

THE ROLE OF BLAME, SELF-COMPASSION, AND SEXISM ON WELL-
BEING AFTER BREAK-UP

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ABSTRACT

THE ROLE OF BLAME, SELF-COMPASSION, AND SEXISM ON WELL-BEING AFTER BREAK-UP

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Break-ups can be very stressful and often impact one's subjective well-being. There might be various social psychological variables that may affect well-being after breakups. The purpose of the thesis is to examine the association between blame, self-compassion, and sexism on well-being after a break-up and the moderating effect of self-compassion on self-blame and well-being relation. Participants of this study were heterosexual individuals who experienced break-up at least once in their lifetime. 296 participants composed of 232 women and 63 men ($M_{age} = 23.34$; $SD = 4.83$) completed the demographic information form, PANAS, Life Satisfaction Scale, Self-Compassion Scale, and Ambivalent Sexism Inventory. Regression analysis showed that self-blame negatively predicts positive affect and positively predicts negative affect and self-compassion positively predicts life satisfaction, positive affect and negatively predicts negative affect. Also, partner blame positively predicts negative affect. However, benevolent and hostile sexism was not found to be significantly predict by any of the subjective well-being components. Self-compassion did not moderate the relation between self-blame and subjective well-being. This thesis's result supports the importance of blame and self-compassion on subjective well-being after relationship dissolution. Future studies should extend this research by balancing the gender

distribution, and studies with different cultures and non-heterosexual people. These results also can be used for practical purposes and for creating interventions.

Keywords: Blame, Self-Compassion, Ambivalent Sexism, Subjective Well-being, Break-up

ÖZ

SUÇLAMANIN, ÖZ ŞEFKATİN VE CİNSİYETÇİLİĞİN AYRILIK SONRASI İYİLİK HALİNDEKİ ROLÜ

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Romantik ayrılıklar çok stresli olabilir ve genellikle kişinin öznel iyi oluşunu etkiler. Ayrılıklardan sonra iyi olma halini etkileyebilecek çeşitli sosyal psikolojik değişkenler olabilir. Bu tezin amacı, suçlama, öz-şefkat ve cinsiyetçiliğin ayrılık sonrası iyilik haline etkisini incelemek ve öz-şefkatin kendini suçlama ve iyilik hali üzerindeki düzenleyici etkisini incelemektir. Bu çalışmanın katılımcıları, yaşamları boyunca en az bir kez ayrılık yaşamış heteroseksüel bireylerdir. 232 kadın ve 63 erkekten ($M_{yaş} = 23.34$; $SD = 4.83$) oluşan 296 katılımcı, demografik bilgi formu, PANAS, Yaşam Doyumu Ölçeği, Öz-Duyarlık Ölçeği ve Çelişik Duygulu Cinsiyetçilik ölçeğini doldurdu ve veriler SPSS 20 kullanılarak analiz edildi. Regresyon analizi, kendini suçlamanın pozitif duygulanımı negatif olarak yordadığını, negatif duygulanımı ise pozitif yordadığını göstermiştir. Benzer şekilde öz-şefkatin yaşam doyumunu ve pozitif duygulanımı pozitif yordadığını, negatif duygulanımı ise negatif yordadığını göstermiştir. Partneri suçlama ise olumsuz duygulanımı pozitif anlamda yordamıştır. Bununla birlikte, düşmanca ya da koruyucu cinsiyetçilik, öznel iyi oluş ile anlamlı bir şekilde ilişkili bulunmamıştır. Öz-şefkatin ve kendini suçlama arasındaki etkileşimin öznel iyi oluşa etki etmediği bulunmuştur. Bu tezin sonucu, romantik ayrılıktan sonra kendini suçlama ve öz-şefkatin öznel iyi oluş üzerindeki önemini desteklemektedir.

Gelecekteki alıřmalar, bu arařtırmayı cinsiyet daęılımını dengeleyerek, farklı kltrlerle ve heteroseksel olmayan insanlarla yapılan alıřmalarla geniřletmelidir. Bu sonular pratik amalarla ve mdahaleler oluřturmak iin kullanılabilir.

Anahtar Kelimeler: Sulama, z Őekkat, eliřik Duygulu Cinsiyetilik, İyilik Hali, Ayrılık

Dedication to my grandfather who was a great teacher, friend, and story teller...

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LIST OF ABBREVIATIONS

- ASI Ambivalent Sexism Inventory
- BRD Break-Up Relationship Duration
- BrS Break-Up Status
- BRSa Break-Up Relationship Satisfaction
- BS Benevolent Sexism
- ES Economic Status
- HS Hostile Sexism
- LS Life Satisfaction
- MA Marital Status
- METU Middle East Technical University
- NA Negative Affect
- PA Positive Affect
- PANAS Positive and Negative Affect Schedule
- RD Relationship Duration
- RS Relationship Status
- SC Self-Compassion
- SPSS Statistical Packages of Social Sciences
- TPA Time Passed After Break-Up

CHAPTER 1

INTRODUCTION

Although every romantic relationship starts with an expectation of being with a person forever, break-ups are a common theme. Romantic relationships are very important in most adults' lives (Berscheid & Reis, 1998), and therefore they also create a negative effect on one's life when a break-up happens. Breakups can be a hard and stressful experience for people who experience it. Studies showed that breakups are significant life events that can have negative effects on individuals' psychological and physical well-being regardless of their age, gender, or relationship status (Frazier & Cook, 1993; Kendler et al., 2003). Research has shown that breakups are often associated with major depressive disorder. Especially among adolescents (Boelen & Reijntjes, 2009; Davis et al., 2003; Monroe et al., 1999). Furthermore, studies have found that relationship dissolution among university students can lead to negative outcomes such as intrusive thoughts, depression, anxiety, loneliness, anger, disorganized behavior decreased academic performance, and even suicide (Field et al., 2009).

Given the negative effects of break-ups on individuals' well-being it is crucial to understand the factors that contribute to their post-break-up adjustment. This thesis focuses on three social psychological variables namely, self or partner blaming, self-compassion, and sexism level of the individuals, and their association with well-being after a breakup. By investigating these social psychological variables and their relationship with well-being following a breakup I hope to gain insight into how people navigate this challenging life transition. While research has demonstrated the impact of attribution of responsibility for break-up (to self or to partner) and self-compassion after post-breakup adjustment (Zhang & Chen, 2017), researches are not much. Also, to my knowledge there is no study about blame and well-being after break-up in Türkiye. The role of sexism in this process has not been extensively examined in the

literature. The negative impact of breakups on well-being has been discussed and shown in previous studies (Frazier & Cook, 1993; Sbarra, 2006; Sbarra et al., 2013). However, this thesis goes beyond the traditional view that breakups are universally stressful and instead emphasizes the importance of considering individual differences in post-breakup adjustment. This is reflected in the focus on the role of psychological variables in shaping post-breakup outcomes. Research has shown that; time since the breakup, relationship duration, relationship satisfaction before the breakup, and current dating status might potentially influence the well-being after a breakup (Boelen & Reijntjes, 2009; Frazier & Cook, 1993; Sprecher et al., 1998; Simpson, 1987; Tashiro & Frazier, 2003). In particular, the passage of time since a breakup has been associated with better psychological adaptation and less distress and loneliness (Locker et al., 2010; Moller et al., 2003; Sprecher et al., 1998). Therefore, to eliminate the possible third variable effect, these variables are also considered in this thesis.

In start, the current thesis aims to address the gap in the existing literature by exploring the relationship between blaming, self-compassion, sexism, and well-being after a breakup. The study seeks to provide a more comprehensive understanding of the breakup experience. The results of this thesis may help to apply studies to develop interventions based on self-compassion as well as understanding the interaction effect of self-blame and self-compassion on well-being components. By understanding the factors increasing the well-being of the consultants who break up and suffer from depression, anxiety, etc., it can be easier to develop interventions.

To outline the aim of this thesis, the introduction section will cover important topics related to well-being after a breakup. Firstly, the literature on well-being and breakup adjustment will be explored, with a focus on why this topic is important and must be investigated. Then, research on the role of blaming and self-compassion in well-being after a breakup will be discussed. To my knowledge, no research considers the effect of one's own sexism level after a breakup. Finally, the introduction section will outline the aim of the current thesis, which is to investigate the association between blaming, self-compassion, and sexism in shaping well-being after a breakup.

1.1. Subjective Well-being

Well-being is a concept that has gained significant attention from psychologists. After the development of positive psychology which focuses on identifying positive factors in human life that can improve people's well-being and resilience during times of hardship and trauma (Seligman & Csikszentmihalyi, 2000), well-being became a concept that is researched more. There are different approaches to conceptualizing well-being since there are many different definitions of well-being and no consensus on its definition (Diener et al., 2003).

In this study, Diener et al.'s conceptualization of well-being is measured and defined (1985). According to this conceptualization, well-being is a multidimensional concept that includes one's cognitive and affective evaluations of his/her life, more specifically it includes positive affect, negative affect, and life satisfaction (Diener et al., 1985; Myers & Diener, 1995). It is 'subjective' because it is based on subjective evaluations. Higher life satisfaction, higher levels of positive affect, and lower levels of negative affect are associated with higher subjective well-being (Diener, 1994; Myers & Diener, 1995). Likely, according to Eryılmaz and Ercan (2010), well-being is characterized by affect and life satisfaction, which are closely related to an individual's self-assessment of their life. Yılmaz and Arslan (2013) similarly define well-being as an individual's cognitive and affective evaluation of their life.

Well-being has a strong link with social relationships. People with satisfying social lives tend to experience higher levels of positive affect and life satisfaction (Diener & Seligman, 2002), which in turn is associated with greater engagement in social events, more friendships, and stronger feelings of closeness with friends (Diener & Chan, 2011).

Romantic relationships are one of the most intimate types of relationships. Even before marriage, it is linked to well-being, so it is not surprising that they are closely linked to an individual's well-being. For instance, during late adolescence, romantic partners are often rated as the most supportive people in an individual's life, although they may also experience more conflict compared to peers and parents (Collins & van Dulman, 2006). Furthermore, in late adolescence, romantic partners rated as most supportive but also perceived more conflict compared to peers and parents. Romantic partners

affect one's identity through lifespan (Kansky, 2018). It is found that after a break-up self-concept clarity decreases and this unclarity indicates post-break-up distress (Slotter et al., 2010).

While romantic relationships are so important and related to well-being and have many positive effects, it is impossible to ignore their effect on well-being after the dissolution of this relationship. The end of a romantic relationship is often accompanied by feelings of sadness, loss, and distress, which can have significant consequences for an individual's mental health (Previti & Amato, 2003). In light of the previous literature, it is essential to investigate factors that may influence the negative impact of the break-up on well-being, such as blaming, self-compassion, and sexism, which are the focus of the present study.

1.2. Self or Partner Blame

Blaming oneself or partner for the break-up may create differences in one's well-being. The concept of blame reflects the degree to which individuals perceive themselves or their romantic partners as responsible for the break-up. The attributional process can be significantly related to effective coping and therefore well-being (Frazier & Schauben, 1994; Statlender, 1981). The experience of blame can influence one's mental health and well-being in different ways, which is a concept that is researched.

Break-ups are psychologically more difficult for people who believe they are responsible for break-up (Zhang & Chen, 2017). For example, Chung et al. (2003) found that individuals who took more responsibility for the break-up experienced more disruptive thoughts related to the break-up. This increased rumination and self-blame can prevent individuals from moving on and may further contribute to a decrease in well-being. Similarly, in another study, researchers found that blaming their role or behavior for break-up increased the risk of depression and anxiety following the break-up (Boelen & Reijntjes, 2009). These results show that individuals who blame themselves for the break-up may become trapped in a negative cycle of rumination and self-blame.

Additionally, partner blaming can prevent individuals from taking responsibility for their role in the break-up and learning from the experience. Research suggested that although attribution of the responsibility of a break-up to themselves results in more emotional suffering, these people are more likely to experience personal growth in the long run. Taking greater responsibility to the self leads to more disruptive thoughts and feelings but it also creates the understanding that events are controllable and events are not random (Kaur & Kaur, 2015). Placing blame on the partner is also repeatedly related to negative emotions like less happiness, less optimism, and lack of self-confidence (Newman & Langer, 1981) as well as increased sadness (Choo et al., 1996; Sprecher, 1994). Partner blaming may create a feeling of distress since the characteristic of the ex-partner is not controllable nor changeable (Tashiro & Frazier, 2003). By these results, it is hypothesized that both self-blaming and partner-blaming will be negatively associated with the well-being of a person.

1.3. Self-Compassion

Self-compassion is an important factor that can contribute to the well-being of individuals after a breakup as an effective way of coping. It is a multidimensional concept that involves treating oneself with kindness and understanding during times of distress and hardship (Neff, 2003a). Neff (2003a) conceptualized self-compassion as consisting of three main components: self-kindness, common humanity, and mindfulness.

The first component of self-compassion is self-kindness, which involves being warm and understanding towards oneself when faced with difficulties. People who are high in self-compassion are able to comfort themselves in the face of hardship and they are being kind to themselves in this experience (Neff, 2003a). The second component is common humanity which involves recognizing that suffering and imperfection are part of the human experience, that everyone experiences these difficulties at some point in their lives, and that they are not alone in this experience (Neff, 2003a). This perspective can help individuals feel less isolated and alone in their struggles but a part of humanity. The third component is mindfulness which involves being aware of one's thoughts and emotions without over-identifying with them (Neff, 2003a). This can help individuals maintain a balanced perspective and avoid rumination or getting too

caught up in negative emotions and/or experiences. The level of self-compassion may vary from culture to culture; however, it is related to well-being in all of them (Neff et al., 2008). For example, self-compassion and personal well-being were found positively correlated by a meta-analysis (Zessin et al., 2015). Moreover, it is also related negatively to negative affect and positively to positive affect (Bernard & Curry, 2011). Studies also showed that an intervention program that aims to increase self-compassion, also significantly increased life satisfaction (Germer & Neff, 2013).

In addition to these, self-compassion is also positively related to healthy coping styles (Neff et al., 2005). Research has shown that in distressing situations people who are high in self-compassion, generally do not feel overwhelmed while experiencing negative affect (Sbarra et al., 2012). Sbarra et al. (2012), found that an increase in self-compassion is also related to high adjustment after divorce. These findings suggest that having self-compassion may be an essential factor in increasing the positive adjustment after a break-up.

Research suggests that people who talk about recent break-up experiences with more self-compassion reported less emotional distress right after the break-up ended and 9 months later (Sbarra et al., 2012). Additionally, self-compassion may play a role in how individuals respond to taking responsibility for the breakup. Zhang and Chen (2017) found that individuals who took responsibility and blamed themselves for the relationship dissolution reported less interest in future relationships when their self-compassion was low. However, when these individuals had higher levels of self-compassion, they were more motivated to improve themselves and their future relationships. These results suggest that self-compassion may promote positive adjustment for individuals who blame themselves for the break-up.

Overall, these findings suggest that self-compassion is a crucial factor that can increase the level of well-being after a breakup. Individuals who are able to treat themselves with kindness, understand that it is a part of the human experience, and understand during times of distress may be better at coping with the challenges of a breakup and experiencing positive adjustment in the aftermath. Along with these results, this paper hypothesizes that people who have higher levels of self-compassion will also have

higher levels of well-being as a result of effective coping. In addition to this hypothesis, a negative relation between self-blame and well-being after a breakup can be weakened by the endorsement of self-compassion can be hypothesized by moving from Zhang and Chen's study (2017).

1.4. Sexism and Subjective Well-being

Sexism can be defined as discrimination based on gender. Researchers have usually focused on negative attitudes and behaviors toward women. Sexist people tend to believe the idea that women are inferior. This ideology is related to patriarchal systems (Glick & Fiske, 1996). Many sexist practices are internalized by both man, women, and society. Although the internalization of sexist beliefs may be unintentional, it shapes women's personalities, relationships, and how they see themselves and others (Bearman et al., 2009). Sexist ideologies are observed in every culture at different levels and lead to the mistreatment of women (Cherry & Wilcox, 2021; Glick et al., 2001; Swim et al., 2001). The problem of women being undervalued, abused, and exploited is still a problem so it is still relevant and important to understand its effect. Sexism can affect one's life in different ways. In this study, the focus is on how levels of sexism can affect one's break-up experience and after break-up recovery, in other words, well-being after break-up. In this study, Glick and Fiske's conceptualization of sexism is measured and defined (1996).

Glick and Fiske (1996) developed a theory, called Ambivalent Sexism including hostile and benevolent sexism. According to the researchers, both hostile sexism and benevolent sexism have three components which are paternalism, gender differentiation, and heterosexuality. Paternalism takes different forms in hostile and benevolent sexism. In hostile sexism, dominative paternalism exists, covering the ideology that women are not fully adults and need a superior man. On the other hand, in benevolent sexism, protective paternalism which defines women as weak and needs a man who could protect them is seen (Glick & Fiske, 1997).

Gender differentiation also has two sides: competitive gender differentiation and complementary gender differentiation. Competitive gender differentiation justifies male structural power by showing or perceiving men as the only option for governing

important social institutions since only men have the necessary traits (Glick & Fiske, 1997). On the other hand, complementary gender differentiation suggests that women have positive traits that complement the traits of a man, which means that traits that are stereotypically lacking by men such as sensitivity compensated by women who have that trait. In other words, women complete men (Glick & Fiske, 1997).

Finally, in the ambivalent sexism theory, heterosexuality is covered. According to the heterosexuality dimension, men may feel ambivalent toward women due to dependence. Heterosexual intimacy is the one side of heterosexuality. It is a genuine desire for psychological desire that can be associated with the sexual motivation of men toward women (Glick & Fiske, 1997) However, the other side which is heterosexual hostility can be dangerous for women. It is believed that women use their sexuality to gain dominance over men which is related to hostility towards women (Check et al., 1985; Glick & Fiske, 1996).

To sum up, the Ambivalent Sexism (Glick & Fiske, 1996) suggests that although there is a patriarchal system, men still need women to reproduce, and there is interdependence. Women are wives, mothers, and romantic partners; that differs sexism from other types of prejudice, and this creates an ambivalence. People who reject that they do not possess discriminative behavior toward women might have an ambivalent affection for women (Glick & Fiske, 1997). This ambivalence leads to different conceptualizations of women who might be seen as pure but also evil. Both hostile and benevolent sexism serve to maintain gender inequality and support prototypical gender roles. Hostile sexism justifies stereotypes about genders, traditional roles of both genders, and male power, and objectifies women for men's sexual gratification. It covers the fear that women use their sexuality and ideology to control men (Glick & Fiske, 1997; 2001). On the other hand, benevolent sexism is subjectively more positive for perceivers since it is like chivalry (e.g., men should protect women) (Glick & Fiske, 1996). It claims that women should be adored, protected, and provided by men. For men to be complete they needed a woman's love. This view is more romantic and embraces the idea that men are dependent on women (Glick & Fiske, 1997; 2001).

Sexism can be seen as a form of oppression since there are both individual and systematic manifestations of behaviors, attitudes, and prejudices that promote, recreate, and maintain male dominance while suppressing women in every way (i.e., socially, politically, and economically) (Hunnicut, 2009). Furthermore, experiences of sexism have a negative effect on both mental and physical health (Glick & Fiske, 1996). Sexism was significantly correlated with trauma symptoms (Berg, 2006; Kira et al., 2015). Even though these studies demonstrate the negative consequences of sexism, there are arguments that benevolent sexism could have a positive undertone for the perceiver, although; it still helps the recreation of masculine dominance (Glick & Fiske, 1996). Some research has found that through diffuse system justification benevolent sexism is positively correlated with life satisfaction which is a part of well-being (Connelly & Heesacker, 2012). However, another study found that endorsement of benevolent sexism is associated with unrealistic expectations from partners, which leads to lower well-being (Casad et al., 2014).

To my knowledge, there is no study that explores how endorsement of sexism related to the well-being after a break-up. Literature showed that how experienced sexism may affect our well-being but how endorsement of sexism might affect well-being did not researched. Since there can be a relationship between hostile sexism, benevolent sexism, and subjective well-being, it is important to explore this relationship further. In this paper, my goal is to understand and investigate this relation.

1.5. The Aim of the Current Thesis

The purpose of the study is to examine the association among blaming oneself or partner, self-compassion, sexism, and subjective well-being, as well as the moderation effect of self-compassion after a breakup in the adult heterosexual sample in Turkey. In difference with other studies, I aimed to understand how participants' benevolent and hostile sexism levels associated with subjective well-being after a romantic relationship break-up. To my knowledge no study about the association between sexism and subjective well-being after a break-up. Therefore, I will explore the association between hostile benevolent sexism and well-being after break-up. There is not much research about blame and subjective well-being after a break-up.

In light of previous literature on subjective well-being, self-compassion, sexism, self-blame, partner blame, and romantic relationship break-up, I hypothesize:

H1: Blaming oneself for a breakup will negatively predict subjective well-being after a break-up (Figure 1).

H2: Blaming partner for a breakup will negatively predict subjective well-being after the break-up (Figure 1).

H3: The practice of self-compassion will positively predict subjective well-being after a breakup (Figure 1).

H4: Self-compassion might be a protective factor against the possible negative effects of self-blame on well-being and can moderate the relationship.

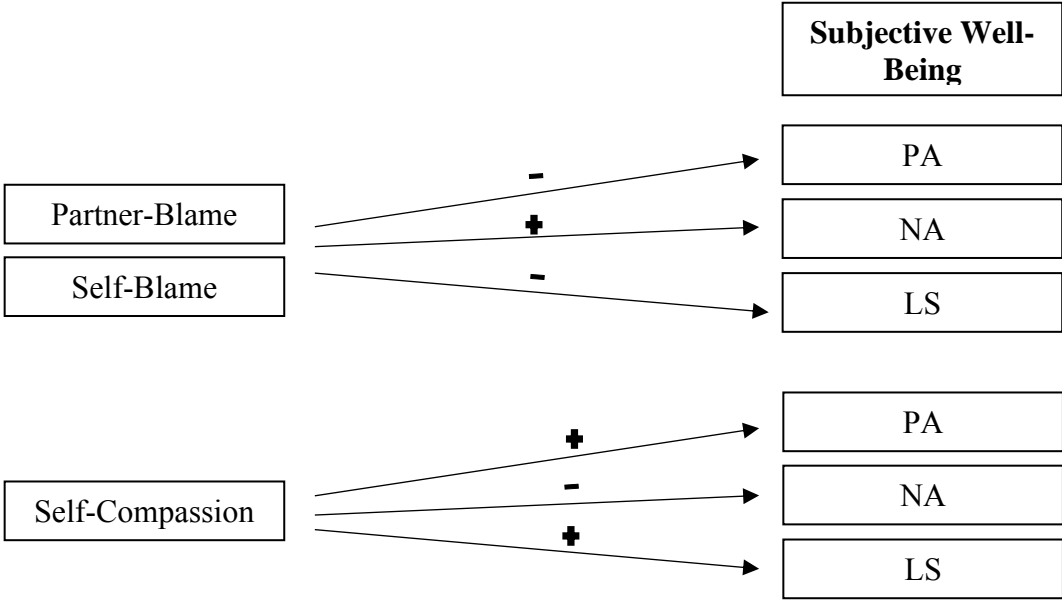


Figure 1. Hypothesis between Self-Blame, Partner Blame, Self-Compassion, and Subjective Well-being

CHAPTER 2

METHOD

2.1. Participants

Participants are adults who are heterosexual and experienced at least one romantic break-up in their lifetime. 470 participants filled out questionnaires. 172 were omitted from further analyses due to missing data. 2 of them were excluded since they did not experience romantic break-ups.

In the resulting sample including 296 participants, there were 232 females (78.4 %) and 63 males (21.3 %). The mean age of participants was 23.4 ($SD = 4.83$, $range = 17-52$). The education level of participants ranged from secondary school to postgraduate. A hundred and twenty-four of the participants reported that they were undergraduate students (75.7%), thirty-nine of them university graduates (13.2%). Two hundred and eighty-one participants were single (94.9%), eleven of them married (3.7%) and 4 of them divorced (1.4%). A hundred and forty-five participants do not have a romantic relationship (49%), and a hundred and forty participants have a romantic relationship (47.3%). Most of the participants reported that they spent most of their lives in metropolitans (60.1%) or in the city (34.5%). The socioeconomic status of respondents is mostly middle-class (73.7%). Demographic characteristics are summarized in Table 1.

2.2 Procedure

Ethical approval for the study was obtained from Institutional Review Board of Middle East Technical University (Appendix A). Also, necessary permissions obtained from survey developers and/or adopters which were used in this research. After that questionnaire package was created via Qualtrics online survey system and data literature. The negative impact of breakups on well-being has been discussed and data

Table 1. Sociodemographic Characteristics of Participants

Variables	Frequency (N)	Percent (%)
Gender		
Woman	232	78.4
Man	63	21.3
Marital Status		
Single	281	94.9
Married	11	3.7
Divorced	4	1.4
Relationship Status		
I don't have romantic relationship.	145	49
I have a partner.	140	47.3
Neighborhood		
Metropolis (Istanbul, Ankara, Izmir)	178	60.1
City	102	34.5
Town	10	3.4
Village	1	.3
Economic Status		
Lowest Class	5	1.7
Low Class	25	8.4
Close to Low Class	78	26.4
Close to Upper Class	157	53
Upper Class	29	9.8
Highest Class	2	.7
Political View		
Radical left	10	3.4
Left	109	36.8
Close to left	154	52
Close to right	16	5.4
Right	1	.3
Radical right	1	.3

Note. $N = 296$. Participants were on average 23.34 years old ($SD = .41$).

were collected online through SONA system and social media platforms such as Facebook, Instagram, and WhatsApp groups. Twenty-eight percentage of the participants were from social media platforms and the rest (72%) were from SONA which enables METU students to participate research in exchange of course credits. After signing the informed consent statement that briefly informed the participant about the study, right to leave the study and/or right to not answer questions that they

do not wish to answer, the confidentiality of the shared information by them and the researcher contact information was provided for further questions.

Then, participants who accepted these statements filled out Demographic Information Form, Break-up Related Blame, Positive and Negative Affect Schedule, Life Satisfaction Scale, Self-Compassion Scale, and Ambivalent Sexism Inventory. During the data collection, we asked participants about time passed since their last break-up, relationship duration before the breakup, the level of satisfaction in the relationship before it ended, and current dating status to control for their potential confounding effects on the main variables of interest. This is in line with the finding that the passage of time since a breakup is associated with better psychological adaptation, lesser distress, and reduced feelings of loneliness (Locker et al., 2010; Moller et al., 2003; Sprecher et al., 1998). Completion of the survey package took approximately 15 minutes. When participants finished the survey questions, all participants were thanked for their participation and contribution to the study.

2.3. Measures

In this part, I introduced data collection instruments, which are Demographic Information (Appendix C), Positive and Negative Affect Schedule (Appendix D), Life Satisfaction Scale (Appendix E), Self-Compassion Scale (Appendix F), and Ambivalent Sexism Inventory (Appendix G).

2.3.1. Demographic Information

To obtain information about social and demographic information a demographic information form was prepared. Participants were asked to fill out the information about their gender (“1” is “women”, “2” is “men”), age, marital status (“1” is “Single”, “2” is “Married”, “3” is “Divorces”, and “4” is “Widow”), romantic relationship status (“1” is “don’t have a relationship”, “2” is “have a partner”), and duration of their relationship. They also indicated their economic status. Participants rated the item on a 6-point Likert-type scale (“1” is “Lowest Class”, “6” is “Highest Class”).

All participants were expected to have experienced of romantic break-up at least once for the current study’s purposes. In demographic form, they were questioned about whether they ever experienced a romantic relationship break-up. If they answered no,

they were excluded from the study. In addition to this question, more in-depth questions were asked about their last break-up like the duration of the relation, when this relation ended, and how much this relation was satisfactory to the participant in order to control these variables during the study since these may affect the result of the study.

2.3.2. Subjective Well-being Measures

Subjective well-being has both affective and cognitive evaluations since it is a multidimensional concept (Korkmaz, 2010). This study aims to explore the impact of a breakup on an individual's subjective well-being by measuring both their affective and cognitive evaluations. To measure the affective component, the Positive and Negative Affect Schedule (PANAS) will be used, which assesses an individual's current emotional state by measuring their levels of positive and negative affect. The cognitive component will be measured using the Life Satisfaction Scale, which assesses an individual's overall satisfaction with different domains of their life. By using both measures, this study aims to provide a comprehensive understanding of the subjective well-being of individuals following a breakup.

2.3.2.1. Positive and Negative Affect Schedule

The Positive and Negative Affect Schedule was originally developed by Watson et al. (1988) in order to measure the affective dimension of well-being. This scale is a self-report scale with 20 items. It has two subscales; 10 items refer to negative affect and 10 refer to positive affect. The Positive Affect scale (PA) includes positive mood-related adjectives such as attentive and active, whereas the Negative Affect scale (NA) includes negative mood-related adjectives such as hostile, and nervous. Turkish adaptation of positive and negative affect schedule was made by Gençöz (2000) and reliabilities were .83 for PA and .86 for NA.

In the study, participants were asked how frequently they had experienced these emotions after their last romantic break-up. Each item is rated on a 6-point Likert-type scale ("1" is "not at all", "6" is "at all"). Higher scores of PA indicated a higher positive affect and higher scores of NA indicated a higher negative affect. For analysis, PA's and NA's scales were averaged up separately. In the current study, Cronbach Alpha's

were .88 for PA, and .88 for NA.

2.3.2.2. Life Satisfaction Scale

The Life Satisfaction scale was originally developed by Diener et al. (1985). This scale is a self-report scale with 5 items that explores subjective and general evaluations of one's life. An example of the scale items could be "If I could live my life over, I would change almost nothing." Turkish adaptation of the life satisfaction scale was used to refer to the cognitive evaluation of well-being (Durak et al., 2010). Cronbach's Alpha for Turkish adaptation was .89.

In the current study, each item was rated on a 6-point Likert-type scale ("1" is "strongly disagree", "6" is "strongly agree"). The higher means indicate extremely satisfied while lower means indicate extremely dissatisfied. In the current study the Cronbach's Alpha score was .87.

2.3.3. Self-Blame and Partner Blame Items

In order to quantify self and partner blame which are important parts of this research two items were created: 'Do you blame yourself for the break-up?', 'Do you blame your ex-partner for the break-up?'. These questions were adapted from Zhang and Chen's study (2017). Participants rated the items on a 6-point Likert-type scale ("1" is "not at all", "6" is "a lot"). Higher scores mean higher self- and/or partner blame.

2.3.4. Self-Compassion Scale

Self-Compassion scale was originally developed by Neff (2003). The scale is a self-report measurement, it has 26 items in total and 6 sub-scales which are self-kindness (e.g., "I try to be loving towards myself when I'm feeling emotional pain") vs. self-judgement (e.g., "I'm disapproving and judgmental about my own flaws and inadequacies."), common humanity (e.g., "When things are going badly for me, I see the difficulties as part of life that everyone goes through.") vs. isolation (e.g., "When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world."), mindfulness (e.g., "When something upsets me I try to keep my emotions in balance.") vs. over-identification (e.g., "When I'm feeling down I tend to obsess and fixate on everything that's wrong."). Turkish adaptation of the Self-

Compassion Scale was made by Akin, Akin, and Abacı (2007). Internal consistencies of the sub-scale were between .72, and .80 for original adaptation.

In the current study, each item was rated on a 6-point Likert-type scale (“1” is almost never, “6” is almost always). Higher scores indicated higher self-compassion. In order to reach a self-compassion score, self-judgment, isolation, and over-identification items were reverse coded, and then all 6 sub-scales mean was taken as a whole. Cronbach’s Alpha was .95 in this study.

2.3.5. Ambivalent Sexism Inventory

Ambivalent Sexism Inventory (ASI) was originally developed by Glick and Fiske (1996). This scale has two sub-scales: hostile sexism (HS) and benevolent sexism (BS) and 22 items with no reverse coding. Hostile sexism subscale includes items that measure explicit sexist attitudes. An example of this scale could be “Women are too easily offended.” On the other hand, BS subscales measure attitudes that seem to be positive but still sexist. “Every man ought to have a woman whom he adores” could be an example of BS items. To measure the sexism levels of participants, the Turkish adaptation of the Ambivalent Sexism Inventory (Sakallı-Uğurlu, 2002) was used.

Participants rated the scale’s items on a 6-point Likert-type scale from “1, strongly disagree” to “6, strongly agree”. Higher mean scores for HS and BS indicate higher sexist attitudes. The reliability scores were .80 and .72 respectively for HS and BS in the current study.

CHAPTER 3

RESULTS

As the first step before all analyses, the data which was obtained through Qualtrics was transferred to the SPSS 20 version. Then the irrelevant variables that are offered by Qualtrics were deleted (e.g., completion time). After that, participants who did not agree to the informed consent and did not experience break-up were excluded from the study due to the nature of the research. Label arrangements were made for necessary variables (e.g., categorical variables) and reverse items were re-coded within the scales. The total score of the scales and subdimensions were calculated and the missing values were controlled. If the participants did not answer one of the measure's questions, they were excluded from the study.

After that assumption tests and descriptive statistics were carried out. Skewness and kurtosis values were within the acceptable range which is $+1.5$ -1.5 for normality (Tabachnick & Fidell, 2013). Correlations between the main variables were less than $.70$ and VIF was smaller than 2.5 which showed variables were independent (Allison, 1999). Lastly, scatterplots were checked to control homoscedasticity. After this step, reliability tests were run for each scale and subdimensions then Cronbach alpha values were calculated.

All analysis was carried out with 296 participants. After the completion of this step main analysis was carried out by using IBM (2011) Statistical Packages of Social Sciences 20.0 (SPSS), all analysis was carried out by this version. First, correlation analysis was made for demographic variables, independent variables (IV), and dependent variables (DV). Then regression analysis was made in order to understand relations more deeply within variables. Lastly, a series of moderation analyses were made to explore the interaction effect of self-blame and self-compassion on subjective well-being after a break-up.

The results of the study are presented in four parts. Firstly, descriptive statistics for the study variables are given. It is followed by an examination of correlations including the correlations among the main study variables (i.e., the dependent variables) as well as their correlations with the sociodemographic and independent variables. Then, regressions were conducted for the hypothesis checks for blame, self-compassion, and subjective well-being. Finally, moderation analysis was shown.

3.1. Descriptive Statistics

Descriptive statistics are given in Table 2 which includes mean (M), standard deviation (SD), and mean difference for gender. Descriptive information of measures was provided below (see Table 2).

Table 2. Gender Differences in Study Variables

Variables	Women		Men		MD	t	p	95 % CI of the Difference	
	Mean	SD	Mean	SD				LL	UL
SB	2.60	1.53	3.22	1.6	-.62	-2.81**	.005	-1.052	-.186
PB	3.93	1.56	3.46	1.47	.47	2.13*	.03	.04	.9
BS	2.77	1.22	2.81	1.19	-.04	-.24	.81	-.38	.3
HS	2.68	1.37	3.24	1.37	-.56	-2.9**	.00	-.95	-.18
SC	3.37	.92	3.5	.82	-.14	-1.08	.28	-.39	.11
PA	3.13	1.17	2.83	1.22	.3	1.78	.08	-.03	.63
NA	2.9	1.17	3.01	1.23	-.11	-.65	.52	-.44	.22
LS	3.04	1.08	2.89	1.15	.15	.94	.35	-.16	.45

Note. SB = self-blame, PB = partner blame, BS = benevolent sexism, HS = hostile sexism, SC = self-compassion, PA = positive affect, NA = negative affect, LS = life satisfaction. Participants rated the scale's items on a 6-point Likert type scale from "1, strongly disagree" to "6, strongly agree".

Women = 1, Men = 2, $N_{Women} = 232$, $N_{Men} = 63$.

* $p < .05$. ** $p < .01$

3.2. Bivariate Correlations among Demographic and Study Variables

The correlation between study variables and descriptive information were performed (see Table 3). The results showed that self-blame has a positive correlation with gender ($r = .16$, $p < .01$), which means that men tend to blame themselves more than women. On the other hand, partner blame has a negative correlation with gender ($r = -.12$, $p < .05$), indicating that women tend to blame their partners more than men.

Age is positively correlated with partner blame ($r = .13, p < .05$) and positively correlated with life satisfaction ($r = .13, p < .05$), that means with age people tend to blame their partner more after a breakup but their life satisfaction is increasing. There is a significant positive correlation between break-up relationship duration and partner blame ($r = .15, p < .05$) which means when breakup relationship duration gets longer, partner blame increases after breakup. Breakup relationship duration is positively correlated with positive affect ($r = .15, p < .01$), which means when the couple's relationship length is longer before breakup, they tend to have more positive affect following a breakup. Break-up relationship satisfaction has a negative correlation with self-blame ($r = -.30, p < .01$), which means when people have a satisfactory relationship before the breakup, they tend to less blame themselves after the breakup.

Economic situation and partner blame ($r = .12, p < .05$), positive affect ($r = .16, p < .01$), self-compassion ($r = .15, p < .05$) and life satisfaction ($r = .37, p < .01$) are positively correlated. That means when someone's economic status is higher, their level of positive affect, self-compassion, and life satisfaction is increasing, also they tend to blame their partner more after a breakup.

Education, marital status, and relationship status are also not significantly correlated with most of the variables in the study. Overall, the results of this study suggest that gender plays a significant role in self-blame with females tending to blame themselves more compared to males. Age also appears to be a factor in partner blame and life satisfaction, with older individuals blaming their partners more but experiencing higher levels of life satisfaction. However, education level, marital status, and relationship status do not seem to be significantly correlated with most of the psychological factors examined in this study.

For the main independent and dependent variable, the correlation analysis showed that positive affect had a significant negative correlation with self-blame ($r = -.24, p < .01$). However, positive affect had a significant positive correlation with self-compassion ($r = .34, p < .01$), as well as life satisfaction ($r = .36, p < .01$). That means as self-compassion increase so does positive affect. On the other hand, while blaming oneself is decreasing, the level of positive affect is increasing. Negative affect had a significant negative correlation with self-compassion ($r = -.45, p < .01$) as well as with positive

Table 3. Correlation Table

	Gender	Age	MS	RS	RD	BrS	TPA	BRD	RS	ES	SB	PB	BS	HS	PA	NA	SC	LS
Gender ^e	1																	
Age	.1	1																
MS ^f	-.03	.70**	1															
RS ^b	-.07	.04	.02	1														
RD ^c	-.08	.62**	.46**	. ^g	1													
BrSa ^a	.03	-.04	.01	-.06	.02	1												
TPA ^e	.02	.32**	.24**	.37**	.47**	-.05	1											
BRD ^e	-.11	.39**	.31**	.05	.13	.01	.20**	1										
BrS ^b	-.11	.04	-.07	.07	.04	.03	.08	-.05	1									
ES ^a	-.21**	.08	.08	-.01	.06	.04	.02	.06	.05	1								
SB ^a	.16**	-.07	-.03	-.06	-.01	-.05	-.07	.00	-.30**	-.11	1							
PB ^a	-.12*	.13*	.05	.07	.05	-.08	-.02	.15*	.11	.12*	-.11	1						
BS ^a	.01	.08	.08	-.10	.01	.01	-.02	-.02	-.07	.03	.05	.03	1					
HS ^a	.17**	.12*	.10	-.07	.05	-.04	.04	-.02	-.10	-.02	.11	-.07	.61**	1				
PA ^a	-.10	.06	.13*	.01	.02	.06	.01	.15**	.10	.16**	-.24**	.05	.08	.06	1			
NA ^a	.04	.03	-.04	-.03	.03	-.10	-.01	-.01	-.07	-.06	.30**	.31**	.10	.01	-.35**	1		
SC ^a	.06	.09	.04	.02	.05	.10	.00	.03	.01	.15*	-.26**	-.08	-.02	.06	.34**	-.45**	1	
LS ^a	-.05	.13*	.10	.07	.17*	.05	.06	.10	-.07	.37**	-.12*	-.02	.02	.07	.36**	-.26**	.46**	1

Note. MS = marital status, RS = relationship status, RD = relationship duration, BrS = break-up status, TPA = time passed after break-up, BRD = how long you were together before break-up, BrSa = break-up relationship satisfaction, ES = economic status; SB = self-blame; PB = partner blame, BS = benevolent sexism, HS = hostile sexism, PA = positive affect, NA = negative affect, SC = Self-compassion, LS = life satisfaction. ^a6 point likert type scale. ^b1 = yes, 2 = no. ^c number entered by participants (weeks). ^d1 = single, 2 = married, 3 = divorced, 4 = widow. ^e1 = Women, 2 = Men. ^f*p < .05. ^g**p < .01.

Table 4. Hierarchical Regression Results

Predictors	Dependent Variables																	
	Life Satisfaction						Positive Affect						Negative Affect					
	b	SE	β	t	p	b	SE	β	t	p	b	SE	β	t	p			
Step 1																		
Age ^b	.04	.03	.20	1.37	.17	-.03	.03	-.12	-.77	.44	.02	.03	.09	.55	.58			
MS ^c	.05	.43	.01	0.12	.90	.91	.49	.23	1.86	.07	-.13	.49	-.03	-.27	.78			
TPA ^b	.00	.00	.01	0.05	.96	.00	.00	.06	.62	.54	.00	.00	-.06	-.57	.57			
BRD ^b	.00	.00	.00	0.04	.97	.00	.00	.08	.81	.42	.00	.00	-.11	-1.09	.28			
BRSa ^a	.01	.06	.02	0.19	.85	.16	.07	.19*	2.20	.03	-.14	.07	-.18*	-2.05	.04			
ES ^a	.37	.11	.28**	3.37	.00	.15	.12	.10	1.17	.24	.07	.12	.05	.59	.56			
RD ^b	.00	.00	.00	.00	.997	.00	.00	-.07	-.59	.56	.00	.00	.04	.33	.74			
Step 2																		
SB ^a	.08	.05	.12	1.53	.13	-.17	.06	-.23**	-2.71	.01	.18	.06	.25**	3.31	.00			
PB ^a	.01	.05	.01	0.11	.91	-.02	.06	-.03	-.34	.74	.30	.05	.42**	5.85	.00			
BS ^a	-.08	.09	-.09	-.90	.37	.08	.11	.09	.78	.44	-.06	.09	-.07	-.67	.51			
HS ^a	.01	.08	.02	0.17	.87	.01	.10	.01	.06	.95	-.02	.08	-.03	-.28	.78			
SC ^a	.55	.09	.47**	6.12	.00	.39	.11	.31**	3.74	.00	-.39	.09	-.31**	-4.23	.00			

Note. MS = marital status, RS = relationship status, RD = relationship duration, BrS = break-up status, TPA = time passed after break-up, BRD = how long you were together before break-up, BRSa = break-up relationship satisfaction, ES = economic status, SB = self-blame; PB = partner blame, BS = benevolent sexism, HS = hostile sexism, PA = positive affect, NA = negative affect, SC = Self-compassion, LS = life satisfaction. a 6 point likert type scale. b number entered by participants (weeks). c 1 = single, 2 = married, 3 = divorced, 4 = widow.

*p < .05. **p < .01

affect ($r = -.35, p < .01$). On the other hand, negative affect had a significant positive correlation with self-blame ($r = .30, p < .01$), and partner-blame ($r = .31, p < .01$). This means when self-compassion and positive affect level increasing negative affect level is decreasing. On the other hand, when blaming oneself or partner increases, negative affect is also increasing.

Self-compassion had a significant positive correlation with life satisfaction ($r = .46, p < .01$) but had a significant negative correlation with self-blame ($r = -.26, p < .01$). That means when self-compassion increases so does life satisfaction. However, when self-compassion increases, self-blaming decreases. Finally, life satisfaction had a significant negative correlation with self-blame ($r = -.12, p < .05$), and negative affect ($r = -.26, p < .01$) that means when life satisfaction increases, self-blame, and negative affect decrease.

3.3. Regression

A series of hierarchal regression analyses (see Table 4) were conducted in order to investigate whether blaming oneself for a breakup will negatively predict subjective well-being (H1), whether blaming partner will negatively predict subjective well-being (H2), and whether the practice of self-compassion will positively predict subjective well-being after a breakup (H3). Although there was no significant direct correlation between hostile sexism, benevolent sexism, and well-being components, the independent variables were included in the regression analysis to explore benevolent and hostile sexism effect on well-being after a break-up (H4).

In all analyses, dependent variable, namely subjective well-being was examined through three components which are life satisfaction, positive affect, and negative affect. For a more thorough understanding, the study individually examined each component and its relationship with blame, sexism, and self-compassion.

3.3.1. Hierarchal Regression Analysis for Life Satisfaction

In the first step, control variables, namely economic status, age, break-up relationship duration, time passed after break-up, break-up relationship satisfaction, marital status,

current relationship duration were entered, which accounted for 14.3% of the variance in the dependent variable ($R^2 = .14$, $F(7,133) = 3.159$, $p = .004$).

In the second step, hostile sexism, partner blame, self-compassion, self-blame, and benevolent sexism were added. The addition of these predictors explained an additional 20.4% of variance in the dependent variable, ($R^2 = .20$, $F(5,128) = 8.003$, $p < .001$). The combined variables in step two accounted for 34.7% of the variance in the dependent variable ($R^2 = .35$).

The hierarchical regression analysis showed that self-blame, partner blame, self-compassion, benevolent sexism, and hostile sexism significantly improved the model's ability to explain life satisfaction. The findings suggest that the variables that are entered into the analysis have an impact on life satisfaction. Regression analysis indicated a significant positive relationship only between self-compassion and life satisfaction. The coefficient was statistically significant ($B = .55$, $SE = .09$, $\beta = .47$, $t(128) = 6.12$, $p < .001$, 95% CI [.369, .722]) indicating self-compassion positively predicted life satisfaction.

3.3.2. Hierarchical Regression Analyses for Positive and Negative Affect

A second hierarchical analysis was conducted in order to eliminate the confounding effect of the economic status ($r = .16$, $p < .01$), age, break-up relationship duration ($r = .15$, $p < .01$), time passed after break-up, break-up relationship satisfaction, marital status ($r = .13$, $p < .05$), current relationship duration.

In the first step, predictors including economic status, age, break-up relationship duration, time passed after break-up, break-up relationship satisfaction, marital status, current relationship duration were entered into the regression model. This model accounted for 8.4% of the variance in positive affect ($R^2 = .08$, $\Delta R^2 = .04$, $F(7, 133) = 1.75$, $p = .103$). In the second step, the predictors hostile sexism, partner blame, self-compassion, self-blame, and benevolent sexism were added. This model explained an additional 16.6% of the variance ($\Delta R^2 = .17$, $F\text{-change}(5, 128) = 5.66$, $p < .001$). The overall model significantly predicted positive affect ($R^2 = .25$, $Adjusted R^2 = .18$). Regarding self-blame and positive affect, analysis results indicate a moderate negative association. The coefficient for self-blame was $-.18$ ($SE = .07$, $\beta = -.234$, $t(128) = -$

2.71, $p = .008$). This suggests that higher levels of self-blame are associated with decreased positive affect. For each unit increase in self-blame, positive affect decreased by .18 units, holding all other variables constant.

Obtained results also showed that self-compassion had a significant positive effect on positive affect ($B = .39$, $SE = .11$, $\beta = .31$, $t(128) = 3.74$, $p < .001$). This suggests that greater self-compassion is associated with increased positive affect. For each unit increase in self-compassion, positive affect increased by .39 units when controlling for other variables.

Lastly, a hierarchical regression analysis was conducted to determine if adding hostile sexism, partner blame, self-compassion, self-blame, and benevolent sexism improved the prediction of the dependent variable after controlling for economic status, age, break-up relationship duration, time passed after break-up, break-up relationship satisfaction, marital status, and current relationship duration.

In the first step, economic status, age, break-up relationship duration, time passed after break-up, break-up relationship satisfaction, marital status, and current relationship duration were entered. This model was not statistically significant, ($F(7,133) = .83$, $p = .56$), and explained 4.2% of the variance in the dependent variable ($R^2 = .04$; Adjusted $R^2 = -.01$, $R^2 = -.01$).

In the second step, hostile sexism, partner blame, self-compassion, self-blame, and benevolent sexism were added. This model was statistically significant, ($F(12,128) = 15.61$, $p < .001$), and explained 40.5% of the variance in the dependent variable ($R^2 = .41$). The change in R^2 from Model 1 to Model 2 was statistically significant, ($\Delta R^2 = .36$, $p < .001$).

The coefficient for self-blame was .19 ($SE = .06$, $\beta = .25$, $t(128) = 3.309$, $p = .001$, 95% CI [.074, .295]). This suggests that higher levels of self-blame are associated with increased negative affect. For each unit increase in self-blame, negative affect increased by .18 units, holding all other variables constant. Obtained results also showed that partner-blame had a significant positive effect on negative affect ($B = .30$, $SE = .05$, $\beta = .42$, $t(128) = 5.85$, $p < .001$, 95% CI [.198, .401]). This suggests that greater partner-blame is associated with increased negative affect. In addition to these,

self-compassion had a significant negative affect on negative affect ($B = -.39$, $SE = .09$, $\beta = -.31$, $t(128) = -4.23$, $p < .001$, 95% CI [-.565, -.205])

After all regression analysis were done, results indicated that Hypothesis 1 (Blaming oneself for a breakup will negatively predict subjective well-being) was supported except life satisfaction while Hypothesis 3 (The practice of self-compassion will positively predict subjective well-being after a breakup) was supported for all dimensions of well-being. This means that self-blame negatively predicts life satisfaction and positive affect while positively predicts negative affect. On the other hand, self-compassion positively predicts life satisfaction and positive affect, while negatively predicts negative affect. The result also showed that partner-blame predicts negative affect positively which provides partial support for Hypothesis 2 (Blaming partner will negatively predict subjective well-being). However, neither benevolent sexism nor hostile sexism predicted well-being components after break-up.

3.4. Moderation

A moderation analyses was carried out to investigate the moderation role of self-compassion (IV) in the association between self-blame and subjective well-being (DV) and in the association between self-blame (IV) and subjective well-being (DV). In the moderation model, the moderating role of self-compassion in the association between self-blame and subjective well-being components was tested separately. The moderation analyses were run by using PROCESS macro (model 1) for IBM SPSS (Hayes, 2022).

3.4.1. Moderating Role of Self-Compassion in the Relation between Self-Blame and Subjective Well-Being

A series of moderation analyses were conducted to examine the conditional effects of self-blame on subjective well-being (i.e., positive affect, negative affect, and life satisfaction) at different levels of self-compassion. Although the interaction coefficient between self-blame and self-compassion on negative affect was very close to the significance level ($p = .06$), none of the moderation models was significant, so the fifth and last hypothesis was not supported by this analysis (see Table 5).

Table 5. Moderation Analysis: Self-Compassion, Self-Blame and Negative Affect

	r	SE	T	p	95 % CI	
					LL	UL
Self-Blame	.40	.14	2.87	.00	.13	.67
Self-Compassion	-.31	.13	-2.42	.02	-.57	-.06
SB*SC	-.08	.04	-1.9	.06	-.16	.00

Note. SB = self-blame; SC = self-compassion. Participants rated the scale's items on a 6-point Likert type scale from "1, strongly disagree" to "6, strongly agree".

CHAPTER 4

DISCUSSION

The purpose of the current study was to investigate the association between blame, self-compassion, and sexism with subjective well-being after romantic relationship dissolution in heterosexual people living in Turkey. Furthermore, the protector role of self-compassion on self-blame in the association of subjective well-being was examined. In order to achieve this, Pearson correlation analysis was conducted to explore the linear relations among the study measures. Then a series of regression analyses was performed to understand more deeply the relation between variables. Finally, a series of moderation analyses were run to find the moderating role of self-compassion in the relation between self-blame and subjective well-being.

In this chapter, the first findings regarding the correlation among the study variables will be summarized. Then, in light of the relevant literature on the break-up, the main findings about well-being components (i.e., life satisfaction, positive affect, and negative affect) and study variables (i.e. blame, self-compassion, and sexism) will be discussed. Then moderation effect of self-compassion will be discussed. Afterward, the practical implication, the strengths, and the importance of the current study will be explained. Last but not least, the limitations of the present study and the suggestions for future research will be presented.

4.1. Relationship of Demographic Variables and Main Study Variables

The findings of the correlation analysis present an intriguing deviation from traditionally held perspectives about gender and blame. Results of this thesis showed that men tend to blame themselves more than women and women tend to blame partner more than men. While the research examining gender differences in attribution of responsibility for the breakup is somewhat not much, established literature

consistently demonstrates that women are generally more self-critical. Previous studies have affirmed that women are more likely to internalize blame more than men (Spataro et al., 2016; Statlender, 1981). Blame and gender relation always found to be the same even in different context. For instance, women often attribute their failures to their lack thereof, reflecting a pattern of internal attribution of the responsibility (Ryckman & Peckham, 1987). When looking at the phenomenon of intimate partner violence, studies highlights that women, who often find themselves on the receiving end of such violence, tend to self-blame, which correlates with heightened depression and a consequent negative impact on their well-being (Cicurria, 2018). However, in this study, results showed that women are more likely to blame their partner than man.

In contrast, men tend to ascribe their failures to external factors more readily (Ryckman & Peckham, 1987) but this thesis's result showed that man tend to blame themselves more than women. There is only one research that aligns with this study's result. The research by Choo et al. (1996), which found that women were more inclined to blame their partners than men, align with the study result. The study took place in University of Hawaii with a similar distribution of the participants ($N_{women} = 173$, $N_{men} = 77$). However, in this study self-blame did not differ with gender. Since, this study is also about break-up, maybe break-up is the reason for changing result of attribution of blame. Such deviations highlight the fact that interpersonal dynamics, socio-cultural contexts, and individual histories can greatly influence attribution styles.

There might be several potential factors that changes the attribution styles of break-ups. One of them is the reason of the break-up which can vary greatly. In cases where infidelity or breach of trust is involved, the 'guilty' partner might bear a more significant burden of self-blame. Since in this study reason for the break-up or initiator of the break-up did not asked to the participants, it is hard to understand if the results are pure gender differences or some other factors in play. Another potential factor might be the evolving relationship dynamics. Modern relationships, are mostly influenced by digitalization and changing societal structures, might not align with the traditional patterns of blame. Changing societal norms also might have a part in the results. Society's understanding of gender roles is changing. Men are more in touch with their emotions or at least encouraged to be this way. This could lead to thinking

about their vulnerabilities and lead to self-blame. Lastly, gender distribution of the study must be kept in mind while reading these results. Men participants far less than women and this can be a changing factor in the results.

Results also showed that there is a positive correlation between age, partner blame, and life satisfaction, which indicates that aged people tend to blame their partner more. Also, with age life satisfaction after break-up is increased. Based on the literature on break-ups, I assumed that there can be a correlation between age and when the relationship ended. As shown in the correlation table, there is a significant positive correlation between age and time passed after a break-up, which means when age is increasing the time passed after a break-up is also increasing. This is consistent with the previous research that found time passed since the relationship dissolution is associated with better psychological adaptation, lesser distress, and feelings of loneliness (Locker et al., 2010; Moller et al., 2003; Sprecher et al., 1998). Although self-blame could decrease well-being in the beginning, it is also an effective coping mechanism that leads to change, prevention of occurrence (Janoff-Bulman, 1979; Wong & Weiner, 1981), and elimination of regret and rumination (Gray & Silver, 1990).

Relationship duration before the break-up, break-up relationship satisfaction, when this break-up happened and current dating status were asked of the participants in order to eliminate possible confounding effects since previous researchers found that greater closeness, longer relationship duration and not having an alternative are related to higher distress after breaking up (Boelen & Reijntjes, 2009; Frazier & Cook, 1993; Tashiro & Frazier, 2003; Sprecher et al., 1998; Simpson, 1987). Although the effect sizes were small, they still entered the regression analysis to control these variables.

4.2. Findings Regarding to Life Satisfaction

In order to understand the relation between study variables (i.e. self-blame, partner blame, sexism, and self-compassion) and life satisfaction more deeply regression analysis was conducted. Results showed that there is a positive relation between self-compassion, and life satisfaction, indicating that individuals who exhibit higher levels of self-compassion tend to experience greater overall satisfaction with their lives.

Previous studies showed the role of self-compassion in increasing life satisfaction, a measure of cognitive evaluations of one's life (Diener et al., 1985). Several studies have identified a positive correlation between self-compassion and life satisfaction (Neely et al., 2009; Yang et al., 2016). In the scope of this thesis, earlier studies underscored the significance of self-compassion as a valuable tool for individuals to cope with challenging life situations, like the end of a romantic relationship (Neff et al., 2007). These results support the previous studies and highlight the importance of self-compassion.

While self-compassion was found to be a significant predictor of life satisfaction by the hierarchal regression analysis, the other variables namely; self-blame, partner blame, and sexism did not seem to have an influence. Basically, self-blame, partner blame, and sexism can be conceptualized as externally-focused variables. They can be seen as reactions to external events or other individuals and these variables essentially being driven by external evaluations or societal constructs. While these variables might play a role in one's overall psychological well-being, their impact on holistic measures like life satisfaction might be moderated by their external nature. Life satisfaction, being an internal cognitive appraisal of one's overall well-being and also mostly focus on more long-run effects of life, might be more closely affected to intrinsic and stable factors like self-compassion.

Self-compassion, by contrast, is inherently inward-focused. It is an individual's relationship with themselves. It includes kindness, understanding, and acceptance, especially in the face of hard times. Self-compassion helps to create and be a pillar for internal resilience and stability. Regardless of external circumstances or societal judgements, individuals with higher self-compassion can maintain a balanced and compassionate perspective of themselves. Thus, even when they might engage in self-blame or confront societal prejudices, the nurturing part of self-compassion might help them to shoot and heal themselves as well as maintain their life satisfaction.

Additionally, since sexism influenced by societal and cultural factors and blame is not steady and/or fixed emotion (whether self-blame or partner blame), their influence on life satisfaction might be more context-dependent. In this study participants were not

expected to experience the break-up in a close time to the study. If they experienced break-up once, it was enough to be part of this study. Self-blame, partner-blame and sexism might be more time related when it is compared to self-compassion. Right after break-up these factors effect on life satisfaction might be more salient while with time this might differ. On the other hand, self-compassion, being more stable, might provide a continuous internal support independent of time, positively influencing life satisfaction consistently across varied circumstances. It is also worth noting that the mechanisms of self-compassion might actively counteract the potential detrimental effects of self-blame, partner-blame, and sexism. By fostering an attitude of self-kindness, common humanity, and mindfulness, self-compassion can dilute the negativity associated with blame or prejudicial attitudes, ensuring that life satisfaction remains relatively unaffected. In the study of Zhang and Chen (2017), self-compassion's protective effect was showed even the person attributes blame to themselves.

In sum, while the dynamics of self-blame, partner-blame, and sexism in relation to life satisfaction needs further investigation, the effect of self-compassion in determining life satisfaction as observed in this study aligns with the previous literature on the subject and highlights the importance of living more self-compassionate life.

4.3. Findings Regarding to PANAS

In order to understand the relation between study variables (i.e. self-blame, partner blame, sexism, and self-compassion), positive affect, and negative affect more deeply regression analysis was conducted. Study variables and positive affect entered to a hierarchal regression, while with negative affect a multiple regression was conducted with study variables.

Results showed that self-blame negatively predicts positive affect while positively predicts negative affect which aligns with the previous research. This means self-blame decreases the well-being for all dimensions of well-being which are affect and cognitive. As discussed before, taking responsibility for the breakup leads to psychological difficulties. Negative cycle rumination can decrease the level of positive affect and increase the negative affect as a result of this (Zhang & Chen, 2017).

Attribution of blame to self can lead to self-criticism, asking ‘What did I wrong?’ and comparing one’s self with others (Konstam et al., 2016). These thoughts may be the reason why self-blame decreases the positive affect since people feel less happy, less excited, and less enthusiastic. On the other hand, it increases the negative affect since people are more likely to feel shame and guilt while blaming themselves.

While self-blame is significant for both negative affect, and positive affect, partner-blame is significant only with negative affect. This may be because blaming partner and ruminating about what they did wrong awakens only the negative feelings. These emotions can arise from feelings of betrayal, resentment, disappointment, or even anger. By focusing on another's actions, which are inherently beyond one's control, an individual is left feeling powerless or victimized, amplifying the negative affect. It is also aligning with the previous research that found negative emotions like less happiness, less optimism, and lack of self-confidence related to partner blame (Newman & Langer, 1981) as well as increased sadness (Choo et al., 1996; Sprecher, 1994). Partner blaming also found to be distressing because ex-partner is not controllable or changeable (Tashiro & Frazier, 2003).

On the other hand, partner blame did not predict the positive affect. The reason might be when one blames external factors, like a partner's actions, they aren't necessarily diminishing their own abilities or qualities. In other words, just because a partner is perceived to have done something wrong, it doesn't directly imply that the individual themselves lacks positive attributes. As a result, their positive feelings about themselves or their own behaviors might remain unaffected. Moreover, self-blame involves personal responsibility. This might increase the feeling of guilt and/or regret which can be defined as negative affect, while reduce self-worth and/or pride which are part of positive affect. Blame’s prediction on negative and positive affect shows attribution of the responsibility of a break-up can shape our emotions after break-up.

The analysis also revealed that there is self-compassion positively predicts positive affect while negatively predicts negative affect. This indicates that individuals with higher levels of self-compassion are more likely to experience positive emotions and fewer negative emotions following a breakup. These findings accordance with

previous research that emphasizes the importance of self-compassion as an effective coping mechanism in helping individuals recover from traumatic or negative life events, such as a romantic breakup (Neff et al., 2007). In the context of this study, it is evident that self-compassion plays a crucial role in facilitating adjustment and emotional well-being following a breakup. Even when individuals attribute blame to themselves, the presence of self-compassion has been shown to enhance the process of breakup recovery (Zhang & Chen, 2017), further underscoring the significance of self-compassion in promoting emotional resilience and adaptive functioning in the aftermath of a relationship dissolution.

Moreover, Deniz et al. (2008) highlighted the importance of increasing self-compassion levels to cope with negative emotions such as sadness and failure experienced after a breakup, to calm oneself, and to experience the negative emotion at a non-harmful level. The findings of the current study provide valuable insights along with the previous research into the potential benefits of self-compassion as a resource for individuals navigating the challenges and emotional problems associated with a breakup.

4.4. Findings Regarding to Moderation Analysis

The present study aimed to investigate the conditional effects of self-blame on subjective well-being that includes positive affect, negative affect, and life satisfaction, and whether these effects vary across different levels of self-compassion. Our moderation analyses (see Table 5) did not produce significant findings, thereby failing to support the fifth and final hypothesis. This absence of significant moderation by self-compassion warrants further discussion, especially given the proximity of the interaction coefficient between self-blame and self-compassion on negative affect to the significance threshold ($p = .06$) as well as previous study that found self-blame and well-being interaction significant on well-being (Zhang & Chen 2017).

One potential explanation for these results might stem from gender differences in self-blame tendencies. In this study, results revealed that men are more prone to attributing failures to personal inadequacies (i.e., self-blame) than women. In our sample, the

underrepresentation of male participants could have potentially affected the observable effects, leading to non-significant findings. This potential gender disparity in self-blame tendencies could, therefore, mask the true conditional effects of self-blame on subjective well-being across levels of self-compassion. Future studies with a more balanced gender distribution might offer clearer insights.

It is crucial for subsequent research to consider other potential moderating variables, both intrinsic (like personality traits or coping mechanisms) and extrinsic (like socio-cultural norms). Additionally, employing qualitative methods and/or more detailed questions about blaming may provide a more nuanced understanding of the relationship between self-blame, self-compassion, and well-being.

4.5. Conclusion, Limitations, and Future Directions

The present study investigated the relationship between blame, self-compassion, and well-being. It also took the moderation effect of self-compassion into account in the relation between self-blame and well-being.

The findings that are presented in this study shed light on the factors affecting the well-being after the dissolution of a romantic relationship which is really important, especially among young adults. The present study made a unique contribution to the literature as it is the only study that examined the participants level of sexism on well-being after break-up which can be researched and discussed in the future even more. The findings may be important for interventions for depression and or the well-being of people after the break-up by showing the factors that are related to well-being. Self-compassion is an important factor that can help to overcome break-up.

It is important to note that while the current study provides valuable insights into the well-being after break-up there are some limitations to consider. The study focused solely on heterosexual individuals in Turkey, which limits the generalizability of the findings to other populations and cultural contexts. Future research could explore these relationships in diverse samples to further understand the nuanced dynamics between self-compassion, self-blame, sexism, and subjective well-being.

In addition to the diversity problem, there are some limitations regarding the participant's homogeneity. Future studies should consider these shortcomings that were discussed before and increase the generalizability of the findings. The participants were mostly from METU and the Psychology department. Although this is a problem that is faced by many researchers in this field and break-ups are very common among University students, it is still should be considered and taken into account. Future studies may strive for more diverse participants in this regard.

In addition to these another limitation that should be discussed is the gender distribution of the study, which is not homogenous. Women participants are more than men participants and this uneven distribution may introduce potential gender-related biases and limit the generalizability of the findings to both genders equally. To address this limitation, future research should strive for a more balanced and representative sample in terms of gender. This would enable a comprehensive examination of the potential gender differences in the relationships between blame, self-compassion, and subjective well-being after a breakup. Including a more diverse sample would provide a more nuanced understanding of how these factors operate across different gender identities, enhancing the generalizability and applicability of the study findings.

Another limitation could be regarding to methodology, the study relied on self-report measures, which may be subject to biases and limitations inherent in self-report data. Future studies could incorporate objective measures and longitudinal designs to strengthen the validity and causal inferences of the findings. Understanding the new generation's understanding of romance, romantic relationships, and how important are could be beneficial for further research so the importance of the break-up relationship to the individual should also be added to future studies not only satisfaction.

For future studies, questions like who initiated the breakup, how important was the relationship to them (i.e., a relationship that was considered to be long-term or short-term), and reason of the break-up could be asked to have a more comprehensive understanding of the blame variable. Limitation to the break-up time also could be nice, in this study people who had at least one break-up in their lifetime were accepted as participants. Although the time of break-up and relationship status were controlled in this study, it still can be insightful to have participants who recently break up and

did not enter a new relationship can create a different and clear perspective regarding the well-being after break-up.

In addition to these, it is also important to understand the changing nature of romantic relationships, in other words, how dating and romantic relationships change in young adults. In the present study most of the participants can be considered as Gen Z. This new generation has different ways of constructing a romantic relationship (i.e., internet, DMs, Instagram, etc.). In *Gen Z Explained*; many young people said that sharing nude photos or having intense conversations online with people they did not meet in person was confusing and not sure how to define this relationship. One of them even said that romance is like fast food because of the dating apps. Many of them do not believe in long-term relationships because of the growing number of divorces and many got through parental divorce. Some of them mentioned that they decided to break up after graduation or some after pre-discussed time (Katz et al., 2021). Research also showed that the new generation's idea of romantic relationships and expectations from it started to change (Kefalas et al., 2011; Willoughby & Hall, 2015) such as they engage in a more casual sexual relationships (Claxton & van Dulmen, 2013), they wait until they accomplish some personal goals (e.g.; graduating from university) before getting married (Arnett, 2015). Although participants were mostly from the USA or at least living there at the time of the interview, similar themes can be also seen in Turkey since it was found that the importance of marriage is lower in the Y and Z generations compared to the X generation and the understanding of marriage was changed in a study that is conducted in Turkey (Güneş, & Elkurdi, 2022). Also, young people use social media to form romantic relationships in Turkey (Alikılıç & Özer, 2019). Research showed that relationships that are formed through social media increased (Madden & Lenhart, 2006; Sprencher, 2011) which adds a new perspective to the relationships. It also adds a new perspective to the break-up since social media also creates a way to look into an ex-partner's life (Elphinson & Noller, 2011). In order to understand romantic relationships, understanding this change is also important.

It is not possible to ignore the limitations that are mentioned above and there is still a lot to learn about break-up adjustment by doing further studies. Differences in the understanding of romance in generations, and how they respond to break-ups or even divorce can be also researched. Compared to older generations, gender equality can be

discussed especially between educated people. So, their understanding of break-up and/or divorce, social reactions to this situation, and the importance of having a relationship and/or marriage may change. This could be beneficial for creating interventions differently for the coming generation.

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APPENDICES

A. APPROVAL OF THE METU HUMAN SUBJECTS ETHICS COMMITTEE

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Sayı: 28620816 /

18 MART 2021

Konu : Değerlendirme Sonucu

Gönderen: ODTÜ İnsan Araştırmaları Etik Kurulu (İAEK)

İlgi : İnsan Araştırmaları Etik Kurulu Başvurusu

Sayın Prof.Dr.Nuray SAKALLI

Danışmanlığımı yürüttüğünüz Gizem DAŞTAN'ın "*Romantik ilişkide ayrılık, kendini ya da partnerini suçlama, öz-duyarlılık,cinsiyetçilik ve iyi oluş arasındaki ilişki*" başlıklı araştırması İnsan Araştırmaları Etik Kurulu tarafından uygun görülmüş ve **063-ODTU-2021** protokol numarası ile onaylanmıştır.

Saygılarımızla bilgilerinize sunarız.

Dr.Öğretim Üyesi Şerife SEVİNÇ
İAEK Başkan Vekili

C. TURKISH SUMMARY / TÜRKÇE ÖZET

BÖLÜM 1

GİRİŞ

Romantik ilişkiler, çoğu yetişkin için hayati bir öneme sahiptir (Berscheid ve Reis, 1998). Bu nedenle, bir ayrılığın olumsuz etkileri kişinin hayatında derin izler bırakabilir. Çeşitli araştırmalar, ayrılıkların özellikle ergenler arasında olmak üzere (Boelen ve Reijntjes, 2009; Davis ve ark., 2003; Monroe ve ark., 1999), yaş, cinsiyet ve ilişki durumuna bakılmaksızın bireylerin psikolojik ve fiziksel iyi oluşları üzerinde olumsuz etkileri olan majör yaşam olayları olduğunu göstermiştir (Frazier ve Cook, 1993; Kendler ve ark., 2003). Özellikle üniversite öğrencilerinde, romantik ilişkinin sona ermesi depresyon, kaygı, yalnızlık, öfke, dağınık davranışlar, akademik performansta düşüş ve hatta intihara kadar gidebilen olumsuz sonuçlara yol açabilir (Field ve ark., 2009). Ayrılıkların bireyler üzerindeki bu olumsuz etkileri, ayrılık sonrası iyileşme süreçlerini anlamayı kritik hale getirmektedir. Bu tez, suçlama, öz-şefkat ve cinsiyetçilik değişkenlerine odaklanarak, bu değişkenlerin romantik ayrılık sonrası bireyin iyi oluşuyla olan ilişkisini inceleyecektir. Araştırma, hayatları boyunca en az bir romantik ayrılık yaşamış olan heteroseksüel yetişkinleri kapsamaktadır.

1.1. İyilik Hali

İyilik halinin sosyal ilişkilerle güçlü bir bağlantısı vardır. Tatmin edici sosyal yaşamları olan insanlar, daha yüksek düzeyde pozitif duygulanım ve yaşam doyumu deneyimleme eğilimindedirler (Diener ve Seligman, 2002), bu da sosyal etkinliklere daha fazla katılım, daha fazla arkadaşlık ve arkadaşlarla daha güçlü yakınlık duyguları ile ilişkilidir (Diener ve Chan , 2011). Romantik ilişkiler, en samimi ilişki türlerinden biridir. Evlenmeden önce bile iyilik hali bağlantılıdır, dolayısıyla bireyin iyilik haliyle yakından bağlantılı olması şaşırtıcı değildir.

Romantik ilişkiler bu kadar önemli, iyi oluşla ilgiliyken ve birçok olumlu etkiye sahipken, bu ilişkinin sona ermesinden sonra iyi oluş üzerindeki etkisini göz ardı etmek imkansızdır. Romantik bir ilişkinin sona ermesine genellikle kişinin ruh sağlığı üzerinde önemli sonuçları olabilecek üzüntü, kayıp ve sıkıntı duyguları eşlik eder (Previti ve Amato, 2003). Önceki literatür ışığında, bu çalışmanın odak noktası olan suçlama, öz-şefkat ve cinsiyetçilik gibi ayrılığın iyi oluş üzerinde etkisi olabilecek faktörlerin araştırılması önemlidir.

1.2. Kendini veya Partneri Suçlama

Suçlama kavramı, bireylerin kendilerini veya romantik partnerlerini ayrılıktan ne derece sorumlu olarak algıladıklarını yansıtır. Ayrılıktan kendilerinin sorumlu olduğuna inanan kişiler için ayrılıklar psikolojik olarak daha zordur (Zhang ve Chen, 2017). Örneğin, Chung ve ark. (2003), ayrılık için daha fazla sorumluluk alan bireylerin ayrılıkla ilgili daha yıkıcı düşünceler yaşadıklarını bulmuşlardır. Araştırmalar, ayrılma sorumluluğunun kişinin kendisine atfetmesinin daha fazla duygusal ıstıraba neden olmasına rağmen, bu kişilerin uzun vadede kendilerini geliştirme olasılıklarının daha yüksek olduğunu göstermiştir. Daha fazla sorumluluk almak, daha yıkıcı düşünce ve duygulara yol açabilir, ancak aynı zamanda olayların kontrol edilebilir olduğu ve olayların rastgele olmadığı anlayışını da yaratır (Kaur ve Kaur, 2015). Suçu partnere yüklemek aynı zamanda daha az mutluluk, daha az iyimserlik ve özgüven eksikliği (Newman ve Langer, 1981) gibi olumsuz duygular ve artan üzüntü (Choo ve ark., 1996; Sprecher, 1994) ile ilişkilidir. Partneri suçlamak, eski partnerin özelliği kontrol edilemez ve değiştirilemez olduğundan sıkıntı hissi yaratabilir (Tashiro ve Frazier, 2003).

1.3. Öz-Şefkat

Öz-şefkat, etkili bir baş etme yolu olarak, ayrılık sonrası bireylerin iyi oluşlarına katkı sağlayabilecek önemli bir faktördür. Sıkıntı ve zorluk zamanlarında kendine nezaket ve anlayışla davranmayı içeren çok boyutlu bir kavramdır (Neff, 2003a). Araştırmalar, üzücü bir durumda, öz-şefkat düzeyi yüksek olan kişilerin, genellikle olumsuz duygulanım yaşarken bunalmış hissetmediklerini göstermiştir (Sbarra ve ark., 2012).

Sbarra ve ark. (2012), öz-şefkattteki artışın boşandıktan sonra kendini bu duruma alıştırmaya ile de ilişkili olduğu bulunmuştur. Bu bulgular, öz-şefkate sahip olmanın ayrılık sonrası sürece uyumu artırmada önemli bir faktör olabileceğini düşündürmektedir.

Kendilerine nezaketle davranabilen, bunun sıkıntı zamanlarında insan deneyiminin ve anlayışının bir parçası olduğunu anlayan bireyler, ayrılığın zorluklarıyla başa çıkmada daha iyi olabilir ve sonrasında bu duruma olumlu bir şekilde alışabilir. Bu sonuçların yanı sıra, bu tez, daha yüksek öz-şefkat seviyelerine sahip kişilerin, etkili başa çıkmanın bir sonucu olarak iyilik halinin de artacağını varsaymaktadır. Zhang ve Chen'in (2017) çalışmasına dayanarak, kendini suçlama ve ayrılık sonrası iyi olma hali arasında negatif bir ilişki olduğunu hipotez olarak öne sürüyorum. Ayrıca, bu negatif ilişkinin öz-şefkatin düzenleyici etkisiyle zayıflayacağını tahmin ediyorum.

1.4. Cinsiyetçilik ve Öznel İyi Oluş

Cinsiyetçilik, cinsiyete dayalı ayrımcılık olarak tanımlanabilir. Araştırmacılar genellikle kadınlara yönelik olumsuz tutum ve davranışlara odaklanmışlardır. Kadınların yeterince değer görmemesi, istismara uğraması ve sömürülmesi sorunu hala bir sorundur, dolayısıyla bunun etkisini anlamak hâlâ geçerli ve önemlidir. Cinsiyetçilik kişinin yaşamını farklı şekillerde etkileyebilir, bu çalışmada cinsiyetçilik düzeylerinin kişinin ayrılık deneyimini ve ayrılık sonrası iyileşmesini, yani ayrılık sonrası iyi oluşunu nasıl etkileyebileceği üzerinde durulmaktadır.

Çelişik Duygulu Cinsiyetçilik (Glick ve Fiske, 1996), ataerkil bir sistem olmasına rağmen, erkeğin üremek için hala kadınlara ihtiyaç duyduğunu, karşılıklı bir bağımlılığın olduğunu öne sürer. Kadınlar eş, anne ve romantik partnerdir; cinsiyetçiliği diğer önyargı türlerinden ayıran en önemli unsur budur. Cinsiyetçi olduklarını reddeden insanlar kadınlara yönelik ayrımcı davranışlar gösterirken, kadınlara yönelik kararsız bir sevgiye sahip olabilir (Glick ve Fiske, 1997). Bu kararsızlık, saf ama aynı zamanda kötü olarak görülebilen kadınların farklı kavramsallaştırmalarına yol açar. Bildiğim kadarıyla, cinsiyetçiliğin ayrılıktan sonraki iyilik hali ile nasıl ilişkili olduğunu araştıran bir çalışma yok. Düşmanca cinsiyetçilik,

korumacı cinsiyetçilik ve öznel iyi oluş arasında bir ilişki olabileceğinden, bu ilişkiyi daha fazla araştırmak önemlidir.

1.5. Mevcut Tezin Amacı

Bu çalışmanın amacı, Türkiye'deki yetişkin heteroseksüel örnekleminde kendini veya partnerini suçlama, öz-şefkat, cinsiyetçilik ve öznel iyi oluş arasındaki ilişkiyi, ayrılık sonrası öz-şefkatin kendini suçlama ve cinsiyetçilik üzerindeki düzenleyici etkisini incelemektir. Koruyucu ve düşmanca cinsiyetçiliğin ayrılık sonrası iyilik halini nasıl etkilediği araştırmada incelenecektir.

Öznel iyi oluş, öz-şefkat, cinsiyetçilik, kendini suçlama, partneri suçlama ve romantik ilişkinin sona ermesi üzerine önceki literatürün ışığında, şu varsayımlarda bulunuyorum:

H1: Ayrılık için kendini suçlamak, öznel iyi oluşu olumsuz olarak yordayacaktır.

H2: Ayrılık için partneri suçlamak, öznel iyi oluşu negatif olarak yordayacaktır.

H3: Öz-şefkat, ayrılıktan sonra öznel iyi oluşu pozitif olarak yordayacaktır.

H4: Öz-şefkat kendini suçlamanın iyilik hali üzerindeki olası olumsuz etkisine karşı koruyucu bir faktör olabilir.

BÖLÜM 2

YÖNTEM

2.1. Katılımcılar

Katılımcılar, heteroseksüel ve yaşamları boyunca en az bir romantik ayrılık yaşayan yetişkinlerdir. Dört yüz yetmiş katılımcı araştırmaya katılmıştır. Eksik veriler nedeniyle 172 katılımcı sonraki analizlerden çıkarıldı. 2 katılımcı ise romantik bir ayrılık yaşamadığı için analizlerden çıkarılmıştır.

2.2. Ölçüm

Katılımcıya çalışma hakkında kısaca bilgi veren, çalışmadan ayrılma hakkı ve/veya cevaplamak istemedikleri sorulara cevap vermeme hakkını içeren aydınlatılmış onam beyanını imzaladıktan sonra, kendileri tarafından paylaşılan bilgilerin gizliliği konusunda bilgilendirme yapılmıştır. Daha sonra oluşabilecek sorular için araştırmacının e-mail adresi sağlanmıştır. Daha sonra bu ifadeleri kabul eden katılımcılar Demografik Bilgi Formu, Çelişik Duygulu Cinsiyetçilik Ölçeği, Pozitif ve Negatif Duygu Ölçeği, Öz-Şefkat Ölçeği ve Yaşam Doyumu Ölçeği'ni doldurmuştur. Bu araştırmanın önemli bir parçası olan kendini ve/veya partnerini suçlamayı ölçmek için iki madde oluşturulmuş ve demografik bilgi formuna eklenmiştir ('Ayrılık için kendinizi suçluyor musunuz?', 'Ayrılık için eski partnerinizi suçluyor musunuz? - yukarı?'). Bu sorular Zhang ve Chen'in çalışmasından (2017) uyarlanmıştır.

2.3. İşlem

Verilerin toplanmasına başlanmadan önce Orta Doğu Teknik Üniversitesi İnsan Araştırmaları Etik Kurulu'ndan etik onay alınmıştır. Ardından, araştırma WhatsApp, Instagram ve SONA üzerinden duyurulmuştur. Veriler çevrimiçi olarak toplanmıştır. Anketin başlangıcında onam formu sunulmuştur. Çalışmanın tamamlanması yaklaşık 15 dakika sürmüştür. Anket sonunda tüm katılımcılara katkıları için teşekkür edilmiştir.

BÖLÜM 3

BULGULAR

3.1. Tanımlayıcı istatistikler

Tanımlayıcı istatistikler, bağımlı ve bağımsız değişkenler için ortalama (M), standart sapma (SD), Cronbach Alfa (Cronbach's Alpha) ve cinsiyet için ortalama farkı Tablo 2'de verilmiştir.

3.2. Tanımlayıcı Bilgiler ve Çalışma Değişkenleri Arasındaki Korelasyonlar

İlk adım olarak, korelasyonları gözlemlemek için değişkenler ile demografik formda toplanan bilgiler arasındaki korelasyonlar yapılmıştır. Sonuçlar, kendini suçlamanın cinsiyetle pozitif bir korelasyona sahip olduğunu göstermiştir ($r = .16, p < .01$), bu da erkeklerin kadınlara göre kendilerini daha fazla suçlama eğiliminde olduğu anlamına geliyor. Öte yandan, partneri suçlamanın cinsiyet ile negatif bir korelasyonu vardır ($r = -.12, p < .05$), bu da kadınların erkeklere göre partnerlerini daha fazla suçlama eğiliminde olduklarını göstermektedir.

Tanımlayıcı değişkenler ve ana çalışma değişkenleri arasındaki korelasyonlar yapıldıktan sonra bağımlı ve bağımsız değişkenler arasındaki korelasyonlar hesaplanmıştır.

3.3. Regresyon Analizi

Ayrılık için kendini ve/veya partnerini suçlamanın öznel iyi oluşu olumsuz yönde yordayıp yordamadığını (H1 ve H2) ve öz-şefkatin ayrılık sonrası öznel iyi oluşu olumlu yönde yordayıp yordamadığını (H3) araştırmak için çoklu regresyon yapılmıştır. Düşmanca cinsiyetçilik, koruyucu cinsiyetçilik ve iyilik hali arasında doğrudan anlamlı bir ilişki olmasa da regresyon analizine eklenmiştir ancak bu değişkenler bağımlı değişkenleri anlamlı bir şekilde yordamamıştır.

3.3.1. Hiyerarşik Regresyon Analizi: Yaşam Doyumu

İlk aşamada ekonomik durum, yaş, ayrılık ilişkisi süresi, ayrılıktan sonra geçen süre, ayrılık ilişkisinden duyulan memnuniyet, medeni durum, mevcut ilişki süresi gibi kontrol değişkenleri girilmiş olup bu değişkenler varyansın %14,3'ünü açıklamaktadır ($R^2 = .14, F(7,133) = 3.16, p = .004$). İkinci adımda, düşmanca cinsiyetçilik, partneri suçlama, kendine şefkat, kendini suçlama ve korumacı cinsiyetçilik eklenmiştir. Bu yordayıcıların eklenmesi, bağımlı değişkendeki ek %20.4'lük varyansı açıkladı ($R^2 = .20, F(5,128) = 8.003, p < .001$). İkinci adımdaki birleştirilmiş değişkenler bağımlı değişkendeki varyansın %34.7'sini açıklamaktadır ($R^2 = .35$).

Bulgular, analize girilen deęişkenlerin yaşam doyumu üzerinde etkili olduğunu göstermektedir. Regresyon analizi yalnızca öz-şefkat ile yaşam doyumu arasında anlamlı ve pozitif bir ilişki olduğunu göstermiştir. Katsayının istatistiksel olarak anlamlı olması ($B = .55$, $SE = .09$, $\beta = .47$, $t(128) = 6.12$, $p < .001$, %95 GA [.369, .722]) öz-şefkatin yaşam memnuniyetini pozitif yönde yordandığını göstermektedir.

3.3.2. Hiyerarşik Regresyon Analizi: Pozitif ve Negatif Duygulanım

İlk aşamada regresyon modeline ekonomik durum, yaş, ayrılık ilişkisi süresi, ayrılıktan sonra geçen süre, ayrılık ilişkisinden duyulan memnuniyet, medeni durum, mevcut ilişki süresi gibi yordayıcılar girildi. Bu model olumlu duygulanımdaki varyansın %8.4'ünü açıklamıştır ($R^2 = .08$, $\Delta R^2 = .04$, $F(7, 133) = 1.75$, $p = .103$). İkinci aşamada düşmanca cinsiyetçilik, partneri suçlama, öz-şefkat, kendini suçlama ve yardımsever cinsiyetçiliğin yordayıcıları eklenmiştir. Bu model varyansın ek %16.6'sını açıklamıştır ($\Delta R^2 = .17$, $F\text{-deęişim}(5, 128) = 5.66$, $p < .001$). Kendini suçlama ve olumlu duygulanım açısından analiz sonuçları orta düzeyde olumsuz bir ilişkiye işaret etmektedir. ($SE = .07$, $\beta = -.234$, $t(128) = -2.71$, $p = .008$). Bu, daha yüksek düzeyde kendini suçlamanın, azalan olumlu duyguyla ilişkili olduğunu göstermektedir. Elde edilen sonuçlar ayrıca öz-şefkatin olumlu duygulanım üzerinde anlamlı pozitif etkiye sahip olduğunu göstermiştir ($B = .39$, $SE = .11$, $\beta = .31$, $t(128) = 3.74$, $p < .001$). Bu, daha fazla öz-şefkatin artan olumlu duygulanımla ilişkili olduğunu göstermektedir.

Son olarak, olumsuz duygulanım için hiyerarşik regresyon analizi yapıldı. İlk aşamada ekonomik durum, yaş, ayrılık ilişkisi süresi, ayrılıktan sonra geçen süre, ayrılık ilişkisinden duyulan memnuniyet, medeni durum ve mevcut ilişki süresi girildi. Bu model istatistiksel olarak anlamlı bulunmadı ($F(7,133) = .83$, $p = .56$) ve bağımlı deęişkendeki varyansın %4.2'sini açıkladı ($R^2 = .04$).

İkinci adımda, düşmanca cinsiyetçilik, partneri suçlama, kendine şefkat, kendini suçlama ve yardımsever cinsiyetçilik eklenmiştir. Bu model istatistiksel olarak anlamlı bulunmuştur ($F(12, 128) = 15.61$, $p < .001$) ve bağımlı deęişkendeki varyansın %40.5'ini açıkladı ($R^2 = .41$).

Sonuçlar daha yüksek düzeyde kendini suçlamanın artan olumsuz duygulanımla ilişkili olduğunu göstermektedir ($SE = .06, \beta = .25, t(128) = 3.309, p = .001, \%95 \text{ GA } [.074, .295]$). Elde edilen sonuçlar ayrıca partneri suçlamanın olumsuz duygulanım üzerinde anlamlı pozitif etkiye sahip olduğunu göstermiştir ($B = .30, SE = .05, \beta = .42, t(128) = 5.85, p < .001, \%95 \text{ GA } [.198, .401]$). Bunlara ek olarak öz-şefkatin de anlamlı olumsuz etkisi olmuştur ($B = -.39, SE = .09, \beta = -.31, t(128) = -4.23, p < .001, \%95 \text{ GA } [-.565, -.205]$)

Tüm regresyon analizleri yapıldıktan sonra sonuçlar, yaşam doyumu dışında Hipotez 1'in (Bir ayrılık için kendini suçlamanın öznel iyi oluşu olumsuz yönde yordayacaktır.) desteklendiğini gösterirken, Hipotez 3'ü (Öz-şefkat uygulaması, ayrılık sonrası öznel iyi oluşu olumlu yönde yordayacaktır.) iyilik halinin tüm boyutları için desteklediğini gösterdi. Öte yandan öz-şefkat, yaşam doyumunu ve olumlu duyguyu pozitif yönde yordarken, olumsuz duyguyu negatif olarak yordamaktadır. Sonuç aynı zamanda partneri suçlamanın olumsuz duygulanımı pozitif yönde yordadığını gösterdi ve bu da Hipotez 2'ye kısmi destek sağladı (Suçlayan partner öznel refahı negatif olarak yordayacaktır). Ancak ne korumacı cinsiyetçilik ne de düşmanca cinsiyetçilik, ayrılık sonrasındaki iyilik halini yordamadı.

3.4. Düzenleyici Değişken Analizi

Kendini suçlama ile öznel iyi oluş (DV) arasındaki ilişkide öz şefkatin (IV) düzenleyici rolünü araştırmak için bir moderasyon analizi yapılmıştır. Moderasyon modelinde, kendini suçlama ile öznel iyi oluş bileşenleri arasındaki ilişkide öz şefkatin düzenleyici rolü ayrı ayrı test edilmiştir. Moderasyon analizleri IBM SPSS için PROCESS makrosu (model 1) kullanılarak yapılmıştır (Hayes, 2022).

3.4.1. Kendini Suçlama ve Öznel İyi Oluş Arasındaki İlişkide Öz Merhametin Düzenleyici Rolü

Kendini suçlamanın öznel iyi oluş üzerindeki koşullu etkilerini (yani, olumlu duygulanım, olumsuz duygulanım ve yaşam doyumu) farklı öz-şefkat düzeylerinde incelemek için bir düzenleyici değişken analizi yapılmıştır. Olumsuz duygulanım

üzerinde kendini suçlama ve öz-şefkat arasındaki etkileşim katsayısı anlamlılık düzeyine çok yakın olmasına rağmen ($p = .06$), düzenleyici değişken modellerinden hiçbiri anlamlı çıkmamış, dolayısıyla beşinci ve son hipotez desteklenmemiştir (Tablo 11).

BÖLÜM 4

TARTIŞMA

Bu çalışmanın amacı, Türkiye'de yaşayan heteroseksüel bireylerde romantik ilişkilerin sona ermesinden sonra suçlama, öz-şefkat ve cinsiyetçilik ile öznel iyi oluş arasındaki ilişkiyi incelemektir. Ayrıca öz-şefkatin, kendini suçlama ve cinsiyetçiliğin özen iyi oluş üzerindeki olumsuz etkilerine karşı koruyucu rolünün incelenmesi amaçlanmıştır. Bunu başarmak için, çalışma ölçümleri arasındaki doğrusal ilişkileri keşfetmek için korelasyon analizi yapılmıştır. Ardından, değişkenler arasındaki ilişkiyi daha derinlemesine anlamak için bir dizi regresyon analizi yapılmıştır. Son olarak, öz-şefkatin düzenleyici rolünü anlamak için bir dizi düzenleyici değişken analizi yapılmıştır.

Bu bölümde, çalışma değişkenleri arasındaki korelasyona ilişkin ilk bulgular özetlenecek ve tartışılacaktır. Daha sonra, ayrılma ile ilgili literatür ışığında suçlama, öz-şefkat, cinsiyetçilik, iyilik hali ve öz-anlayışın düzenleyici etkisine ilişkin temel bulgular tartışılacaktır. Daha sonra, pratik uygulama ve mevcut çalışmanın güçlü yönleri ve önemi açıklanacaktır. Son olarak, bu çalışmanın sınırlılıkları ve gelecekteki araştırmalar için öneriler sunulacaktır.

4.1. Demografik Değişkenler ile Ana Çalışma Değişkenlerinin İlişkisi

Korelasyon analizinin bulguları, cinsiyet ve suçlamayla ilgili geleneksel olarak benimsenen bakış açılarından ilgi çekici bir sapma ortaya koyuyor. Bu tezin sonuçları, erkeklerin kadınlara göre kendilerini, kadınların ise erkeklere göre partnerlerini daha fazla suçlama eğiliminde olduklarını göstermiştir. Ayrılığın sorumluluğunun atfedilmesinde cinsiyet farklılıklarını inceleyen araştırma pek fazla olmasa da, yerleşik

literatür tutarlı bir şekilde kadınların genellikle daha fazla özeleştirme yaptığını gösteriyor. Önceki çalışmalar kadınların erkeklere göre suçu daha fazla içselleştirme olasılığının daha yüksek olduğunu doğrulamıştır (Spataro ve ark., 2016; Statlender, 1981). Ancak bu çalışmanın sonuçları, kadınların erkeklere göre partnerlerini suçlama olasılığının daha yüksek olduğunu gösterdi. Bunun tersine, erkekler başarısızlıklarını dış etkenlere daha kolay atfetme eğilimindedir (Ryckman ve Peckham, 1987) ancak bu tezin sonucu erkeklerin kadınlardan daha fazla kendilerini suçlama eğiliminde olduklarını göstermiştir. Bu çalışmanın sonucuyla örtüşen tek bir araştırma bulunmaktadır. Choo ve ark. (1996), kadınların erkeklere göre partnerlerini suçlamaya daha yatkın olduklarını bulan araştırma sonucuyla uyumludur. Bu çalışma da ayrılığa ilişkin olduğundan, belki de ayrılık, suçlama yüklemesi sonucunun değişmesinin nedenidir. Bu tür sapmalar, kişilerarası dinamiklerin, sosyo-kültürel bağlamın ve bireysel geçmişlerin atıf tarzlarını büyük ölçüde etkileyebileceği gerçeğini vurgulamaktadır.

Sonuçlar ayrıca yaş, partner suçlaması ve yaşam doyumu arasında pozitif bir ilişki olduğunu gösterdi; bu da yaşlı insanların partnerlerini daha fazla suçlama eğiliminde olduklarını gösteriyor. Ayrıca yaş ilerledikçe ayrılık sonrası yaşam memnuniyeti de artıyor. Ayrılıklarla ilgili literatüre dayanarak, yaş ile ilişkinin ne zaman sona erdiği arasında bir ilişki olabileceğini varsaydım. Korelasyon tablosunda görüldüğü gibi, yaş ile ayrılıktan sonra geçen süre arasında anlamlı bir pozitif korelasyon var; yani yaş arttıkça ayrılıktan sonra geçen süre de artıyor. Bu, ilişkinin ayrılıkla sonuçlanmasından bu yana geçen zamanın daha iyi psikolojik uyum, daha az sıkıntı ve yalnızlık duygusuyla ilişkili olduğunu bulan önceki araştırmalarla tutarlıdır (Locker ve ark., 2010; Moller ve ark.i, 2003; Sprecher ve ark., 1998). Ayrılmadan önceki ilişki süresi, ayrılmadan önceki ilişki doyumu, bu ayrılmanın ne zaman olduğu ve şu anki flört durumu katılımcılara sorulmuştur. (Boelen ve Reijntjes, 2009; Tashiro ve Frazier, 2003; Sprecher ve ark., 1998; Frazier ve Cook, 1993; Simpson, 1987). Bu değişkenler üçüncü bir değişken olma ihtimaline karşın hiyerarşik regresyon ile kontrol edilmişlerdir.

4.2. Yaşam Doyumuna İlişkin Sonuçlar Hakkında

Çalışma değişkenleri (yani kendini suçlama, partneri suçlama, cinsiyetçilik ve öz şefkat) ile yaşam doyumu arasındaki ilişkiyi daha derinlemesine anlamak için hiyerarşik regresyon analizi yapıldı.

Analiz öz-şefkat ile yaşam doyumu arasında pozitif bir ilişki olduğunu ortaya çıkardı; bu da daha yüksek düzeyde öz-şefkat sergileyen bireylerin yaşamlarından daha fazla genel tatmin yaşama eğiliminde olduklarını göstermektedir. Önceki çalışmalar, kişinin yaşamına ilişkin bilişsel değerlendirmelerin bir ölçüsü olan yaşam doyumunun artırılmasında öz-şefkatin rolünü göstermiştir (Diener ve diğerleri, 1985). Birçok çalışma, öz şefkat ile yaşam doyumu arasında pozitif bir ilişki olduğunu tespit etmiştir (Neely ve diğerleri, 2009; Yang ve diğerleri, 2016). Bu sonuçlar önceki çalışmaları desteklemekte ve öz şefkatin önemini yeniden vurgulamaktadır.

Hiyerarşik regresyon analizi ile öz-şefkati, yaşam doyumunun önemli bir yordayıcısı olarak bulunmuşken, diğer değişkenler olan; kendini suçlama, partner suçlama ve cinsiyetçilik gibi etkenlerin etkisi görülmemiştir. Temel olarak, kendini suçlama, partner suçlama ve cinsiyetçilik dışı dönük değişkenler olarak kavramsallaştırılabilir. Bunlar, dışsal olaylara veya diğer bireylere tepkiler olarak görülebilir ve bu değişkenler temelde dışsal değerlendirmeler veya toplumsal yapılar tarafından etkilenebilir. Bu değişkenler bir bireyin genel psikolojik iyi oluşunda bir rol oynamış olsa da, dışı dönük doğaları tarafından yaşam doyumu gibi bütünsel ölçümler üzerindeki etkileri ortadan kaldırılabilir. Yaşam doyumu, bir bireyin genel iyi oluşunun içsel bir bilişsel değerlendirmesi olduğundan ve aynı zamanda genellikle yaşamın daha uzun vadeli etkilerine daha çok odaklandığından, öz-şefkat gibi içsel ve stabil faktörlerden daha yakından etkilenebilir.

4.3. Pozitif ve Negatif Duygulanıma İlişkin Bulgular

Çalışma değişkenleri (yani kendini suçlama, partneri suçlama, cinsiyetçilik ve öz şefkat) arasındaki ilişkiyi anlamak için olumlu duygulanım ve olumsuz duygulanım ile hiyerarşik regresyon analizi yapılmıştır. Sonuçlar, kendini suçlamanın olumlu

duyguyu olumsuz yönde yordadığını, önceki araştırmayla uyumlu olarak olumsuz duyguyu olumlu yönde yordadığını gösterdi. Bu, kendini suçlamanın, iyi oluşun duygusal tüm boyutları için iyi oluşu azalttığı anlamına gelir. Daha önce de tartışıldığı gibi ayrılığın sorumluluğunu almak psikolojik zorluklara yol açmaktadır. Olumsuz döngüsel ruminasyon, olumlu duygu düzeyini azaltabilir ve bunun sonucunda olumsuz duyguyu artırabilir (Zhang ve Chen, 2017). Suçun kendine atfedilmesi, özeleştiriyeye, 'Neyi yanlış yaptım?' diye sormaya ve kişinin kendisini başkalarıyla karşılaştırmasına yol açabilir (Konstam ve ark., 2016). Bu düşünceler, insanların kendilerini daha az mutlu, daha az heyecanlı ve daha az coşkulu hissetmeleri nedeniyle kendini suçlamanın olumlu etkiyi azaltmasının nedeni olabilir. Öte yandan, insanların kendilerini suçlarken utanç ve suçluluk hissetme olasılıkları daha yüksek olduğundan olumsuz etkiyi artırır.

Kendini suçlama hem olumsuz hem de olumlu duygulanım için anlamlıyken, partneri suçlama yalnızca olumsuz duygulanım için anlamlıdır. Bunun nedeni partneri suçlamanın ve onun neyi yanlış yaptığına dair kafa yormanın sadece olumsuz duyguları uyandırması olabilir. Bu duygular ihanet, kızgınlık, hayal kırıklığı ve hatta öfke duygularından kaynaklanabilir. Bir başkasının doğal olarak kendi kontrolünün ötesinde olan eylemlerine odaklanmak, bireyin kendini güçsüz veya mağdur hissetmesine neden olur ve bu da olumsuz etkiyi artırır. Bu aynı zamanda daha az mutluluk, daha az iyimserlik ve özgüven eksikliği gibi olumsuz duyguların eşin suçlamasıyla (Newman & Langer, 1981) ve artan üzüntüyle (Choo ve ark., 1996; Sprecher, 1994) ilişkili olduğunu ortaya koyan önceki araştırmalarla da uyumludur. Partneri suçlamanın da üzücü olduğu ortaya çıktı çünkü eski partner kontrol edilebilir veya değiştirilebilir değildi (Tashiro ve Frazier, 2003).

Analiz aynı zamanda öz-şefkatin olumlu duyguyu olumlu yönde, olumsuz duyguyu ise olumsuz yordadığını ortaya çıkarmıştır. Bu, öz-şefkat düzeyi daha yüksek olan bireylerin, bir ayrılığın ardından olumlu duyguları deneyimleme olasılıklarının daha yüksek olduğunu ve olumsuz duyguların daha az olduğunu göstermektedir. Bu bulgular, bireylerin romantik ayrılık gibi travmatik veya olumsuz yaşam olaylarından kurtulmasına yardımcı olmada etkili bir başa çıkma mekanizması olarak öz şefkatin önemini vurgulayan önceki araştırmalarla uyumludur (Neff ve ark., 2007). Bu çalışma

bağlamında, öz-şefkatin, ayrılığın ardından uyum sağlamayı ve duygusal iyi olma halini kolaylaştırmada önemli bir rol oynadığı açıktır.

4.4. Düzenleyici Değişken Analizine İlişkin Bulgular

Bu çalışma, kendini suçlamanın olumlu duygulanım, olumsuz duygulanım ve yaşam doyumunu içeren öznel iyi oluş üzerindeki koşullu etkilerini ve bu etkilerin farklı öz-şefkat düzeylerine göre değişip değişmediğini araştırmayı amaçlamıştır. Düzenleyici değişken analiz sonuçları anlamlı bulgular üretmedi, dolayısıyla beşinci ve son hipotezi destekleyemedi. Öz-şefkatin bu anlamlı düzenleyici değişkenin yokluğu, özellikle kendini suçlama ve öz-şefkat arasındaki olumsuz duygulanım arasındaki etkileşim katsayısının anlamlılık eşiğine ($p = .06$) yakınlığı ve ayrıca benzer sonuçları bulan önceki çalışma göz önüne alındığında (Zhang ve Chen 2017) sonuçların tartışılması gerekir.

Bu sonuçlara ilişkin olası bir açıklama, kendini suçlama eğilimlerindeki cinsiyet farklılıklarından kaynaklanabilir. Bu çalışmada sonuçlar, erkeklerin başarısızlıklarını kişisel yetersizliklere (yani kendini suçlamaya) bağlamaya kadınlara göre daha yatkın olduklarını ortaya çıkardı. Örneğimizde erkek katılımcıların yetersiz temsil edilmesi, gözlemlenebilir etkileri potansiyel olarak etkilemiş ve anlamlı olmayan bulgulara yol açmış olabilir. Bu nedenle, kendini suçlama eğilimlerindeki bu potansiyel cinsiyet eşitsizliği, kendini suçlamanın, öz şefkat düzeyleri genelinde öznel iyi oluş üzerindeki gerçek koşullu etkilerini maskeleyebilir. Daha dengeli bir cinsiyet dağılımına sahip gelecekteki çalışmalar daha net bilgiler sunabilir.

4.5. Sonuç, Sınırlamalar ve Öneriler

Bu çalışma, ayrılık sonrası bireylerin iyilik haliyle suçlama, öz-şefkat ve cinsiyetçilik arasındaki ilişkiyi incelemiştir. Öz-şefkatin iyilik hali üzerinde olumlu bir etkiye sahip olduğu ve düşmanca cinsiyetçiliğin bu olumlu etkiyi zayıflatabileceği bulgulanmıştır. Bu araştırma, romantik ilişkilerin sona ermesinin genç yetişkinler üzerindeki etkisini anlama konusunda literatüre yeni bir bakış açısı kazandırmıştır.

Ancak alıřmanın bazı sınırlamaları bulunmaktadır. rneęin, alıřma sadece Trkiye'deki heteroseksel bireyler zerine yoęunlařmıřtır ve katılımcılar arasında cinsiyet dengesizlięi vardır. Dięer bir sınırlama, alıřmanın z bildirim verilerine dayanmasıdır. Ayrıca, yeni nesillerin romantik iliřki anlayıřındaki deęiřiklikler dikkate alınmalıdır. zellikle Z Kuřaęı'nın romantik iliřkilerde sosyal medyanın rol, iliřki anlayıřlarının nasıl deęiřtięi ve flrt uygulamalarının iliřkilere etkisi bu baęlamda nemlidir. Trkiye'nin cinsiyetilik konusundaki hassasiyeti de dikkate alınarak, bořanmanın veya ayrılıęın kadınlar ve erkekler zerindeki farklı etkileri de incelenebilir. Bu alıřma, ayrılıktan sonra bireylerin iyilik hali zerine yapılan arařtırmalara deęerli bir katkı saęlamıřtır, ancak gelecekteki alıřmaların daha kapsamlı ve farklı grupları da iermesi gerekmektedir.

C. DEMOGRAPHIC INFORMATION

- 1- Cinsiyetiniz: _____ Kadın _____ Erkek
- 2- Yaşınız: _____
- 3- Eğitim seviyeniz:
_____ İlkokul _____ Ortaokul _____ Lise _____ Üniversite öğrencisi

_____ Üniversite mezunu _____ Lisansüstü öğrencisi _____ Lisansüstü mezunu
- 4- Üniversite öğrencisi iseniz kaçınıcı sınıftasınız?: _____
- 5- Medeni _____ durumunuz:
_____ Bekar _____ Evli _____ Boşanmış _____ Eşini Kaybetmiş
- 6- Evli değil iseniz, romantik ilişki durumunuz nedir?
_____ Şu anda romantik ilişkim yok
_____ Sevgilim/partnerim var
- 7- Evli iseniz veya romantik ilişkiniz var ise ne kadar süredir birlikteisiniz: _____ Hafta.
- 8- Romantik ilişkilerinizde hiç ayrılık yaşadınız mı?
_____ Hayır, _____ hiç _____ ayrılık _____ yaşamadım.
_____ Evet, ayrılık yaşadığım oldu.
- 9- Ayrılık yaşad iseniz, (birden fazla olma durumunda en son ayrılığı düşünerek cevaplayınız) ne kadar süre önce ayrıldığınızı ay olarak yazınız: _____ ay önce ayrıldım.
- 10- Eğer ayrılık yaşad iseniz, en son ayrıldığınız romantik ilişkinizin süresi ne kadardı? _____ ay
- 11- Bir önceki soruda ele aldığınız ilişkiyi düşünerek, ayrılık öncesi dönemde ilişki doyumunuzu nasıl değerlendirirsiniz?

Çok doyurucu bir ilişkiydi _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ Hiç doyurucu bir ilişki değildi.

12- 11. soruda ele aldığımız ayrılığı düşünerek, bu ayrılık için kendinizi suçluyor musunuz?

Kendimi hiç suçlamıyorum 1 2 3 4 5 6 Kendimi çok suçluyorum

13- Yine 11. sorudaki ayrılık durumunu düşünerek, ayrılık için eski partnerinizi suçluyor musunuz?

Eski partnerimi hiç suçlamıyorum 1 2 3 4 5 6 Eski partnerimi çok suçluyorum

14- Yaşamınızın çoğunun geçtiği yer nedir?

___Metropol (İstanbul, Ankara, İzmir) ___Şehir ___Kasaba ___Köy

15- Aşağıdaki ölçekte Türkiye'deki ekonomik durumunuzu en iyi hangi seçenek yansıtıyor?

Alt sınıf 1 2 3 4 5 6 Üst sınıf

16- Aşağıdakilerden hangisi politik görüşünüzü tanımlar?

___Radikal sol ___Sol ___Sola yakın ___Sağa yakın ___Sağ ___Radikal sağ

D. POSITIVE AND NEGATIVE AFFECT SCHEDULE

Aşağıda verilen ifadeler ayrılık sonrasındaki duygu durumunuzu ölçmek için hazırlanmıştır. Lütfen verilen sıfatları yaşadığınız en son ayrılıktan sonraki süreçte duygu durumunuzu 6'lı ölçekte ne kadar tanımladığınızı düşündüğünüze göre değerlendiriniz.

Hiç katılmıyorum 1 2 3 4 5 6 Tamamen katılıyorum

- _____ 1-İlgili
- _____ 2- Sıkıntılı
- _____ 3- Heyecanlı
- _____ 4- Mutsuz
- _____ 5- Güçlü
- _____ 6- Suçlu
- _____ 7- Ürkmüş
- _____ 8- Düşmanca
- _____ 9- Hevesli
- _____ 10- Gururlu
- _____ 11- Asabi
- _____ 12- Uyanık
- _____ 13- Utanmış
- _____ 14- İlhamlı
- _____ 15- Sinirli
- _____ 16- Kararlı
- _____ 17- Dikkatli
- _____ 18- Tedirgin
- _____ 19- Aktif
- _____ 20- Korkmuş

E. LIFE SATISFACTION SCALE

Aşağıdaki ifadelere ayrılık sonrasında yaşadığınız süreci düşünerek katılıp katılmadığınızı görüşünüzü yansıtan rakamı seçerek belirtiniz. Doğru ya da yanlış cevap yoktur. Sizin durumunuzu yansıttığını düşündüğünüz rakam bizim için en doğru yanittir. Lütfen, açık ve dürüst şekilde yanıtlayınız.

1	2	3	4	5	6
Kesinlikle					Kesinlikle
Katılmıyorum					Katılıyorum

___1)-Pek çok açıdan ideallerime yakın bir yaşamım var.
___2)-Yaşam koşullarım mükemmeldir.
___3)-Yaşamım beni tatmin ediyor.
___4)-Şimdiye kadar, yaşamda istediğim önemli şeyleri elde ettim.
___5)-Hayatımı bir daha yaşama şansım olsaydı, hemen hemen hiçbir şeyi değiştirmezdim.

F. SELF-COMPASSION SCALE

Yanıtlamadan önce her bir ifadeyi dikkatle okuyunuz. Takip eden ölçeği kullanarak, ayrılık sonrasında yaşadığınız süreci düşünerek belirtilen durumda ne kadar sıklıkla hareket ettiğinizi belirtiniz

(1) Hiç bir zaman (2) (3) (4) (5) (6) Her zaman

1.Benim için önemli olan bir şeyde başarısız olduğumda, yetersizlik duygularıyla kendimi harap ederim.

2.Kişiliğimin beğenmediğim yönlerine ilişkin anlayışlı ve sabırlı olmaya çalışırım.

3.Acı veren bir şeyler yaşadığımda bu duruma dengeli bir bakış açısıyla yaklaşmaya çalışırım.

4.Kendimi üzgün hissettiğimde, diğer insanların çoğunun belki de benden daha mutlu olduklarını düşünürüm.

5.Başarısızlıklarımı insanlık halinin bir parçası olarak görmeye çalışırım.

6.Zor zamanlarımda ihtiyaç duyduğum özen ve şefkati kendime gösteririm.

7.Bir şey beni üzdüğünde duygularımı dengede tutmaya çalışırım.

8.Benim için önemli olan bir şeyde başarısız olduğumda, kendimi bu başarısızlıkta yalnız hissederim.

9.Kendimi kötü hissettiğimde kötü olan her şeye kafamı takar ve onunla meşgul olurum.

10.Bir yetersizlik hissettiğimde, kendime bu yetersizlik duygusunun insanların birçoğu tarafından paylaşıldığını hatırlatmaya çalışırım11. Hata ve yetersizliklerime karşı kınayıcı ve yargılayıcı bir tavır takınırım.

- 12.Kişiliğimin beğenmediğim yönlerine karşı sabırlı ve hoşgörülü değilimdir.
- 13.Acı veren olaylar yaşadığımda kendime kibar davranırım.
- 14.Hata ve yetersizliklerimi anlayışla karşılarım
- 15.Duygusal anlamda acı çektiğim durumlarda kendime sevgiyle yaklaşırım.
- 16.Hoşlanmadığım yönlerimi fark ettiğimde kendimi suçlarım.
- 17.Gerçekten güç durumlarla karşılaştığımda kendime kaba davranırım.
- 18.Sıkıntı çektiğim durumlarda kendime karşı biraz acımasız olabilirim.
- 19.Benim için bir şeyler kötüye gittiğinde, bu durumun herkesin yaşayabileceğini ve yaşamın bir parçası olduğunu düşünürüm.
- 20.Yetersizliklerim hakkında düşündüğümde, bu kendimi yalnız hissetmeme ve dünyayla bağlantımı koparmama neden olur.
- 21.Zor durumlarla mücadele ettiğimde, diğer insanların daha rahat bir durumda olduklarını düşünürüm.
- 22.Kendimi kötü hissettiğimde duygularıma ilgi ve açıklıkla yaklaşmaya çalışırım.
- 23.Bir şeyde başarısızlık yaşadığımda objektif bir bakış açısı takınmaya çalışırım.
- 24.Bir şey beni üzdüğünde, duygularıma kapılıp giderim.
- 25.Sıkıntı veren bir olay olduğunda olayı mantıksız biçimde abartırım.
- 26.Kendimi çok kötü hissettiğim durumlarda, dünyadaki birçok insanın benzer duygular yaşadığını hatırlamaya çalışırım

G. AMBIVALENT SEXISM INVENTORY

Lütfen her bir ifade ile ne derece hemfikir olup olmadığınızı verilen ölçekteki sayılardan uygun olanı ifadenin yanındaki boşluğa yazarak belirtiniz.

1	2	3	4	5	6
Kesinlikle					Kesinlikle
Katılmıyorum					Katılıyorum

___1)-Ne kadar başarılı olursa olsun bir kadının sevgisine sahip olmadıkça bir erkek gerçek anlamda bütün bir insan olamaz.

___2)-Gerçekte birçok kadın “eşitlik” arıyoruz maskesi altında işe alınmalarda kendilerinin kayırılması gibi özel muameleler arıyorlar.

___3)-Bir felaket durumunda kadınlar erkeklerden önce kurtarılmalıdır.

___4)-Büyük kadın masum söz veya davranışları cinsel ayrımcılık olarak yorumlamaktadır.

___5)-Kadınlar çok çabuk alınırlar.

___6)-Karşı cinsten biri ile romantik ilişki olmaksızın insanlar hayatta gerçekten mutlu olamazlar.

___7)-Feministler gerçekte kadınların erkeklerden daha fazla güce sahip olmalarını istemektedirler.

___8)-Büyük kadın çok az erkekte olan bir saflığa sahiptir.

___9)-Kadınlar erkekler tarafından el üstünde tutulmalı ve korunmalıdır.

___10)-Büyük kadın erkeklerin kendileri için yaptıklarına tamamen minnettar olmamaktadırlar.

___11)-Kadınlar erkekler üzerinde kontrolü sağlayarak güç kazanmak hevesindedir.

___12)-Her erkeğin hayatında hayran olduğu bir kadın olmalıdır.

___13)-Erkekler kadınsız eksiktirler.

___14)-Kadınlar işyerlerindeki problemleri abartmaktadırlar.

___15)-Bir kadın bir erkeğin bağlılığını kazandıktan sonra genellikle o erkeğe sıkı bir yular takmaya çalışır.

___16)-Adaletli bir yarışmada kadınlar erkeklere karşı kaybettikleri zaman tipik olarak kendilerinin ayrımcılığa maruz kaldıklarından yakınırılar.

___17)-İyi bir kadın erkeği tarafından yüceltilmelidir.

___18)-Erkeklere cinsel yönden yaklaşılabilir olduklarını gösterircesine şakalar yapıp daha sonra erkeklerin tekliflerini reddetmekten zevk alan birçok kadın vardır.

___19)-Kadınlar erkeklerden daha yüksek ahlaki duyarlılığa sahip olma eğilimindedirler.

___20)-Erkekler hayatlarındaki kadın için mali yardım sağlamak için kendi rahatlarını gönüllü olarak feda etmelidirler.

___21)-Feministler erkeklere makul olmayan istekler sunmaktadırlar.

___22)-Kadınlar erkeklerden daha ince bir kültür anlayışına ve zevkine sahiptirler.

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