

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

**MASTER'S THESIS**

**THE RELATIONSHIP BETWEEN MARITAL ADJUSTMENT , MENTAL  
HEALTH AND PERSONAL TRAITS**

**NESLİ BAHAR YAVAŞ**

**NICOSIA**

**2017**

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AND PERSONAL TRAITS

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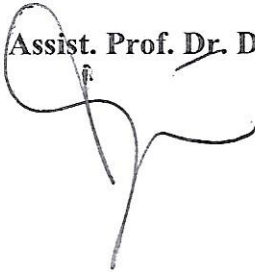


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I Nesli Bahar YAVUZ, hereby declare that this dissertation entitled  
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has been prepared myself under the guidance and supervision of  
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**ABSTRACT****THE RELATIONSHIP BETWEEN MARITAL ADJUSTMENT, MENTAL  
HEALTH AND PERSONAL TRAITS****NESLİ BAHAR YAVAŞ****Master of Science, Department of Clinical Psychology****Supervisors: Zihniye Okray****June 2017, 80 pages**

The purpose of this study is to examine whether marital adjustment of married individuals differ according to such variables as mental health and personality traits.

The sample of the study consisted of married individuals who lived in different areas within the borders of the Turkish Republic of Northern Cyprus (TRNC) and have already spent at least one year together. The survey was conducted with a total of 100 married individuals, of which 50 were females and 50 males. Participant age range was between 20-50 years. Data was collected by , Marital Adjustment Scale (MAS) to evaluate marital adjustment , The Big Five Inventory (BFI) to evaluate personality traits and Brief Symptom Inventory (KSE) to assess the mental health and The Personal Information Form to evaluate the demographic characteristics.

There was no relationship between sociodemographic variables and marital adjustment. Although there was no significant difference between the relationship between the personality traits of participants and marital adjustment, but personality traits when they were split into two groups, the marital adjustment and noncompliant group and compared and still with no significant difference it was observed that individuals who were noncompliant were also more self-disciplined and more open to self-development.

In the survey conducted, there was a significant difference regarding the mental health of the participants in the survey and when the two groups of women and men were compared according to gender, women were more depressive and uttered more somatic complaints.

**Keywords:** Married, Marital Adjustment, Personality traits, Mental health

**ÖZET****EVLİLİK UYUMU , KİŞİLİK ÖZELLİKLERİ VE RUH SAĞLIĞI  
ARASINDAKİ İLİŞKİ****NESLİ BAHAR YAVAŞ****Yüksek Lisans, Klinik Psikoloji Ana Bilim Dalı****Danışmanlar: Zihniye Okray****Haziran, 2017, 80 sayfa**

Bu çalışmanın amacı, evli bireylerin kişilik özelliklerinin, ruh sağlığının ve evlilik uyumlarının bazı değişkenlere göre farklılaşıp farklılaşmadığını incelemek, evli bireylerin evlilik uyumu ile kişilik özellikleri ve ruh sağlığı arasında anlamlı bir ilişki olup olmadığını belirlemektir.

Araştırmanın çalışma grubu Kuzey Kıbrıs Türk Cumhuriyeti (KKTC) sınırları içinde farklı ilçelerde yaşayan, evliliklerinde en az bir yıl geçirmiş olan evli bireylerden oluşmuştur. Araştırma 50 kadın, 50 erkek olmak üzere toplamda 100 evli bireyle yürütülmüştür. Katılımcı yaş aralığı 20- 50 yaş arasındadır. Çalışmada veri toplama aracı olarak; evlilik uyumunu ölçmek için ‘Evlilikte Uyum Ölçeği (EUÖ) ’, kişilik özelliklerini ölçmek için ‘Beş Faktör Kişilik Ölçeği (BFKÖ)’, ruh sağlığını ölçmek için ‘ Kısa Semptom Envanteri (KSE)’ demografik özellikler için ise oluşturulan Kişisel Bilgi Formu kullanılmıştır.

Mevcut çalışmanın bulguları arasında sosyodemografik değişkenlerle evlilik uyumu arasında ilişki olmadığı tesbit edilmiştir.

Yapılan araştırmaya katılan katılımcıların kişilik özellikleri ile evlilik uyumu arasındaki ilişkiye bakıldığında anlamlı bir fark bulunamamıştır fakat kişilik özellikleri açısından evlilik uyumu olan grup ve olmayan grup diye ikiye ayrılıp karşılaştırıldığında anlamlı bir fark bulunamamış olmasına rağmen evlilik uyumu olmayan bireylerin daha özdisiplinli ve gelişime daha açık oldukları tespit edilmiştir.

Yapılan arařtırmada arařtırmaya katılan katılımcıların ruh saęlıęı aısından cinsiyete gre kadın ve erkek olarak iki gruba ayrılıp karşılaştırıldığında kadınların daha depresif ve daha somatik yakınmalar gösterdiği ile ilgili anlamlı fark bulunmuřtur.

**Anahtar Kelimeler:** Evlilik, Evlilik Uyumu, Kiřilik zellikleri, Ruh Saęlıęı



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*Nesli Bahar Yavař*

*Nicosia, 2017*

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## LIST OF ABBREVIATIONS

**BFI:** The Big Five Inventory

**WHO:** World Health Organization

**OCD:** Obsessive Compulsive Disorder

**MAS:** Marital Adjustment Scale

**BSI:** Brief Symptom Inventory

**SPSS:** Statistical Program for Social Sciences

**TRNC:** Turkish Republic of Northern Cyprus

**KKTC:** Kuzey Kıbrıs Türk Cumhuriyeti

**EUÖ:** Evlilikte Uyum Ölçeği

**BFKÖ:** Beş Faktör Kişilik Ölçeği

**KSE:** Kısa Semptom Envanteri

## 1.INTRODUCTION

Human kind has a complex structure due to the temperament. The human being has many different characteristic features so the emotions, ideas and behaviours of the humans vary according to different situations.

It has been seen that during the period of marriage, the relationship between the wives, the way of communication, the sense of social life and their perspective of the events, changes due to the individual differences.

It's a common characteristics of the human being to marry the opposite sex and make a life together. The definition of marriage is that; it is a legally accepted and valid union of the two spouses of the opposite sex to make an exact and continuous life partnership and is a social moral and a legal institution ( Öztan, 2000, p. 12-25). Marriage, as is in each society, is laid down in Turkish society by the laws. When individuals reach a certain age, they need to share the life and live together with and opposite sex and meet a convenient spouse and marry.

In order to render the definition of marriage relevant concepts should also be clarified. The very first concept is marital continuity. Annulment of marriage includes postulates such as divorce, separation and abandonment. A marriage with continuity ends with the natural death of one of the spouses. If it is an ongoing marriage, then the concept of marriage quality arises. This concept is directly related to the state of affairs of marriage, how the spouses feel and are influenced through the period of marriage. Concepts such as marriage compatibility, marital satisfaction, happiness, marital integrity are all used to describe the quality of marital affinity . The concept of marriage quality is a general concept that includes marriage satisfaction, marital adjustment and marital integrity. Marriage quality is defined as the subjective assessment of the affinity of married couples. It is considered that a high quality marriage is related to good harmony, adequate communications, a high level of satisfaction and the level of happiness in a marital relationship (Erbek, Beştepe, Akar, Eradamlar and Alpan, 2005, p.39-41).

Although the family adjustment is important since the old times, recently, in accordance with the increasing divorcement cases, it has started to be heavily studied on this subject ( Şener, Terzioğlu, 2002, p. 1-9 ). Because it is not sufficient enough to unite two people through a marriage contract for the continuity of the marriage, also the two spouses need to have an adjustment.

The spouses who have high positive interaction with eachother, making mutual decisions concerning the spouses marriage, children, family and the society, the ability to solve the problems in a constructive way are defined as marital adjustment. Marital adjustment concept also defined as being happy and pleased on family and children lives, and compatible marriage life (Erbek, Beştepe, Akar, Eradamlar and Alpkan, 2005, p. 39-41).

The marital adjustment of the individuals and the range and the reasons of the factors that affect this harmony has gained a great importance in recent times. It has been observed in the studies conducted that the way of perceiving the marriage institution and personality traits of spouses affect the marital adjustment ( Markowski , Greenwood , 1984, p. 300-307).

## 2. LITERATURE AND DEFINITIONS

### 2.1.Marriage

Since the earlier times, it's possible to say that the human being is living being who has both personal and social needs. Besides these needs, the human being needs to live in a society which is crucial to him. The human being who takes a place in society forms his emotions, thoughts and behaviours in accordance with his social relations. The relationship of an individual with the opposite sex is based on a basic principle as same as his relationship with the other individuals. Marriage is probably the most important relationship among the interpersonal relations. ( Tutarel- Kışlak, Çavuşoğlu, 2006, p. 61-63).

Marriage is a society-approved relationship between a man and a woman (Kottak , 2001 , p. 397) ; defined as a state of mutual solidarity, a contract as a result of social endorsement and a state of coalescence where satisfied sexual needs are excluded completely from social prohibitions ( Özügürlü, 1985, p. 67 ) .

Marriage is where men and women build a family and start living together, uniting their lives by observing mutual obligations in adherence to the prevailing rules both socially and legally of the society they live in (Cingisiz, 2010 ).

According to Geçtan (1984), marriage refers to most people`s common purpose that is wanted to be achieved with the good and bad. Özügürlü (1990) stated `marriage is a cooperation that is approved by the community with a contract that also able couples to break communal prohibitions as having sexual intercourse, so it provides a satisfaction for both sides`, he also proposed that it is ` a private communication system`.

According to Özgüven (2000), marriage is a legitimate association that a woman and a man establish in order to live, have a sexual intercourse and to have a child together.



Glenn describes marriage as a unit that provides for the happiness of the individuals and plays a role in the development of their personality. Yet another definition of the marriage describes it as a system in which a man and a woman attain spouse roles to live together in order to bear children with certain status through an institution protected by the laws henceforth to continue one's bloodline ( akt. Erdoğan, 2007).

Marriage is a union which legally and morally connects a man and a woman each other whole lifelong and which keeps out the sexually close relations with the others. In accordance with this, a house can be built and the continuity of a family happens. When a man and a woman marries they become as ‘ an one body ‘ ( Jackson, 2001, p. 16).

Marriage is not only the bond between women and men, but also is a legitimate institution and because it is an institution, it is more than just a sexual intercourse. In many communities it is also a religious institution, but the most important side of it is its civil code (Russel, 2005, p. 91).

Marriage, the basic building block of society, is based on the fact that men and women are tied to each other under independent, equal and free circumstances and sustained by the roles they play and the way they communicate. Looking at the marriage definitions, it is the concept that the society accepts, has the legal dimension, the sexual processes between man and woman and gives the opportunity of different cultures and societies to live by emotional dimensions. It also supplies people to improve themselves emotionally and individually.

The reason of a woman and a man getting together is to build the basement for marriage and family. The purpose of getting married is to preserve spouses and children legally, and to make lovers and love to provide improvement of the society. Besides, another purpose of getting married is to establish a ground in order to make the couples be ready for a life time partnership. With the light of this intention, marriage is not only a common association of a woman and a man.

In fact, marriage from the beginning to the end is a continual agreement which creates the most important institution of a society that as a result it provides the main aspect of a society; the family, defined as the headstone (Taşbaş, 2010, p. 1).

## **2.2.Marital Adjustment**

The couples, who come up with the common idea when discussing marital and family issues and can solve the problems together constructively are approved as adjusted couples (Tutarel- Kışlak , Çabukça, 2002, p. 35-42 ).

Burgess and Cotrell (1988) define compliance in marriage as spouses having different personalities, complement each other in order to find happiness and achieve common goals as a whole.

Spanner ( 1976, p. 15 ) defines marital adjustment as; the spouses adjustment of daily life, the adjustment of conditions of daily life which can be changed and the appropriate change of themselves according to each other at a certain period. Sabatelli ( 1988, p. 651 ) has defined marital adjustment as; the ability of spouses to communicate with each other, having no conflicts at the significant fields of marriage, the ability to find the solution to please the both sides in marriage when they have conflicts. Tezer (1986) has defined marital adjustment as; the individuals perception of needs satisfaction on marital relationship.

One of the most important qualities of man as a social entity is its capability to adapt. A man feels happy and healthy as long and as much as he is able to maintain that harmony which he adapts to his own self and his surroundings. Marriage, which is part of the social life is then a coalescence in which individuals must comply with ( Kalkan , 2002).

As an inevitable consequence of the nature of man, the compliance between men and women in marriage, was a matter of concern from the very beginning today however it needs to be for experts. This is simply because the family is not an institution formed by only two people coming together.

Above all, it is imperative for these two individuals to adapt to each other, for the continuity of the family (Sayın, 1990). Discrepancies between spouses not only set the ground for the dissolution of the marriage, but also concern the whole society as a social problem (Burgess , Cotrell, 1998). In order to be able to contribute positively to the functioning of the society in which it thrives, the family must possess a certain structure and a functioning mode.(Sayın, 1990).

Marriage adjustment moreover a consequence of the harmonious coalescence of couples defines the satisfaction and happiness within marriage. At this point however a confusion arises with the marital satisfaction because it is an empirical general concept. As for the couple's compliance, as in the the marital satisfaction the individuals' subjective perceptions assess the quality of the affinity. For this reason, it is also important that the capacity of each partner in a marital adjustment is sufficient to maintain a good relationship. (Tutarel , Çabukça, 2002). Conflict between spouses; defines the verbal and physical aggression between spouses. Marital satisfaction within marriage is defined as a subjective feeling of happiness and pleasure in all aspects of the relation of the individuals (Binici- Azizoğlu, 2000) .

Spanier (1976,p. 15 ) stated that marital adjustment, when `marital living` word is heard the first thing that would come to mind is the adjustment or the maladjustment between couples. The detrimental effects of marital adjustment has been one of the research studies recently. As being adaptable successfully or unsuccessfully to a person is important even for human relationships so is for marriages. Thus, researchers have been doing new research studies to scrutinize the topic of adjustment. Since the maladjustments between couples not only affect couples, but also the community we live in, it is one of the fundamental research topic.

### **2.3.Personality**

Personality is a concept that has been defined and clarified by many theoreticians all throughout the history. To date, many thinkers have attempted to define the person and explain the personality.

The word `personality` comes from the word `persona` in Latin. The word `personality` frequently used in our daily life, defines as the combination of characteristics that forms an individual's differences in terms of thinking, feeling and behaving (Atkinson, 2008, p. 223).

Aiken (1993) defines personality in general terms as a sum of physical, mental, emotional and social characteristics of the individual. In a more specific sense, the term personality describes an integrity and uniqueness, composed of innate and acquired individual differences in mental abilities, attitudes, temperaments, feelings, thoughts and behaviors that are subsequently acquired. (akt. Somer and at all. 2011, p. 1)

`Personality` is the combination of characteristics that distinguishes every individual from each other due to their biological and psychological characteristics. According to Allport, `personality` is the dynamic organization within the individual of those psychophysical systems that determine his characteristics behaviour to others. (Ankay, 1988, p. 28 )

According to Yörükoğlu (2000, p. 33) the concept of personality determines the distinctive characteristics of individuals and the behaviours that individuals direct to their surroundings in order to adjust them. In addition, this concept is also used with other concepts that are; individuality, humour and characters.

From past to present, descriptions have been made in order to understand personality and personal characteristics of individuals. The oldest description of this concept belongs to Sumerians that embodied the descriptions of bravery, arrogance and rebel in Gilgamesh Legend ( Thomas, Segal, 2006). Through the 19th century, personality disorder started to be diagnosed, which has effects on the character, structure, humour and the self particularly the deviations on feelings ( Loranger, Janca, Sartorius, 1997, p. 311 ).

It is claimed that marital adjustment and marital satisfaction of couples are affected by personal characteristics as the couples inevitably reflect their individualistics to their marriage (Hughes , Gove, p. 1981, 48-74 ). In addition, it is stated that bearing specific individual characteristics has a great influence on both marital adjustment and satisfaction, and on the relationship conflicts and serenity in couples (Craig, Olson, 1995, p. 187-194 ). It has been found out that individual characteristics and marriage relationships are interrelated to each other (Kelly, Conley, 1987, p. 27-40 ).

So far, researchers have introduced different models for determining personality traits. For example, according to the model presented by Eysenck, individuals' personalities are evaluated on two extremes, both in horizontal and vertical dimensions. One end of the horizontal dimension deals with the introvert and the other with the extravert personality traits. Those who are introverts are quiet, they can not communicate easily with people, they are closed to the environment. Those who are extravert are humane, compassionate and can communicate easily. In the vertical dimension of the model, there are two extremes, neurotic and normal. At the neurotic end there are features such as anxiety, uneasiness, and sensitivity, while at the normal end there are qualities such as feeling of trust and act conscientiously ( Zel, 2006, p. 40-42).

Many scientists believe that there are mainly five dimensions create an individual's personality. Costa and McCrae (1992) proved ' The Big Five Inventory ' ( BFI ) within four findings they have made these are in the following:

1. The cause action of all 5 factors have an obvious tendency.
2. All 5 factors personality traits variety are found in personal systems and are found to be coherent with the definitions in other languages.
3. These 5 factor have been defined in different cultures and in different ways, in different age groups, sexes, ethnicities and language groups, but have still achieved the same findings.
4. These 5 factors have some biological bases.

According to BFI , personal characteristics are taken into consideration through five dimensions that are; neuroticism, extroversion, openness to experience, agreeableness and conscientiousness.

**2.3.1.Neuroticism:** Neuroticism refers to emotional imbalance, anxiety, anger, distress, impulsiveness, insecurity and depression. Individuals who have tendency to neurotic complain about one or variable psychosomatic syndromes of chronic fatigue syndrome, headaches, insomnia, dysopia, dysorexia,etc. These individuals usually Show their emotional conflicts within physical ways. Neurotic tendencies also contain some behaviours as not approving your own self, being a perfectionist and not being open to criticism ( Tatlıoğlu , 2014, p. 944- 947).

**2.3.2.Extroversion:** This dimension Show how much the individuals are social, active, determine, talkative and sociable, and how much they love humans and large groups of people. Individuals who are so extroverted are usually happy, full of energy, sympathetic and loveable ( Tatlıoğlu, 2014, p. 944-947 ).

**2.3.3.Openness to experience:** Individuals who are open to new experiences likely defined as intelligent, curious, knowledgeable and have tendency to art and better at imagination. ( Church, 1993, p. 10 ). According to ( Zhang, 2003, p. 1431-1446 ), people who are open to experience have their own independent way of judging power and are more open to new ideas and experiences compare to other individuals ( Jia, 2008, p. 52 ).

**2.3.4.Agreeableness:** Adaptable individuals are more kind, flexible and friendly compare to others, they prefer cooperative work rather than competitive ( Moody, 2007, p. 28).

According to Lounsbury et al ( 2001 ) individuals whose adaptability is superior in characteristics put forward the benevolence side of themselves, and individuals that are weak in characteristics in this dimension are just the opposite what has been stated above, means they always criticize, be opponent to others and to any event, are argumentative and maladaptive (Perry, 2003, p. 5).

**2.3.5. Conscientiousness:** Conscientiousness dimension is interrelated with the concepts of patience, motivation, planned, well-organized and success. It embodies consciousness, success-orientated, coordinated, effective, conscientious, perfectionist and hard-working characteristics of individuals. While some researchers approve this dimension as individuals who are in the need of success, others see it as the individuals that are; able to organize themselves, always careful and has self-discipline ability in characteristics (Mete, 2006).

Research findings of romantic and marital relationships show that the most consistent and strong personality predictor of neuroticism dimension is conscientiousness dimension. Neuroticism dimension and marital adjustment has a significant negative relation between each other (Buss, 1991, p. 663-668 ; Kurdek, 1997). Karney and Bradbury (1995) showed that neuroticism dimension is an effective influence on divorce rates.

Authors also highlighted that neurotic dimension is a greater predictor compare to other dimensions. Costa ve McCrae (1992) pointed that neurotic individuals more frequently experience negative feelings ,and are weak in controlling their impulses and in dealing with stress.

The extroversion dimension of BFI showed different results. Extroversion dimension is defined with the traits of having a high level of sociality and positive feelings. Some research studies showed that marital satisfaction has a positive relationship with extroversion dimension (Hayes and Joseph, 2003; Karney and Bradbury, 1995, p. 503-514 ), whereas some found out the opposite; a negative relationship between them (Aluja, Barrio, Garcia, 2007, p. 725-737 ; Kelly , Conley, 1987, p. 27-40 ).

Caughlin, Huston ve Houts, (2000, p. 320-336 ) investigated neurotics with spouses by observing their negative life for 13 years. The findings resulted that the spouses who had high mark in neuroticism, has worse communication style and this created a toxic effect on their marital satisfaction.

Besides, it is emphasized that agreeableness dimension is an effective factor on interaction between individuals and marital functionality. It is seen that adaptable individuals are more in control of their feelings and interact with other in a more lenient way.

Spouses who are bearing adaptable characteristics more deal better with experienced conflicts and it is proposed that this positive tendency decrease the frequency and the intensity of negative interactions between couples.

It is proposed that conscientiousness and being open to experience dimensions have essential effects on marital relationships. Robins, Caspi ve Moffitt (2000 , p. 251-259) stated that having conscientiousness dimension low enhances inconsiderate and insensitive reactions.

On the other hand, individuals who bear high conscientiousness dimension are less judgemental to their spouses. As a result of this claim, having negative interactions are decreased in frequency and intensity.

It is highlighted that individuals whose open to experience dimension is higher, have more rationalistic approach towards problem solving and are more willing to analyse their relationships, and flexible to changes in their relationships.

## **2.4.Mental Health**

According to World Health Organization (WHO), mental health means being adjustable with your self and your environment.

According to Freud, mental health is about to love and work, and only troglodytes are healthy in mental.

In other words, modern individuals pay the price of getting and being away from nature, means losing their motives, so this price leads to behaviour disorders.



However, these definitions can not specifically define mental health truly (Ankay, p. 11)

Even though, there is no exact measurement for a good mental health, the general qualifications of an individual with a good mental health bears; a realistic perception, strength to fight, acknowledgment of the self, sense of security, the ability to equilibrate the balance between giving and taking in relationships, not repeat the same mistakes, and directing his/her love and aggression in positive fields (Ankay, p. 11)

One of the improved scales to measure mental health symptoms is Brief Symptom Inventory. Brief Symptom Inventory scale measures the individuals' somatization, obsessive-compulsive disorder, interpersonal sensitivity, depression, hostility, phobic-anxiety, paranoid ideation and psychoticism dimensions. The purpose of using this scale is to diagnose general psychopathology (Şahin, Durak, 1994, p. 44-46).

#### **2.4.1.Somatization:**

Even though, it is not still agreed on a consensus about the definition of somatization, the mostly used definition is 'the existence of a physical complaint, although it can not be diagnosed by a corporal disease

#### **2.4.2.Obsessive Compulsive Disorder (OCD) :**

Obsessive compulsive Disorder is a mental disorder that is characterized by obsession and compulsions. Obsessions are the impulses or the opinions that are made unconsciously which create distress and the perception of being irrational or wrong. Compulsions are generally the motor and mental behaviours that are done to prevent obsessions within certain rules (Bayar, Yavuz, 2008, p. 185).

### **2.4.3. Interpersonal Sensitivity:**

Interpersonal sensitivity leads problems of destruction in relationships for individuals who are more sensitive in terms of having the sense of being hurt emotionally and the sense of being treated badly. Therefore, these individuals try not to do anything wrong while surrounded by others. (Boyce, Parker, Barnett, Cooney-Smith, 1991, p. 106-114)

### **2.4.4. Depression:**

Depression is defined as the depressive mental mode and the feelings that contain lack of energy, lack of interest and lack of pleasure, and suicidal thoughts. Other frequently seen symptoms of depression are having low concentration, low self-esteem, guilt feelings, pessimism, injurious and suicidal thoughts, sleep pattern disorders, changes in appetite and low libido. Generally, social and vocational functions of individuals get distracted. In order to diagnose an individual being in depression the condition should last for two weeks. The number, type and intensity of beared depression symptoms classify the level of depression. (Karamustafalıoğlu, Yumrukçal, 2011, p. 3-34)

### **2.4.5. Hostility:**

Anger: is `the sense when an individual feels that his/her plans, wills and needs are prevented because of any reason, or when the feel in threatened is created towards his/her individuality` ( Tatlıhoğlu, Karaca, 2013, p. 1102). Moreover, aggression is defined as the verbal or pyhsical reactions that are acted to injure someone in pyhsical or psychological intentionally. Hostility is the chronical reaction of anger and aggression ( Özen, 2013, p. 2).

### **2.4.6. Phobia - Anxiety:**

Anxiety is not specifically defined, however it is similarly known as fear that brings anxiety out. The individual feels anxious and worries about having bad things.

However, any specific definition to explain or any reasonable threat to have this sense of fear. The situation that the individual experience can be inconsistent with the stimuli in reaction and anxiety. That is to say, a phobic individual may react to conditions irrationally. Even though the phobic individual knows that his/her exaggerated reaction is irrational, the individual still can not prevent panicky behaviours. Phobic individuals show avoidance behaviours when they are in situations that would create phobia to them selves (Sungur, 1997, p. 5).

#### **2.4.7.Paranoid Ideation:**

Individuals who have paranoid ideas are always very suspicious and expect others treat them bad. They are coward or aggressive time to time; they always think that everybody is dealing with them. These characteristics started mainly in young adulthood period of individuals and come out in different conditions in time. In addition, they perceive others` behaviours as with bad intentions and often show their feel of insecurity and their suspicions ( Doksat, 2008 ,p. 247-250 ).

#### **2.4.8.Psychoticism:**

Psychoticism is about an individual trying to be away from social environment, schizoid way of living and having delusions. Schizoid individuals are dull and weak in showing their emotions so they interact with few people or rather stay alone. This does not necessarily mean that their internal world is poor, but they can not share their feelings.In fact it is taken as they have an ice glass between them and out world in relation. This characteristics of individuals start in young adulthood period but reveal afterwards in time within different conditions, tries to cut their community relationships as they feel restricted by others ( Doksat, 2008, p. 247- 250).

Individuals show variable psychosomatic symptoms in different environment and situations due to their personality. Psychosomatic symptoms are generally evaluated with the purpose of diagnosing in order to treat them. These psychosomatic symptoms are shaped and affected with interior and external world of individuals.

Generally in scientific researches, it is investigated that personality the independent variable, individuals' life events or performance are the dependent variables. The effects of psychosomatic symptoms on individuals are generally ignored ( Şimşek, 2010, p. 716).

On the other hand, there are suggestions which state that the existence of psychological disorders will lead to interpersonal problems, and that these problems in turn will intensify the seriousness and the continuity of psychological distress. These include Interactional Model by Coyne (1976) and Stress Generation Model by Hammen (1991). The Interactive Model suggests that the individuals with depression evoke a reaction of rejection of the people around them, but on the other hand they feel that they are in need of social support from their relatives and feel anger and indignation towards their relatives or partners unless this demand is met. Because of this, the cycle of interpersonal relationship is damaged (Akt; Rehman, Gollan, Mortimer, 2007). Stress Generation Model suggests that individuals with depression involuntarily may make behavioral choices that could increase stressful situations.

It is shown that 40% of the people who were admitted to the health institutions due to psychological problems in fact apply to the clinics with marital problems and that even the physical health problems are more common in couples where the marital compliance is less than the couples with more marital compliance. To sustain compliance within marriage which encapsulates the physical, emotional, spiritual and social affinities, is an important influence which constitutes the basis of the mental and physical health of spouses and other members of the family. (Kalkan, 2002).

The work of Coyne, Downey, O'Leary and Smith in 1991 argued that marital conflict has profound effects on individual well-being. The correlation between marital conflict and eating disorders by Van den Broucke et al.'s study in 1997 and with depression by Beach et al.'s study in 1998 is well documented. In a similar manner the correlation between marital conflict and male alcoholism by O'Farrell et al.'s study in 1991, and with drinking habit, episodic or seizure drinking habit, extreme alcohol intake and extracurricular drinking by Murpy and O'Farrell's study in 1994, and with physical and psychological maltreatment amongst spouses by O'Leary et al.'s study in 1994 is recorded ( akt: Öner, 2013,p. 16) .

While a compliant marriage affinity affects the marital satisfaction and marital happiness of the spouses, it also maintains the psychological well-being of the spouses against increasingly difficult socioeconomic conditions in addition to other variables (Sardoğan and Karahan, 2005. p. 89-102 ). Similarly, Gove, Style and Hughes (1990) stated that marital happiness is highly determinative in human mental health and that the power of this affinity is not influenced by the control variables of marital status, income, education, race, age and past childhood.

Although studies have shown that being married is positively related to being physiologically and psychologically healthy (Gove et al., 1990, p. 4-35). Coyne and Anderson 1999,629-641, Goldman 1993, 189-208, Gazmarian et al., 1995, p. 455-463 ), recent studies in different cultures however have shown that it is not a matter of being married or not (Holt-Lunstad et al., 2008, p. 239-244, Bloch et al., 2010, p. 726-734, Jabamelian, 2011, p. 51-59 ), but it is a matter of the relationship between the quality of marital affinity and health. Research have shown that problems related to marriage affect the psychological health of women more than men (Hafner and Spence 1988, p. 309-316, Whitton and Kuryluk 2012, p. 226-235), and that trials and tribulations regarding marriage are generally associated with depression (Kim , 2012, p. 370-376 , Whitton and Whisman 2010, p. 791-794, Bookwala and Jacobs 2004, p. 328-338, Whisman , 1999, p. 701-706) and anxiety disorders (Hafner and Spence 1988, p. 309-316 , Filsinger and Wilson 1983, p. 519-519 ).

Mitchell et al (1983, p. 443-448 ) found out that married individuals` cooperation style and family support are related to depression. Thus, this leads depressive individuals more likely to deal with problems based on their feelings rather than considering the facts with problem solving focus. However, it cannot be claimed that psychosomatic symptoms are exactly correlated with marital adjustment.

Beach and O'Leary reported in 1993 that spouses suffering from depression exhibited more negative verbal and nonverbal behaviors in debates regarding problem-solving and had more negative perceptions of marriage as compared with spouses not suffering from depression (Fincham, 2003, p. 23-27 ).

## **2.5. Aim of Study**

In the study, primarily the answer of whether there is a significant relationship between the personality traits, mental health and married adjustment will investigate and the effect of personality traits , mental health will be examined on marital adjustment.

As the secondary objective, whether there is any significant difference between demographics variables such as sex, number of children , education level, income level and marriage type with respect to marital adjustment.

### **2.6.1. Hypothesis 1**

There is no relationship between marital compliance and sociodemographic characteristics (academic level, age of marriage, duration of marriage, type of marital union, whether or not married with children , number of children, employment status and total monthly income of the family).

### **2.6.7. Hypothesis 2**

There is a significant difference between marital compliance and sociodemographic variables. When the relationship between marital compliance and personality traits is examined, individuals without marital compliance are more self-disciplined and more open to self development.

### **2.6.8. Hypothesis 3**

There is a significant difference between marital compliance and mental health. When the relationship between marital compliance and mental health is examined, a significant difference is found regarding women who tends to be more depressive and utter more somatic complaints.

### **3. METHODOLOGY**

#### **3.1.Universe and Sampling/Research Group**

This study consist of people who have officially married at least one year and living in North Cyprus. The sample of the study is going to be formed from married individuals between 25-50 years living together, totally 100 people ( 50 man, 50 woman) . Snowball Sampling Technique applied and survey participation is provided on a voluntary basis.

#### **3.2. Data Collection Instruments**

##### **3.2.1.Personal Information Form**

This form includes the questions of gender, education level, marriage duration, number of having children, job, marital age, marital type, economic status, if having a work at present and the frequency of having a problem on communication with the spouse will be asked.

##### **3.2.2.Marital Adjustment Scale (MAS)**

It is developed by Locke and Wallace (1959, p. 251 ) and Kışlak (1996) has conducted the turkish version of the scale, there is reliability and validity studies of the scale. It is aimed to measure the received satisfaction of the marital relationship and the marital adjustment. The scale consists of 15-item questions with different option numbers.

The total scoring gathered from the scale varies between 0-60. The individuals who get over 43 points are accepted as they are compatible on marital relationships and individuals who get below 43 points are accepted as noncompatible on marital relationships.

Kıslak (1996) has found the cronbach alpha coefficient values on the scale's reliability and two half reliability coefficient values. Cronbach alpha's internal consistency coefficient was found .80 and two half reliability coefficient was found .67.

### **3.2.3. The Big Five Inventory (BFI)**

This scale was developed by Benet-Martinez and John (1998) as ‘‘ The Big Five Inventory’’and has 44 questions. Scale measures the dimensions of neuroticism, extroversion, openness to experience, agreeableness and conscientiousness. The neuroticism and extraversion dimensions have 8 questions, agreeableness and conscientiousness dimensions have 9 questions, ‘‘openness to experience’’ dimension has 10 questions.

Schmitt et al. (2007) was conducted the scale in 56 countries of self-description profiles and patterns. The turkish version of the scale was developed by Sümer and Sümer (2005). The Big Five Inventory's cronbach alpha reliability values are found .79, .77, .76, .70 and .78 respectively for neuroticism, extraversion, openness to experience, agreeableness and conscientiousness (Schmitt et al., 2007). Some studies of the same scale's findings has showed the Big Five Inventory's dimensions of cronbach alpha reliability values vary between .64 and .77 and between .67, .83 (Ülke, 2006 ).

### **3.2.4. Brief Symptom Inventory (BSI)**

Derogatis (1992) has developed BSI to explore the mental symptoms and has somatization, obsession-compulsion, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation and psychoticism dimensions. It has 53 questions with 5-point scale ranging between 0-4. People who get 0 points means the lowest score and psychological symptoms will not appear, 4 points is the highest score, this higher score show that the psychological disturbances will be seen.



Şahin and Durak (1994, p. 44-46 ) has made the reliability study and the findings gathered from three separate studies total internal consistency of cronbach alpha's internal consistency values are .96 and .95; subscales scores vary between .55 and .86. The studies which are made in Western countries, these values are between .71 and .85 ranges (Savaşır and Şahin, 1997).

#### 4. RESULTS

This section includes, statistical analysis results of data obtained from the application of the afore mentioned scales. With regards to the variables considered in the introduction of the study, there was a reference to the findings in relation to married individuals' level of compliance.

**Table 1. Distribution of the sample according to gender, academic level, age and economic status**

	<b>n</b>	<b>%</b>
<b>Gender</b>		
Female	50	50
Male	50	50
<b>Academic Level</b>		
High School	27	27
University	61	61
Postgraduate Students	12	12
<b>Age</b>		
25-29	54	54
30-35	27	27
36-40	19	19
<b>Economic Status</b>		
800 tl or Less	3	3
800-1600 tl	5	5
1600-2400 tl	19	19
2400-5000 tl	65	65
5000 tl and Above	8	8

The sample consisted of 50% (n = 50) female and 50% (n = 50) male participants. The distribution of the sample according to academic level was 27% (n = 27) high school 61% university (n = 61) and 12% (n = 12) postgraduate students. According to age distribution, 54% (n = 54) were between the ages of 25-29, 27% (n = 27) between 30-35 and 19% (n = 19) between 36-40. The distribution of the sample according to the economic condition was 3% (n = 3) with earnings 800TL or less, 5% (n = 5) earnings between 800-1600TL, 19% (n = 19) earnings between 1600-2400TL, 65% (n = 65) earnings between 2400-5000 TL, 8% (n = 8) with earnings 5000 TL and above.

**Table 2. Distribution of the Sample by Employment Status and Occupation**

	<b>n</b>	<b>%</b>
<b>Employment Status</b>		
Employed	87	87
Unemployed	13	13
<b>Occupation</b>		
Civil Servants	11	11
Military Staff	3	3
Teachers	5	5
Private Sector Employees	30	30
House Wives	6	6
Health Sector	9	9
Within Banking	7	7
Police Force	3	3
Other	26	26

The sample constituted of 87% (n = 87) employed and 13% (n = 13) unemployed participants. The distribution according to occupation was 11% (n = 11) civil servants, 3% (n = 3) military staff, 5% (n = 5) teachers, 30% (n=30) private sector employees, 6% (n = 6) house wives, 9% (n = 9) within the health sector, 7% (n=7) within banking, 3% (n = 3) police force and 26% (n = 26) other occupations.

**Table 3. Distribution of the Sample According to the type of Marital Union**

	<b>n</b>	<b>%</b>
<b>Type of Marital Union</b>		
Flirtatious Marriage	93	93
Vigorous Marriage	5	5
Flirtatious and Vigorous Marriage	2	2

93% (n = 93) of the sample was flirtatious marriage, 5% (n = 5) arranged and 2% (n = 2) was flirtatious and arranged.

**Table 4. Distribution of the Sample According to Duration of the Marriage, Number of Children and Age of the Children**

	<b>n</b>	<b>%</b>
<b>Duration of the Marriage</b>		
Between 1-5 years	66	66
Between 6-10 years	23	23
Between 11-15 years	9	9
Between 16-20 years	2	2
<b>Number of the Children</b>		
No Children	60	60
Only One Child	26	26
Two Children	12	12
Three Children	2	2
<b>Age of the Children</b>		
No Children	58	58
0-5 years	14	14
6-10 years	22	22
11-15 years	4	4
16-20 years	2	2

The duration of the marriage of the sample displayed, 66% (n = 66) were married between 1-5 years, 23% (n = 23) between 6-10 years, 9% (n=9) between 11-15 years and 2% (n = 2) between 16-20 years. The distribution of the sample according to the number of children displayed 60 % (n=60) having no children, 26% (n = 26) only 1 child, 12% (n = 12) 2 children and 2% (n = 2) 3 children. The distribution of the sample according to the age of the children, 58% (n = 58) having no children, 14% (n = 14) children with 0-5 years, 22% (n = 22) with 6-10 years 4% (n=4) with 11-15 years and 2% (n = 2) with 16-20 years.

**Table 5. Comparison of Meanscores of MAS According to Personality Types Defined by BFI**

	<b>Gender</b>	<b>n</b>	<b><math>\bar{X}</math></b>	<b>S</b>	<b>sd</b>	<b>t</b>	<b>p</b>
<b>Extroversion</b>	Female	50	30,75	5,99	96	0,403	0,198
	Male	50	29,19	5,76			
<b>Agreeableness</b>	Female	50	34,13	5,88	96	0,342	0,548
	Male	50	34,81	5,10			
<b>Conscientiousness</b>	Female	50	36,30	6,70	96	0,085	0,311
	Male	50	37,55	4,85			
<b>Neuroticism</b>	Female	50	21,89	5,88	96	0,143	0,552
	Male	50	21,23	4,63			
<b>Opennes to Experience</b>	Female	50	35,07	8,36	96	0,060	0,581
	Male	50	34,21	6,41			

**P<0,05**

T-Test was employed to determine the relationship between marital compliance and personality traits of participants in the survey. There was no significant difference when the participants in the survey were divided into two groups according to the gender, female and male and relationship between marital compliance and personality traits (extroversion ( $t= 0,403$ ,  $p=0,198$ ,  $p>0,05$ ), agreeableness ( $t=0,342$ ,  $p=0,548$ ,  $p>0,05$ ), conscientiousness ( $t= 0,085$ ,  $p=0,311$ ,  $p>0,05$ ), neuroticism( $t=0,143$ ,  $p=0,552$ ,  $p>0,05$ ), opennes to experience( $t=0,060$ ,  $p=0,581$ ,  $p>0,05$ ) was examined.

**Table 6. Comparison of Mean Scores of MAS According to Personality Types Defined by BSI**

	<b>Gender</b>	<b>n</b>	<b><math>\bar{X}</math></b>	<b>S</b>	<b>sd</b>	<b>t</b>	<b>p</b>
<b>Anxiety</b>	Female	50	6,88	7,58	98	0,231	0,206
	Male	50	5,12	6,13			
<b>Depression</b>	Female	50	7,86	6,76	98	0,050*	0,002*
	Male	50	4,08	5,16			
<b>Negative Self</b>	Female	50	5,75	5,31	98	0,499	0,654
	Male	50	6,24	5,79			
<b>Somatization</b>	Female	50	4,73	5,26	98	0,017*	0,007*
	Male	50	2,31	3,23			
<b>Hostility</b>	Female	50	4,65	4,15	98	0,230	0,305
	Male	50	5,57	4,81			

**p<0,05**

T-Test was employed to determine the relationship between marital compliance and mental health of participants in the survey. There was a significant difference when the participants in the survey were divided into two groups according to the gender, female and male and relationship between marital compliance and mental health was examined such that marital compliance and depression ( $t = 0,050$ ,  $p = 0,002$ ) and somatic ( $t = 0,017$ ,  $p = 0,007$ ) revealed a meaningful difference. Women were found to be more depressive and more somatic than men. There was no significant difference when the relationship with other variables was examined. When we look at the relationship between marital compliance and mental health of the participants, it was found that adversity, negatory ego and anger had no influence on marital compliance. ( $p<0,05$ )



**Table 7. The Correlation Coefficients Between Marital Adjustment and Personality Traits**

<b>Variables</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>1.Marital Adjustment</b>						
<b>r</b>	-	-,260**	,135	,008	,052	-,100
<b>p</b>		,010	,010	,937	,613	,327
<b>n</b>		100	100	100	100	100
<b>2. Extraversion</b>						
<b>r</b>		-	,158	,350**	-,208*	,506**
<b>p</b>			,116	,000	,038	,000
<b>n</b>			100	100	100	100
<b>3. Agreeableness</b>						
<b>r</b>			-	,387**	-,165	,358**
<b>p</b>				,000	,100	,000
<b>n</b>				100	100	100
<b>4.Self Discipline</b>						
<b>r</b>				-	-,397**	,409**
<b>p</b>					,000	,000
<b>n</b>					100	100
<b>5. Neuroticism</b>						
<b>r</b>					-	-,082
<b>p</b>						,419
<b>n</b>						100
<b>6. Openness to experience</b>						
						-

\*p &lt; .05

\*\* p&lt; .01

In this study, the variables of extraversion, agreeableness, self-discipline, neuroticism and openness to experience scores of married people with marital adjustment were done by Pearson Correlation coefficient. This table indicated that there are significant and negative relationship between marital adjustment and extraversion ( $r = -.260^{**}$ ,  $p < .01$ ), extraversion and neuroticism ( $r = -.208^{*}$ ,  $p < .05$ ), self discipline and neuroticism ( $r = -.397^{**}$ ,  $p < .01$ ) on the other hand, there were found that there are significant and positive relationship between extraversion and self discipline ( $r = .350^{**}$ ,  $p < .01$ ), extraversion and openness to experience ( $r = .506^{**}$ ,  $p < .01$ ), agreeableness and self discipline ( $r = .387^{**}$ ,  $p < .01$ ), agreeableness and openness to experience ( $r = .358^{**}$ ,  $p < .01$ ) and self discipline and openness to experience ( $r = .409^{**}$ ,  $p < .01$ ).

**Table 8. The Correlation Coefficients Between Marital Adjustment and Psychological Symptoms**

Variables	1	2	3	4	5	6
<b>1.M AS Total</b>						
r	-	,135	,079	,109	,149	-,030
p		,181	,436	,279	,140	,770
n		100	100	100	100	100
<b>2.Anxiety</b>						
r		-	,840**	,843**	,876**	,574**
p			,000	,000	,000	,000
n			100	100	100	100
<b>3.Depression</b>						
r			-	,729**	,806**	,557**
p				,000	,000	,000
n				100	100	100
<b>4.Negative Self</b>						
r				-	,685**	,664**
p					,000	,000
n					100	100
<b>5.Somatization</b>						
r					-	,485**
p						,000
n						100
<b>6.Hostility</b>						
						-

\*p &lt; .05      \*\* p&lt; .01

In this study, the variables of anxiety, depression, negative self, somatization and hostility scores of married people with marital adjustment were done by Pearson Correlation coefficient. This table indicated that there were found significant and positive relationship between anxiety and depression (  $r = .840^{**}$ ,  $p < .01$  ), anxiety and negative self (  $r = .843^{**}$ ,  $p < .01$  ), anxiety and somatization (  $r = .876^{**}$ ,  $p < .01$  ), anxiety and hostility (  $r = .574^{**}$ ,  $p < .01$  ), depression and negative self (  $r = .729^{**}$ ,  $p < .01$  ), depression and somatization (  $r = .806^{**}$ ,  $p < .01$  ), depression and hostility (  $r = .557^{**}$ ,  $p < .01$  ), negative self and somatization (  $r = .685^{**}$ ,  $p < .01$  ), negative self and hostility (  $r = .664^{**}$ ,  $p < .01$  ), somatization and hostility (  $r = .485^{**}$ ,  $p < .01$  ).

The increase in the scores from the EUÖ indicate marital compliance, while the decrease in scores the marital noncompliance. The cut-off value of the EUÖ is 43.5 and the scores considered over this value indicate marital compliance. (Tutarel-Kışlak, 1999). The median scores of the participants in the survey were  $23.6 \pm 5.6$  and their total scores ranged from 11-44. This is a finding indicating that the majority of the group lead a noncompliant marital life.

Participants who participated in the survey were divided into two groups with 24 points or more on the average displaying marital noncompliance and those with 25 points or more displaying relatively higher marital compliance. In this case 42.9% ( $n = 42$ ) of the participants of the survey was compliant and 57.1% ( $n = 56$ ) was noncompliant.

However when the marital compliance of the participants was compared with respect to gender, marital compliance of the male and female participants was seen to be equal. ( $p = 0.531$ ,  $p < 0.05$ )

One-way ANOVA was then conducted to see whether the occupations of the individual participants in the survey made a difference with regards to marital compliance. And another advanced statistical study was conducted employing Tukey's range test. Although the statistical study did not reveal any significant difference, it was found that the marital compliance of military personnel was higher than all other occupational groups. In the survey conducted, marital compliance of civil servants was found to be lower than other occupational groups. ( $p = 0.062$ ,  $p < 0.05$ )

The differences between survey participants' marital compliance, academic level, economic status, duration of the marriage and number of the children was determined using One-way Anova. An advanced statistical study was conducted employing Tukey's range test. There was no difference between academic level, economic status, duration of the marriage and number of the children and marital compliance in the study conducted and hence it was determined that marital compliance was not effected by academic level, economic status, duration of the marriage and number of the children.

One-way ANOVA was conducted to look into the relationship between the marital compliance and the type of marital union of participants in the survey. An advanced statistical study was further conducted employing Tukey's range test.

Despite the fact that there were no significant differences between the type of marital union and marital compliance in the study conducted, the marital compliance of flirtatious marriages were higher than those of arranged marriages. ( $p = 0.071$ ,  $p < 0.05$ )

T-test was used to look into the marital compliance with respect to the gender of participants in the survey. It was determined that gender had no effect on marital compliance in the research conducted. ( $p = 0.531$ ,  $p < 0.05$ )

T-test was also used to look into the effect of whether the participants' were employed or not at present in the survey on the marital compliance. It was determined that whether the participants' were employed or not had no effect on marital compliance. ( $p = 0.782$ ,  $p < 0.05$ )

## 5. DISCUSSION

The determination of the factors associated with marital compliance, which determines the marital quality is of great interest to those working in this field. Today, conflicts within marriages are on the increase and the number of couples who are getting divorced is also increasing. In this context, the personality traits of the spouses, their present psychological issues and a few demographic characteristics are attracting the attention of researchers even more. As stated in previous sections, in this survey it was aimed to investigate, the likely relationship between marital quality and some sociodemographic variables, personality traits, mental health and marital compliance.

In line with the response from the participants of the survey, 42.9% (n = 42) of the participants' marriage was compliant and 57.1% (n = 56) was not i.e. marriage noncompliance was higher in the survey. Henceforth factors adversely affecting marital compliance and the relationship between them are evaluated with regards to some sociodemographic variables, personality traits and mental health.

Within the scope of the research, the relationship between marital compliance and gender, age, marital age, duration of the marriage, type of marriage, age of spouse, income level, academic level and number of children was assessed. No relationship was found between sociodemographic variables and marital compliance in the findings of the present study. It is determined that these variables do not show any correlation with marital compliance. Moreover there are other such studies showing that variables such as age, gender, number of children, work, academic level, duration of the marriage are not in correlation with marital compliance (Erdoğan, 2007, Jose and Alfons, 2007, p. 73-85 , Tutarel-Kışlak and Çabukça, 2002, p .35-42).

However there are also opposing findings. Some sociodemographic variables do affect marital compliance. For example, correlation was observed with variables such as age of spouses, duration of the marriage, family visits, and marital compliance (Demiray, 2006).

It is reported that marital satisfaction is higher for remarriages as compared with the first time marriages and that duration of the marriage and number of children, are positively correlated with marital problems and sexual problems (Jose and Alfons, 2007). Fışiloğlu (2001, p. 215-222) determined that the compliance of consanguineous marriages is low.

In a study of the relationship between economic conditions and marital compliance, couples in less favourable economic conditions were found to have more psychological distress and in this context marital compliance was also seen to be adversely affected (Kinnunen and Feldt, 2004, p. 519-532 ). Demiray (2006) found significant correlations between academic level, the monthly income of the family, marriage after age 35, the number of children, age difference between spouses, duration of the marriage and marital compliance. As can be seen, the relationships between marital compliance and socio-demographic variables are contradictory.

There were no significant differences when the participants in the survey were split into two groups with respect to gender and compared and yet even when from a point of view of their personal traits participants were split into two different groups the marital compliant group and the marital noncompliant group still there were no significant differences, however participants who were noncompliant were observed to have more self-discipline and more openness to self development. Literature within the field suggests that the dimensions of self-discipline and openness to self-development are important influences on the marital affinity. Robins, Caspi and Moffitt (2000, p. 251-259) stated that low levels of self-discipline, unintentionally escalates the impulsive or inconsiderate reactions.

Other studies have also determined the existence of a relationship between marital compliance and personal traits. Russell and Wells (1994, p. 161-168) examined the impact of personality on marital quality in a study involving 94 couples. In spite of the fact that gender was not taken into account, marital quality is found to be adversely affected by the emotional inconsistency of the spouse. But the most vivid influence of either of the spouses on the marital quality is the adaptability of either of the spouses.



Bouchard, Lussier, and Sabourin (1999, p. 651-660 ) examined the relationship between the five-factor model of personality and marital compliance in a study of 446 couples. Emotional inconsistency is found to be an important predictor of marital compliance both for women and men. Tendermindedness, openness to self-development, extroversion, and self-esteem are also found to contribute to marital compliance. Nemechek and Olson (1999, p. 309-318) have examined the relationship between similarities in spouses' personalities and marital compliance.

In the study with married couples, the spouse similarity with regards to the dimensions of self-control, tendermindedness and emotional inconsistency was found to be related to marital compliance. Except for the self-control dimension, it is observed that the other two dimensions of similarity related to the compliance display a deviation as for women and men.

Fitzpatrick (2001) examined the relationship between spouses' personal traits and marital satisfaction. In particular, the similarity in openness to self-development and tendermindedness in both genders was found to be strongly related to marital compliance. While the similarity in the dimension of self-control predicted marital satisfaction for men, the similarity in emotional inconsistency predicted marital satisfaction for women.

In the study conducted, there was a significant difference in the mental health when the participants were split into two groups with respect to gender and in comparison women were more depressive and uttered more somatic complaints. The literature in the field depicts findings supporting the relationship between marital compliance and depression (e.g. Burns et al, 1994, p. 1033-1035, Düzgün, 2009, Heene et al., 2005, p. 413-440) Tutarel-Kışlak, 1996). Depression is an important variable in assessing marital compliance. The literature also reports that women with poor marital compliance are significantly more depressive than those with good marital compliance. Kahn, Coyne, and Margolin (1985, p. 447-461 ) argued that when one of the couples is depressive, there is impairment in peer-to-peer proximity, resolution of marital conflicts, communication ability, sexual satisfaction and emotional expression. Fidanoğlu (2007) identified a relationship between marital compliance and spousal somatization levels and Düzgün (2009) a negative relationship between marital compliance and depression.

There are views in line with, that in general, unhappy and submissive spouses and depressive women are unhappier in their marriage (Blum and Mehrabain, 1999, p. 93-120), and that couples' submissive behaviors lead to reduced perceived problem solving ability and consequently reduce marital satisfaction (Hünler and Gençöz, 2003, p. 99-108).

In yet another study it was determined that women who uttered poor marital compliance were significantly more depressive than those with good marital compliance. Kahn, Coyne, and Margolin (1985, p. 447-461) argued that whenever one of the couples is depressive there is impairment in peer-to-peer proximity, resolution of marital conflicts, communication ability, sexual satisfaction and emotional expression.

Another study revealed that as the marital quality increased, the psychological problems of women decreased. According to Marital Discord Model proposed by Beach, Sandeen and O'Leary (1990) adversities in marriage are henceforth influential in the generation of psychological problems. According to the model, factors such as verbal and physical aggression in marriage, breaking up with or divorce threats, excessive humiliation of the spouse, criticism or accusatory demeanor, significant deterioration in designated routines and marriage stressors specific to the individual increase the stress level and thus allow the symptoms of depression to arise.

## 6. CONCLUSION AND RECOMMENDATIONS

There is a significant difference between marital adjustment and mental health. When the relationship between marital adjustment and mental health is examined, a significant difference is found regarding women who tends to be more depressive and utter more somatic complaints.

As a result, when the participants in the survey were split into two groups according to gender and compared, it was observed that there was no significant difference between personality traits and marital adjustment contrary to the hypothesis, but when they were split into two groups in terms of their personality traits, the group with marital compliance and the noncompliant group still revealed no significant difference however it was found that individuals who are not married were more self-disciplined and more open to self development.

When the participants in the survey were split into two groups according to gender namely women and men and compared in terms of mental health there was a significant difference in parallel with our hypothesis regarding the fact that women proved to be more depressive and uttering somatic complaints.

According to the survey result in parallel with our hypothesis, there was no significant difference between marital adjustment and the sociodemographic characteristics (academic level, age of marriage, duration of marriage, style of marriage, type of marital union, number of children, employment status and total monthly income of the family). As the academic level of participants in the survey in general was high and employed with a relatively high level of socioeconomic status this led to a limited level of observance of the effect of low academic level and economic problems on marital adjustment.

Moreover the data was collected from married individuals who were together for at least one year and as such the newly married couples were not included in the analysis. The underlying rational for such an approach is possibly the scantiness of the duration of cohabitation and the possibility of high marital adjustment for reasons that may result from being married only for a short period of time.

Therefore, the fact that newly weds are not included in the participating group constitutes the limited extend of this study. For this reason there is a need for other forms of data collection and further studies that will include afore mentioned groups .

The findings attained from the study should then be evaluated within the scope of certain limitations. Firstly, the data collected was limited by the usage of some chosen scales e.g. Marital Adjustment Scale, the Big Five Inventory and the Brief Symptom Inventory. The evaluations carried out within the study were a result of self-reporting and not where clinical observation was applied. The study consisted of 100 married individuals aged between 25-50, where the constituent 50 women and 50 men were currently living in TRNC. Therefore, the findings of this study can only be generalized to similar groups. Furthermore future studies conducted utilising different samples and within various other cultures should inevitably contribute to the generalizability of these findings

In line with the results obtained, it is necessary with regards to marital adjustment, to extend the studies further to include especially all departments of the social sciences. Even though the number of available scales with their reliability and authenticity already attested, are currently used to assess the compliance among the spouses locally, it is still necessary to develop and evaluate future ones that will conform to the local cultural settings. While it is vital evaluating further studies with regards to the compliance between spouses, there is a need to assess the concepts of compliance and satisfaction correctly as the definitions of such concepts will vary with regards to the scales used.

On the other hand, experts working in the field of family and psychological counseling, should act upon in awareness of the importance of marital adjustment , as part of their work with spouses focus on the issue of compliance and via organizing psychoeducation studies enhance the marital adjustment. Moreover it will also be enriching to the theme of the field of study concerned to further the work with other variables. In particular, it will be useful to pursue scientific research employing different methodologies and patterns.

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## APPENDICES

### AYDINLATILMIŞ ONAM

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

Bu çalışma; Evlilik Uyumu , Ruh Sağlığı ve Kişilik Özellikleri Arasındaki İlişkinin İncelenmesi amaçlanmaktadır. Çalışma sonucunda elde edilen veriler doğrultusunda Ruh Sağlığı ve Kişilik Özelliklerinin Evlilik Uyumunu artırmadaki önemini ortaya koymayı amaçlamaktadır.

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

Telefon numaranız anketörün denetlemesi ve anketin uygulandığının belirlenmesi amacıyla istenmektedir.

Yardıminız için çok teşekkür ederim.

Psikolog

Nesli Bahar YAVAŞ

Yukardaki bilgileri ayrıntılı biçimde tümünü okudum ve anketin uygulanmasını onayladım.

İsim:

İmza:

Telefon:



## BİLGİLENDİRME FORMU

### **Evlilik Uyumu , Ruh Sağlığı ve Kişilik Özellikleri Arasındaki İlişki**

Bu çalışma;Evlilik Uyumu , Ruh Sağlığı ve Kişilik Özellikleri Arasındaki İlişkinin incelenmesi amaçlamaktadır. Çalışma sonucunda elde edilen veriler doğrultusunda Ruh Sağlığı ve Kişilik Özelliklerinin Evlilik Uyumunu artırmadaki önemini ortaya koymayı amaçlamaktadır.

Bu çalışmada size bir demografik bilgi formu ve bir dizi ölçek sunduk. Demografik bilgi formu sizin yaş cinsiyet gibi demografik özellikleriniz hakkındaki soruları içermektedir. Ölçekler ise Evlilik Uyumunu , Kişilik Özelliklerini ve Ruh Sağlığı boyutunu ölçmektedir.

Daha önce de belirtildiği gibi, ölçeklerde ve görüşmelerde verdiğiniz cevaplar kesinlikle gizli kalacaktır. Eğer çalışmayla ilgili herhangi bir şikayet, görüş veya sorunuz varsa bu çalışmanın araştırmacılarından biri olan Psikolog Nesli Bahar Yavaş ile iletişime geçmekten lütfen çekinmeyiniz ([nesliyavas90@hotmail.com](mailto:nesliyavas90@hotmail.com)).

Eğer bu çalışmaya katılmak sizde belirli düzeyde stres yaratmışsa ve bir danışmanla konuşmak istiyorsanız, ülkemizde ücretsiz hizmet veren şu kuruluşlar bulunmaktadır:

Eğer üniversite öğrencisiyseniz, devam ettiğiniz üniversitede Psikolojik Danışmanlık, Rehberlik ve Araştırma Merkezine (PDRAM) başvurabilirsiniz.

Eğer öğrenci değilseniz, Barış Sinir ve Ruh Hastalıkları Hastanesine başvurabilirsiniz.

Eğer araştırmanın sonuçlarıyla ilgileniyorsanız, araştırmacıyla iletişime geçebilirsiniz.

Katıldığınız için tekrar teşekkür ederim.

Psikolog

Nesli Bahar Yavaş

Klinik Psikoloji Yüksek Lisans

Yakın Doğu Üniversitesi,

Lefkoşa

**KİŞİSEL BİLGİ FORMU**

**1. Cinsiyetiniz:** Kadın ( ) Erkek ( )

**2. Yaşınız:**

**3. Mesleğiniz:**.....

**4. Eğitim Durumunuz:**

( ) Okur-yazar

( ) İlköğretim

( ) Lise

( ) Üniversite

( ) Yüksek lisans/doktora

**5. Ne kadar süredir evlisiniz?**

( ) 1-5 yıl arası

( ) 6-10 yıl arası

( ) 11-15 yıl arası

( ) 16-20 yıl arası

( ) 21 ve sonrası

**6. Sahip olduğunuz çocuk sayısı:**

( ) Yok

( ) Bir çocuk

( ) İki çocuk

( ) Üç çocuk

( ) Daha fazla : ..... (Kaç çocuğunuzun olduğunu yazınız).

**7. Çocuğunuzun/ Çocuklarımızın Yaşı:.....**

**8. Şuan ki çalışıp çalışmama durumunuz :**

☐ Çalışıyorum

☐ Çalışmıyorum

☐ Emekliyim

**9. Ekonomik düzeyiniz aşağıdaki seçeneklerden hangisine uygundur?**

☐ 800 tl ve altı

☐ 800-1600 tl arası

☐ 1600-2400 tl arası

☐ 2400-5000 tl arası

☐ 5000 tl ve üstü

**10.Evlenme biçiminiz:**

☐ Flört

☐ Görücü usulü

☐ Görücü + Flört

☐ Diğer:.....

## EVLİLİK UYUM ÖLÇEĞİ

1. Ölçeğin bu maddesinde, evliliğinizdeki mutluluk düzeyini tüm yönleri ile en iyi tanımladığını inandığınız noktayı daire içine alınız. Ortadaki ' mutlu ' sözcüğü üzerindeki nokta, çoğu kişinin evlilikten duyduğu mutluluk derecesini temsil etmekte ve ölçek kademeli olarak sol ucunda evliliğinde çok mutsuz olan küçük bir azınlığı, sağ ucunda ise evliliğinden çok büyük bir doyum ve mutluluk duyan küçük bir azınlığı temsil ederek derecelenmiş bulunmaktadır.

\*           \*           \*           \*           \*           \*           \*

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Çok mutsuz	Mutlu	Çok mutlu
---------------	-------	--------------

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

	Her zaman anlarız	Hemen her zaman anlarız	Ara sıra anlaşımadığımız olur	Sıklıkla anlaşılamayız	Hemen her zaman anlaşılamayız	Her zaman anlaşılamayız
2.Aile bütçesini idare etme						
3.Boş zaman Etkinlikleri						
4.Duyguların İfadesi						
5.Arkadaşlar						
6.Cinsel İlişkiler						

7.Toplumsal kurallara uyma (doğru, iyi veya yerinde davranış)						
8.Yaşam Felsefesi						
9.Eşin akrabalarıyla ilişki biçimi						

Lütfen evliliğinizi en iyi ifade ettiğine inandığınız bir cevabın altını çiziniz.

10. Ortaya çıkan uyumsuzluklar genellikle:

- ☐ erkeğin susması ile
- ☐ kadının susması ile
- ☐ karşılıklı anlaşmaya varılarak

sonuçlanır

11. Ev dışı faaliyetlerinizin ne kadarını eşinizle birlikte yaparsınız?

- ☐ hepsini
- ☐ bazılarını
- ☐ çok azını
- ☐ hiçbirini

12. Boş zamanlarınızda genellikle aşağıdakilerden hangisini tercih edersiniz?

- ☐ dışarıda bir şeyler yapmayı
- ☐ evde oturmayı

13.Eşiniz genellikle aşağıdakilerden hangisini tercih eder?

☐ dışarıda bir şeyler yapmayı

☐ evde oturmayı

14. Hiç evlenmemiş olmayı istediğiniz olur mu?

☐ sık sık

☐ arada sırada

☐ çok seyrek

☐ hiçbir zaman

15. Hayatınızı yeniden yaşayabilseydiniz,

☐ aynı kişiyle evlenirdiniz

☐ farklı bir kişiyle evlenirdiniz

☐ hiç evlenmezsiniz

16. Eşinize güvenir, sırlarınızı ona açar mısınız?

☐ hemen hemen hiçbir zaman

☐ nadiren

☐ çoğu konularda

☐ her konuda

## BÜYÜK BEŞLİ KİŞİLİK TESTİ

Lütfen aşağıdaki ifadelerin sizi ne kadar tanımladığını belirtiniz.

1	2	3	4	5
<b>Hiç Katılmıyorum</b>				<b>Tamamen Katılıyorum</b>

1. Konuşkan	1	2	3	4	5
2. Başkalarının kusurunu bulmaya eğilimli	1	2	3	4	5
3. Bir işi eksiksiz yapan	1	2	3	4	5
4. Depresif ve hüzünlü	1	2	3	4	5
5. Orijinal, yeni fikirler üreten	1	2	3	4	5
6. Mesafeli	1	2	3	4	5
7. Yardımsever, bencil olmayan	1	2	3	4	5
8. Özensiz olabilen	1	2	3	4	5
9. Rahat, stresle iyi baş eden	1	2	3	4	5
10. Birçok farklı konuya meraklı	1	2	3	4	5
11. Enerji dolu	1	2	3	4	5
12. Başkalarıyla ağız dalaşı başlatan	1	2	3	4	5
13. Güvenilir bir çalışan	1	2	3	4	5
14. Gergin olabilen	1	2	3	4	5
15. Yaratıcı zekası olan, derin düşünen	1	2	3	4	5
16. Heyecan ve coşku yaratan	1	2	3	4	5
17. Bağışlayıcı bir yapıya sahip	1	2	3	4	5
18. Düzensiz olmaya eğilimli	1	2	3	4	5
19. Çok endişelenen	1	2	3	4	5
20. Hayal gücü zengin	1	2	3	4	5
21. Sessiz kalmaya eğilimi olan	1	2	3	4	5
22. İnsanlara genellikle güvenen	1	2	3	4	5
23. Tembelliğe meyilli	1	2	3	4	5
24. Duygusal açıdan dengeli, kolay kolay üzülmeyen	1	2	3	4	5

25. Yaratıcı	1	2	3	4	5
26. Girişken bir kişiliğe sahip	1	2	3	4	5
27. Soğuk ve kayıtsız olabilen	1	2	3	4	5
28. Bir işi bitirmeden bırakmayan	1	2	3	4	5
29. Duygusal iniş ve çıkışlar yaşayan	1	2	3	4	5
30. Sanatsal ve estetik deneyimlere değer veren	1	2	3	4	5
31. Bazen utangaç ve tutuk	1	2	3	4	5
32. Hemen hemen herkese karşı nazik ve düşünceli	1	2	3	4	5
33. İşleri etkin, verimli yapan	1	2	3	4	5
34. Gergin durumlarda sakin kalan	1	2	3	4	5
35. Rutin işler yapmayı tercih eden	1	2	3	4	5
36. Dışadönük, sosyal	1	2	3	4	5
37. Zaman zaman başkalarına karşı kabalaşan	1	2	3	4	5
38. Plan yapan ve onları uygulayan	1	2	3	4	5
39. Kolayca heyecanlanan	1	2	3	4	5
40. Düşünmekten ve fikirlerle oynamaktan hoşlanan	1	2	3	4	5
41. Sanatsal ilgileri az olan	1	2	3	4	5
42. Başkaları ile işbirliği yapmaktan hoşlanan	1	2	3	4	5
43. Dikkati kolay dağılan	1	2	3	4	5
44. Sanat, müzik ve edebiyat konusunda çok bilgili	1	2	3	4	5



## KISA SEMPTOM ENVANTERİ

**ACIKLAMA:** Aşağıda 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 ettiğini gözönüne alarak aşağıda belirtilen tanımlamalardan uygun olanının numarasının karşısındaki boşluğa yazınız.Düşüncenizi değiştirirseniz ilk yazdığınız numarayı tamamen siliniz. Lütfen başlangıç örneğini dikkatle uygulayınız ve anlamadığınız bir cümle ile karşılaştığınızda uygulayan kişiye danışınız.

**ÖRNEK:**

Aşağıda belirtilen sorundan ne ölçüde rahatsız olmaktadır?

Örnek: Baygınlık , baş dönmesi: 3

0- HIÇ  
1- ÇOK AZ  
2- ORTA DERECEDE  
3- OLDUKÇA FAZLA  
4- İLERİ DERECEDE

### MADDELER

### CEVAPLAR

1.İçinizdeki sinirlilik ve titreme hali	
2.Baygınlık, baş dönmesi	
3.Bir başka kişinin sizin düşüncelerinizi kontrol edeceği fikri	
4.Başınıza gelen sıkıntılardan dolayı başkalarının suçlu olduğu duygusu	
5.Olayları hatırlamada güçlük	
6.Çok kolayca kızıp öfkelenme	
7.Göğüs ( kalp ) bölgesinde ağrılar	
8.Meydanlık(açık) yerlerden korkma duygusu.	
9.Yaşamınıza son verme düşüncesi.	
10.İnsanların çoğuna güvenilemeyeceği hissi.	
11.İştahta bozukluklar.	
12.Hiçbir nedeni olmayan ani korkular.	
13.Kontrol edemediğiniz duygu patlamaları.	
14.Başka insanlarla beraberken bile yalnızlık hissetme.	
15.İşleri bitirme konusunda kendini engellenmiş hissetme.	
16.Yalnızlık hissetme.	

17.Hüzünlü, kederli hissetme.	
18.Hiçbir şeye ilgi duymamak.	
19.Kendini ağlamaklı hissetme.	
20.Kolayca incinebilme kırılma.	
21.İnsanların sizi sevmediğini, size kötü davrandığına inanma.	
22.Kendini diğer insanlardan daha aşağı görmek.	
23.Mide bozukluğu, bulantı.	
24.Diğer insanların sizi gözlediği ya da hakkınızda konuştuğu duygusu.	
25.Uykuya dalmada güçlük.	
26.Yaptığınız şeyleri tekrar tekrar doğru mu diye kontrol etmek.	
27.Karar vermede güçlükler.	
28.Otobüs tren, metro gibi umumi vasıtalarla seyahatlerden korkma.	
29.Nefes darlığı nefessiz kalma.	
30.Sıcak soğuk basmaları.	
31.Sizi korkuttuğu için bazı eşya yer ya da etkinliklerden uzak kalmaya çalışmak.	
32.Kafanızın bomboş kalması.	
33.Bedeninizin bazı bölgelerinde uyuşmalar, karıncalanmalar.	
34.Hatalarınız için cezalandırılmanız gerektiği düşüncesi.	
35.Gelecekle ilgili umutsuzluk duyguları.	
36.Dikkati bir şey üzerine toplamada güçlük.	
37.Bedenin bazı bölgelerinde zayıflık, güçsüzlük hissi.	
38.Kendini gergin ve tedirgin hissetme.	
39.Ölme ve ölüm üzerine düşünceler.	
40.Birini dövme, ona zarar verme yaralama isteği.	
41.Birşeyleri kırma dökme isteği.	
42.Diğer insanların yanında iken yanlış bir şey yapmamaya çalışmak.	
43.Kalabalıklardan rahatsızlık duymak.	
44.Başka insanlara hiç yakınlık duymamak.	
45.Dehşet ve panik nöbetleri.	
46.Sık sık tartışmaya girmek.	
47.Yalnız kalındığında sinirlilik hissetme.	

48.Başarılarınıza rağmen diğer insanlardan yeterince takdir görmemek.	
49.Kendini yerinde duramayacak kadar tedirginlik hissetmek.	
50.Kendini değersiz görme duygusu.	
51.Eğer izin vererseniz insanların sizi sömüreceği duygusu.	
52.Suçluluk duyguları.	
53.Aklınızda bir bozukluk olduğu fikri.	

**CV****KİŞİSEL BİLGİLER**

**İsim Soyisim:** Nesli Bahar Yavaş

**Doğum Tarihi:** 17/ 05/ 1990

**Doğum Yeri:** Manisa

**Ülke:** Türkiye

**Medeni Durum:** Bekar

**Adres:** Salihli / MANİSA

**Gsm/ Dahili:** 0533 8849053

**E- mail:** [nesliyavas90@hotmail.com](mailto:nesliyavas90@hotmail.com)

**KARİYER HEDEFİM**

Lisans ve Yüksek Lisans eğitim sürecinde edindiğim bilgi ve becerilerimi geliştirmek ve Doktora eğitimine ara vermeden devam ederek hizmet verdiğim kişi ve kurumlara olumlu yönde katkı sağlamaktır.

**EĞİTİM**

**İlköğretim :** Salihli Cumhuriyet İlk Öğretim Okulu (1996- 2004)

**Lise:** Salihli Türk Birliği Süper Lisesi ( 2004- 2008)

**Lisans:** Yakın Doğu Üniversitesi Fen Edebiyat Fakültesi Psikoloji Bölümü ( 2009-2014)

**Yüksek Lisans:** Yakın Doğu Üniversitesi Sosyal Bilimler Enstitüsü Klinik Psikoloji ( 2014- 2017)

### **İŞ/ STAJ DENEYİMLERİ**

- Manisa Ruh Sağlığı ve Hastalıkları Hastanesi ( 2014 Ocak- Şubat bir ay )

Staj: Klinik Gözlem, Yatan Hasta visit kontrolleri, Rapor Hazırlama, MMPI kodlama ve Yorumlama, SCL 90 Uygulama ve Yorumlama , Wisc-r Uygulanmasını İzleme Raporlandırmayı Öğrenme.

- KKTC Barış Ruh ve Sinir Hastalıkları Hastanesi ( 2015-2016 altı ay )

Staj: Klinik Gözlem, Anamnez Alma , Düzenli Hasta Takibi, Yatan Hastaların Visit Kontrollerine Katılma

### **PROJELER:**

- Evlilik Uyumu ile Kişilik Özellikleri ve Ruh Sağlığı Arasındaki İlişkinin İncelenmesi ( Kıbrıs Geneline Spss Kodlamalı Yapılmış İngilizce Hazırlanmış Yüksek Lisans Bitirme Tezi )
- Kumar Bağımlılığının Önlenmesi ( Kıbrıs Geneline Spss Kodlamalı Yapılmış İngilizce Hazırlanmış Lisans Bitirme Tezi )

**KATILDIĞIM SEMİNERLER**

- Madde Bağımlılığı Konferansı ( KKTC)
- Ruh Sağlığı Sempozyumları ( KKTC)
- Psikoanaliz Günleri ( KKTC)

**YABANCI DİL**

İngilizce Okuma : iyi, Yazma: İyi, Anlama: İyi

**HOBİLERİM**

- Müzik Dinleme
- Film İzleme
- Kitap Okuma
- Mesleğimle İlgili Gelişmeleri Takip Etmek

tez

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