Diagnostic and Statistical Manual of Mental Disorders.* USA: American Psychiatric Pub.

Baran, M. (2013). *Kadınlara Verilen leti im Çatı maları E itiminin Evlilik Doyumu Üzerine Etkisi*(Unpublished PhD Thesis). Atatürk University Institute, of Health Sciences.

Bauchard, G., & Theriault, V. J. (2003). Defense mechanisms and coping strategies in conjugal relationships: An integration. *International Journal of Psychology, 38*(2), 79-90.doi: 10.1080/00207590244000214

Bayraktaro lu, H., & Çakıcı, E. (2013). Factors related with marital adjustment. *E itim Arastirmalari-Eurasian Journal of Educational Research, 53*, 297-312.

Beach, S. R., Katz, J., Kim, S., & Brody, G. H. (2003). Prospective Effects of Marital Satisfaction of Depressive Symptoms in Established Marriage: A Dyadic Model. *Journal of Social and Personal Relationships,* 20(3), 355-371.

Benin, M. H., & Agostinelli, J. (1988). Husbands' and Wives' Satisfaction with the Division of Labor. *Journal of Marriage and Family,* 50(2), 349-361.

Berk, M. (2009). *Evli Ö retmenlerin Yükleme Tarzları ve Evlilik Doyum Algılarının Bazı Demografik De i kenler Açısından ncelenmesi*(Unpublished Master's Thesis). Çukurova University, Institute of Social Sciences.

Biber, Y. (2012). *Psikolojik Danı manlık ve E itim Merkezlerine Ba vuran Yeti kinlerin Psikopatoloji Algılarının ve Psikopatolojiyi Tanıma Düzeylerinin ncelenmesi* (Unpublished Master's Thesis). Maltepe University, Graduate School of Social Sciences.

Bilen, M. (1978). *Ailede Sa lıklı li kiler.* Ankara: Mars Yayınları.

Bingham, C. R., & Shope, J. T. (2004). Adolescent Problem Behavior and Problem Driving in Young Adulthood. *Journal of Adolescent Research,* 19(2), 205-223. doi: 10.1177/0743558403258269

Bloch, J. R., Webb, D. A., Mathews, L., Dennis, E. F., Bennet, I. M., & Culhane, J. F. (2009). Beyond Marital Status: The Quality of the Mother–Father Relationship and Its Influence on Reproductive Health Behaviors and Outcomes Among Unmarried Low Income Pregnant Women. *Matern Child Health Journal, 14*, 726-734.doi: 10.1007/s10995-009-0509-7

Bookwala, J., & Jacobs, J. (2004). Age, Marital Processes, and Depressed Affect. *The Gerontologist, 44*(3), 328-338.

Bradbury, T. N., & Fincham, F. D. (1988). Individual difference variables in close relationships: A contextual model in marriage as an integrative framework. *Journal of Personality and Social Psychology,* 54(4), 713-721.

Bradbury, T. N., & Fincham, F. D. (1990). Attributions in Marriage: Review and Critique. *Psychological Bulletin,* 107(1), 3-33.

Brems, C., & Johnson, M. E. (1989). Problem-solving appraisal and coping style: The influence of sex-role orientation and gender. *The Journal of Psychology,* 123(2), 187-194.doi: 10.1080/00223980.1989.10542975

Budak, S. (2003). *Psikoloji Sözlü ü.* Ankara: Bilim ve Sanat Yayınları.

Canbulat, N., & Cihangir Çankaya, Z. (2014). Evli Bireylerin Öznel yi Olma Düzeylerinin Yordanması. *Ege E itim Dergisi,* 15(2), 556-576.

Canel, A. N. (2007). *Ailede Problem Çözme, Evlilik Doyumu ve Örnek Bir Grup Çalı masının Sınanması*(Unpublished PhD Thesis). Marmara University Institute, Educational Sciences.

Christensen, A., & Shenk, J. L. (1991). Communication, conflict, and psychological distance in nondistressed, clinic, and divorcing couples. *Journal of Consulting and Clinical Psychology,* 59(3), 458.

Conger, R. D., Rueter, M. A., & Elder, G. H. (1999). Couple Resilience to Economic Pressure. *Journal of Personality and Social Psychology,* 76(1), 54-71.

Cope, T. (2014). Positive Psychotherapy: 'Let the truth be told. *International Journal of Psychotherapy, 18*(2), 62-71.

Co kun, . (2017). *Psikopatolojinin, Kumar Oynama Davranı ı ve Alkol-Madde Kötüye Kullanımı ile li kisi*(Unpublished Master's Thesis). I ık University, Graduate School of Social Sciences.

Cutler, H. A., & Radford, A. (1999). Adult Children of Alcoholics: Adjustment to a College Environment. *The Family Journal: Counseling and Therapy for Couples and Families,* 7(2), 148-153.

Curun, F. (2006). *Yüklemeler, leti im Çatı maları, Cinsiyet ve Cinsiyet Rolü Yönelimi ile Evlilik Doyumu Arasındaki li ki*(Unpublished PhD Thesis). Ankara University, Graduate School of Social Sciences.

Cücelo lu, D. (1999). *nsan ve davranı ı.* stanbul: Remzi Kitabevi.

Ça , P. (2011). *Evli Bireylerde E Deste i ve Evlilik Doyumu*(Unpublished Master's Thesis). Hacettepe University, Graduate School of Social Sciences.

Çaplı, O. (1992). *Evlenmeye hazır mısınız?* Ankara: Bilgi Yayınevi.

Çelik, M. (2006). *Evlilik Doyum Ölçe i Geli tirme Çalı ması*(Unpublished Doctoral Dissertation). Çukurova University, Institute of Social Sciences.

Çilli, A. S., Kaya, N., Bodur, S., Özkan, ., & Kucur, R. (2004). Ev Kadınlarında ve Çalı an Evli Kadınlarda Psikolojik Belirtilerin Kar ıla tırılması. *Genel Tıp Dergisi,* 14(1), 1-5.

Çınar, L. (2008). *Evlilik Doyumu:Cinsiyet rolleri ve Yardım Arama Tutumu*(Unpublished Master's Thesis). Gazi University, Graduate School of Educational Sciences.

Da , . (1991). Belirti Tarama Listesi (Scl-90-R)'nin Üniversite Ö rencileri için güvenirli i ve geçerli i. *Türk Psikiyatri Dergisi,* 2(1), 5-12.

Davila, J., Bradbury, T. N., & Cohan, C. L. (1997). Marital Functioning and Depressive Symptoms: Evidence for a Stress Generation Model. *Journal of Personal iiy and Social Psychology,* 73(4), 849-861.

Derogatis, L. R., Rickels, K., & Rock, A. F. (1976). The SCL-90 and the MMPI: a step in the validation of a new self-report scale. *The British Journal of Psychiatry,* 128(3), 280-289.

Düzgün, G. (2009). *Evli Ki ilerde Depresyon, li kiye li kin nanç, Kendini Ayarlama Düzeyinin Evlilik Uyumu ile li kisi*(Unpublished Master's Thesis). Ankara University, Graduate School of Social Sciences.

Eker, D. (1991). Ailenin ve Toplumun Akıl Hastalıkları ile lgili Tutumları. *Aile ve Toplum Dergisi,* 1(2).

Eskin, M. (2012). Evlilik Terapisi için Ba vuran Çiftlerin Evlilik Doyumu ve Evlilik Terapisiyle Hakkındaki Görü leriyle li kili Etmenler. *Klinik Psikiyatri, 15*, 226-237.

Ferah, D. (2000). *Kara harp okulu ö rencilerinin problem çözme becerilerini algılamalarının ve problem çözme yakla ım biçimlerinin cinsiyet, sınıf, akademik ba arı ve liderlik yapma açısından incelenmesi*(Unpublished Master's Thesis). Hacettepe University, Graduate School of Social Sciences.

Filsinger, E. E., & Wilson, M. R. (1983). Social Anxiety and Marital Adjustment. *Family Relations,* 32(4), 513-519.

Fowers, B. J. (1993). Psychology as Public Philosophy: An Illustration of the Moral Dimension of Psychology with Marital Research. *Journal of Theoretical and Philosophical Psychology,* 13(2), 124-136.

Gelbal, S. (1991). Problem Çözme. *Hacettepe Üniversitesi E itim Fakültesi Dergisi, 6*, 167-173.

Gençtan, E. (1990). *Ça da Ya am ve Normal Dı ı Davranı lar.* Ankara: Maya Yayınevi.

Glenn, N. D. (1991). The Recent Trend in Marital Success in the United States. *Journal of Marriage and Family,* 53(2), 261-270.

Gökmen, A. (2001). *Evli e lerin birbirlerine yönelik kontrolcülük ve ba ımlılık algılarının evlilik doyumu üzerindeki etkisi*(Unpublished Master's Thesis). Hacettepe University, Ankara.

Gülerce, A. (1996). *Türkiye'de ailelerin psikolojik örüntüleri.* stanbul: Bo aziçi Üniversitesi Yayınları.

Gümü , H. (2015). *Evli Bireylerin Algılanan Sosyal Destek Düzeyi ve Ya am Doyumları ile Problem Çözme Becerileri Arasındaki li ki*(Unpublished Master's Thesis). Yalova University, Institute of Social Sciences.

Günsel, D. A. (2013). *Evli Bireylerin Algıladıkları E Deste inin Çe itli De i kenler Açısından De erlendirilmesi: KKTC Örne i*(Unpublished Master's Thesis). Ankara University, Institute of Educational Sciences.

Güven, N., & Sevim, S. A. (2016). li kilerle lgili Bili sel Çarpıtmalar ve Algılanan Problem Çözme Becerilerinin Evlilik Doyumunu Yordama Gücü. *Türk Psikolojik Danısma ve Rehberlik Dergisi,* 3(28), 49-61.

Güvenç, B. (1984). *nsan ve Kültür.* stanbul: Remzi Kitabevi.

Hamarta, E., Deniz, M., Dilmaç, B., & Arslan, C. (2015). Evlilik çi li ki ile Evlilikteki Ya am Doyumunun Evli Çiftlerin De erleri Açısından ncelenmesi. *International Journal of Human Sciences,* 12(1), 55-69.doi: 10.14687/ijhs.v12i1.3107

Hawkins, D. N., & Booth, A. (2005). Unhappily Ever After: Effects of Long-Term, Low-Quality Marriages on Well-Being. *Social Forces,* 84(1), 451-471.

Henrichs, C. (2012). Psychodynamic Positive Psychotherapy Emphasizes the Impact of Culture in the Time of Globalization. *Psychology, 3*, 1148-1152.doi.org/10.4236/psych.2012.312A169

Heppner, P. P., & Peterson, C. H. (1982). The Development and Implications of a Personal Problem-Solving Inventory. *Journal of Counseling Psychology,* 29(1), 66-75.

Heppner, P. P., Baumgardner, A., & Jackson, J. (1985). Problem-Solving Self-Appraisal, Depression, and Attributional Style: Are They Related? *Cognitive Therapy and Research,* 9(1), 105-113.

Heppner, P. P., Sahin, N., & Sahin, N. H. (1993). Psychometric properties of the problem solving inventory in a group of Turkish university students. *Cognitive Therapy and Research,* 17(4), 379-396.

Hünler, O. S., & Gençöz, T. (2003). Boyun E ici Davranı lar ve Evlilik Doyumu li kisi: Algılanan Evlilik Problemleri Çözümünün Rolü. *Türk Psikoloji Dergisi,* 18(51), 99-108.

 lkketenci, R. (2004). *Evli Bireylerin Problem Çözme Becerileri ve Evlilik Uyumları Arasındaki li ki*(Unpublished Master's Thesis). Selçuk University, Graduate School of Social Sciences.

I ılo lu, B. (2006). *Anksiyete ve Depresyon Tanısı ile zlenen Evli Kadınlarda Aile çi iddetin Sosyodemografik Faktörler, Çift Uyumu ve Hastalıkla li kisi*(Unpublished Thesis). T.C Ministry of Health Bakırköy Prof. Dr. Mazhar Osman Mental Health and Neurological Disorders Education and Research Hospital 12. Psychiatry Unit.

Jackman-Cram, S., Dobson, K. S., & Martin, R. (2006). Marital Problem-Solving Behavior in Depression and Marital Distress. *Journal of Abnormal Psychology,* 115(2), 380-384.

Jorm, A. F. (2000). Mental health literacy : Public knowledge and beliefs about mental disorders. *The British Journal of Psychiatry, 177*, 396-401.

Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Pollitt, P. (1997). Mental health literacy: a survey of the public's ability to recognise mental disorders and their beliefs about the effectiveness of treatment. *The Medical Journal of Australia,* 166(4), 182.

Kaplan, K. (2016). E*vli Bireylerde Toplumsal Cinsiyet Rollerine li kin Tutumların, Evlilik Doyumuna ve Psikolojik yi Olu Durumuna Etkisinin ncelenmesi*(Unpublished Master's Thesis). Beykent University, Institute of Social Sciences.

Kaptan, H., & Korkmaz, H. (2002). Fen E itiminde Proje Tabanlı Ö renmenin Yaratıcı Dü ünme Problem Çözme ve Akademik Risk Alma Düzeylerine Etkisi. *Hacettepe Üniversitesi E itim Fakültesi Dergisi, 22*(22).

Karasar, N. (2000). *Bilimsel Ara tırma Yöntemleri.* Ankara: Nobel Yayın Da ıtım.

Kele , O. B. (2000). *E itim yöneticilerinde sorun çözme ve denetim oda ı ili kisi*(Unpublished PhD Thesis). Ankara University, Ankara.

Kersten, K. K. (1990). The Process of Marital Disaffection: Interventions at Various Stages. *Family Relations, 39*(3), 257-265.

Kılıç, M. (2012). *Evli Çiftlerde Görülen Ruhsal Belirtiler ile Aile levsellik Düzeyi Arasındaki li ki*(Unpublished Master's Thesis). Dokuz Eylül University, Institute of Educational Sciences.

Koçak, T. (2014). *Evli Çiftlerde deal Benli e Yönelim ile De er Benzerli inin Evlilik Doyumuyla Ba lantısı*(Unpublished Master's Thesis). Ankara University, Graduate School of Social Sciences.

Korkut, F. (2002). Lise Ö rencilerinin Problem Çözme Becerileri. *Hacettepe Üniversitesi E itim Fakültesi Dergisi, 22*, 177-184.

Köken, N. (2002). Problem Çözme Yönteminin Sosyal Bilgiler Dersinde Kullanılı ı. *Gazi Üniversitesi Kır ehir E itim Fakültesi Dergisi, 3*(2), 53-63.

Lim, B. K. (2000). *Conflict Resolution Styles, Somatization, and Marital Satisfaction in Chinese Couples: The Moderating Effect of Forgiveness and Willingness to Seek Profesional Help*(Unpublished PhD Thesis). Texas Tech University.

McNulty, J. K., & Russell, V. M. (2010). When "Negative" Behaviors Are Positive: A Contextual Analysis of the Long-Term Effects of Problem-Solving Behaviors on Changes in Relationship Satisfaction. *Journal of Personality and Social Psychology, 98*(4), 587-604.

Messina, N., Wish, E., & Nemes, S. (2000). Predictors of Treatment Outcomes in Men and Women Admitted to a Therapeutic Community. *The American journal of drug and alcohol abuse,* 26(2), 207-227.

Nichols, W. C. (2005). The first years of marital commitment. *Handbook of couples therapy* (s. 28-43). U.S.A.

Orbuch, T. L., House, J. S., Mero, R. P., & Webster, P. S. (1996). Marital Quality Over the Life Course. *Social Psychology Quarterly,* 59(2), 162-171.

Öner, N. (1997). *Türkiye'de Kullanılan Psikolojik Testler.* stanbul: Bo aziçi Üniversitesi Matbaası.

Özgüven, . E. (2000). *Evlilik ve Aile Terapisi.* Ankara: Pdrem Yayınları.

Özgüven, . E. (2001). *Ailede ileti im ve ya am.* Ankara: Pdrem Yayınları.

Öztürk, O. (2004). *Ruh Sa lı ı ve Bozuklukları.* Ankara: Nobel Yayın Da ıtım.

Özu urlu, K. (1990). *Evlilik Raporu.* stanbul: Altın Kitaplar Yayınevi.

Özu urlu, K. (1999). Karı-Koca li kilerinden Do an Sorunlar.H.Yavuzer (Ed.)*Ana-Baba Okulu.* stanbul: Remzi Kitabevi.

Peseschekian, N., & Deidenbach, H. (1988). Mental Hygiene of the Physician-4 Dimensons of the Doctor-Patient-Relationship. *Munchener Medizinische Wochenschrift,* 130(11), 191-195.

Peseschkian, N. (1988). *Pozitif Aile Terapisi.* Beyaz Yayınları.

Peseschkian, N. (2012). Oriental stories as tools in psychotherapy. *The merchant and the parrot.* Springer Science & Business Media.

Polat, K. (2014). *Evli Bireylerde Çift Uyumu ve Bazı Psikolojik Belirtilerin Benli in Farklıla ması Açısından ncelenmesi*(Unpublished Master's Thesis). Gaziosmanpa a University, Graduate School of Education Sciences.

Ren, X. S. (1997). Marital Status and Quality of Relationships: The Impact on Health Perception. *Social Science & Medicine, 2*, 241-249.

Robinson, L. C., & Blanton, P. W. (1993). Marital strengths in enduring marriages. *Family Relations, 42*(1), 38-45.

Saborin, S., Laporte, L., & Wright, J. (1990). Problem solving self-apprasial and coping efforts in distressed and nondistressed couples. *Journal of Marital and Family Therapy, 16*(1), 89-97.

Sancaktar, N. (2016). *Yeni Evlenen ve Uzun Süredir Evli Olan Çiftlerin Evlilikte Problem Çözme Becerisi Düzeylerinin Öznel yi Olu ve Evlilik Doyumu Düzeyleri ile li kisinin ncelenmesi* (Unpublished Master's Thesis). Beykent University, Institute of Social Sciences.

Sanford, K. (2003). Problem-Solving Conversations in Marriage: Does It Matter What Topics Couples Discuss? *Personal Relationships, 10*, 97-112.

Saygılı, H. (2000). *Problem çözme becerisi ile sosyal ve ki isel uyum arasındaki ili kinin incelenmesi*(Unpublished Master's Thesis). Atatürk University, Erzurum.

Solomon, M. B., & Herman, J. P. (2009). Sex differences in psychopathology: Of gonads, adrenals and mental illness. *Physiology & Behaviour, 97*(2), 250-258.

Soylu, Y., & Kabasakal, Z. (2016). Evli Kadınların Ya am Doyumunun Evlilik Doyumu ve Çalı ma Durumu ile li kilerinin ncelenmesi. *Journal of Research in Education and Teaching, 5*(4), 215-222.

Sullivan, K. T., Pasch, L. A., Johnson, M. D., & Bradbury, T. N. (2010). Social Support, Problem Solving, and the Longitudinal Course of Newlywed Marriage. *Journal of Personality and Social Psychology, 98*(4), 631-644.doi: 10.1037/a0017578

ahin, N., ahin, N. H., & Heppner, P. P. (1993). Psychometric properties of the problem solving inventory in a group of Turkish university students. *Cognitive Therapy and Research, 17*(4), 379-396.

Ta demir, E. (2014). *Evlilik Doyumu ile Bili sel emalar Arasındaki li ki*(Unpublished Master's Thesis). Üsküdar University, Institute of Social Sciences.

Ta köprü, M. (2013). *Evlilik Doyumu ile Problem Çözme Becerileri, Stresle Ba a Çıkma ve Evlilik Süresi Arasındaki li kinin ncelenmesi*(Unpublished Master's Thesis). Istanbul Bilim University, Graduate School of Social Scieneces.

Tezer, E. (1986). *Evli e ler arasındaki çatı ma davranı ları: Algılama ve doyum*(Unpublished PhD Thesis). Hacettepe University, Ankara.

Tezer, E. (1996). Evlilik li kisinden Sa lanan Doyum: Evlilik Ya am Ölçe i. *Psikolojik Danı ma ve Rehberlik Dergisi,* 2(7), 1-7.

Tutarel-Kı lak, ., & Göztepe, I. (2012). Duygu Dı avurumu, Empati, Depresyon ve Evlilik Uyumu Arasındaki li kiler. *Ankyra: Ankara Üniversitesi Sosyal Bilimler Enstitüsü Dergisi, 3*(2). doi: 10.1501/sbeder_0000000044

Tülek, N. (2011). *Evli Bireylerin Öznel yi Olma Düzeylerinin Yordanması*(Unpublished Master's Thesis). Ege University, Institute of Social Sciences.

Üncü, S. (2007). *Duygusal Zeka ve Evlilik Doyumu li kisi*(Unpublished Master's Thesis). Ankara University, Institute of Educational Sciences.

Weissman, M. M., Bland, R., Joyce, P. R., Newman, S., Wells, J. E., & Wittchen, H. (1993). Sex differences in rates of depression: cross-national perspectives. *Journal of Affective Disorders, 29*, 77-84.

Whisman, M. A. (1999). Marital Dissatisfaction and Psychiatric Disorders: Results From the National Comorbidity Survey. *Journal of Abnormal Psychology,* 108(4), 701-706.Whisman, M. A., & Uebelacker, L. A. (2009). Prospective Associations Between Marital Discord and Depressive Symptoms in Middle-Aged and Older Adults. *Psychology and Aging,* 24(1), 184-189. doi: 10.1037/a0014759

Whisman, M. A., Uebelacker, L. A., & Weinstock, L. M. (2004). Psychopathology and Marital Satisfaction: The Importance of Evaluating Both Partners. *Journal of Consulting and Clinical Psychology,* 72(5), 830-838.doi: 10.1037/0022-006X.72.5.830

Yüksel, Ö. (2013). *Kadınlarda Evlilik Uyumu ve Psikolojik belirtiler Arasındaki li ki: Stresle Ba Etme Biçimleri ve Toplumsal Cinseiyet Rolü Tutumlarının Aracı Rolleri*(Unpublished Master's Thesis). Hacettepe University, Graduate School of Social Sciences.

Zentner, M. R. (2005). Ideal Mate Personality Concepts and Compatibility in Close Relationships: A Longitudinal Analysis. *Journal of Personality and Social Psychology,* 89(2), 242-256.

APPENDICES

Appendix 1

Ki isel Bilgi Formu

1. Cinsiyetiniz nedir?

   a) Kadın   b) Erkek

2. Kaç ya ındasınız, belirtiniz:................

3. E itim durumunuz nedir?

   a) lkokul

   b) Ortaokul

   c) Lise

   d) Üniversite

   e) Yükseklisan/Doktora

4. E inizin e itim düzeyi nedir?

   a) lkokul

   b) Ortaokul

   c) Lise

   d) Üniversite

   e) Yükseklisan/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 ya ında evlendiniz, belirtiniz: ....

8. E inizle nasıl evlendiniz?

a) severek/ flört ederek evlendim.

b) görücü usulü/ isteyerek evlendim.

c) görücü usulü/ istemeyerek evlendim.

9. Evlenmeden önce e inizle ne kadar süredir tanı ıyordunuz? (ay/yıl)...............

10. Kaç çocu unuz var, belirtiniz: ....

Appendix 2

<div align="center">

EVL L K YA AM ÖLÇE

</div>

A a ıda evlilik ya amına ili kin 10 cümle bulunmaktadır. Bu cümlelerden her birinin altında da "kesinlikle katılmıyorum", "katılmıyorum", "kararsızım", "katılıyorum" ve "kesinlikle katılıyorum" seçenekleri yer almaktadır. Her cümleyi dikkatle okuyunuz ve sizin evlilik ya amınıza uyan seçene i çarpı (X) koyarak i aretleyiniz.

1. Evlilikten beklediklerimin ço u gerçekle ti.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

2. Evlili imizdeki engellerin a ılamaz oldu unu dü ünüyorum.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

3. Evlili imizi çok anlamlı buluyorum.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

4. Evlili imizde giderek eksilen heyecan beni rahatsız ediyor.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

5. Ev1i1i imiz zaman zaman bana bir yük gibi geliyor.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

6. Huzurlu bir ev ya amım var.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

7. Evlili imiz her geçen gün daha iyiye do ru gitti.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

8. Bizim ili kimiz ideal bir karı-koca ili kisidir.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

9. E im benim için aynı zamanda iyi bir arkada tır.

( )   ( )   ( )   ( )   ( )

Kesinlikle   Katılmıyorum   Kararsızım   Katılıyorum   Kesinlikle

Katılmıyorum   Katılıyorum

10. Ba ba a kaldı ımız zaman benim canım hiç sıkılmaz.

( )   ( )   ( )   ( )   ( )

| Kesinlikle | Katılmıyorum | Kararsızım | Katılıyorum | Kesinlikle |
| Katılmıyorum | | | | Katılıyorum |

Appendix 3

Problem Çözme Envanteri (PÇE)

Açıklama: Bu envanterin amacı, günlük ya antınızdaki problemlerinize (sorunlarınıza) genel olarak nasıl tepki gösterdi inizi belirlemeye çalı maktır. Bunlar, kendini karamsar hissetme, arkada larla geçinememe, bir mesle e yönelme konusunda ya anan belirsizlikler gibi karar verilmesi zor konularda ve hepimizin ba ına gelebilecek türden sorunlardır.

Lütfen a a ıdaki maddeleri elinizden geldi ince samimiyetle ve bu tür sorunlarla kar ıla tı ınızda tipik olarak nasıl davrandı ınızı göz önünde bulundurarak cevaplandırınız. Cevaplarınızı, bu tür problemlerin nasıl çözülmesi gerekti ini dü ünerek de il, böyle sorunlarla kar ıla tı ınızda **gerçekten** ne yaptı ınızı dü ünerek vermeniz gerekmektedir.

Bunu yapabilmek için kolay bir yol olarak her soru için kendinize u soruyu sorun: **"Burada sözü edilen davranı ı ben ne sıklıkla yaparım?"**

Yanıtlarınızı a a ıdaki ölçe e göre de erlendirin:

1. Her zaman böyle davranırım   4. arada sırada böyle davranırım

2. Ço unlukla böyle davranırım   5. ender olarak böyle davranırım

3. Sık sık böyle davranırım   6. hiçbir zaman böyle davranmam

Ne kadar sıklıkla böyle davranırsınız?

Her zaman..Hiç bir zaman..

1. Bir sorunumu çözmek için kullandığım çözüm yolları başarısız ise bunların neden başarısız olduğunu araştırmam.	1	2	3	4	5	6
2. Zor bir sorunla karşılaştığımda ne olduğunu tam olarak belirleyebilmek için nasıl bilgi toplayacağımı uzun boylu düşünmem.	1	2	3	4	5	6
3. Bir sorunumu çözmek için gösterdiğim ilk çabalar başarısız olursa o sorun ile başa çıkabileceğimden şüpheye düşerim.	1	2	3	4	5	6
4. Bir sorunumu çözdükten sonra bu sorunu çözerken neyin işe yaradığını, neyin yaramadığını ayrıntılı olarak düşünmem.	1	2	3	4	5	6
5. Sorunlarımı çözme konusunda genellikle yaratıcı ve etkili çözümler üretebilirim.	1	2	3	4	5	6
6. Bir sorunumu çözmek için belli bir yolu denedikten sonra durur ve ortaya çıkan sonuç ile olması gerektiğini düşündüğüm sonucu karşılaştırırım.	1	2	3	4	5	6
7. Bir sorunum olduğunda onu çözebilmek için başvurabileceğim yolların hepsini düşünmeye çalışırım.	1	2	3	4	5	6
8. Bir sorunla karşılaştığımda neler hissettiğimi anlamak için duygularımı incelerim.	1	2	3	4	5	6
9. Bir sorun kafamı karıştırdığında duygu ve düşüncelerimi somut ve açık-seçik terimlerle ifade etmeye uğraşmam.	1	2	3	4	5	6
10. Başlangıçta çözümü fark etmesem de sorunlarımın çoğunu çözme yeteneğim vardır.	1	2	3	4	5	6
11. Karşılaştığım sorunların çoğu, çözebileceğimden daha zor ve karmaşıktır.	1	2	3	4	5	6
12. Genellikle kendimle ilgili kararları verebilirim ve bu kararlardan hoşnut olurum.	1	2	3	4	5	6
13.Bir sorunla karşılaştığımda onu çözme için genellikle aklıma gelen ilk yolu izlerim.	1	2	3	4	5	6
14. Bazen durup sorunlarım üzerinde düşünmek yerine gelişigüzel sürüklenip giderim.	1	2	3	4	5	6
15. Bir sorunla ilgili olası bir çözüm yolu üzerinde karar vermeye çalışırken seçeneklerimin başarı olasılığını tek tek değerlendirmem.	1	2	3	4	5	6

16. Bir sorunla karşılaştığımda, başka konuya geçmeden önce durur ve o sorun üzerinde düşünürüm.	1	2	3	4	5	6
17. Genellikle aklıma ilk gelen fikir doğrultusunda hareket ederim.	1	2	3	4	5	6
18. Bir karar vermeye çalışırken her seçeneğin sonuçlarını ölçer, tartar, birbiriyle karşılaştırır, sonra karar veririm.	1	2	3	4	5	6
19. bir sorunumu çözmek üzere plan yaparken o planı yürütebileceğime güvenirim.	1	2	3	4	5	6
20. Belli bir çözüm planını uygulamaya koymadan önce, nasıl bir sonuç vereceğini tahmin etmeye çalışırım.	1	2	3	4	5	6
21. Bir soruna yönelik olası çözüm yollarını düşünürken çok fazla seçenek üretmem.	1	2	3	4	5	6
22. Bir sorunumu çözmeye çalışırken sıklıkla kullandığım bir yöntem; daha önce başıma gelmiş benzer sorunları düşünmektir.	1	2	3	4	5	6
23. Yeterince zamanım olur ve çaba gösterirsem karşılaştığım sorunların çoğunu çözebileceğime inanıyorum.	1	2	3	4	5	6
24.Yeni bir durumla karşılaştığımda ortaya çıkabilecek sorunları çözebileceğime inancım vardır.	1	2	3	4	5	6
25. Bazen bir sorunu çözmek için çabaladığım halde, bir türlü esas konuya giremediğim ve gereksiz ayrıntılarla uğraştığım duygusunu yaşarım.	1	2	3	4	5	6
26. Ani kararlar verir ve sonra pişmanlık duyarım.	1	2	3	4	5	6
27. Yeni ve zor sorunları çözebilme yeteneğine güveniyorum.	1	2	3	4	5	6
28. Elimdeki seçenekleri karşılaştırırken ve karar verirken kullandığım sistematik bir yöntem vardır.	1	2	3	4	5	6
29. Bir sorunla başa çıkma yollarını düşünürken çeşitli fikirleri birleştirmeye çalışmam.	1	2	3	4	5	6
30. Bir sorunla karşılaştığımda bu sorunun çıkmasında katkısı olabilecek benim dışımdaki etmenleri genellikle dikkate almam.	1	2	3	4	5	6
31. Bir konuyla karşılaştığımda, ilk yaptığım şeylerden biri, durumu gözden geçirmek ve konuyla ilgili olabilecek her türlü bilgiyi dikkate almaktır.	1	2	3	4	5	6
32. Bazen duygusal olarak öylesine etkilenirim ki, sorunumla başa çıkma yollarından pek çoğunu dikkate bile almam.	1	2	3	4	5	6
33. Bir karar verdikten sonra, ortaya çıkan sonuç genellikle benim beklediğim sonuca uyar.	1	2	3	4	5	6
34. Bir sorunla karşılaştığımda, o durumla başa çıkabileceğimden genellikle pek emin değilimdir.	1	2	3	4	5	6
35. Bir sorunun farkına vardığımda, ilk yaptığım şeylerden biri, sorunun tam olarak ne olduğunu anlamaya çalışmaktır.	1	2	3	4	5	6

Appendix 4

SCL-90- R

Adı – Soyadı:

Ya   :   **Cinsiyeti :**

<u>**Açıklama   :**</u>   **Tarih   :**

A a ıda zaman zaman herkeste olabilecek yakınma ve sorunların bir listesi vardır. Lütfen her birini dikkatlice okuyunuz. Sonra bu durumun bugün de dahil olmak üzere son bir ay içinde sizi ne ölçüde huzursuz ve tedirgin etti ini göz önüne alarak a a ıda belirtilen tanımlamalardan uygun olanının numarasını kar ısındaki bo lu a yazınız. Dü üncenizi de i tirirseniz ilk yazdı ınız numarayı tamamen siliniz. Lütfen ba langıç örne ini dikkatle okuyunuz ve anlamadı ınız bir cümle ile kar ıla tı ınızda uygulayan ki iye danı ınız.

<u>Örnek :</u>   <u>Tanımlama :</u>

A a ıda belirtilen sorundan   0 Hiç

ne ölçüde rahatsız olmaktasınız?   1 Çok az

Cevap   2 Orta derecede

                                          3 Oldukça fazla

                                          4 A ırı düzeyde

Örnek : Bel a rısı ... 3 ...

1. Ba a rısı

2. Sinirlilik ya da içinin titremesi

3. Zihinden atamadı ınız yineleyici (tekrarlayıcı) ho a gitmeyen dü ünceler

4. Baygınlık ve ba dönmeler

5. Cinsel arzuya ilginin kaybı

6. Ba kaları tarafından ele tirilme duygusu

7. Herhangi bir kimsenin dü üncelerinizi kontrol edebilece i fikri

8. Sorunlarınızdan pek ço u için ba kalarının suçlanması gerekti i fikri

9. Olayları anımsamada (hatırlamada) güçlülük

10. Dikkatsizlik veya sakarlıkla ilgili endi eler

11. Kolayca gücenme, rahatsız olma hissi

12. Gö üs veya kalp bölgesinde a rılar

13. Caddelerde veya açık alanlarda korku hissi

14. Enerjinizde azalma veya yava lama hali

15. Ya amınızın sona ermesi dü ünceleri

16. Ba ka ki ilerin duymadıkları sesleri duyma

17. Titreme

18. Ço u ki iye güvenilmemesi gerekti i dü üncesi

19. tah azalması

20. Kolayca a lama

21. Kar ı cinsten ki ilerle ilgili utangaçlık ve rahatsızlık hissi

22. Tuza a dü ürülmü veya tuza a yakalanmı hissi

23. Bir neden olmaksızın aniden korkuya kapılma

24. Kontrol edilmeyen öfke patlamaları

25. Evden dı arı yalnız çıkma korkusu

26. Olanlar için kendini suçlama

27. Belin alt kısmında a rılar

28. lerin yapılmasında erteleme dü üncesi

29. Yalnız hissi

30. Karamsarlık hissi

31. Her ey için çok fazla endi e duyma

32. Her eye kar ı ilgisizlik hali

33. Korku hissi

34. Duygularınızın kolayca incitilebilmesi hali

35. Di er insanların sizin dü ündüklerinizi bilmesi hissi

36. Ba kalarının sizi anlamadı ı veya hissedemeyece i duygusu

37. Ba kalarının sizi sevmedi i ya da dostça olmayan davranı lar gösterdi i hissi

38. lerin do ru yapıldı ından emin olabilmek için çok yava yapmak

39. Kalbin çok hızlı çarpması

40. Bulantı veya midede rahatsızlık hissi

41. Kendini ba kalarından a a ı görme

42. Adele (kas) a rıları

43. Ba kalarının sizi gözledi i veya hakkınızda konu tu u hissi

44. Uykuya dalmada güçlük

45. Yaptı ınız i leri bir ya da birkaç kez kontrol etme

46. Karar vermede güçlük

47. Otobüz, tren, metro gibi araçlarla yolculuk etme korkusu

48. Nefes almada güçlük

49. So uk ve sıcak basması

50. Sizi korkutan belirli u ra , yer veya nesnelerden kaçınma durumu

51. Hiç bir ey dü ünmeme hali

52. Bedeninizin bazı kısımlarında uyu ma, karıncalanma olması

53. Bo azınıza bir yumru tıkanmı hissi

54. Gelecek konusunda ümitsizlik

55. Dü üncelerinizi bir konuya yo unla tırmada güçlülük

56. Bedeninizin çe itli kısımlarında zayıflılık hissi

57. Gerginlik veya co ku hissi

58. Kol ve bacaklarda a ırlık hissi

59. Ölüm ya da ölme dü ünceleri

60. A ırı yemek yeme

61. nsanlar size batı ı veya hakkınızda konu tu u zaman rahatsızlık duyma

62. Size ait olmayan dü üncelere sahip olma

63. Bir ba kasına vurmak, zarar vermek, yaralamak dürtülerinin olması

64. Sabahın erken saatlerinde uyanma

65. Yıkanma, sayma, dokunma gibi bazı hareketleri yenileme hali

66. Uykuda huzursuzluk, rahat uyuyamama

67. Bazı eyleri kırıp dökme iste i

68. Ba kalarının yanında kendini çok sıkılgan hissetme

69. Ba kalarının yanında kendini çok sıkılgan hissetme

70. Çar ı, sinema gibi kalabalık yerlerde rahatsızlık hissi

71. Her eyin bir yük gibi görünmesi

72. Deh et ve panik nöbetleri

73. Toplum içinde yer içerken huzursuzluk hissi

74. Sık sık tartışmaya girme

75. Yalnız bıraktığınızda sinirlilik hali

76. Başkalarının sizi başarılarınız için yeterince takdir etmediği duygusu

77. Başkalarıyla birlikte olunan durumlarda bile yalnızlık hissetme

78. Yerinizde durmayacak ölçüde rahatsızlık duyma

79. Değersizlik duygusu

80. Size kötü bir şey olacakmış duygusu

81. Bağırma ya da eşyaları fırlatma

82. Topluluk içinde bayılacağınız korkusu

83. Eğer izin verirseniz insanların sizi sömüreceği duygusu

84. Cinsellik konusunda sizi çok rahatsız eden düşüncelerinizin olması

85. Günahlarınızdan dolayı cezalandırmanız gerektiği düşüncesi

86. Korkutucu türden düşünce ve hayaller

87. Bedeninizde ciddi bir rahatsızlık olduğu düşüncesi

88. Başka bir kişiye karşı asla yakınlık duymama

89. Suçluluk duygusu

90. Aklınızda bir bozukluğun olduğu düşüncesi

Appendix 5

Bu envanterde farklı ya lardan kadın ve erkek ki ilerin çe itli ifadeleri bulunmaktadır

Lütfen kendi bakı açınıza göre bu ifadeleri de erlendiriniz. Bu envanterin sonuçları konsültasyon ve tedavi icin yararlı olabilmektedir.

Lütfen her ifade icin bir cevap i aretleyin. Dört farklı seçenek mevcuttur.

	Evet		**Hayır**	
- "Tamamıyle katılıyorum" için "evet"in altındaki O harfini i aretleyin	X	O	O	O
- "Hiç Katılmıyorum" için "hayır"ın altındaki O harfini i aretleyin	O	O	O	X
- "Kismen katılıyorum" için "evet"e yakın olan O harfini i aretleyin	O	X	O	O
- "Kismen katılmıyorum" için "hayır"a yakın olan O harfini i aretleyin	O	O	X	O

Te ekkürler!

		Evet		**Hayır**		
1	**Yönergeleri okudum ve tüm soruları açıklıkla yanıtlamaya hazır hissediyorum.**	O	O	O	O	
2	**Öfkeli veya heyecanlı oldu um zaman bunu bütün vucudumda hissederim.**	O	O	O	O	20a
3	**Çalı ma yerimi/ofisimi/evimi her zaman düzenli tutar ve bırakırım.**	O	O	O	O	1a
4	**Çocuklu umda ebeveynlerimin pek çok sosyal ili kisin oldu unu gözlemledim.**	O	O	O	O	26a
5	**Zorluk içinde oldu umda, olabilecek bütün olasılıkları düsünmekten kedimi alamam.**	O	O	O	O	23a
6	**Güvenirlilik i hayatında ve toplumda cok önemlidir.**	O	O	O	O	7c
7	**Bir karar verdi im zaman her ne olursa olsun onu mutlaka korurum.**	O	O	O	O	11a
8	**Akrabalarım çok fazla para harcadıkları zaman kedimi irite olmu hissederim.**	O	O	O	O	8b
9	**Açıklık ve dürüstlük ba kalarına saygılı olmaktan cok daha önemlidir.**	O	O	O	O	5c
		4	3	2	1	

WIPPF 2.0

Evet Hayır

10 Çok ümitsiz görünen durumlarda bile her zaman bir çıkı yolu vardır. ○ ○ ○ ○ 16c

11 Ebeveynlerim bir çatı maya girdiklerinde, her zaman ortak bir çözüm bulmaya çalı ırlardı. ○ ○ ○ ○ 25a

12 Performans benim için en önemli eydir, özellikle sorunlarım oldu u zaman. ○ ○ ○ ○ 21a

13 yi davranı lara sahip ki ilerle olmayı tercih ederim. ○ ○ ○ ○ 4b

14 Ancak tüm vucudumu her gün yıkayabilirsem kendimi iyi ve temiz hissederim ○ ○ ○ ○ 2a

15 Her hangi bir ey beni irite etse bile her zaman sabırlı olabilirim. ○ ○ ○ ○ 12a

16 Bir patron ya da otoriteye sahip bir ki inin yönlendirmelerini ve tavsiyelerini takip ederim. ○ ○ ○ ○ 9a

17 Çok yum ak olmaktan çok ho lanırım. ○ ○ ○ ○ 17a

18 Genellikle ili ki kurma söz konusu oldu unda insanlara güvenirim. ○ ○ ○ ○ 15b

19 Çocukken babam bana kar ı çok sabırlıydı. ○ ○ ○ ○ 24e

20 Zorluk içinde oldu umda genellikle di erleriyle ileti im kurmayı tercih ederim. ○ ○ ○ ○ 22a

21 Yeni insanlarla tanı mak için her zaman zaman ayırırım. ○ ○ ○ ○ 13b

22 Ya am ve ölüm hakkındaki görü lerimi di erleriyle payla mak benim için çok önemlidir. ○ ○ ○ ○ 19b

23 E er birisi beni rahatsız ederse her zaman sakin olmayı tercih ederim. ○ ○ ○ ○ 12b

24 Kendim ve ailem için iyi bir gelece in olaca ına inanıyorum. ○ ○ ○ ○ 16b

25 Çok param olsa bile onu harcamaktan çok ho lanmam. ○ ○ ○ ○ 8a

26 Ya am felsefesi ve inançlar konusundaki sorularım hakkında ebeveynlerim her zaman benimle konu urlardı. ○ ○ ○ ○ 27a

27 Her ko ulda di erlerine kar ı adaletli davranılmalı. ○ ○ ○ ○ 10c

28 Her zaman kendime güvenebilirim. ○ ○ ○ ○ 15a

29 Tembel olmak genelde kötü sonuçlar do urur. ○ ○ ○ ○ 6c

30 yi ili kilere sahip olmak paraya sahip olmaktan çok daha önemlidir. ○ ○ ○ ○ 14c

31 Kedimi oldu um gibi kabul edebilirim. ○ ○ ○ ○ 18a

32 Ebeveynlerimin birlikteli i bir sevgi birlikteli iydi. ○ ○ ○ ○ 25b

33 Zorluk içinde oldu um zaman, bunun hakkında gece gündüz dü ünürüm. ○ ○ ○ ○ 23b

34 Annem ben çocukken bana ka ı çok sabırlıydı. ○ ○ ○ ○ 24b

35 E imin bana kar ı her zaman sadık olmasını beklerim. ○ ○ ○ ○ 11b

36 Hayatımın anlamı beni çok ilgilendirir. ○ ○ ○ ○ 19a

37 Dakiklik olmadan hayatınızı yönetemezsiniz. ○ ○ ○ ○ 3c

4 3 2 1

WIPPF 2.0

		Evet Hayır	
38	**Sabırla her şeye ulaşabilirsiniz.**	○ ○ ○ ○	12c
39	**Ebeveynlerim diğerlerine karşı her zaman toleranslı ve açık davranırlardı.**	○ ○ ○ ○	26b
40	**Eğer her şey bir karışıklık içindeyse çılgına dönebilirim.**	○ ○ ○ ○	1b
41	**Diğerlerinin fikirlerini önemsemek her zaman önemlidir.**	○ ○ ○ ○	4c
42	**Tamamıyle güvenemeyeceğiniz bir kişi sizin asla arkadaşınız olamaz.**	○ ○ ○ ○	7b
43	**Ebeveynlerimin birbirlerine her zaman adaletli davrandıklarını hissediyorum.**	○ ○ ○ ○	25c
44	**Son derece açık ve direk bir şekilde fikirlerini açıklayan kişilerden hoşlanırım.**	○ ○ ○ ○	5b
45	**Kendimi çok fazla iş ve başarı odaklı görüyorum.**	○ ○ ○ ○	6a
46	**Çocuklar her zaman ebeveynlerinin söylediklerini umursamalı ve onlara uymalıdırlar.**	○ ○ ○ ○	9c
47	**Benim için bir hayat sözü vardır: Her şeyin zamana ihtiyacı vardır.**	○ ○ ○ ○	13c
48	**Beş dakika geç kalmaktansa 10 dakika erken gitmeyi tercih ederim.**	○ ○ ○ ○	3a
49	**Babam çocukluğumda benim için çok önemli bir modeldi.**	○ ○ ○ ○	24f
50	**Ne zaman heyecanlı ya da öfkeli olsam vucudumda gerginlik hissederim.**	○ ○ ○ ○	20b
51	**İşimde ya da evimde güçlükler ya şadığım zaman diğer insanların yardımına ihtiyaç duyarım.**	○ ○ ○ ○	22b
52	**Problemim olduğu zaman daha çok çalışmayı tercih ederim.**	○ ○ ○ ○	21b
53	**Bağlılık/sadakat iyi bir insan karakteri için vazgeçilmezdir.**	○ ○ ○ ○	11c
54	**Yaşam felsefem yaşantıma yön vermem için çok önemlidir.**	○ ○ ○ ○	19c
55	**Ebeveynlerimim hayat felsefeleri onlar için güçlü bir taban oluşturmaktaydı.**	○ ○ ○ ○	27b
56	**Ancak evimdeki herkes titiz bir şekilde her yeri temiz tutarlarsa kendimi iyi hissedebilirim.**	○ ○ ○ ○	2b
57	**İnsanlar geç kaldığında bu beni sinirlendirir.**	○ ○ ○ ○	3b
58	**Zorluk içinde olduğum zamanalarda, hayatın anlamı hakkında oldukça düşünürüm.**	○ ○ ○ ○	23c
59	**Yumuşaklık ve cinsellik birliktelik için mutlaka olması gereken koşullardır.**	○ ○ ○ ○	17c
60	**Ailemde ya da işimde disiplin beklerim.**	○ ○ ○ ○	9b
61	**Benimkilerden farklı fikirleri olan bir kişi ile birlikteyken de iyi hissedebilirim.**	○ ○ ○ ○	18b
62	**Sıklıkla misafirlerim olur.**	○ ○ ○ ○	14b
63	**Toplum yaşamı için güvenilirlik olması gereken bir şeydir.**	○ ○ ○ ○	15c
64	**Küçükken annemin bana çok zamanı vardı.**	○ ○ ○ ○	24a
65	**Bir kişi adil olmadığında buna karşı çok duyarlıyımdır.**	○ ○ ○ ○	10b
66	**Zengin olmanın en iyi yolu biriktirmektir.**	○ ○ ○ ○	8c
		4 3 2 1	

WIPPF 2.0

	Evet	**Hayır**	

67 **Temizlik bir ki inin temiz bir karakteri oldu unu gösterir.** ○ ○ ○ ○ 2c

68 **Her zaman verdi im sözleri tutarım.** ○ ○ ○ ○ 7a

69 **Her zaman ya amım için planlarım vardır.** ○ ○ ○ ○ 16a

70 **Benim için evet demek hayır demekten daha kolaydır.** ○ ○ ○ ○ 4a

71 **Çalı ırken sorunlarımı unuturum.** ○ ○ ○ ○ 21c

72 **Bir ki i her zaman düzenli görünmeli.** ○ ○ ○ ○ 1c

73 **im yanında hobilerim ve ilgilerim için de yeteri zamanım olur.** ○ ○ ○ ○ 13a

74 **Ebeveynlerim pek çok misafiri olurdu.** ○ ○ ○ ○ 26c

75 **Küçükken babamın benim icin zamanı vardı.** ○ ○ ○ ○ 24d

76 **Her insanın içinde iyi olan bir ey vardır.** ○ ○ ○ ○ 18c

77 **Sıklıkla vucudumun ilaç almaya ihtiyacı oldu unu hissederim.** ○ ○ ○ ○ 20c

78 **Kolaylıkla arkada edinirim.** ○ ○ ○ ○ 14a

79 **Ebeveynlerim hayatın anlamına çok ilgililerdi.** ○ ○ ○ ○ 27c

80 **Biri tembel oldu unda kendimi iyi hissetmiyorum.** ○ ○ ○ ○ 6b

81 **Bir ki iyi ancak onun davranı ının tüm nedenlerini biliyorsam yargılarım.** ○ ○ ○ ○ 10a

82 **Özel veye i le ilgili problemlerim oldu u zaman çevremdeki insanların kendi sorunlarını unutmalarına ihtiyaç duyarım.** ○ ○ ○ ○ 22c

83 **Sevdi im ki i ile bir an önce yakınlık kurmak isterim.** ○ ○ ○ ○ 17b

84 **Annem benim için bir model olmu tur.** ○ ○ ○ ○ 24c

85 **Fikrimi açıklıkla ifade etmeyi tercih ederim.** ○ ○ ○ ○ 5a

86 **Çocuklu umda sıklıkla bana annem ve babamdan daha çok zaman ayıran biriyle vakit geçirirdim.** ○ ○ ○ ○ 24g

87 **Çoculu umda bana kar ı anne ve babamdan daha fazla sabırlı olan bir ki i vardı.** ○ ○ ○ ○ 24h

88 **Çocuklu umda benim için anne ve babamdan daha önemli olan bir ki i vardı.** ○ ○ ○ ○ 24i

4　3　2　1

Ad-Soyad: ....Do um Tarihi: ....Bu günün tarihi:.............

Meslek: ....Ya anılan Yer/ ehir : ....

Ülke: ....Evli ○ Bir ili ki içinde ○ Yalnız ○　Çocuk: ....

CURRICULUM VITAE

PERSONAL INFORMATIONS

Name Surname : Tu çe Sönmez

Date of Birth   : 07.02.1992

Place of Birth   : Eminönü/ stanbul

Country   : Turkey

Marital Status   : Single

e-mail   : tgc.snmz@hotmail.com

EDUCATION STATUS

2015-2017   : Near East University, Graduate of Social Sciences, Clinical

 Psychology Master Program

2010-2015   : Cyprus International University, Faculty of Arts and Sciences,

 Department of Psychology

CERTIFICATES AND TRAININGS

Positive Psychotherapy

Neuropsychological Tests

E-prime Certificate

WORK EXPERIENCES

June-September 2016 - Balıklı Rum Hastanesi Vakfı

FOREIGN LANGUAGES

English