

ROLES OF ATTACHMENT STYLES ON PERSONALITY
TRAITS, AND ANGER ON RELATIONSHIP AND LIFE
SATISFACTION:
MEDIATOR ROLES OF HUMOR, INTIMACY, AND
PSYCHOLOGICAL PROBLEMS

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Approval of the Graduate School of Social Sciences

Prof. Dr. Meliha Altunışık
Director

I certify that this thesis satisfies all the requirements as a thesis for the degree of
Doctor of Philosophy.

Prof. Dr. Tülin Gençöz
Head of Department

This is to certify that we have read this thesis and that in our opinion it is fully
adequate, in scope and quality, as a thesis for the degree of Doctor of Philosophy.

Prof. Dr. Tülin Gençöz
Supervisor

Examining Committee

Prof. Dr. Bengi Öner (METU, Psychology) _____

Prof. Dr. Tülin Gençöz (METU, Psychology) _____

Prof. Dr. Gülsen Erden (Ankara University, Psychology) _____

Assoc. Prof Çiğdem Soykan (Marti Psyc. Center) _____

Assist. Prof. Mithat Durak (Abant I. B. University, Psy.) _____

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Name, Last Name : Burcu Sevim

Signature :

ABSTRACT

ROLES OF ATTACHMENT STYLES ON PERSONALITY TRAITS, ANGER ON RELATIONSHIP AND LIFE SATISFACTION: MEDIATOR ROLES OF HUMOR, INTIMACY, AND PSYCHOLOGICAL PROBLEMS

Sevim, Burcu

Ph.D., Department of Psychology

Supervisor : Prof. Dr. Tlin Genoz

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The aim of this study is to examine the effects of attachment, personality traits, humor (humor styles and coping humor), intimacy, psychological problems on anger, on relationship and life satisfaction of individuals who are involved in romantic relationship. Attachment and personality traits are expected to be associated with each other and humor, intimacy and psychological problems, which are also expected to influence anger experience and expression. Anger is expected to effect life and relationship satisfaction. At the first phase Sternberg's Love Scale was translated to Turkish by using Relationship Happiness Scale. Data was gathered from 240 participants from different ages, cities, and socioeconomic status. Reliability and validity assessments were conducted for the whole scale and the subscales: intimacy, passion and commitment. At the second phase 519 subjects (married or dating) participated in the study. The participants were given Humor Styles Questionnaire, Coping Humor Questionnaire, Experiences in Close Relationships-Revised Version, Sternberg Triangular Love

Scale, State-Trait Anger Scale, Basic Personality Traits Inventory, Relationship Happiness Scale, Brief Symptoms Inventory and Life Satisfaction Scale. The results indicated that the proposed model had satisfactory fit expect effect of personality on humor and effect of attachment on anger. Positive personality traits did not have an effect on adaptive humor styles used whereas negative personlity traits affected maladaptive humor styles and attachment had a direct effect on anger. The results showed the importance of intimacy and maladaptive humor styles on relationship and life satisfaction. These results, the importance and effects of humor and intimacy in romantic relationships and therapeutic applications were discussed in the frame of relevant literature.

Key Words: Humor, Attachment, Intimacy, Personality Traits, Anger.

ÖZ

BAĞLANMA STİLLERİNİN, KİŞİLİK ÖZELLİKLERİ, ÖFKE, YAŞAM VE İLİŞKİ MEMNUNİYETİNE ETKİSİ: MİZAH, YAKINLIK VE PSİKOLOJİK PROBLEMLERİN ARACI ETKİSİ

Sevim, Burcu

Doktora, Psikoloji Bölümü

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Bu çalışmanın amacı, bağlanmanın, kişilik özelliklerinin, mizahın (mizah tarzları, mizah yoluyla başa çıkma), samimiyetin, ve psikolojik problemlerin, çiftlerde ilişki ve yaşam memnuniyeti ve öfke üzerine etkilerini incelemektir. Bağlanma ve kişilik özelliklerinin birbirleriyle ve, öfke ve öfke ifade tarzını yordaması beklenen mizah, samimiyet ve psikolojik problemler ile ilişkili olması beklenmektedir. Öfkenin ilişki ve yaşam memnuniyeti üzerinde etkisinin olması beklenmektedir. Birinci aşamada, Sternberg'in Aşk Ölçeği, İlişkilerde Mutluluk Ölçeği kullanarak Türkçe'ye uyarlanmıştır. Farklı yaşlardan, şehirlerden ve farklı sosyoekonomik duruma sahip 240 katılımcıdan veri toplanmıştır. Ölçeğin tümü ve alt ölçekleri (yakınlık, tutku, bağlılık) için geçerlik ve güvenilirlik değerlendirmeleri yapılmıştır. İkinci aşamada, 519 katılımcı (evil veya flört eden) çalışmada yer almıştır. Katılımcılara Mizah Tarzları Ölçeği, Mizah Yoluyla Başa Çıkma Ölçeği, Yakın İlişkilerde Yaşantılar Envanteri –II, Sternberg Üçgen Aşk Ölçeği, Durumluk-Sürekli Öfke Ölçeği, Temel Kişilik Özellikleri Envanteri,

İlişkilerde Mutluluk Ölçeđi, Kısa Semptom Envanteri ve Yaşam Doyum Ölçeđi uygulanmıřtır. Sonulara gre nerilen modelin uyumu, kiřilik zelliklerinin mizah zerinde ve bađlanmanın fke zerinde olan etkileri haricinde tatmin edicidir. Adaptif mizah tarzları zerinde pozitif kiřilik zelliklerinin bir etkisi bulunamamıřken negatif kiřilik zelliklerinin adaptif olmayan mizah tarzlarını etkilediđi sonucuna ulařılmıřtır. Ayrıca bađlanmanın fke zerinde direkt bir etkisi bulunmaktadır. Sonular, iliřki ve yařam memnuniyetinde samimiyet ve adaptif olmayan mizah tarzlarının nemini gstermektedir. Bu sonular, nemi ve etkisi ilgili literatr erevesinde tartıřılmıřtır.

Anahtar Kelimeler: Mizah, Bađlanma, Samimiyet, Kiřilik zellikleri, fke.

To my preciousss...

My brother Barış

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CHAPTER 1

INTRODUCTION

1.1. Background of the Study

Human beings have been said to be social animals with the ability of abstract thinking, problem solving, and reasoning. Similar to some species a human being is not able to survive by living him/herself; that is why communities have been formed and division of labour has been practiced. Furthermore, social relationships have been constructed with different labels and norms which also have survival roles. Relationship with the opposite sex has the most important role in terms of survival and reproduction. However, in human societies these relationships may be ended because of many reasons influencing the members, the groups and the whole society.

Many studies have been conducted in order to understand the nature of these relationships concerning the factors in formation, maintenance and break up. Some theorists have argued that early relationships with the caregivers effect the later relationships with significant others (Bowlby, 1973; Collins & Read, 1990). Some researchers have stated that relationship satisfaction has been an important factor in maintaining the relationship and many factors such as humor (Ziv & Gadish, 1989; Driver & Gottman, 2004), intimacy (Campbell, Martin, & Ward, 2008), and personality (Martin, Puhlik-Doris, Larsen, Gray, & Weir, 2003) have been effective on relationship satisfaction. These factors were also found to be related with each other. Furthermore, theorists have tried to conceptualise “love”

by suggesting explanations considering the components of love (Sternberg, 1986), elements of romantic love (Rubin, 1973), and styles of love (Lee, 1973). However, having a consensus on conceptualization of a model and measuring the factors related to love have been impossible up to now. Even so, there has been a great need to answer the questions such as “What is love?”, “Who falls in love with whom and why?”, “What determines the relationship satisfaction?”, “How do romantic relationships effect psychological well-being?”, “What can be done to solve conflicts regarding the problems in relationships?” and so on.

Besides erasing the question marks in minds concerning love, more means are needed to solve conflicts and get more satisfaction from relationships in both private and clinical settings. Because of these requirements it can be said that many answers will come with new questions so that studies related to romantic relationships will be carried on for a longer period of time.

1.2. Purpose of the Study

The present study aims to identify how individual factors (attachment and personality), humor, intimacy, and psychological problems, anger, and satisfaction (in relationship and life) are associated. A model (see Figure 5.35) concerning romantic relationships is proposed so that these factors were incorporated. By combining the factors related to the early life (such as attachment and personality) with the factors related to present (such as usage of humor, intimacy, and psychological problems), the effects of past on present and the future will be discussed and how they influence the satisfaction in relationship and in life with the changes will be dealt. Since problems relevant to individuals

and relationships loom large in clinical applications, and psychological problems are also taken into account and their relationships with the other factors are aimed to be evaluated as well.

1.3. Significance of the Study

The results of the present study are expected to enlighten the relations between the attachment styles, personality traits, the relationship styles, psychological problems, anger, and satisfaction regarding the individuals in romantic relationships. Usage of humor, effects of intimacy, psychological problems, and anger in relationships will be clarified. These factors' contributions to relationship and life satisfaction will also be discussed so that the reasons for insufficient satisfaction or the practices for getting more satisfaction can be assessed.

It is also expected that the results of this study will contribute to clinical applications for psychological problems related to the romantic relationships as well as daily problems that can be faced in relationships. The importance of personality traits and attachment styles will be reassured with the emphasis on their relations to humor styles, intimacy, and psychological problems which are expected to effect relationship and life satisfaction. New means such as humor can be made available and importance of intimacy can be underlined in order to get more satisfaction and a better taste of life through treatment process. These means can also be used in clinical applications for a better treatment and maintenance of the outcomes. The positive aspects which are mentioned insufficiently in psychology such as usage of humor will be promoted to be used more in clinical settings as well as daily communications.

CHAPTER 2

REVIEW OF LITERATURE

2.1. Humor

“Life, it has been said, would be meaningless without art. Perhaps it would be too meaningless without humor.”

Peter Derks

Humor is a recently recognized concept that has been the focus of studies in psychology concerning the most important outcomes that people try to attain in life which are connecting with others, pursuing meaning and experiencing pleasure or satisfaction (Snyder & Lopez, 2007). Also in many cultures, humor has a great value (Buss, 1998). Humor has important social roles such as expressing disagreement, facilitating cooperation, strengthening connectedness or excluding an individual from an out-group (Martin, 2007). Furthermore, humor is affective in mate selection (McGee & Shevlin, 2009). That is, humor has an important place in connecting with others both in positive and negative manners. Besides its social roles, humor serves of many emotional and cognitive functions such as tension relief, coping with adversity, and emotion regulation which enables people to survive, find meaning in life and experience pleasure.

Martin (2007, p.9) defined humor as “anything that people say or do that is perceived as funny and tends to make others laugh, as well as the mental processes that go into both creating and perceiving such an amusing stimulus, and

also the affective response involved in the enjoyment of it.” He also indicates that humor is a way for people to interact in a playful manner.

“Humor” and “sense of humor” are sometimes used with similar meanings since they are closely related to each other. However, humor differs from sense of humor in terms of the elements that make up an individual’s repertoire (Thorson & Powell, 1993). Aspects of sense of humor are the expression of social humor, use of humor as a coping mechanism, appreciation of different types of humor, desire to laugh, and the generation of notions (Kirsh & Kuiper, 2003). Another concept related to humor is “laughter”. Laughter is the behavioral reaction in communication used to capture others’ attention, and to convey emotional information aiming to have others feel similar emotions (Martin, 2007).

Berger (1987; cited in Ferguson & Ford, 2008) classified psychological theories of humor in four categories: psychoanalytic theories, superiority theories, incongruity theories, and cognitive theories. Martin (2007) added arousal theories (which also included cognitive theories) and reversal theory to these categories.

Psychoanalytic theories take humor as a means which helps to release extra nervous energy. According to Freud (Spencer, 1860; cited in Martin, 2007) there are three kinds of laughter-related phenomena. First kind is the “wit/joke”. This category includes a clever cognitive “jokework” which helps to distract the superego. The themes of these wit/jokes come from the aggressive or sexual impulses arising from the id which are normally repressed. However, since the superego is distracted, they are unconsciously expressed allowing to feel free from guilt. The second kind is “humor” with a narrower meaning than we use today. This kind is used to cope with stress and achieve an altered view which is more

adaptive. According to Freud (1982), humor is the “highest of the defense mechanisms” and only a few lucky people have this “rare and precious gift”. The last kind of laughter is “comic” which includes the nonverbal sources of mirth. The observer focuses mentally and expects something to happen; however, the expected does not occur and the mobilized energy is released. Laughing at childish behaviors is this kind of laughter. Psychoanalytic theory involves only the intrapersonal functions not focusing on interpersonal and social functions.

Superiority or disparagement theories, similar to psychoanalytic theories, claim that aggression is a characteristic of all humor which installs humor a negative meaning. One of the theories is Charles Gruner’s theory (1997) which argues that there have been winners and losers since humor is a “playful aggression”. Humor is used to overcome others as a way of proving one’s superiority. Similarly, Mindess (1971) has claimed that humor helps us break the constraints that have been generated as a result of different social roles in life. According to Zillman and Bryant (1985) one can misattribute the feeling of antipathy towards someone to laughter and amusement. Although it seems that aggression has an important role in humor generally, it is not supported by evidence that “all” humor contains aggression.

According to arousal theories such as Belyne’s (1972; cited in Martin, 2007), humor comes out as a result of the interaction of emotions and cognitions. Physiological arousal which is not low or high and pleasure accompanying this arousal are expressed through laughter. These theories claim that there is an inverted-U shaped relationship between humor enjoyment and arousal; however, the evidence is not sufficient. In fact, the relationship seems to be linear according

to the research outcomes. Nevertheless, both cognitions and emotions play an important role on humor.

Even though other theories give some importance to cognitions in humor, incongruity theories focus on cognitions more and on other aspects of humor less. Incongruity, surprise, unusuality or differences from the expected are what make things funny according to these theories. Arthur Koestler (1964; cited in Martin 2007) created the concept “bisociation” which means the simultaneous perception of something from two incompatible frames of reference. According to him, aggression and bisociation should be included in humor whereas later theorists only focused the cognitive aspects. Some theorists such as Thomas Schultz (1972; cited in Martin, 2007) also claimed that resolution of incongruity is what makes it humor; however some theorists have disagreed stating that incongruities are never totally resolved or resolving an incongruity brings new incongruities (Martin, 2007). Research conducted depending on these theories suggested that incongruity seems to be important in all types of humor whereas resolution is not sufficient. That is, these theories seem to explain only humor comprehension.

Michael Apter (1982; cited in Martin, 2007) proposed that humor is an explicit play. He claimed that humor provides a protection area from the “serious concerns of the real world”. According to Apter, there are two states of mind: telic (goal-directed, future-oriented) and paratelic states (present-oriented). Telic state is for the serious activities whereas paratelic state is the playful frame of mind. Reversal theory suggests that “we reverse back and forth between these states of mind at different times throughout a typical day”. Synergy, which is the cognitive aspect of humor according to the reversal theories, means two contradictory ideas

of the same thing are held in mind at the same time. This is Apter's concept and Wyer and Collins (1992) also developed a theory called "comprehension-elaboration theory" reformulating this concept using schemas. Martin (2007) stated that reversal theories are integrative in terms of all kinds of aspects related to humor such as emotions, cognitions, and arousal. These theories also take interpersonal relations into account when discussing humor. Since each theory explains humor from a different point of view, reversal theories seem to be the best fitting. However, it is definitely necessary to take all theories into account and more research is needed to have a consensus on conclusions about humor.

2.1.1. Humor Styles

The elements taken into account in recent studies are behavioral responses (e.g. smiling, laughing), humor recognition and appreciation, humor production and using humor as a coping mechanism. Besides these elements, the studies have shown that there are different styles of humor which have various effects and relationships with other concepts such as personality, attachment, and psychological well-being (Cann, Norman, Welbourne, & Calhoun, 2008; Çeçen, 2007; Saroglou & Scariot, 2002; Tümkaya, Hamarta, Deniz, Çelik, & Aybek, 2008).

Martin and colleagues (2003) have hypothesized that there are four humor styles, reported in Table 2.1, which are defined as "the ways in which individuals express humor in social settings". They can be distinguished depending on the compatibility (adaptive or maladaptive) and focus (on the self or on the connection with others). Thus, these four styles focus on positive and negative

dimensions leading adjustment or maladjustment which may be self-directed or other-directed. Self-enhancing and self-defeating styles are the self-directed styles former of which is the adaptive one. Affiliative and aggressive styles are the other-directed styles the former one being the adaptive style, as well.

Table 2.1 Humor Styles

| | | <i>Focus</i> | |
|----------------------|--------------------|----------------|---------------|
| | | Self | Others |
| <i>Compatibility</i> | Adaptive | Self-enhancing | Affiliative |
| | Maladaptive | Self-defeating | Aggressive |

First style, affiliative style, is an adaptive social humor style which affirms self and others. In this style, humor is used to amuse others, reduce tension and facilitate relationships (Campbell, Martin, & Ward, 2008). Individuals using this style tell others funny stories about themselves, but they still maintain a sense of self-acceptance while laughing with others. These individuals do not have to try hard to make others laugh and they are the “life of the party”. Martin et.al. (2003) stated that affiliative humor is the nonhostile style enhancing interpersonal connection and attraction. The focus is on amusing others while still holding a respect for others and the self. Adaptibility and general mood abilities are reported to be the predictors of affiliative humor style (Tümekaya et.al., 2008). This style is associated with extraversion, intimacy, relationship satisfaction, self-esteem, and positive moods and emotions (Martin et.al., 2003).

The second style is self-enhancing humor which includes a humorous perspective for life that enables to cheer oneself up with humor even when others do not exist (Kuiper, Martin, & Olinger, 1993). Although the individual faces stress and adversity caused by the incongruities of life, a humorous outlook is maintained and amusement takes place. Individuals using self-enhancing style is protected from negative feelings such as anger, depression, and loneliness (Campbell et.al., 2008). Also, they are described as “cheerful and not easily upset”. Self-enhancing style helps individuals to maintain control and a positive look when the situation is hard. “Looking at the lighter side” or “seeing the glass half full” are appropriate statements for users of this style. The focus is on amusing one’s self with respect to the others and the self. Tümkaya et.al. (2008) found that coping with stress and general mood abilities were the predictors of this style.

Another style of humor is aggressive humor which includes a tendency to ridicule, disparage or put down others with hostile expressions. Using sarcasm, teasing in an offensive manner, and derision belong to this style of humor (Zillman, 1983). This humor style can be explained by superiority theories (Ferguson & Ford, 2008) which are based on the view that enhancement of self-esteem may be derived from the recognition of the misfortunes or infirmities of others by using a “downward social comparison” (Wills, 1981). Sexist or racist cartoons are examples of aggressive style. Individuals using this style can not stop saying something funny when it is inappropriate (Martin et.al., 2003). The focus is on amusing others without a respect for them. Interpersonal skills, adaptability,

and coping with stress are assessed as the predictors of aggressive humor style (Tüm kaya et.al., 2008).

The fourth humor style is self-defeating humor. The individual laughs with others while being ridiculed or disparaged. The aim is to be liked or approved by others through amusing others by doing or saying funny things at one's own expense (Martin et.al., 2003). There is a tendency to amuse and laugh with others when being disparaged or ridiculed. Children labeled as "class clowns" are example for self-defeating humor styles users. People usually laugh "at" them not "with" them and they are pitied by people around. This humor style is assumed to be a form of a defensive denial which is used to hide one's true feelings. Individuals avoid thinking about or dealing with problems or negative feelings. This style reflects a lack of self-respect for oneself. Intrapersonal skills and coping with stress are the predictors of self-defeating humor (Tüm kaya et.al., 2008). Self-defeating humor style was found to have an inverse relationship with self-esteem and psychological health (Kazarian & Martin, 2004).

2.1.2. Coping Based Humor

Humor can be utilized as a means to cope with stress. As a coping mechanism, humor is assessed to be both emotion-focused and problem-focused strategy (Lefcourt, Davidson, Prkachin, & Mills, 1997). Coping based humor, which generally appears as "coping humor" in literature, represents the ability of individuals with humor in their daily lives and stressful situations (Kuiper, Martin & Olinger, 1993). Dixon (1980) has stated that cognitive shifts provided by humor are effective. These cognitive shifts help the individual get rid of the chains of

stress and negative emotions aroused by the situation. Also, according to cognitive perspective, humor functions as a pair of glasses showing the environment as less threatening and stressful. Furthermore, individuals with a good sense of humor reappraise stressful situations in a more adaptive way. That is, by using humor, negative stimuli may be positively appraised and restructured so that coping ability can be improved (Abel, 1998). Martin and Lefcourt (1983) conducted a series of studies and reported that frequent usage of humor, appreciation of humor and using humor as a coping strategy reduced the negative impact of stress. Kuiper and Olinger (1998; cited in Kirsh and Kuiper, 2003) also reported that by dealing more effectively with stress using humor, a more positive quality of life can be attained. Coping based humor was also found to be related with two adaptive humor styles (affiliating and self-enhancing styles) whereas no relation was found with aggressive and self-defeating styles (Kuiper, Grimshaw, Leite, & Kirsh, 2004; Martin et.al., 2003).

Other personal traits were reported to be related to coping based humor, as well. For example self-focus was found to be an important element of coping based humor whereas high optimism was generally unrelated (Kuiper & Martin, 1998; cited in Kirsh & Kuiper, 2003). Cultural differences were also effective on coping based humor. Chen and Martin (2007) stated that no gender difference was found for Canadian sample in coping based humor whereas Chinese males reported higher usage of humor in order to cope with stress compared to Chinese females. Also, Canadians scored higher in coping based humor than Chinese individuals which shows that Canadian use or report using humor more. In another study conducted in Turkey (Oguz-Duran & Yuksel, 2010), no difference

was found between male and female university students in usage of humor as a coping mechanism similar to Canadian sample. However, compared to the earlier studies conducted in Western countries, Turkish students scored significantly lower in using humor as a coping mechanism. The differences were interpreted as the unimportant role assigned to humor as a coping device and the higher statuses of males compared to females in oriental cultures, which rises the question of Turkey's classification as an oriental country or not.

2.1.3. Humor Styles and Romantic Relationships

In close relationships, using appropriate humor styles effectively can be critical and important (Cann et.al., 2008). Although humor has been focus of research recently, many studies have been conducted to assess the gender differences and the effects of humor styles and coping based humor on relationships.

When gender differences were evaluated, studies report incoherent results. Crawford and Gressley (1991) reported that compared to females, males used aggressive and self-defeating styles more. Cann et.al. (2008) also stated that women used aggressive and self-defeating styles less. However, Campbell, Martin, and Ward (2008) found different results stating that women and men were similar in using aggressive style whereas men reported using affiliative style more.

Recent research concerning the effects of humor on relationships generally focuses on relationship satisfaction. Positive humor styles (affiliative and self-enhancing styles) seem to be contributing relationship satisfaction whereas

negative humor styles (self-defeating and aggressive styles) influence relationships satisfaction in a negative direction (Cann et.al., 2008) which may be crucial for the length of the romantic relationship (Kenrick, Sadalla, Groth, & Trost, 1990). McBrien (1993) also stated that continuing usage of humor is important in marriages. However, Ziv and Gadish (1989) reported that men and women may have different needs for humor reporting that husbands using humor more were satisfied with their marriages more whereas no such difference was found for women. Also, Murstein and Burst (1985) found out that if dating couples had similar preferences for humor, they tended to love and like their partners more.

In short, there have been contradicting results which are also affected by cultural variations. However, humor styles and using humor as a coping mechanism definitely have effects on relationships.

2.2. Attachment

“From the cradle to the grave...”

John Bowlby

Humans have a basic motivation to belong or attach to another (Baumeister & Leary, 1995). This attachment process does not involve the interactions concerning every person in any context. The interactions should be frequent and with the same person through a stable caring and attention. The primary attachment process takes place in infancy with the caregiver and attachment has

been focus of interest in many studies since the theory was drawn by Bowlby (1973) who has defined attachment as “a deep emotional tie that one individual forms with another.” Attachment figure, that is the object of one’s attachment, supplies the comfort and support needed in stressful situations (Mikulincer & Shaver, 2005). Generally, the attachment figure is the caregiver or the mother. Human beings naturally feel the urge to explore environment throughout life and an ideal attachment figure provides the secure base to let one explore in infancy (Bowlby, 1988). Individual quests for proximity and security in times of stress by expressing affectional bonds externally through the attachment behaviors and the process functions reciprocally. The individual forms a model of what can be done and expected in a stressful situation from an attachment figure and internalizes these models which are called internal working models (Bowlby, 1973). Although forming attachment bond with a figure is an innate process, interpersonal experiences influence the models throughout life. However, these internal working models systematically affect the later relationships as well (Collins & Read, 1990; Rholes & Simpson, 2004).

Briefly, according to attachment theory, infants and children generate beliefs and expectations about care and attachment through their early experiences with the primary caregiver. These early experiences become internalized working models which influence later relationships with significant others such as romantic relationships.

2.2.1. A Four-Category Model of Adult Attachment

Early relationships with the primary caregivers lead to the formation of internal working models concerning the view for the self and the others (Bowlby, 1973). Bartholomew and Horowitz (1991) proposed four attachment prototypes depending on a two dimensional model named as secondary attachment strategies which includes view of self and view of close others. One dimension is anxiety attachment dimension which represents the individual's comfort in seeking closeness with others through an evaluation of self-worth (Cann et. al., 2008). High anxiety refers to a negative view of self. Dependence represents this dimension and other's acceptance is needed to preserve the positive self worth. The other dimension is the avoidance attachment which focuses on the support and comfort provided by others for the individual. High avoidance refers to a negative view of others. Because of expected deterrent conditions, close contact with others is avoided. Internal working model related assumptions affect the behaviors and choices in later social interactions (Shi, 2003).

Four attachment styles are proposed depending on these two attachment dimensions (see Figure 2.1) by Bartholomew and Horowitz (1991). These are secure, avoidant, preoccupied, and dismissed attachment styles. The last three prototypes are grouped as insecure attachment styles and each has different concerns regarding forming and maintaining close relationships.

Securely attached individuals (low anxiety and avoidance) have a positive view of self and others since caregiving process has been consistent and sensitive (Pielage, Luteijn, & Arrindell, 2005; Cassidy, 2001). They view themselves as lovable and worthy. They expect other people to be accepting and responsive. It is

easy for them to get close to others and they value intimate relationships. They can depend on others and let others depend on them without any difficulty. Secure individuals do not worry of being abandoned or becoming more intimate. Bowlby (1973) states that secure attachment is important at any age for exploration. Also secure attached individuals are found to be more successful and socially self-confident (Cann et. al., 2008).

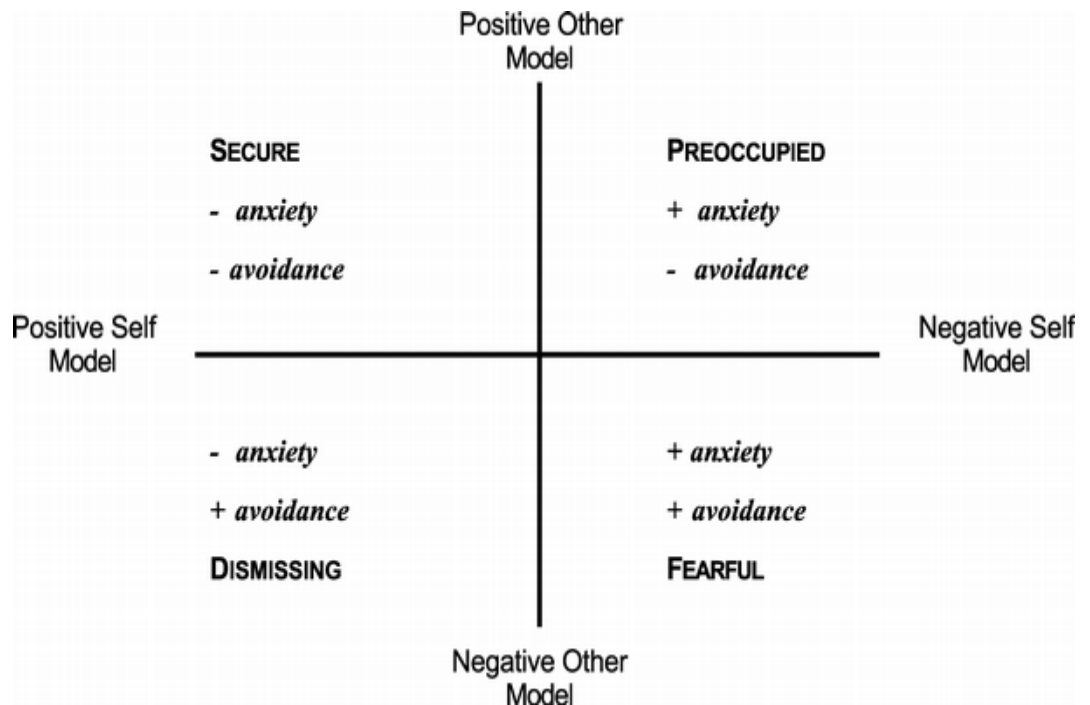


Figure 2.1. Four Prototypes of Adult Attachment (1994)

Source: Griffin & Bartholomew, 1994

Because of inconsistent caregiving, preoccupied (low avoidance, high anxiety) individuals hold a negative view of self while they view others positively. Caregivers of preoccupied individuals are responsive and loving only when they could manage to (Main & Solomon, 1986; cited in Cassidy, 2001). As a new strategy, infant stays as near as the caregiver so that a quick access to the attachment figure will be possible in case of need. Preoccupied individuals find themselves unlovable whereas they overidealize others. If they are rejected, they tend to blame themselves. Preoccupied individuals fear of abandonment and they feel anxious about others' reactions to their wish to be close to them (Bartholomew & Horowitz, 1991). They try to gain others' acceptance in order to reach self-acceptance. Although others' positive regard is so important for them, they are overly dominating in close relationships. They have an inflated emotionality and high distress in discussing relationships. They cry more than the other attachment groups especially in the presence of others. The level of involvement in romantic relationships for preoccupied individuals was found to be high. According to the interview-based evaluation, Bartholomew and Horowitz (1991) reported that women scored higher in preoccupied attachment than men.

Dismissive (high avoidance, low anxiety) individuals due to unresponsive care they had, hold a negative view of others and a positive view of themselves assuming that they do not need others. Caregivers of dismissive individuals were reported to be uncomfortable with bodily contact (Ainsworth, 1967; cited in Cassidy, 2001). The dismissive infant perceives the unavailability of the caregiver as a painful rejection and as a new strategy stops seeking support and help. In adulthood individual continues to use the same strategy. It was reported

that avoidant adults tended to distance themselves from the source of threat by “forgetting the whole thing” instead of seeking support and help (Mikulincer, Florian, & Weller, 1993). They avoid being close to others in order to protect themselves against disappointment, because they have difficulty in trusting and depending on others. Dismissive individuals have high self-confidence. Independence and invulnerability are overemphasized. They show restricted emotionality and lack of warmth in their relationships. Dismissive infants were reported to mask their sadness in social communications whereas secure individuals showed their sadness more in presence of an adult stranger (Lütkenhaus, Grossman, & Grossman, 1985). Shortly, dismissive individuals deny the importance of close relationships, ignore the need for help and support in stressful situations and overemphasize their independence. They also describe themselves perfect in many ways as a defensive idealization of the self (Cassidy, 1988). In fact, their view of self seems to be overpositive. When gender differences were assessed, men were reported to score higher in dismissive attachment than women according to the interview-based evaluation by Bartholomew and Horowitz (1991).

Fearful (high avoidance and anxiety) individuals hold a negative view for both themselves and others. They feel worthless and unlovable and view others as untrustworthy and rejecting. They want to involve in close relationships, however, they avoid being rejected. These contradictory situations lead them to feel mixed emotions. They have low self-confidence and insufficient skills for assertiveness. As a result, fearful adults are the most avoidant ones.

However, since the differences between insecure attachment styles are non-significant generally, the division of attachment as secure and insecure is assumed to be more functional (Kidd & Sheffield, 2005). The usage of the two dimensions (anxiety and attachment) would also be enlightening in discussing issues related to attachment.

2.2.2. Attachment Styles and Romantic Relationships

As aforementioned, internalized working models, which were formed in infancy through the interactions with the primary caregiver, affect the relationships in later life (Collins & Read, 1990; Rholes & Simpson, 2004). These relationships also contribute to personality (Bowlby, 1979). Many studies have been conducted to assess the effects of attachment styles on romantic relationships. Some studies reported inconsistent differences between insecure attachment styles (preoccupied, fearful, and dismissive) whereas generally secure individuals were reported to have significant differences from the insecure groups. For instance, Bartholomew and Horowitz (1991) reported that secure and preoccupied individuals reported higher self-disclosure, intimacy, level of romantic involvement, capacity to rely on others, use of others as a secure base than dismissive and fearful individuals who did not differ significantly from each other. Avoidant individuals were found to seek support ineffectively when the dating couple was asked to express a worry or problem to the partner (Collins & Feeney, 2000). It was also reported that avoidant women tended to withdraw from their partners instead of seeking care significantly more than secure women

whereas secure women expressed their anxiety significantly more than avoidant women (Simpson, Rholes, & Nelligan, 1992; Fraley & Shaver, 1998).

Shi (2003) reported that compared to gender differences, attachment styles were more effective in shaping conflict resolution styles of couples. Withdrawal tendency of avoidant individuals blocks all the possibilities for a resolution whereas anxious individuals may have some success in conflict resolution as a result of their tendency to pursue. Furthermore, avoidant people use dominance in order to avoid potential disappointment in close and deep relationships that lack intimacy. However, anxious individuals use dominance as a way to make sure that the other is available. Shortly, anxious individuals seem to have more chance to have intimate relationships compared to the avoidant individuals.

2.3. Intimacy

“Love needs intimacy, and only when you are intimate does the other become a mirror.”

Osho

Intimacy is an important component of relationships which has been assumed to be the emotional element of love (L’abate & Talmadge, 1987; Sternberg, 1986). Intimacy is defined as “the capacity to be dependent on the other as well as the capacity to express, withstand, understand and resolve the conflict and hostility”. Many studies have shown that interpersonal intimacy is seen as the major factor that makes life meaningful (McAdams & Bryant, 1987). It is also reported to be related to health and psychological well-being with high intimacy

motivation in women being associated with greater happiness and gratification, and in men being associated with less strain and uncertainty.

Erikson (1956) has stated that intimacy is important especially in early adulthood. A psychosocial crisis of intimacy versus isolation is experienced in this stage and having satisfying relationships through marriage and friends is the adaptive solution. Depending on Erikson's depiction, Orlofsky, Marcia, and Lesser (1973) determined five intimacy statuses which were intimate, preintimate, stereotyped relationships, pseudointimacy, and isolate. Intimate individuals are able to make lasting commitments and share their feelings with others. They involve in satisfactory relationships and do not need defenses. Preintimate individuals are similar to intimate individuals except they haven't had satisfying relationships yet; however, they are aware of the possibilities of relating and responsibilities. Stereotyped relationship individuals have relationships without depth. They see others as objects to get what they want, and are characterized as immature. Pseudointimacy is defined as a subtype of stereotyped relationships. The difference is that individuals in this intimacy status seem to have a relationship that they commit. In fact they take little responsibility and they are open only when they can get an advantage. The last intimacy status is isolation which is characterized by anxiety of close personal contact. Assertiveness and social skills are absent viewing getting close to others as a threat to self. These five statuses were reliable and valid constructs; however, intimate –preintimate statuses and stereotyped relationships–pseudointimates were not able to be distinguished on several measures used to assess.

According to Sternberg (1986) intimacy is a component of love as well. He states that intimacy includes the feelings of closeness, connectedness and bondedness. In other terms, intimacy refers to the needs of emotional closeness, self-validation and support in relationships (Thériault, 1998). Commitment and passion are the other components of love and all these components change in level and degree with time through relationship. Other studies support this argument with difference for men and women suggesting that men become more concerned with intimacy as they grow older whereas women become less concerned (McAdams & Bryant, 1987). Furthermore, women define themselves in terms of their intimate relationships whereas men are more achievement oriented, using their intimate relationships as a secure base.

There are specific areas of the capacity for intimacy (Sternberg, 1986). Social intimacy, positive intimacy, negative intimacy, and sexual intimacy are the four areas subject to romantic relationships and sexual intimacy is not reported as an area of intimacy for other relationships. Sternberg and Grajek (1984) also defined ten clusters of intimacy which are: (a) desire to promote the welfare of the loved one, (b) experienced happiness with the loved one, (c) high regard for the loved one, (d) being able to count on the loved one in terms of need, (e) mutual understanding with the loved one, (f) sharing of one's self and one's possessions with the loved one, (g) receipt of emotional support to the loved one, (h) intimate communication with the loved one, and (i) valuing of the loved one in one's life.

In short, intimacy represents the emotional content which includes mutual understanding, sharing, trust, and support within a relationship.

2.4. Personality Traits

“We continue to shape our personality all our life. If we knew ourselves perfectly, we should die.”

Albert Camus

2.4.1. Big Five Traits

Personality dimensions have been the focus of many studies. Although there has been other suggestions regarding the number and names of factors, generally these studies reported that there have been five factors when individuals rate themselves or others. These factors are openness to experience (independent mindedness), conscientiousness (responsibility), extraversion (assertiveness, talkativeness), agreeableness (being cooperative and good-natured), and neuroticism (being maladjusted, not calm).

These dimensions may have different names with two poles. For instance, Buss (1991) used “surgency” instead of extraversion (dominance/extraversion and submissiveness/introversion as the poles), “emotional stability” (meaning with the opposite direction) instead of neuroticism (secure/even-tempered and nervous/temperamental as the poles) and “intellect” instead of openness to experience (perceptive/curious and imperceptive/uncurious as the poles). For conscientiousness the poles are reliable/well-organized and undependable/disorganized. Warm/trusting and cold/suspicious are the poles for agreeableness.

Extravert people tend to be comfortable with their social relationships (Personality and Its Theories, 2011). They are evaluated as assertive, gregarious,

fun-loving, affectionate and sociable (Hewstone, Fincham & Foster, 2005) whereas introvert people are reserved and quiet. People with high emotional stability can cope with stress easily with a tendency to be calm, self-satisfied and self-confident. However, people with unstable emotionality (high neuroticism) tend to be anxious, nervous, uncooperative and depressed. People with high openness to experience are imaginative and independent preferring variety instead of routine. These people are creative and artistically sensitive. People with low scores in openness to experience, however, are conventional and happier with the familiar. Conscientious individuals are well-organized, self-disciplined, responsible and dependable whereas individuals who score low on this dimension are unreliable, disorganized, and careless. The last dimension is agreeableness. Individuals who have high scores on this dimension are soft-hearted, trusting, affectionate, and cooperative. People who score low are cold, suspicious, and uncooperative.

The change in personality traits is also a matter of concern for research and the results of the studies up to now generally suggest a negative inclination from childhood to adolescence and a positive trend from adolescence to adulthood. However, studies resulted in significant negative trends as much as positive trends or null conclusions. Soto, John, Gosling and Potter (2011), in a study with 1.267.218 subjects between ages of 10-65 reported positive trend for agreeableness and self-discipline facet of conscientiousness, negative trend for neuroticism across early adulthood and middle age especially for women. For extraversion and openness to experience, there have been very small differences across adulthood.

Culture is an important factor in determination of these traits although the five factors have been iterable across cultures (Katigbak, Church, & Akamine, 1996). In order to assess basic personality dimensions taking cultural variety into account, a study has been conducted in Turkey and six factors have been found (Gençöz & Öncül, submitted manuscript). The sixth factor has been named as “negative valence” which reflects the negative personality characteristics. Although according to the self-positivity bias people judge themselves more positively or less negatively compared to others (Pahl & Eiser, 2005), people who score high in negative valence make negative attributions to themselves and this trait has been highly related with depression, anxiety and low self-esteem similar to neuroticism (Gençöz & Öncül, submitted manuscript).

Since the studies concerning personality traits generally have been conducted with samples from Western countries, the emergence of another trait such as negative valence should be expected depending on cultural differences. In Eastern countries, self-criticism has been more acceptable than attributing or focusing on positive traits. This difference has been reported to be a reflection of self-enhancement strategies (Noguchi, Gohm, Dalsky, & Sakamoto, 2007) which are enhancing positive characteristics through child rearing process in Western countries such as U.S.A and focusing on negative characteristics in order to improve them in Eastern countries (Fiske, Kitayama, Markus, & Nisbett, 1998; cited in Noguchi et.al., 2007). These differences in strategies and self-attributions affect the evaluations of others as well, which may be provoking to think the effects of negative valence on interpersonal relations.

2.4.2. Personality and Romantic Relationships

The effects of personality traits on different aspects have been investigated and how romantic relationships are affected is one of the issues focused on (Goldberg, 1993). Conflict between the couples and relation with personality traits is an important topic and Buss (1991) has stated that conflict in close relationships may be triggered by personality in two ways. First of all, the actions of the person can upset the partner. Second, the person elicits actions from the partner so that the elicitor gets upset. When the effects of personality traits were questioned, it was found that males and females reported similar patterns with different upsetting actions. Low agreeableness and high neuroticism in males were especially upsetting traits whereas for females low agreeableness was the strongest predictor for upsetting. However, high neuroticism was also a strong predictor similar with low openness to experience and high extraversion. Males with low openness to experience and high extraversion were upsetting as well. In addition, low conscientiousness was also found to be upsetting in males being related to unfaithfulness.

In a similar study, high neuroticism of both wife and husband was found to be a strong predictor of marital instability and with impulse control for husbands high neuroticism predicted marital dissatisfaction, as well (Kelly & Conley, 1987). Furthermore, other traits of husband together with neuroticism effect the decision of divorce or passive suffering when distress takes place in marriage. Other studies supported that there has been a moderate negative relationship between neuroticism and relationship quality (Eg; Karney & Bradbury, 1997; Robins, Caspi, & Moffitt, 2000). On the other hand, other big five traits have been

reported to be related to relationship quality (Gattis, Berns, Simpson, & Christensen, 2004; Neyer & Voigt, 2004, Robins, Caspi, & Moffitt, 2000). However, Letzring and Nofle (2010) have stated that self-verification of personality traits is also important in relationship quality especially for married couples.

2.5. Anger

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

Buddha

Anger is a moral emotion that has a function for personal offence (Power & Dalgleish, 2008). Cognitive processes which judge whether there are unjustified events have an important role in this function. Furthermore, anger is an emotion that takes role in conflict situations between individuals, such as romantic partners (Ellis & Malamuth, 2000). However, problematic situations arise when anger is not expressed in an appropriate way or experience of anger is not appropriate. Thus, anger may play an important role in communication and problem solving which may influence interpersonal situations, especially romantic relationships.

It has been assumed that there are differences between men and women in terms of anger experience and expression. Sharkin (1993) has stated that it is easier for women to express their feelings with an exception: anger. That leads women to suppress their anger which may contribute to the experience of negative

consequences such as depression and anxiety (Newman, Gray, & Fuqua, 1999). However, men can not express their feelings again except anger (Sharkin, 1993). In contrast to women, men overexpress their anger. That is, there has been a total aversion between men and women due to the differences of cultural roles attributed to men and women. Showing anger and aggressive behaviors (shouting, fighting...etc.) does not harmonize with cultural female role; however for males it is even promoted.

Yet, there have been studies showing that men and women experience and suppress anger at the same level (i.e. Newman, Gray, & Fuqua, 1999; Kopper & Epperson, 1996). However, these studies found relationships between gender and other constructs. For example, Newman et.al. (1999) have stated that although women and men have been similar in terms of anger experience and suppression, women are more likely to convert suppressed anger into depression compared to men. Furthermore, these have been appraised as the results of cultural gender roles that have been attributed. Still, it has been stated that anger suppression has been related to depression, guilt, dependency, and conflict avoidance in positive direction for both men and women (Kopper & Epperson, 1996). Similarly, anger suppression was negatively correlated with self-confidence and assertiveness for both genders.

2.6. Humor, Attachment, Intimacy, Personality, Anger, Relationship Satisfaction and Psychological Problems in Romantic Relationships

Humor has been the focus of studies concerning humor styles, coping based humor and other concepts such as attachment, intimacy, personality, anger, and

psychological problems. Effects of both the generally used humor styles and whether humor is used as a coping mechanism have been studied. In romantic relationships it was reported that attachment styles influenced relationship satisfaction and this relationship was mediated by humor styles and conflict styles (Cann et. al., 2008). Both in assessing dimensions of attachment (anxiety and avoidance) and styles of humor (affiliative, self-enhancing, aggressive and self-defeating), the underlying assumptions about self and others are taken as the basis and there has been a parallelism between these two groups. The aggressive and affiliative styles which are other-directed are assumed to be related to avoidance dimension whereas self-defeating and self-enhancing styles which are self-directed are assumed to be related to the anxiety dimension. In other words, positive views of self and other related to attachment styles was associated with more positive uses of humor and less reliance on negative forms of humor. However, studies concerning these aspects did not result in such certain groupings. For example, Kazarian and Martin (2004) have reported that affiliative humor was negatively related to avoidance whereas self-defeating humor was positively related to anxiety in friendships. Saraglou and Scariot (2002) have also found that young adults with insecure attachment used self-defeating humor significantly more. However, in a study conducted by Cann et.al. (2008), the expected results depending on the focus of self and others have been attained. Anxiety was negatively related with self-enhancing humor style whereas positively related with self-defeating style. In addition, avoidance was negatively related to affiliative style whereas it was positively related to aggressive style. Still, there has been a different finding suggesting that low avoidance was

associated with high self-enhancing humor. Depending on this finding, self-enhancing style has been also reviewed as an interpersonal style not only focusing on the self since both individuals benefit in a conflict situation. When relationship satisfaction has been taken into account, attachment dimensions have been assumed to be related directly to the relationship satisfaction with affiliative style partially accounting for the relationship between avoidance and relationship satisfaction.

Personality traits have been also assessed in studies related to humor and it has been assumed that some traits have been related to humor styles. Martin et.al. (2003) have stated that self-enhancing humor has been associated with extraversion, self-esteem, intimacy, and good psychological health since individuals using this style tend to take place in new experiences and new environments. Also, aggressive style has been found to associate with neuroticism, anger and hostility positively, whereas there has been a negative relationship with agreeableness, conscientiousness, and relationship satisfaction. Self-defeating style has been reported as negatively related to self-esteem and psychological health (Kazarian & Martin, 2004). Howrigan and MacDonald (2008) reported that the exploratory behaviors, cognitive flexibility and desire for novelty related to extraversion and to a lesser extent openness to new experiences might be effective on humor production. In sum, all five factors but especially extraversion seem to be related to humor styles.

Studies concerning humor and issues related to romantic relationships have also been conducted and humor has seemed to be an important contributor of these issues especially relationship satisfaction. It was found that higher affiliative

humor style and lesser use of aggressive humor were associated with higher relationship satisfaction for dating couples (Campbell, Martin & Ward, 2008). A similar finding was reported by Puhlik-Doris (2004; cited in Campbell et.al., 2008). Using self-ratings and partner ratings, it was concluded that higher affiliative style was associated with higher relationship satisfaction whereas higher aggressive humor style was associated with higher dissatisfaction. Relationship satisfaction was not associated with self-enhancing and self-defeating humor. Besides relationship satisfaction, people reported feeling closer when their partners used affiliative style in discussions. However, they felt less close when the partners used aggressive humor style (Campbell et.al., 2008).

Driver and Gottman (2004) also reported that couples who consistently used humor judiciously were more satisfied with their relationships. Furthermore, Ziv and Gadish (1989) supported this conclusion stating that the more individuals reported their partners as having a good sense of humor, the more they reported being satisfied with their relationships. However, Cohan and Bradbury (1997) reached to an opposing conclusion. In this study conducted with newly married couples, if high levels of stress were experienced, the humor use of husbands during problem discussion predicted higher likelihood of separation or divorce in eighteen months. It was stated that husbands' usage of humor during discussions might be comforting in short term whereas in long term the problems might be left unresolved.

Other issues and their relations to humor have also been focus of research. Çeçen (2007) reported that affiliative and self-enhancing humor styles were negatively correlated with loneliness, whereas self-defeating humor was

positively correlated. It was also found that coping based humor has positive effect on happiness with no gender difference (Oğuz-Duran & Yüksel, 2010). Humor is also found to be influential in mate selection. Howrigan and MacDonald (2008) state that humor is a signal of mental abilities and it plays an important role in mate selection. McGee and Shevlin (2009) found that individuals with high sense of humor were rated more attractive and suitable than those with an average or no sense of humor. However, it was also reported that couples had similar sense of humor and similar levels of marital disaffection although no direct relationship between humor appreciation and marital disaffection was found (Priest & Thein, 2003).

Attachment is another important concept that has effects on relationships with others. The relations of attachment with other features have also attracted attention in literature. It was found that insecurely attached individuals reported more symptoms, however anger and social support mediates the relationship between attachment and symptom reporting (Kidd & Sheffield, 2005). They also reported that insecurely attached individuals scored higher in suppression of anger which was a characteristic of insecure attachment. That is, anger expression is influenced by attachment style.

Attachment and intimacy are both bound up with relating to others (Årseth, Kroger, Martinussen & Marcia, 2009). Intimacy deals with the capacity of the individual to relate whereas attachment deals with representations of relationships. Attachment develops from relationships whereas intimacy develops in relationships. Bowlby (1980) has remarked that attachment affects psychological well-being through the affectional bonds of the individual. An insecurely attached

individual tends to have unsatisfactory intimate relationships increasing the vulnerability to psychological and physical problems (Pielage, Luteijn, & Arrindell, 2005). Lawson (1988) stated that the most common reason for women to engage in extramarital sex was husband's unsatisfying wife's intimacy needs. However, secure attachment has been associated with intimacy in close relationships, life satisfaction, and less depression. That means intimacy and attachment are related and important constructs that should be focused on. Studies concerning the early years also supported these findings. Cassidy (2001) has stated that secure children have positive representations of others as caring and helpful so that they can seek care and foster their capacities to form intimacy because of their positive expectations in later life. Discrepantly, preoccupied individuals find it difficult to experience intimacy although they are in need for close relationships. In order to foster intimacy, being a secure attachment figure for the other and flexibly accepting of many aspects of the partner have been suggested. However, studies have shown that in order to offer such a support to the partner, one needs to be securely attached (Simpson, Rholes & Nelligan, 1992; Collins & Feeney, 2000; Feeney & Collins, 2000; Kobak & Hazan, 1991; Fraley & Shaver, 1998). Securely attached individuals can explore environment, but an insecure child resented or controlled and as a result has difficulty in feeling intimacy (Cassidy & Berlin, 1994). As a conclusion, for intimacy it is important to be able to seek and give care which is related to attachment.

Attachment has also been effective on other personal features such as psychological problems. Kidd and Sheffield (2005) stated that preoccupied and fearful individuals reported symptoms more than secure individuals and anger was

a mediator in the relationship of attachment style and symptom reporting. Somatic symptoms were reported more by fearful individuals. Dismissive individuals did not differ from the other three styles in terms of symptom reporting. Mikulincer (1998) also reported that anxiously attached individuals felt anger more which might be related to the anxiety of expressing anger which may alienate the attachment figure. Furthermore, secure attachment was found to be negatively related to loneliness and depression whereas positively related to life satisfaction (Pielage, Luteijn, & Arrindell, 2005). Intimacy was associated with secure attachment in ongoing relationships and partially mediated the relationship between attachment and psychological distress.

Personality traits were also important in assessing the relationships between humor, attachment, satisfaction and other aspects. Self-defeating humor was negatively associated with secure attachment, emotion stability and conscientiousness whereas aggressive humor was found to be negatively associated with agreeableness and conscientiousness (Saroglou & Scariot, 2002). However, affiliative and self-enhancing humor styles were positively related to agreeableness and openness to experience. Extraversion, conscientiousness, and neuroticism were also found to be salient in assessing the health of personality (Metz & Borgen, 2010). Neuroticism has been the strongest predictor of happiness and life satisfaction (De Neve & Cooper, 1998). Extraversion has been another trait contributing to happiness whereas conscientiousness has been related to life satisfaction. However, an interesting suggestion of Costa and McCrae (1980) has been that low neurotic introverts and high neurotic extraverts may have

similar levels of happiness or life satisfaction. So, the combinations of traits should be taken into account when assessing the relationships with other features.

In conclusion, attachment and personality traits are two main issues in psychology and humor has been an undervalued feature that should be taken into account. Especially in romantic relationships, the effects of these characteristics may be more influential than presumed up to now.

2.7. Aim of the Study

The aim of the present study is to identify how individual factors (attachment and personality), humor, intimacy, and psychological problems, anger, and satisfaction (in relationship and life) are associated. These factors were proposed to be incorporated. The hypotheses were as the following:

1. The amount and styles of humor used in daily life and in order to cope with stressful situations are expected to be based on the dimensions of attachment and personality traits
 - a. Securely attached individuals are expected to;
 - i. have less in neuroticism and negative valence,
 - ii. have more in agreeableness, openness to experience, extraversion and conscientiousness,
 - iii. use humor more to cope with stressful situations,
 - iv. use adaptive humor styles (affiliative and self-enhancing) more.

- b. Insecurely attached individuals are expected to;
 - i. have more in neuroticism and negative valence,
 - ii. have less in agreeableness, openness to experience, extraversion, and conscientiousness,
 - iii. use humor less to cope with stressful situations,
 - iv. use maladaptive humor styles (aggressive and self-defeating styles) more.
2. Intimacy in a romantic relationship is expected to be affected by attachment, personality traits, and humor.
- a. High intimacy is expected to be associated with more secure attachment, high conscientiousness, extraversion, agreeableness, low neuroticism and negative valence, more usage of affiliative humor style and less usage of aggressive humor style.
 - b. Low intimacy is expected to be associated with more insecure attachment, low conscientiousness, extraversion, agreeableness, high neuroticism and negative valence, more usage of aggressive humor style and self-defeating humor style whereas less usage of affiliative humor style is expected.
 - c. High intimacy is expected to be associated with more usage of humor as a coping strategy.

3. Psychological problems are expected to be associated with more secure attachment, high agreeableness, neuroticism, negative valence, low openness to experience, and extraversion.
4. Anger is expected to be affected from humor, intimacy, psychological problems. Also, attachment and personality are expected to affect anger, relationships of which are also mediated by humor styles, intimacy, and psychological problems.
 - a. Insecure attachment, high neuroticism and negative valence, low agreeableness and conscientiousness are expected to predict usage of maladaptive humor styles more, feeling less intimacy and more psychological problems which are expected to cause more experience and negative expression or suppression of anger
 - b. Secure attachment, low neuroticism and negative valence, high agreeableness and conscientiousness are expected to predict usage of adaptive humor styles more, feeling more intimacy and less psychological problems which are expected to cause less experience and negative expression or suppression of anger.
5. Satisfaction is expected to be affected by anger and intimacy, which in turn mediate the relationships of attachment, personality, humor and psychological problems.
 - a. High experience and negative expression or suppression of anger and low intimacy are expected to be associated with low satisfaction.

b. Attachment dimensions are expected to affect satisfaction through personality, humor styles, intimacy, psychological problems and anger. High secure attachment is expected to be associated with less in neuroticism and negative valence, more in agreeableness, openness to experience, extraversion and conscientiousness, using humor more to cope with stressful situations and using adaptive humor styles (affiliative and self-enhancing) more, feeling more intimacy, reporting less psychological problems and anger which is expected to predict more satisfaction. High insecure attachment is expected to be associated with high neuroticism and negative valence, less agreeableness, openness to experience, extraversion, and conscientiousness, using humor less to cope with stressful situations and using maladaptive humor styles (aggressive and self-defeating styles) more, feeling less intimacy, reporting more psychological problems and anger which is expected to predict less satisfaction.

CHAPTER 3

ADAPTATION OF STERNBERG'S TRIANGULAR LOVE SCALE

“Relationship is a mirror, and the purer the love is, the higher the love is, the better the mirror, the cleaner the mirror.”

Osho

3.1. Introduction

Many poets, philosophers, writers, psychologists and theoreticians have tried to explain what love is. Lay people also have their own descriptions of love. However, all the enterprises till today seemed to fail to reach a consensus about love. Fehr and Russel (1991) has stated that this lack of consensus is understandable since the concept of love contains many sets of features and there have been differences between genders, individuals and theories trying to explain love due to these subsets. Besides the subsets of features, it is hard to set strict boundaries when the topic is love. Although there have been many studies conducted to explain what love is, what types of love exist, who loves whom for what reason and so on, a comprehensive model relating and integrating them has not been available yet (Hendrick & Hendrick, 1986).

Several theories of love have been proposed regarding love from different view points. According to Tesser and Paulhus' (1976) causal model, both feeling of love and thought for other, dating frequency and reality constraints (knowledge inconsistent with one's expectations about one's date) are effective on attraction. Bentler and Huba (1979) have tested this causal model and proposed two

formulations one of which is based on the idea of unidimensionality of interpersonal attraction which has been reported to provide the more parsimonious and interpretable theory. However they also warned that these models should be taken into account as a subset of some larger and more comprehensive models. Dion and Dion (1973) assessed love on the basis of social influence and cultural stereotypes and Freud (1955; cited in Sternberg & Grajek, 1984) viewed love in terms of sublimated sexuality. Hazan and Shaver (1987) viewed love from an attachment view and stated that three kinds of attachment styles experienced romantic love in different ways.

Furthermore some theorists have tried to develop measures to use to evaluate the concept of love and related subtopics. Rubin (1970) tried to distinguish “love” from “liking” by the psychometric devices of The Love Scale and The Liking Scale. Lee (1977; cited in Sternberg & Grajek, 1984) distinguished among six major kinds of love and on the basis of his theory Hendrick and Hendrick (1986) developed a theory and measurement scales on love and sex attitudes.

3.1.1. Triangular Love Theory

Sternberg has been one of the theorists trying to define love and has started with a general factor underlying love which includes a set of specific factors (Sternberg & Grajek, 1984). He proposed a triangular theory of love containing three components: Intimacy, Passion and Decision/Commitment (Sternberg, 1986). These three components together form a triangle representing love (see Figure 3.1). Intimacy is the emotional and warm component which refers to

feelings of closeness and warmth. Passion is the hot component referring to the physical attraction, sexual consummation and related phenomena. Decision/Commitment is the cold component and contains two cognitive processes: in short term the decision that one loves someone else and in long term the Decision/Commitment to maintain that love.

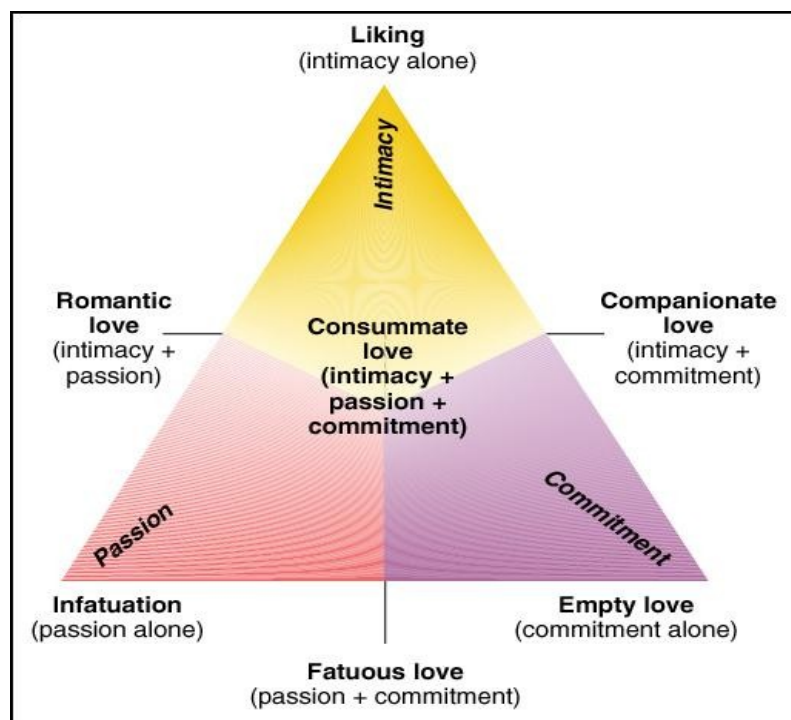


Figure 3.1. Triangular Theory of Love (1986)

Source: Sternberg, 1986

These three components are all important however their intensities and importance differ from person to person or among relationships. The patterns of these components may also change through time in the same relationship. The

area of the triangle represents the amount of love and the shape of the triangle represents the importance of the three components (see Figure 3.2).

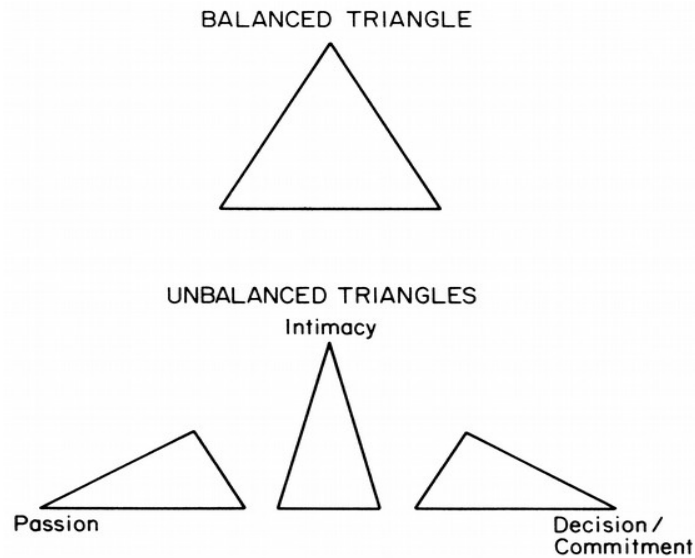


Figure 3.2. Shape of a Triangle as a Function of Love (1986)

Source: Sternberg, 1986

Depending on the existence of the three components of Intimacy, Passion and Decision/Commitment, eight kinds of love can be defined. If the relationship does not contain any three components, it is called non-love. If only Intimacy exists, it is called liking and the relationship is similar to friendship. If only Passion exists, it is called infatuated love and “love at first sight” is an example of this kind. When only Decision/Commitment component exists, it is called empty love. Relationships that have been going on for years without Passion and Intimacy are examples for this. If Intimacy and Passion exist in the relationship, it is called romantic love. If Intimacy and Decision/Commitment exist, it is called companionate love. Marriages in which physical attraction has gone are examples

of this kind. If Passion and Decision/Commitment exist, it is called fatuous love and these relationships are at higher risk for termination or divorce. If all three components exist in the relationship, it is called consummate love which is the ideal one.

In a love relationship, more than one triangle exists. One has a triangle representing love for the other. However, one has another triangle for an “ideal” other and another triangle representing the one’s perception of the other’s love (Sternberg & Barnes, 1985). Then it should be considered that the other has representing triangles for the same representations as well. For a successful relationship, Sternberg (1986) has proposed that the difference between the triangles of one’s perception about how the other feels and of one’s view how the ideal other would feel for the one is important (see Figure 3.3). He also proposed a model of love as a story (2001) stating that we create stories of love as we interact with the environment and then try to fulfill them as much as possible. Like the triangles of love, having more similar stories was stated to be related to success in relationships. Relationship satisfaction, love stories, three components of love, and attitudes toward love were assessed. The subscales of Triangular Love Scale were found to have significant correlations with certain stories. Intimacy was negatively correlated with the stories which were not promoting Intimacy whereas Passion was negatively correlated with stories which are manipulative that work against Passion. Decision/ Commitment was also found to be negatively correlated with most stories. Furthermore, the Triangular Love Scale was found to have the highest and positive correlations with satisfaction;

thus Triangular Love Scale appeared to predict success in relationships more than the other scales.

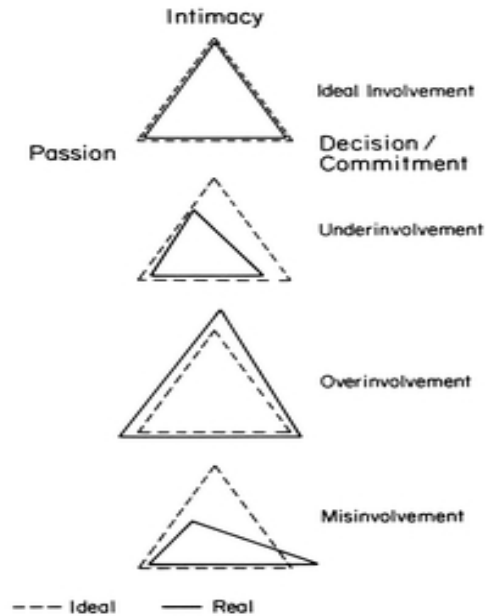


Figure 3.3. Ideal Triangle of Love (1986)

Source: Sternberg, 1986

3.1.2. Purpose of the Present Study

Although love has been the focus of many studies, still there is a need to assess its components and measure love. Therefore, the purpose of the present study was to examine whether Triangular Theory can be applied to Turkish population by using Triangular Love Scale, a measure of love and its components. For this aim, psychometric properties and factor structure of Sternberg's Triangular Love Scale have been examined.

3.2. Method

3.2.1. Participants

In the present study, 658 participants (391 female, 267 male; 123 subjects via internet) from six different cities (Ankara, Izmir, Duzce, Adapazarı, Istanbul, and Bursa) participated. The age of the participants ranged between 18 and 65 with a mean of 37 (SD = 11.54). Most of the participants were graduated from a university or had been post-graduated (64.5 %). The participants were required to be married or involved in a romantic relationship. Generally, participants were married (66.1 %) or single (31.3 %) of. The duration of the relationships ranged between 1 month and 41 years. 50.5 % of the subjects did not have children whereas 49.5 % of the subjects had at least one child. 16.6 % of the participants reported that they had had psychological help previously (See Table 3.1).

Table 3.1 Demographic Information of the Subjects

| | | Frequency | Percentage |
|--|---------------------|------------------|-------------------|
| Age (Mean=34.14, SD=11.54) | | | |
| Relationship Duration (Mean=8.98, SD=9.53) | | | |
| Gender | Male | 267 | 40.60 |
| | Female | 391 | 59.40 |
| Marital Status | Single | 206 | 31.30 |
| | Married | 435 | 66.10 |
| | Divorced | 8 | 1.20 |
| | Other | 9 | 1.40 |
| Education | Literate | 1 | 4.00 |
| | Primary School | 1 | 4.60 |
| | Secondary School | 5 | 2.10 |
| | High School | 48 | 20.10 |
| | University Graduate | 152 | 63.60 |
| | Postgraduate | 22 | 9.20 |
| Previous Psychological Problem | No | 543 | 82.50 |
| | Yes | 108 | 16.40 |

3.2.2. Instruments

In the present study, along with Sternberg's Triangular Love Scale (STLS), Relationship Happiness Questionnaire (RHQ) was used to assess validity of STLS. Participants were also given a personal information form to obtain demographic information.

a. Sternberg's Triangular Love Scale (STLS)

STLS was developed by Sternberg to assess the three components of love referring the Triangular Love Theory: Intimacy, Passion and

Decision/Commitment (see Appendix A). It consists of 45 items, rated from 1 (meaning “not at all”) to 9 (meaning “extremely”). There are three subscales (intimacy, passion and decision/commitment) each including 15 items. In original form, participants are instructed to rate the statement on how characteristic each item is in their own lives and on how important each statement is according to participants. All coefficient alpha reliabilities for original STLS were over .90 ($r=.91$ for intimacy, $r=.94$ for passion, and $r=.94$ for decision/commitment). The validation of the scale was performed by using Rubin liking and loving Scales and satisfaction scores. The correlations of subscales with the liking and loving scales were .61 and .70 for intimacy, .59 and .82 for passion, and .56 and .71 for decision/commitment. The correlations with satisfaction were .76 for intimacy, .76 for passion and .67 for decision/commitment subscale scores. It was reported that the main deficiency with the scale was that most items were highly correlated with other subscales which they did not mean to belong. However, the highest loadings of the items were within the factor which each item belonged. Furthermore, the subscales were highly correlated with each other.

Original form of STLS was translated into Turkish by two researchers. In the original form (see Appendix B), items did not refer to a specific person. For example, in the original form the participant was asked to fill the blank in the item “I have a warm relationship with _____” with a specific person (partner, mother, friend...etc.). In the Turkish version, the blanks have been filled with reference to the partner and translation was made as in the example: “Sevgilimle/eşimle sıcak bir ilişkim vardır.”

b. Relationship Happiness Questionnaire (RHQ)

Relationship Happiness Questionnaire is a 6 item scale developed by Fletcher, Fitness and Balmpied (1990) to assess relationship satisfaction. It is a seven point Likert-type scale. RHQ has been adapted to Turkish by Tutarel-Kıslak (2002) (see Appendix C). The Cronbach Alpha for internal reliability and split-half reliability of RHQ was found to be .80. The validation of the scale was performed by using Marital Adjustment Scale and correlation coefficient of the RHQ with this scale was found to be .69.

3.2.3. Procedure

Following the translation of Sternberg's Triangular Love Scale, Turkish form was given to an instructor in English Teaching Department of METU for back-translation. The final form was established after the correction following the back-translation. Before the distribution of the scales, permission was taken from the Applied Ethics Research Center of Middle East Technical University for research with human participants. The booklets containing the personal information form, Sternberg's Triangular Love Scale and Relationship Happiness Scale were administered to participants from different cities with different ages, gender and socio-economic backgrounds by hand or via internet. Participants were asked to rate only the characteristics of their relationships in STLS. Relationship Happiness Scale was used for the validation of STLS. Envelopes were also given to the participants with hard copies.

3.2.4. Statistical Analysis

In the present study, data were analyzed through the Statistical Package of Social Sciences (SPSS), version 10.0 for Windows. For the missing data, the particular cases' average scores for that instrument were replaced.

3.3. Results

The results section begins with the factor analysis conducted for the Sternberg's Triangular Love Scale (STLS). After providing the information regarding the factorial properties of the scale, multivariate analysis of variance (MANOVA) was conducted to investigate the differences of age and gender for the subscales of love: Intimacy, Passion and Decision/Commitment. Afterwards, reliability and validity of the scale were evaluated.

3.3.1. Factor Analyses of STLS

A series of Factor Analyses were conducted. Two-through-four factor solutions were applied depending on the three criteria: the scree test, the absolute values of the eigenvalues computed, and the number of components that the theory proposes. Three-factor solution on the basis of the triangular theory of love consisting three components was chosen as the final solution using a varimax rotation procedure. The three factors accounted for 66.23 per cent of the variance. The first factor (Decision/Commitment) accounted for 25.81 per cent, the second factor (Passion) for 21.95 per cent and the third factor (Intimacy) for 20.79 per cent of the total variance. Cross-loadings of the items were high; however most items had their highest loadings on the factor which each item belonged (see

Table 3.2). Only the item 27 had the highest loading on another factor. This item was left in the factor to which it belonged in the original form.

Table 3.2. Factor Structure of STLS

| Item | Decision/ Commitment | Passion | Intimacy |
|---------------------------|-------------------------|-------------|----------|
| 36 | .819 | .311 | .271 |
| 41 | .808 | .284 | .321 |
| 44 | .805 | .226 | .360 |
| 38 | .795 | .303 | .288 |
| 35 | .779 | .277 | .289 |
| 37 | .776 | .260 | .370 |
| 32 | .762 | .340 | .400 |
| 45 | .746 | .163 | .237 |
| 43 | .745 | .141 | .370 |
| 34 | .720 | .289 | .407 |
| 42 | .713 | .377 | .352 |
| 40 | .705 | .414 | .354 |
| 39 | .704 | .384 | .113 |
| 33 | .681 | .230 | .252 |
| 31 | .506 | .466 | .486 |
| 27 | .603 | .545 | .218 |
| 16 | .273 | .745 | .350 |
| 17 | .103 | .742 | .283 |
| 18 | .172 | .736 | .364 |
| 19 | .273 | .734 | .348 |
| 20 | .235 | .724 | .251 |
| 28 | .327 | .722 | .353 |
| 25 | .322 | .718 | .261 |
| 26 | .421 | .716 | .270 |
| 29 | .308 | .683 | .273 |
| 21 | .431 | .653 | .216 |
| 30 | .216 | .644 | .200 |
| 22 | .520 | .566 | .249 |
| 24 | .350 | .559 | .317 |
| 23 | .528 | .555 | .141 |
| 8 | .175 | .367 | .751 |
| 10 | .378 | .379 | .704 |
| 2 | .280 | .436 | .703 |
| 7 | .218 | .277 | .683 |
| 11 | .338 | .335 | .678 |
| 4 | .275 | 3.700E-02 | .676 |
| 3 | .372 | .228 | .663 |
| 1 | .272 | .037 | .662 |
| 6 | .239 | .396 | .658 |
| 12 | .261 | .324 | .650 |
| 5 | .226 | .191 | .647 |
| 9 | .456 | .293 | .641 |
| 14 | .391 | .286 | .615 |
| 13 | .272 | .454 | .592 |
| 15 | .246 | .437 | .513 |
| Eigenvalue | 25.653 | 2.19 | |
| Explained Variance | 25.81 | 2.95 | |
| Cronbach Alpha | .98 | .97 | |

Table 3.3. Descriptive Information of STLS and RHQ

| | M | SD | Range |
|---------------------|----------|-----------|--------------|
| STLS | | | |
| Intimacy | 7.56 | 1.43 | 1.00 – 9.00 |
| Passion | 6.56 | 1.86 | 1.00 – 9.00 |
| Decision/Commitment | 7.64 | 1.69 | 1.00 – 9.00 |
| RHQ | 32.27 | 7.51 | 6.00 – 42.00 |

3.3.2. Differences of Age and Gender on Love

2 (Age) X 2 (Gender) multivariate analysis of variance (MANOVA) was conducted to determine whether Age (younger, middle, older) and Gender had effects on three dependent variables which were the three subscales of STLS (Intimacy, Passion, Decision/Commitment). Significant differences were found among the Age groups on the dependent measures, Multivariate $F(6, 1300) = 7.38, p < .001$, Wilks' $\lambda = .94, \eta^2 = .03$. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, the alpha values lower than .017 were considered to be significant with this correction. However, when univariate analyses with Bonferroni correction was conducted for main effect of Age, there was no significant effect for Intimacy, Passion, and Decision/Commitment. Results did not reveal significant Gender main effect [Multivariate $F(3, 650) = 1.23, p > .05$; Wilks' $\lambda = .99; \eta^2 = .006$], and no Age X Gender interaction effect [Multivariate $F(6, 1300) = 1.18, p > .05$; Wilks' $\lambda = .99; \eta^2 = .005$] as shown in Table 3.4.

Table 3.4. Age and Gender Differences on Subscales of STLS

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | η^2 |
|-------------------------|---------------------|-------------------|--------|----------|-----------------|-------|----------|
| Age | .94 | 7.38** | 6,1300 | .033 | - | - | - |
| I | - | - | - | - | 2.13 | 2,652 | .006 |
| P | - | - | - | - | 0.44 | 2,652 | .001 |
| D/C | - | - | - | - | 3.03 | 2,652 | .009 |
| Gender | .99 | 1.23 | 3,650 | .006 | - | - | - |
| I | - | - | - | - | 2.63 | 1,652 | .002 |
| P | - | - | - | - | 10.75 | 1,652 | .005 |
| D/C | - | - | - | - | 0.90 | 1,652 | .001 |
| Age X Gender | .99 | 1.18 | 6,1300 | .005 | - | - | - |
| I | - | - | - | - | 0.44 | 2,652 | .001 |
| P | - | - | - | - | 2.07 | 2,652 | .006 |
| D/C | - | - | - | - | 1.00 | 2,652 | .003 |

* $p < .01$, ** $p < .001$;

Note: I: Intimacy, P: Passion, D/C: Decision/Commitment

3.3.3. Reliability of STLS

Reliability of STLS was assessed by internal consistency, split-half reliability, and test-retest reliability. Internal reliabilities for all subscales and the overall scale were high. The Turkish version of STLS was found to have cronbach alpha coefficients of .96 for Intimacy and Passion, .97 for Decision/Commitment, and .98 for the whole STLS. Split-half reliability was also high for the subscales and overall scale: $r = .91$ and $r = .92$ for Intimacy, $r = .93$ and $r = .92$ for Passion, $r = .96$ and $r = .95$ for Decision/Commitment, $r = .96$ and $r = .97$ for the overall test (see Table 3.5). Correlations were also computed for each item in the whole scale and the subscale which the item meant to belong. All 45 items had corrected item-total correlations of over .50. Furthermore, each item was highly and significantly correlated with its own subscale more than with the other subscales. To conclude

the items represented the construct of love assessed the Sternberg's Triangular Love Scale well.

In order to assess the test-retest reliability, the scales were administered again to a subset of the sample (N=102) after an interval of three to seven weeks. The test-retest correlations coefficients of STLS and the three subscales were at significant levels: $r = .83$ for the whole scale, $r = .78$ for Intimacy, $r = .84$ for Passion and Decision/Commitment.

Table 3.5. Reliability and Validity of STLS

| | Intimacy | Passion | Decision/Commitment |
|--|-----------------|----------------|----------------------------|
| Cronbach Alpha | .96 | .96 | .97 |
| Split-Half Reliability | .91, .92 | .93, .92 | .96, .95 |
| Test-Retest Reliability (N=102) | .78 | .84 | .84 |
| Validity (with RHQ) | .59 | .60 | .58 |

3.3.4. Validity of STLS:

Correlations were computed for each of the scores for Sternberg subscales and overall scale with Relationship Happiness Questionnaire. All three subscales and overall score showed satisfactory correlations with relationship happiness and they were all significant at .001 level. The correlations of Relationship Happiness Questionnaire were .59 for Intimacy, .60 for Passion, .58 for Decision/Commitment and .64 for the total love score. The subscales were also highly correlated with each other (see Table 3.6).

Table 3.6. Correlation Matrix for Measures

| | Love (Total) | Intimacy | Passion | Decision/Committment |
|-----------------------|--------------|----------|---------|----------------------|
| Relatinship Happiness | 0.64* | 0.59* | 0.60* | 0.58* |
| Love (Total) | | 0.91* | 0.93* | 0.92* |
| Intimacy | | | 0.78* | 0.77* |
| Passion | | | | 0.78* |

* $p < .001$

3.4. Discussion

The present study aimed to examine the psychometric properties of Sternberg's Triangular Love Scale. Validation of the scale revealed that the love scale and subscales were highly correlated with relationship satisfaction. In the original form, relationship satisfaction and Rubin Love and Liking scales were used to assess validity. As it was revealed in the present study, Triangular Love Scale was found to have high correlations with satisfaction. Furthermore, Sternberg (1997) stated that the three subscales had higher correlations with satisfaction than Rubin's Love and Liking scales. According to the internal consistency analyses, all of the 45 items functioned well in the scale. Moreover, each item was related to its own subscale more than the other subscales which were also assessed for the original scale. The high correlation coefficients for internal reliability and split-half reliability were quite favorable. Test-retest reliability was also high.

Factor analyses revealed three factors due to the three components of triangular theory. However, the cross-loadings of the items made it difficult to

differentiate the factors. The high correlations between the subscales may be a cause of this. Although most items load more in the factor each belonged, factorial structure of the scale need to be questioned. Since the loadings of the items were not stated for the original scale, an exact comparison can not be made. However, it was stated that the factor-analytic results were supporting the Triangular Love Theory. When the highest loadings of the items were considered, a similar conclusion can be made except the item 27 (I cannot imagine life without my partner). Item 27 was supposed to belong to the second factor (Passion); in spite of that, it had the highest loading on the first factor (Decision/Commitment). This item should be reviewed and changed.

The psychometric properties of the Sternberg's Triangular Love Scale, taken as a whole, do not seem to be perfect; however the internal consistency and validation of the scale seem to be a good starting point to measure love. In order to assess the components of love depending on the triangular theory, items need to be reevaluated and refined so that factors can be differentiated better.

CHAPTER 4

METHOD

4.1. Participants

In the present study, 519 participants (319 female, 200 male; 84 participants were reached via internet, 440 participants were involved in study 1) from six different cities (Ankara, Izmir, Duzce, Adapazarı, Istanbul, and Bursa) participated. The age of the participants ranged between 18 and 65 with a mean of 33.7 (SD = 11.72). 61.3 % of the participants were graduated from a university or had been post-graduated. The participants were required to be married or currently to be involved in a romantic relationship with someone. 63.8 % of the participants were married and 34.3 % of the participants were single. The duration of the relationships ranged between 1 month and 41 years. 51.3 % of the subjects did not have children whereas 45.6 % of the subjects had at least one child. 17.3 % of the participants reported that they had had psychological help previously (see Table 4.1).

Table 4.1. Demographic Information of the Subjects

| | | Frequency | Percentage |
|--|---------------------|------------------|-------------------|
| Age (Mean=33.7, SD=11.7) | | | |
| Relationship Duration (Mean=9.12, SD=9.80) | | | |
| Gender | Male | 200 | 38.50 |
| | Female | 319 | 61.50 |
| Marital Status | Single | 178 | 34.30 |
| | Married | 331 | 63.80 |
| | Divorced | 5 | 1.00 |
| | Other | 5 | 1.00 |
| Education | Literate | 3 | .60 |
| | Primary School | 23 | 4.40 |
| | Secondary School | 17 | 3.30 |
| | High School | 153 | 29.50 |
| | University Graduate | 262 | 50.50 |
| | Postgraduate | 56 | 10.80 |
| Previous Psychological Problem | No | 424 | 81.70 |
| | Yes | 90 | 17.50 |

4.2. Instruments

4.2.1. Humor Styles Questionnaire (HSQ)

Humor Styles Questionnaire consisting of 32 items has been developed by Martin and colleagues (2003) in order to measure four styles of humor: affiliative, self-enhancing, self-defeating and aggressive. Participants are asked to reveal their agreement on a 7 point Likert-type scale, one meaning “totally disagree”, seven meaning “totally agree”. The scores obtained in each subscale illustrate how much participant uses that humor style. This self-report scale has been adapted to Turkish by Yerlikaya (2003) (see Appendix D). The cronbach alphas were found

to be .78 for affiliative humor, .83 for self-enhancing humor, .65 for self-defeating humor and .64 for aggressive humor.

4.2.2. Coping Humor Scale (CHS)

Coping Humor Scale is a seven item scale developed by Martin and Lefcourt (1983). The aim of the scale is to assess the degree to which participants use humor to cope with stress. It is a four point Likert-type scale, one meaning “strongly disagree”, four meaning “strongly agree”. Higher scores illustrate higher usage of humor to cope with stress. CHS was adapted to Turkish by Yerlikaya (2009) (see Appendix E). The cronbach alpha was found to be .67. Omitting the fourth item of the Coping Humor Scale in order to increase cronbach alpha was suggested (Chen & Martin, 2007). Coping Humor Scale was found to be negatively correlated with the Percieved Stress Scale ($r = -.21$), Beck Depression Inventory ($r = -.20$), and State – Trait Anxiety Sacle ($r = -.18$, $r = -.37$).

4.2.3. Experiences in Close Relationships-Revised (ECR-R)

Experiences in Close Relationships-Revised (ECR-R) is developed by Fraley, Waller, and Brennan (2000). The aim of the scale was to measure adult attachment dimensions which were attachment-related avoidance and attachment-related anxiety. It was adapted to Turkish by Selçuk, Günaydın, Sümer and Uysal (2005) (see Appendix F).The scale consists of 36 statements. 18 of which belong to avoidance subscale and the other 18 items belong to anxiety scale. A seven point Likert-type scale is used to assess each item: one meaning “strongly disagree”, seven meaning strongly agree. Cronbach alpha for avoidance

dimension is .90 and for anxiety dimension is .86. Test-retest reliability for avoidance is .81 and for anxiety is .82. Anxiety and avoidance dimensions were found to be negatively related with self-esteem and relationship satisfaction whereas anxiety was positively related to separation anxiety and fear of unapproval. Avoidance dimension was positively related to fear of unapproval.

4.2.4. Sternberg's Triangular Love Scale (STLS)

Sternberg's Triangular Love Scale was developed by Sternberg (1988) to measure the three components of love: intimacy, passion and commitment. The scale consists of 45 items; for each component (intimacy, passion and commitment) a subscale exists and there are 15 items in each subscale. The items are rated from 1 (meaning "not at all") to 9 (meaning "extremely"). The studies for internal and external validity showed that utility of love scale is generally but not completely supported. This scale was adapted by the researcher. The cronbach alpha coefficients for Intimacy ($r = .96$), Passion ($r = .96$), and Decision/Commitment($r = .97$) were high. Test-retest reliabilities were also at significant levels: . $r = .78$ for Intimacy, $r = .84$ for Passion and Decision/Commitment. The correlations of the subscales with relationship satisfaction were $r = .59$ for Intimacy, $r = .60$ for Passion, and $r = .58$ for Decision/Commitment. In the main study, only the subscale of Intimacy was used in order to assess the intimacy level.

4.2.5. State-Trait Anger Scale (STAS)

State-Trait Anger Scale is a 44 item scale developed by Spielberger (1983) to measure the experience and expression of anger. The trait part of the scale was adapted to Turkish by Özer (1994) (see Appendix G). There are four subscales of the scale: Anger experience (trait and control) and anger expression (anger-in/anger-out). Higher scores in subscales represent high trait anger, high level of anger control, highly suppressed anger and easiness of anger expression. The cronbach alphas were found to be .79 for trait anger, .84 for anger control, .62 for anger-in, .78 for anger-out. STAS was found to be significantly correlated with Trait Anxiety, Depression Adjective Check List and Anger Inventory.

4.2.6. Basic Personality Traits Inventory (BPTI)

Basic Personality Traits Inventory was developed by Gençöz and Öncül (submitted manuscript) (see Appendix H). BPTI includes 45 adjectives which were rated on a 5 point scale, one meaning “not suitable at all”, five meaning “fully suitable”. The items of the form converge upon six traits which are openness to experience, conscientiousness, extraversion, agreeableness, neuroticism and negative valence. The cronbach alphas were found to be .80 for openness to experience, .84 for conscientiousness, .89 for extraversion, .85 for agreeableness, .83 for neuroticism, and .71 for negative valence. These six personality dimensions were significantly associated with anxiety and depression measures.

4.2.7. Relationship Happiness Questionnaire (RHQ)

Relationship Happiness Questionnaire is a 6 item scale developed by Fletcher, Fitness and Balmpied (1990) to assess relationship satisfaction. It is a seven point Likert-type scale. RHS has been adapted to Turkish by Tutarel-Kıslak (2002). Internal reliability was found to be .80 and test-retest reliability was .86. The cronbach alpha was found to be .91. The split-half reliability of RHQ was found to be .80. The validation of the scale was performed by using Marital Adjustment Scale and correlation coefficient of the RHQ with this scale was found to be .69.

4.2.8. Brief Symptom Inventory (BSI)

Brief Symptom Inventory (BSI) is the short form of SCL-90 and it was developed by Derogatis (1977) to assess different symptoms. It contains 53 items and is a 5 point Likert-type scale, zero meaning “not at all”, 4 meaning “very much”. It was adapted to Turkish by Şahin and Durak (1994) (see Appendix I). Five subscales of the scale were anxiety, depression, negative self, somatization, and hostility the cronbach alphas of which were between .55 and .86. The subscales were significantly correlated with Stress Audit 4.2.-OS ($r = 0.24 - 0.36$) and Beck Depression Inventory ($r = 0.34 - 0.70$).

4.2.9. Satisfaction with Life Scale (SWLS)

Satisfaction with Life Scale is a five item scale developed by Diener, Emmons, Larsen, and Griffin (1985). The aim of the scale is to assess the degree of life satisfaction. It is a seven point Likert-type scale, one meaning “strongly

disagree”, seven meaning “strongly agree”. Higher scores illustrate higher satisfaction with life. SWLS was adapted to Turkish by Durak, Gençöz, and Şenol-Durak (2008) (see Appendix J). The cronbach alpha was found to be .81. SWLS was found to be positively correlated with Rosenberg Self-Esteem Scale ($r = .40$) and negatively correlated with Beck Depression Inventory ($r = -.40$)

4.3. Procedure

Before the distribution of the scales, permission was taken from the Applied Ethics Research Center of Middle East Technical University for research with human participants. The booklets containing the personal information form, and the scales were administered to participants from different cities with different ages, gender and socio-economic backgrounds by hand or via internet. Envelopes were also given to the participants with hard copies.

4.4. Satisfical Analysis

In the present study, data were analyzed through the Statistical Package of Social Sciences (SPSS), version 10.0 for Windows. For the missing data, the particular cases’ average scores for that instrument were replaced.

CHAPTER 5

RESULT

5.1. Descriptive Statistics for the Measures of the Study

Regarding descriptive characteristics of the measures means, standard deviations, and minimum maximum ranges were examined for the Experiences in Close Relationships-Revised the subscales of which are anxiety and avoidance; Basic Personality Traits Questionnaire with the subscales of Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence; Humor Styles Questionnaire the subscales of which are Affiliative Style, Self-enhancing Style, Aggressive Style, and Self-defeating Style; Coping Humor Scale; Sternberg's Triangular Love Scale with the subscales of Intimacy, Passion, and Commitment; Stait – Trait Anger Scale; Relationship Happiness Questionnaire; Brief Symptom Inventory the subscales of which are Anxiety, Depression, Negative Self, Somatization, and Hostility; and Life Satisfaction Scale. (see Table 5.1).

Table 5.1. Descriptive Information for the Measures

| Measures | M | SD | Range |
|--------------|-------|-------|-------|
| ECR-R | | | |
| AV | 3.58 | .85 | 1-18 |
| AN | 4.43 | .77 | 1-18 |
| BPTI | | | |
| O | 22.79 | 3.67 | 6-30 |
| C | 31.41 | 5.49 | 15-40 |
| E | 29.91 | 5.66 | 14-40 |
| A | 34.44 | 3.88 | 8-40 |
| N | 24.49 | 6.88 | 9-44 |
| NV | 9.51 | 2.96 | 6-22 |
| HSQ | | | |
| AF | 38.70 | 9.93 | 8-56 |
| SeE | 32.28 | 8.53 | 12-55 |
| AG | 23.02 | 9.14 | 8-54 |
| SeD | 26.51 | 8.74 | 8-55 |
| CHS | 17.41 | 3.07 | 7-28 |
| STLS | | | |
| I | 7.47 | 1.50 | 1-9 |
| P | 6.46 | 1.88 | 1-9 |
| C | 7.52 | 1.76 | 1-9 |
| STAS | | | |
| TA | 14.12 | 6.94 | 0-40 |
| AC | 16.71 | 5.26 | 1-35 |
| AI | 11.34 | 5.04 | 0-27 |
| AO | 9.96 | 5.85 | 0-30 |
| RHQ | 31.79 | 7.82 | 6-42 |
| BSI | | | |
| ANX | 11.16 | 8.8 | 0-42 |
| DEP | 14.46 | 10.23 | 0-48 |
| NS | 10.59 | 8.38 | 0-48 |
| S | 6.82 | 6.02 | 0-33 |
| H | 8.39 | 5.22 | 0-28 |
| SWLS | 22.98 | 6.71 | 5-35 |

Note: **ECR-R** = Experiences in Close Relationships – Revised; AV: Avoidance Dimension; AN: Anxiety Dimension; **BPTI** = Basic Personality Traits Inventory; **O**: Openness to Experience; **C**: Conscientiousness; **E**: Extraversion; **A**: Agreeableness; **N**: Neuroticism; **NV**: Negative Valence; **HSQ** = Humor Styles Questionnaire; AF: Affiliative Style; SeE: Self-enhancing Style; AG: Aggressive Style; SeD: Self-defeating Style; **CHS** = Coping Humor Scale; **STLS** = Sternberg’s Triangular Love Scale; I: Intimacy, P: Passion; C: Commitment; **STAS** = State – Trait Anger Scale; TA: Trait Anger, AC: Anger Control, AI: Anger In, AO: Anger Out; **RHQ** = Relationship Happiness Questionnaire; **BSI** = Brief Symptom Inventory; ANX: Anxiety; DEP: Depression; NS: Negative Self; S: Somatization; H: Hostility; **LSS** = Life Satisfaction Scale.

5.2. Differences of Demographic Variables and Attachment on the Measures of the Study

To be able to examine how demographic variables and attachment styles make distinction on the measures of the present study, separate t-test analyses, univariate and multivariate analyses were conducted. First of all, the sample was categorized into groups depending on the demographic variables and attachment styles in order to use these variables as the independent variables of the variance analyses. Information related to these categories, number of cases in each category, and their percentages were given in Table 5.2.

Table 5.2. Categorization of the Demographic Variables and Attachment

| Variables | N | % |
|------------------------------|-----|-------|
| Gender | | |
| Male | 200 | 38.50 |
| Female | 319 | 61.50 |
| Age | | |
| 18 – 23 | 125 | 24.10 |
| 24 – 30 | 136 | 26.20 |
| 31 – 40 | 126 | 24.30 |
| 41 - 65 | 132 | 25.40 |
| Relationship Duration | | |
| 0.10 – 2 years | 134 | 25.80 |
| 2.01 – 6 years | 110 | 21.20 |
| 6.01 – 13 years | 89 | 17.10 |
| 13.01 – 41 years | 105 | 20.20 |
| Education Level | | |
| No University Graduation | 196 | 38.10 |
| University Graduation | 318 | 61.90 |
| Having children | | |
| No Children | 258 | 34.30 |
| No children/ Single | 178 | |
| No children / Married | 80 | |
| Children / Married | 235 | 45.30 |
| Number of Siblings | | |
| 0 – 2 Siblings | 196 | 37.80 |
| ≥3 Siblings | 319 | 61.50 |
| Attachment Styles | | |
| Secure | 173 | 33.30 |
| Preoccupied | 82 | 15.80 |
| Fearful | 178 | 34.30 |
| Dismissed | 86 | 16.60 |
| Attachment Security | | |
| Secure | 173 | 33.30 |
| Insecure(*) | 346 | 66.70 |

* Other 3 categories of attachment

5.3. Differences of Demographic Variables on Attachment

Differences of demographic variables were examined on the dimensions of attachment which are Anxiety and Avoidance.

5.3.1. Differences of Gender on Attachment

In order to determine possible differences of Gender on Attachment, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 2 attachment dimensions (Avoidance and Anxiety) as the dependent variables.

Table 5.3. Gender Differences on Attachment

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Gender | .99 | 1.55 | 2,516 | .006 | - | - | - |
| Av | - | - | - | - | .02 | 1,517 | .001 |
| An | - | - | - | - | 2.6 | 1,517 | .005 |

Note: Av: Avoidance, An: Anxiety

Results did not reveal a significant Gender effect (as shown in Table 5.3)

[Multivariate $F(2, 516) = 1.55, p < .05$; Wilks' $\lambda = .99$; $\eta^2 = .006$].

5.3.2. Differences of Age on Attachment

In order to determine possible differences of Age on Attachment, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 2 attachment dimensions (Avoidance and Anxiety) as the dependent variables.

Table 5.4. Age Differences on Attachment

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|-----------|------------------|----------------|--------|----------|--------------|-------|---------------------|
| Age | .96 | 3.21** | 6,1028 | .018 | - | - | - |
| Av | - | - | - | - | 3.32* | 3,515 | .019 |
| An | - | - | - | - | 1.32 | 3,515 | .008 |

* $p < .025$, ** $p < .01$

Note: Av: Avoidance, An: Anxiety

Results revealed significant Age effect (as shown in Table 10) [Multivariate $F(6, 1028) = 3.21, p < .01$; Wilks' $\lambda = .96$; $\eta^2 = .018$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .025 (i.e. $.05/2$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Age yielded a significant effect only on Avoidance [$F(3, 515) = 3.32, p < .025$; $\eta^2 = .019$] dimension of attachment.

Table 5.5. Mean Scores of Age Categories on Avoidance

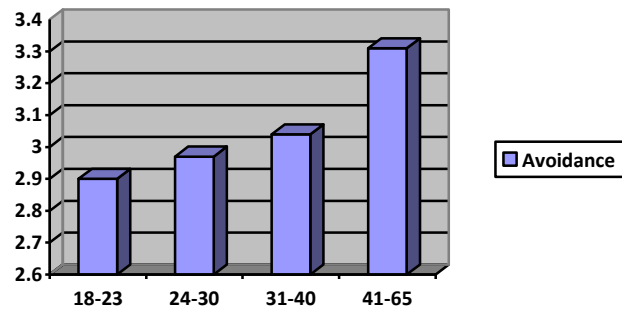
| | 18-23 | 24-30 | 31-40 | 41-65 |
|-----------|-------------------|--------------------|--------------------|-------------------|
| Avoidance | 2.90 _a | 2.97 _{ab} | 3.04 _{ab} | 3.31 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, the participants aging from 41 to 65 ($M = 3.31$) scored significantly higher than participants at the ages of 18 – 23 ($M = 2.90$) on Avoidance

dimension of attachment (as shown in Table 5.5 and Figure 5.1). There was no other significant difference between the groups.

Figure 5.1. Mean Scores of Age Groups on Avoidance



5.3.3. Differences of Relationship Duration on Attachment

In order to determine possible differences of Relationship Duration on Attachment, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 2 attachment dimensions (Avoidance and Anxiety) as the dependent variables.

Table 5.6. Differences of Relationship Duration on Attachment

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Relationship Duration | .95 | 3.62** | 6,866 | .024 | - | - | - |
| Av | - | - | - | - | 5.28* | 3,434 | .035 |
| An | - | - | - | - | 1.90 | 3,434 | .013 |

* $p < .025$, ** $p < .01$

Note: Av: Avoidance, An: Anxiety

Results revealed significant effect of Relationship Duration (as shown in Table 12) [Multivariate $F(6, 866) = 3.62, p < .05$; Wilks' $\lambda = .95$; $\eta^2 = .024$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .025 (i.e. $.05/2$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Relationship Duration yielded a significant effect only on Avoidance [$F(3, 434) = 5.28, p < .025$; $\eta^2 = .013$].

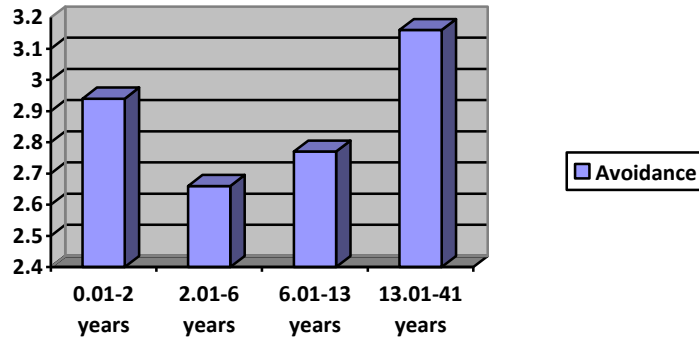
Table 5.7. Mean Scores of Relationship Duration on Avoidance

| | .01-2 Years | 2.25-6 Years | 6.25-13 Years | 13.25-41 |
|------------------|--------------------|---------------------|----------------------|-------------------|
| Avoidance | 2.94 _a | 2.66 _b | 2.77 _{ab} | 3.16 _a |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with the Bonferroni analysis, the participants having relationship for 2.25-6 years ($\underline{M} = 2.77$) scored significantly less than the participants having relationship for 0.01-2 years ($\underline{M} = 2.94$) and participants having relationship for 13.25-41 years ($\underline{M} = 3.16$) on Avoidance dimension of attachment (as shown in Table 5.7 and Figure 5.2). Those who had relationship duration of 6.25-13 years did not differ from other groups in terms of Avoidance.

Figure 5.2. Mean Scores of Relationship Duration on Avoidance



5.3.4. Differences of Education Level on Attachment

In order to determine possible differences of Education Level on Attachment, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 2 attachment dimensions (Avoidance and Anxiety) as the dependent variables.

Table 5.8. Education Level Differences on Attachment

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Education Level | .97 | 6.97** | 2,511 | .027 | - | - | - |
| Av | - | - | - | - | 0.48 | 1,512 | .001 |
| An | - | - | - | - | 8.45* | 1,512 | .016 |

* $p < .01$, ** $p < .001$

Note: Av: Avoidance, An: Anxiety

Results revealed significant Education Level effect (as shown in Table 5.8) [Multivariate $F(2, 511) = 6.97, p < .001$; Wilks' $\lambda = .97$; $\eta^2 = .027$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha

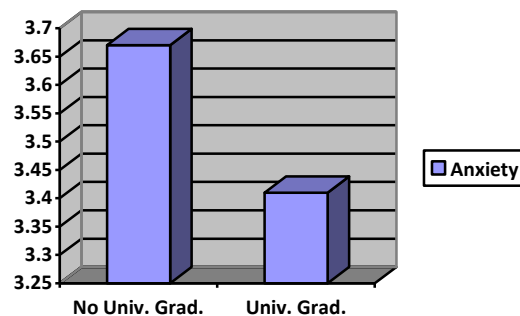
values lower than .025 (i.e. .05/2) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Education Level yielded a significant effect on Anxiety dimension [$F(1, 512) = 8.45, p < .025; \eta^2 = .016$], whereas no significant effect for Education Level was found for Avoidance dimension [$F(1, 512) = 0.48, p > .025; \eta^2 = .001$]

Table 5.9. Mean Scores of Education Level on Anxiety

| | No University Grad. | University Grad |
|---------|---------------------|-----------------|
| Anxiety | 3.67 | 3.42 |

According to mean scores, participants who were not graduated from a university ($M = 3.67$) scored higher than participants who were at least university graduates ($M = 3.41$) on Anxiety dimension of attachment (as shown in Table 5.9 and Figure 5.3)

Figure 5.3. Mean Scores of Education Level on Avoidance



5.3.5. Differences of Having Children on Attachment

In order to determine possible differences of Having Children on Attachment, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 2 attachment dimensions (Avoidance and Anxiety) as the dependent variables.

Table 5.10. Differences of Having Children on Attachment

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Having Children | .98 | 5.62** | 2,490 | .22 | - | - | - |
| Av | - | - | - | - | 4.50 | 1,491 | .009 |
| An | - | - | - | - | 1.52 | 1,491 | .003 |

* $p < .01$

Note: Av: Avoidance, An: Anxiety

Results revealed significant effect for Having Children (as shown in Table 5.10) [Multivariate $F(24, 468) = 6.59, p < .01$; Wilks' $\lambda = .75$; $\eta^2 = .25$]. However, when univariate analyses with Bonferroni correction was conducted for effect of Having Children, there was no significant effect on Attachment dimensions.

5.3.6. Differences of Number of Siblings on Attachment

In order to determine possible differences of Number of Siblings on Attachment, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 2 attachment dimensions (Avoidance and Anxiety) as the dependent variable.

Table 5.11. Differences of Number of Siblings on Attachment

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Number of Siblings | .99 | 2.52 | 2,512 | .10 | - | - | - |
| Av | - | - | - | - | 1.78 | 1,513 | .003 |
| An | - | - | - | - | .93 | 1,513 | .002 |

Note: Av: Avoidance, An: Anxiety

Results did not reveal significant effect for Number of Siblings (as shown in Table 17) [Multivariate $F(2, 512) = 2.52, p > .05$; Wilks' $\lambda = .99$; $\eta^2 = .10$].

5.4. Differences of Demographic Variables and Attachment on

Personality

Differences of demographic variables and the attachment were examined on personality traits.

5.4.1. Differences of Gender on Personality

In order to determine possible differences of Gender on Personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.12. Gender Differences on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Gender | .92 | 7.92* | 6,512 | .085 | - | - | - |
| O | - | - | - | - | 13.40** | 1,517 | .025 |
| C | - | - | - | - | .95 | 1,517 | .002 |
| E | - | - | - | - | .12 | 1,517 | .000 |
| A | - | - | - | - | 5.08 | 1,517 | .010 |
| N | - | - | - | - | 1.99 | 1,517 | .004 |
| NV | - | - | - | - | 5.55 | 1,517 | .011 |

** $p < .008$, * $p < .001$

Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

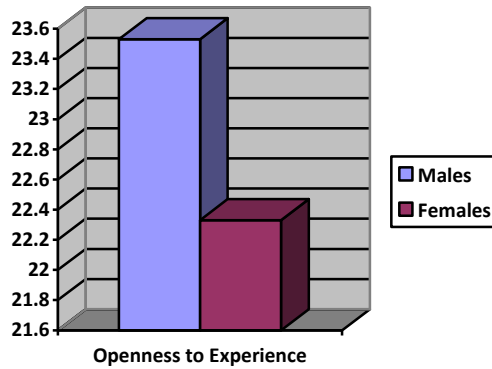
Results revealed significant Gender main effect (as shown in Table 5.12) [Multivariate $F(6, 512) = 7.92, p < .001$; Wilks' $\lambda = .92$; $\eta^2 = .085$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .008 (i.e. $.05/6$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Gender yielded a significant effect only for Openness to Experience [$F(1, 517) = 13.40, p < .008$; $\eta^2 = .025$].

Table 5.13. Mean Scores of Gender on Openness to Experience

| | Female | Male |
|-------------------------------|--------|-------|
| Openness to Experience | 22.33 | 23.53 |

According to mean scores, male participants ($M = 23.53$) were open to experience more than female participants ($M = 22.33$) as shown in Table 5.13 and Figure 5.4).

Figure 5.4. Mean Scores of Gender on Openness to Experience



5.4.2. Differences of Age on Personality

In order to determine possible differences of Age on Personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.14. Age Differences on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|-----------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Age | .83 | 5.54** | 18,1442 | .061 | - | - | - |
| O | - | - | - | - | 3.32 | 3,515 | .019 |
| C | - | - | - | - | 19.71* | 3,515 | .103 |
| E | - | - | - | - | 2.72 | 3,515 | .016 |
| A | - | - | - | - | .64 | 3,515 | .004 |
| N | - | - | - | - | 4.72* | 3,515 | .027 |
| NV | - | - | - | - | 1.67 | 3,515 | .010 |

* $p < .008$, ** $p < .001$

Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

Results revealed significant Age main effect (as shown in Table 5.14) [Multivariate $F(18, 1442) = 5.54, p < .001$; Wilks' $\lambda = .83$; $\eta^2 = .061$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .008 (i.e. $.05/6$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Age yielded a significant effect for Conscientiousness [$F(3, 515) = 19.71, p < .008$; $\eta^2 = .013$], and for Neuroticism [$F(3, 515) = 4.72, p < .008$; $\eta^2 = .027$]

Table 5.15. Mean Scores of Age on Conscientiousness and Neuroticism

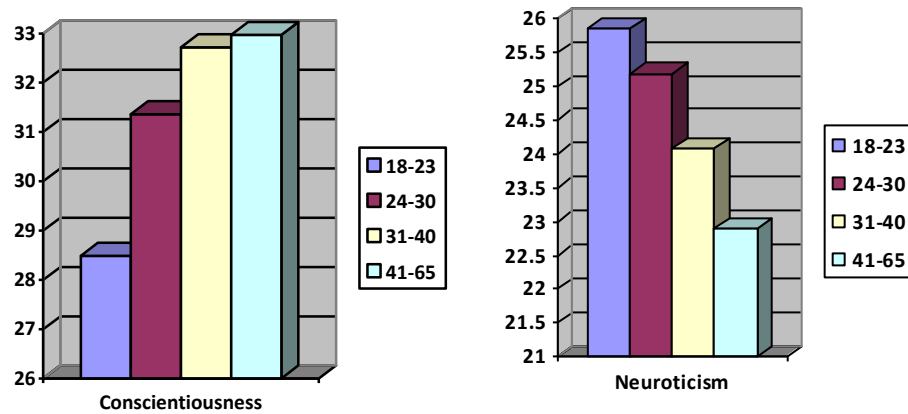
| | 18-23 | 24-30 | 31-40 | 41-65 |
|--------------------------|--------------------|--------------------|---------------------|--------------------|
| Conscientiousness | 28.49 _a | 31.36 _b | 32.72 _b | 32.97 _b |
| Neuroticism | 25.85 _a | 25.18 _a | 24.07 _{ab} | 22.89 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, the youngest group ($\underline{M} = 28.49$) reported to have lower Conscientiousness characteristics than the three older groups ($\underline{M} = 31.36$ for participants aging between 24-30, $M = 32.72$ for participants aging between 31-40, and $\underline{M} = 32.97$ for participants aging aging between 41-65). There was no significant difference for the older three groups in Conscientiousness. In Neuroticism, the oldest group ($\underline{M} = 22.89$) scored significantly less than the two youngest groups ($\underline{M} = 25.85$ for the youngest group aging between 18-23, $\underline{M} = 25.18$ for the participants aging between 24-30). However, the group aging

between 31-40 did not differ from the other age groups in Neuroticism (as shown in Table 5.15 and Figure 5.5).

Figure 5.5. Mean Scores of Age on Conscientiousness and Neuroticism



5.4.3. Differences of Relationship Duration on Personality

In order to determine possible differences of Relationship Duration on Personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.16. Differences of Relationship Duration on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Relationship Duration | .89 | 3.26** | 18,1213 | .044 | - | - | - |
| O | - | - | - | - | 3.74 | 3,434 | .025 |
| C | - | - | - | - | 11.40* | 3,434 | .073 |
| E | - | - | - | - | .77 | 3,434 | .005 |
| A | - | - | - | - | .27 | 3,434 | .002 |
| N | - | - | - | - | 2.17 | 3,434 | .015 |
| NV | - | - | - | - | 1.41 | 3,434 | .010 |

* $p < .008$, ** $p < .001$

Note: Av: Avoidance, An: Anxiety

Results revealed significant effect of Relationship Duration (as shown in Table 5.16) [Multivariate $F(18, 1213) = 3.26, p < .05$; Wilks' $\lambda = .89$; $\eta^2 = .044$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .008 (i.e. $.05/6$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Relationship Duration yielded a significant effect only on Conscientiousness [$F(3, 434) = 11.40, p < .008$; $\eta^2 = .073$] dimension of personality.

Table 5.17. Mean Scores of Relationship Duration on Conscientiousness

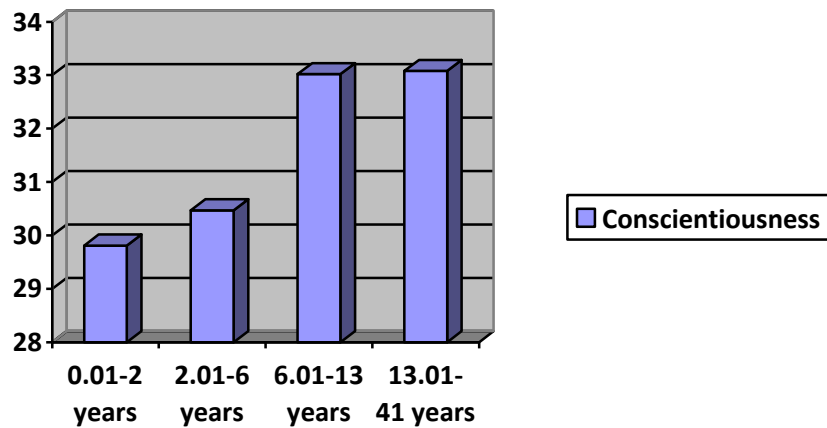
| | .01-2 Years | 2.25-6 | 6.25-13 Years | 13.25-41 |
|--------------------------|--------------------|--------------------|--------------------|--------------------|
| Conscientiousness | 29.81 _a | 30.47 _a | 33.02 _b | 33.08 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, the participants having relationship for .01-2 years ($\underline{M} = 29.81$), and 2.25-6 years ($\underline{M} = 30.47$) scored significantly less than the participants having

relationship for 6.15-13 years ($\underline{M} = 33.02$) and participants having relationship for 13.25-41 years ($\underline{M} = 33.08$) on Conscientiousness (as shown in Table 5.17 and Figure 5.6) dimension of personality.

Figure 5.6. Mean Scores of Relationship Duration on Conscientiousness



5.4.4. Differences of Education Level on Personality

In order to determine possible differences of Education Level on Personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.18. Differences of Education Level on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Education Level | .97 | 2.94* | 6,507 | .034 | - | - | - |
| O | - | - | - | - | .60 | 1,512 | .001 |
| C | - | - | - | - | 4.69 | 1,512 | .009 |
| E | - | - | - | - | 3.38 | 1,512 | .007 |
| A | - | - | - | - | 1.00 | 1,512 | .002 |
| N | - | - | - | - | 2.97 | 1,512 | .006 |
| NV | - | - | - | - | 4.16 | 1,512 | .008 |

* $p < .05$

Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

Results revealed significant effect of Education Level (as shown in Table 5.18) [Multivariate $F(24, 489) = 3.46, p < .05$; Wilks' $\lambda = .86$; $\eta^2 = .15$]. However, when univariate analyses with Bonferroni correction was conducted for this main effect, there was no significant effect for Education Level.

5.4.5. Differences of Having Children on Personality

In order to determine possible differences of Having Children on personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.19. Differences of Having Children on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Having Children | .88 | 10.67** | 6,486 | .116 | - | - | - |
| O | - | - | - | - | 8.90* | 1,491 | .018 |
| C | - | - | - | - | 47.32* | 1,491 | .088 |
| E | - | - | - | - | 2.52 | 1,491 | .005 |
| A | - | - | - | - | .55 | 1,491 | .001 |
| N | - | - | - | - | 14.97* | 1,491 | .030 |
| NV | - | - | - | - | 2.46 | 1,491 | .005 |

* $p < .008$, ** $p < .001$

Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

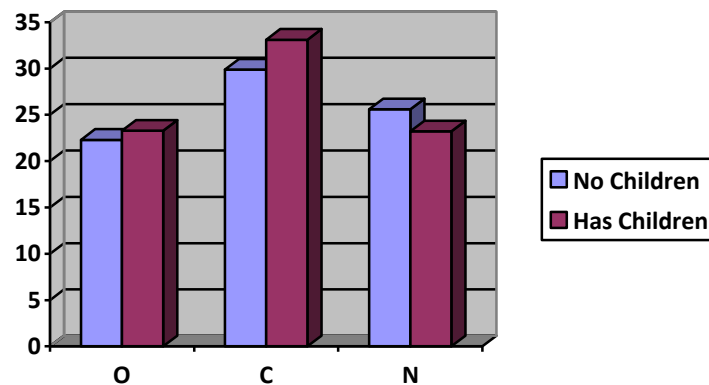
Results revealed significant effect for Having Children (as shown in Table 5.19) [Multivariate $F(6, 486) = 10.67, p < .001$; Wilks' $\lambda = .88$; $\eta^2 = .116$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .008 (i.e. $.05/6$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Having Children yielded a significant effect for Openness to Experience [$F(1, 491) = 8.90, p < .008$; $\eta^2 = .018$], for Conscientiousness [$F(1, 491) = 47.32, p < .008$; $\eta^2 = .088$], and for Neuroticism [$F(1, 491) = 14.97, p < .008$; $\eta^2 = .030$].

Table 5.20. Mean Scores of Having Children on Openness to Experience, Conscientiousness, and Neuroticism

| | No Children | Has Children |
|-------------------------------|-------------|--------------|
| Openness to Experience | 22.30 | 23.29 |
| Conscientiousness | 29.87 | 33.11 |
| Neuroticism | 25.60 | 23.22 |

According to mean scores, participants who had children ($\underline{M} = 23.29$) scored higher than participants with no children ($\underline{M} = 22.30$) in Openness to Experience. Furthermore, group having children ($\underline{M} = 33.11$) reported being more conscientious than the group with no children ($\underline{M} = 29.87$). Also, participants with no children ($\underline{M} = 25.60$) scored significantly higher than the participants with children ($\underline{M} = 23.22$) in Neuroticism (as shown in Table 5.20 and Figure 5.7).

Figure 5.7. Mean Scores of Having Children on Openness to Experience, Conscientiousness, and Neuroticism



Note: O: Openness to Experience, C: Conscientiousness, N: Neuroticism

5.4.6. Differences of Number of Siblings on Personality

In order to determine possible differences of Number of Siblings on Personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.21. Differences of Number of Siblings on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Number of Siblings | .96 | 3.52* | 6,508 | .04 | - | - | - |
| O | - | - | - | - | 7.38** | 1,513 | .014 |
| C | - | - | - | - | 11.48** | 1,513 | .022 |
| E | - | - | - | - | 1.26 | 1,513 | .002 |
| A | - | - | - | - | .22 | 1,513 | .000 |
| N | - | - | - | - | 5.10 | 1,513 | .010 |
| NV | - | - | - | - | .09 | 1,513 | .000 |

* $p < .01$, ** $p < .008$

Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

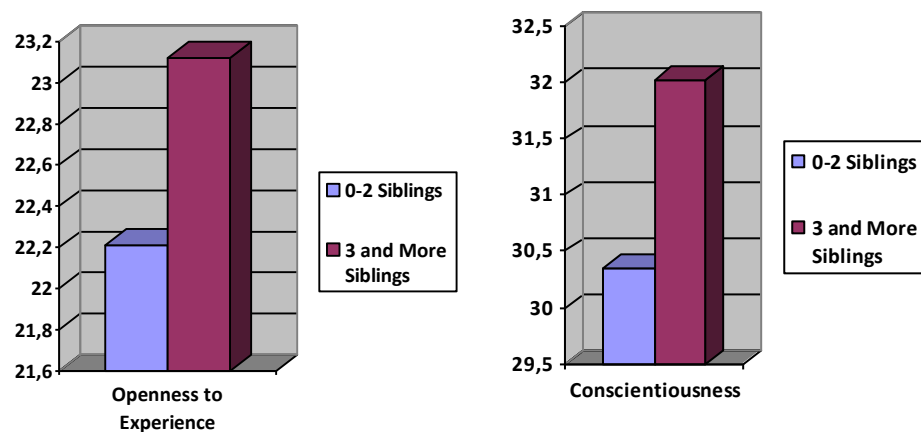
Results revealed significant effect for number of siblings (as shown in Table 5.21) [Multivariate $F(6, 508) = 3.52, p < .01$; Wilks' $\lambda = .96$; $\eta^2 = .04$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .08 (i.e. $.05/6$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Number of Siblings yielded a significant effect for Openness to Experience [$F(1, 513) = 7.38, p < .008$; $\eta^2 = .014$], and for Conscientiousness [$F(1, 513) = 11.48, p = .008$; $\eta^2 = .022$].

Table 5.22. Mean Scores of Number of Siblings on Openness to Experience and Conscientiousness

| | 0-2 Siblings | 3 and More Siblings |
|-------------------------------|--------------|---------------------|
| Openness to Experience | 22.21 | 23.12 |
| Conscientiousness | 30.35 | 32.02 |

According to mean scores, participants who had at least 3 siblings ($M = 23.12$) scored higher than participants with fewer than 3 siblings or no siblings ($M = 22.21$) in Openness to Experience. Furthermore, the group having at least 3 siblings ($M = 32.02$) reported being more conscientious than the group with no sibling or having fewer than 3 siblings ($M = 30.35$) (as shown in Table 5.22 and Figure 5.8).

Figure 5.8. Mean Scores of Number of Siblings on Openness to Experience and Conscientiousness



5.4.7. Differences of Attachment Security on Personality

In order to determine possible differences of Attachment Security on Personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.23. Differences of Attachment Security on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|----------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Attachment Security | .93 | 6.86* | 6,512 | .074 | - | - | - |
| O | - | - | - | - | 22.31** | 1,517 | .041 |
| C | - | - | - | - | 10.86** | 1,517 | .021 |
| E | - | - | - | - | 25.48** | 1,517 | .047 |
| A | - | - | - | - | 9.64** | 1,517 | .018 |
| N | - | - | - | - | 17.04** | 1,517 | .032 |
| NV | - | - | - | - | 13.21** | 1,517 | .025 |

* $p < .001$, ** $p < .008$

Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

Results revealed significant Attachment Security effect (as shown in Table 5.23) [Multivariate $F(6, 522) = 6.86, p < .001$; Wilks' $\lambda = .44$; $\eta^2 = .074$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .008 (i.e. $.05/6$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Attachment Security yielded a significant effect for all six basic personality traits: [$F(1, 517) = 22.31, p < .008$; $\eta^2 = .041$] for Openness to Experience, [$F(1, 517) = 10.86, p = .05$; $\eta^2 = .021$] for Conscientiousness, [$F(1, 517) = 25.48, p < .008$; $\eta^2 = .047$] for Extraversion, [$F(1, 517) = 9.64, p = .008$; $\eta^2 = .018$] for Agreeableness, [$F(1, 517) = 17.04, p < .008$; $\eta^2 = .032$] for Neuroticism, and [$F(1, 517) = 13.21, p < .008$; $\eta^2 = .025$] for Negative Valence.

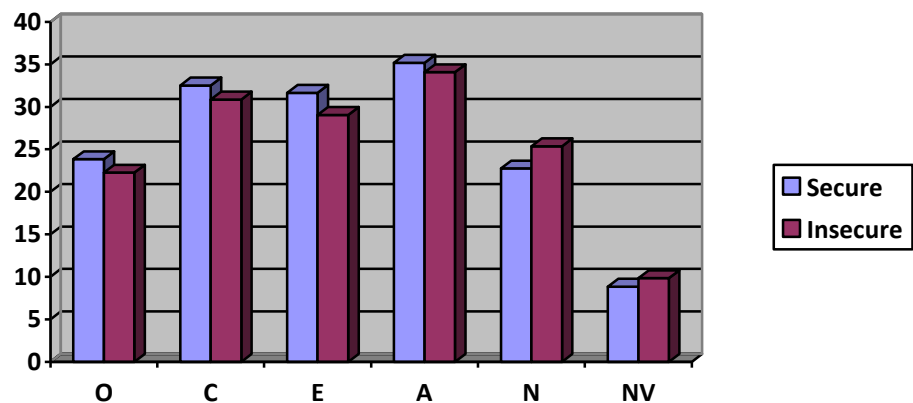
= .047] for Extraversion, [$F(1, 517) = 9.64, p < .008; \eta^2 = .018$] for Agreeableness, [$F(1, 517) = 17.04, p < .008; \eta^2 = .032$] for Neuroticism, and [$F(1, 517) = 13.21, p < .008; \eta^2 = .025$] for Negative Valence.

Table 5.24. Mean Scores of Attachment Security on Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism and Negative Valence

| | Secure | Insecure |
|-------------------------------|--------|----------|
| Openness to Experience | 23.84 | 22.26 |
| Conscientiousness | 32.52 | 30.85 |
| Extraversion | 31.64 | 29.04 |
| Agreeableness | 35.19 | 34.07 |
| Neuroticism | 22.75 | 25.36 |
| Negative Valence | 8.84 | 9.84 |

According to mean scores, securely attached participants scored higher on Openness to experience ($\underline{M} = 23.84$), Conscientiousness ($\underline{M} = 32.52$), Extraversion ($\underline{M} = 31.64$), and Agreeableness ($\underline{M} = 35.19$) dimensions of personality than insecurely attached participants ($\underline{M}s = 22.26, 30.85 \& 29.04$, respectively). However, insecure participants reported higher scores in Neuroticism ($\underline{M} = 25.36$), and in Negative Valence ($\underline{M} = 9.84$) compared to the securely attached participants ($\underline{M}s = 22.75 \& 8.84$, respectively) as shown in Table 5.24 and Figure 5.9).

Figure 5.9. Mean Scores of Attachment Security on Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence



Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

5.4.8. Differences of Attachment Styles on Personality

In order to determine possible differences of Attachment Styles on Personality, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 6 basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) as the dependent variables.

Table 5.25. Differences of Attachment Styles on Personality

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|--------------------------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Attachment Styles | .86 | 4.43* | 18,1442 | .049 | - | - | - |
| O | - | - | - | - | 7.64** | 3,515 | .043 |
| C | - | - | - | - | 7.15** | 3,515 | .040 |
| E | - | - | - | - | 9.09** | 3,515 | .050 |
| A | - | - | - | - | 6.28** | 3,515 | .035 |
| N | - | - | - | - | 10.16** | 3,515 | .056 |
| NV | - | - | - | - | 5.14** | 3,515 | .029 |

* $p < .001$, ** $p < .008$

Note: O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence

Results revealed significant Attachment Styles effect (as shown in Table 5.25) [Multivariate $F(18, 1442) = 4.43, p < .001$; Wilks' $\lambda = .86$; $\eta^2 = .049$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .008 (i.e. $.05/6$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Attachment Styles yielded a significant effect for all six basic personality traits: [$F(3, 515) = 7.64, p < .008$; $\eta^2 = .043$] for Openness to Experience, [$F(3, 515) = 7.15, p < .008$; $\eta^2 = .040$] for Conscientiousness, [$F(3, 515) = 9.09, p < .008$; $\eta^2 = .050$] for Extraversion, [$F(3, 515) = 6.28, p < .008$; $\eta^2 = .035$] for Agreeableness, [$F(3, 515) = 10.16, p < .008$; $\eta^2 = .056$] for Neuroticism, and [$F(3, 515) = 5.14, p < .008$; $\eta^2 = .029$] for Negative Valence.

Table 5.26. Mean Scores of Attachment Styles on Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism and Negative Valence

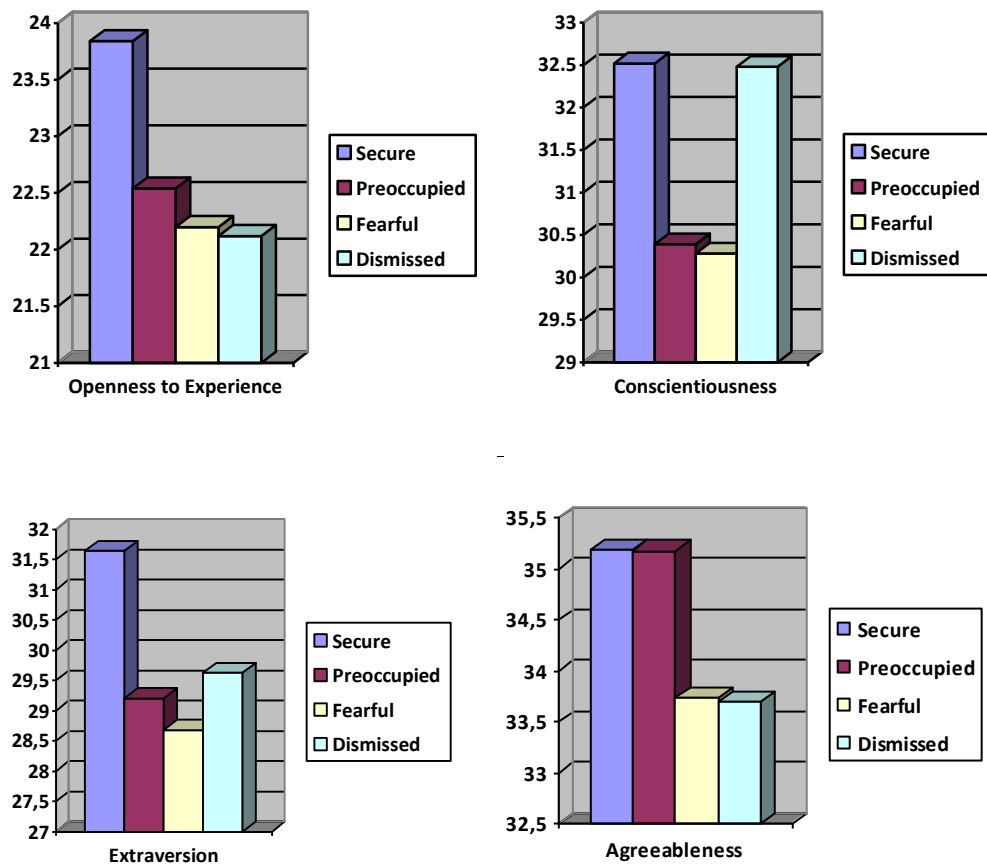
| | Secure | Preoccupied | Fearful | Dismissed |
|--------------------------|--------------------|--------------------|--------------------|--------------------|
| Openness to | 23.84 _a | 22.54 _b | 22.20 _b | 22.12 _b |
| Conscientiousness | 32.52 _a | 30.39 _b | 30.28 _b | 32.48 _a |
| Extraversion | 31.64 _a | 29.21 _b | 28.68 _b | 29.63 _b |
| Agreeableness | 35.19 _a | 35.18 _a | 33.74 _b | 33.70 _b |
| Neuroticism | 22.75 _a | 26.44 _b | 25.94 _b | 23.12 _a |
| Negative Valence | 8.84 _a | 9.87 _b | 10.01 _b | 9.44 _{ab} |

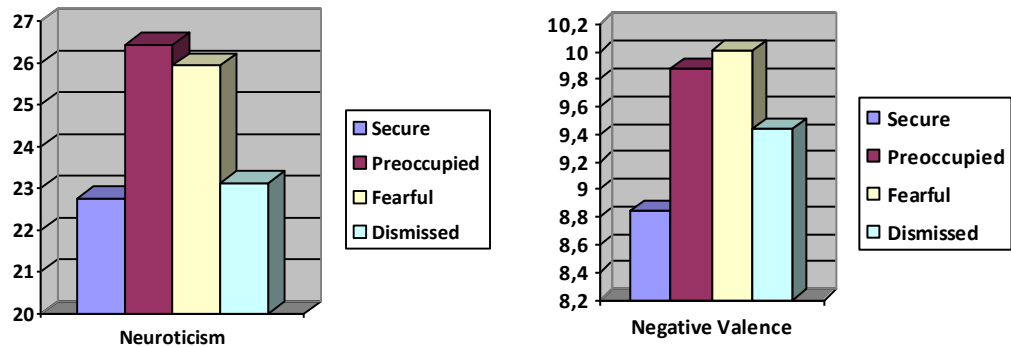
Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to post-hoc comparisons conducted with Bonferroni analysis, securely attached participants scored higher on Openness to Experience ($\underline{M} = 23.84$), and Extraversion ($\underline{M} = 31.64$) than other groups. The three insecure groups did not differ from each other on Openness to Experience and Extraversion. Secure group ($\underline{M} = 32.52$) and Dismissed group ($\underline{M} = 32.48$) scored significantly higher than Preoccupied group ($\underline{M} = 30.39$) and Fearful group ($\underline{M} = 30.28$) in Conscientiousness. Also, Preoccupied participants ($\underline{M} = 26.44$) and Fearful participants ($\underline{M} = 25.94$) scored significantly less than Secure participants ($\underline{M} = 22.75$) and Dismissed participants ($\underline{M} = 23.12$) on Neuroticism. In Agreeableness, Secure group ($\underline{M} = 35.19$) and Preoccupied group ($\underline{M} = 35.18$) scored significantly higher than Fearful group ($\underline{M} = 33.74$) and Dismissed group ($\underline{M} = 33.70$). In Negative Valence, Secure participants ($\underline{M} = 8.84$) scored significantly less than Preoccupied participants ($\underline{M} = 9.87$) and Fearful

participants ($M = 10.01$). Dismissed group ($M = 9.44$) did not show any significant difference from other groups (as shown in Table 5.26 and Figure 5.10).

Figure 5.10 Mean Scores of Attachment Security on Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence





5.5. Differences of Demographic Variables and Attachment

Security on Humor Styles

Differences of demographic variables and the attachment were examined on Humor Styles.

5.5.1. Differences of Gender on Humor Styles

In order to determine possible differences of Gender on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables

Table 5.27. Differences of Gender on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Gender | .97 | 4.35* | 4,514 | .033 | - | - | - |
| AF | - | - | - | - | 5.34 | 1,517 | .010 |
| SeE | - | - | - | - | .33 | 1,517 | .001 |
| AG | - | - | - | - | 10.92** | 1,517 | .021 |
| SeD | - | - | - | - | .24 | 1,517 | .000 |

* $p < .01$, ** $p < .0125$

Note: AF: Affiliative Style, SeE: Self-Enhancing Style, AG: Aggressive Style, SeD: Self-Defeating Style

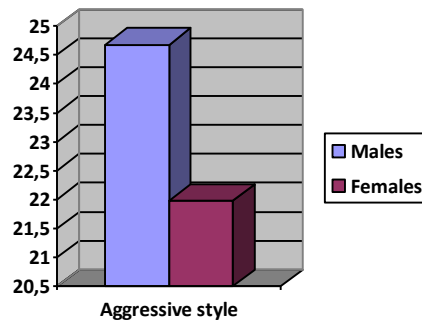
Results revealed significant Gender main effect (as shown in Table 5.27) [Multivariate $F(4, 514) = 4.35, p < .01$; Wilks' $\lambda = .97$; $\eta^2 = .033$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .0125 (i.e. $.05/4$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Gender yielded a significant effect for Aggressive style [$F(1, 517) = 10.92, p = .001$; $\eta^2 = .021$].

Table 5.28. Mean Scores of Gender on Aggressive Styles

| | Female | Male |
|------------------|--------|-------|
| Aggressive Style | 21.98 | 24.68 |

According to mean scores, males ($M = 24.68$) reported more usage of Aggressive style compared to females ($M = 21.98$) (as shown in Table 5.28 and Figure 5.11).

Figure 5.11. Mean Scores of Gender on Aggressive Style



5.5.2. Differences of Age on Humor Styles

In order to determine possible differences of Age on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables.

Table 5.29. Differences of Age on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|-----------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Age | .90 | 4.62* | 12,1354 | .035 | - | - | - |
| AF | - | - | - | - | 14.62** | 3,515 | .078 |
| SeE | - | - | - | - | .58 | 3,515 | .003 |
| AG | - | - | - | - | 2.03 | 3,515 | .012 |
| SeD | - | - | - | - | 2.91 | 3,515 | .017 |

* $p < .001$, ** $p < .0125$

Note: AF: Affiliative Style, SeE: Self-enhancing Style, AG: Aggressive Style, SeD: Self-defeating Style

Results revealed significant age effect (as shown in Table 5.29) [Multivariate $F(12, 1354) = 4.62, p < .001$; Wilks' $\lambda = .90$; $\eta^2 = .035$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .0125 (i.e. $.05/4$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Age yielded a significant effect for Affiliative style [$F(3, 515) = 14.62, p < .0125$; $\eta^2 = .078$].

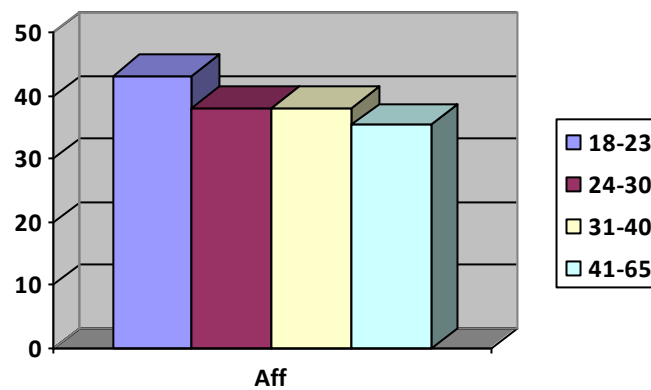
Table 5.30. Mean Scores of Age on Affiliative Style

| | 18 - 23 | 24 - 30 | 31 - 40 | 41 - 65 |
|--------------------------|--------------------|--------------------|--------------------|--------------------|
| Affiliative Style | 43.26 _a | 38.13 _b | 38.13 _b | 35.54 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, the youngest group ($M = 43.26$) reported using Affiliative style significantly more than the other three groups. (as shown in Table 5.30 and Figure 5.12).

Figure 5.12. Mean Scores of Age on Affiliative Style



5.5.3. Differences of Relationship Duration on Humor Styles

In order to determine possible differences of Relationship Duration on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables.

Table 5.31. Differences of Relationship Duration on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Relationship Duration | .92 | 3.15* | 12,1140 | .028 | - | - | - |
| AF | - | - | - | - | 8.57** | 3,434 | .056 |
| SeE | - | - | - | - | .49 | 3,434 | .003 |
| AG | - | - | - | - | 1.41 | 3,434 | .010 |
| SeD | - | - | - | - | .56 | 3,434 | .004 |

* $p < .001$, ** $p < .0125$

Note: AF: Affiliative Style, SeE: Self-enhancing Style, AG: Aggressive Style, SeD: Self-defeating Style

Results revealed significant effect of Relationship Duration (as shown in Table 5.31) [Multivariate $F(12, 1140) = 3.15, p < .001$; Wilks' $\lambda = .92$; $\eta^2 = .028$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .0125 (i.e. $.05/4$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for the main effect of Relationship Duration yielded a significant effect only on Affiliative style [$F(3, 434) = 8.57, p < .0125$; $\eta^2 = .05$] .

Table 5.32. Mean Scores of Relationship Duration on Affiliative Style

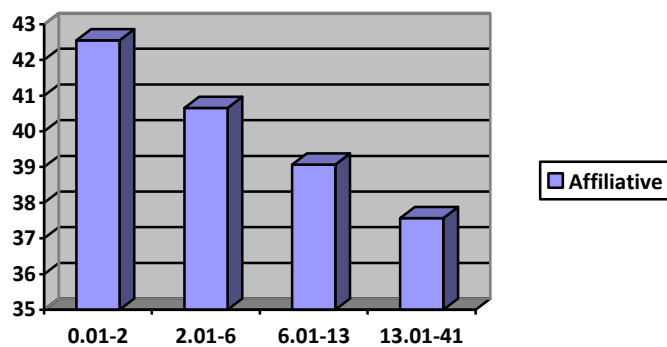
| | 0.01-2 | 2.01-6 Years | 6.01-13 Years | 13.01-41 |
|--------------------|--------------------|---------------------|--------------------|--------------------|
| Affiliative | 42.55 _a | 40.66 _{ab} | 39.07 _b | 37.57 _c |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to mean scores, participants having relationship for 0.01-2 years ($M = 42.55$) scored significantly more than participants having relationship for 6.01-13 years ($M = 39.07$) and participants having relationship for 13.01-41

years ($\underline{M} = 37.57$) on Affiliative style. Also, participants having relationship for 2.01-6 years ($\underline{M} = 40.66$) scored significantly more than participants having relationship for 13.01-41 years ($\underline{M} = 37.57$) on Affiliative style (as shown in Table 5.32 and Figure 5.13).

Figure 5.13. Mean Scores of Relationship Duration on Affiliative Style



Relationship Duration in Years

5.5.4. Differences of Education Level on Humor Styles

In order to determine possible differences of Education Level on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables.

Table 5.33. Differences of Education Level on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Education Level | .99 | 1.46 | 4,509 | .011 | - | - | - |
| AF | - | - | - | - | 4.47 | 1,512 | .009 |
| SeE | - | - | - | - | 0 | 1,512 | .000 |
| AG | - | - | - | - | .89 | 1,512 | .002 |
| SeD | - | - | - | - | .15 | 1,512 | .000 |

Note: AF: Affiliative Style, SeE: Self-enhancing Style, AG: Aggressive Style, SeD: Self-defeating Style

Results did not reveal a significant Education Level main effect (as shown in Table 5.33) [Multivariate $F(24, 489) = 3.46, p > .05$; Wilks' $\lambda = .86$; $\eta^2 = .15$].

5.5.5. Differences of Having Children on Humor Styles

In order to determine possible differences of Having Children on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables.

Table 5.34. Differences of Having Children on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Having Children | .96 | 6.25* | 4,488 | .049 | - | - | - |
| AF | - | - | - | - | 16.9** | 1,491 | .033 |
| SeE | - | - | - | - | .52 | 1,491 | .001 |
| AG | - | - | - | - | .24 | 1,491 | .000 |
| SeD | - | - | - | - | 7.95* | 1,491 | .016 |

Note: * $p < .001$, ** $p < .05$; AF: Affiliative Style, SeE: Self-enhancing Style, AG: Aggressive Style, SeD: Self-defeating Style

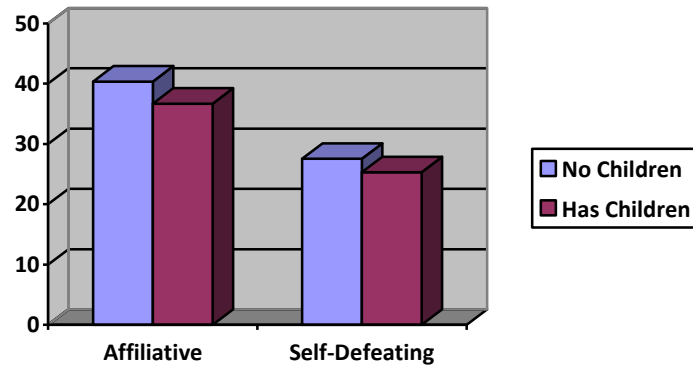
Results revealed significant effect for having children (as shown in Table 5.34) [Multivariate $F(4, 488) = 6.25, p < .05$; Wilks' $\lambda = .96$; $\eta^2 = .049$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .0125 (i.e. $.05/4$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Having Children yielded a significant effect for Affiliative style [$F(1, 491) = 16.9, p < .001$; $\eta^2 = .033$], and for Self-Defeating style [$F(1, 491) = 7.95, p < .05$; $\eta^2 = .016$].

Table 5.35. Mean Scores of Having Children on Affiliative and Self-Defeating Styles

| | No Children | Has Children |
|--------------------------|-------------|--------------|
| Affiliative Style | 40.36 | 36.70 |
| Self-Defeating | 27.55 | 25.32 |

According to mean scores, participants with no children ($\underline{M} = 40.36$) reported using Affiliative style significantly more than group who had children ($\underline{M} = 36.7$). Similarly, participants with no children ($\underline{M} = 27.55$) scored higher than participants having children ($\underline{M} = 25.32$) on Self-Defeating style (as shown in Table 5.35 and Figure 5.14).

Figure 5.14. Mean Scores of Having Children on Affiliative and Self-Defeating Styles



5.5.6. Differences of Number of Siblings on Humor Styles

In order to determine possible differences of Number of Siblings on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables.

Table 5.36. Differences of Number of Siblings on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Number of Siblings | .97 | 4.36* | 4,510 | .033 | - | - | - |
| AF | - | - | - | - | 16.71** | 1,513 | .032 |
| SeE | - | - | - | - | 2.65 | 1,513 | .005 |
| AG | - | - | - | - | .0 | 1,513 | .000 |
| SeD | - | - | - | - | .74 | 1,513 | .001 |

* $p < .01$, ** $p < .0125$

Note: AF: Affiliative Style, SeE: Self-enhancing Style, AG: Aggressive Style, SeD: Self-defeating Style

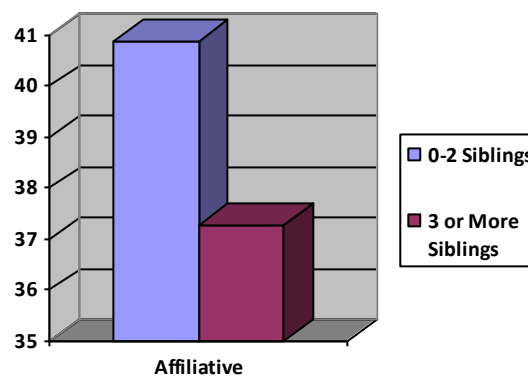
Results revealed significant main effect for Number of Siblings (as shown in Table 5.36) [Multivariate $F(4, 510) = 4.36, p < .05$; Wilks' $\lambda = .97$; $\eta^2 = .033$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .0125 (i.e. $.05/4$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Number of Children yielded a significant effect only for Affiliative style [$F(1, 513) = 16.71, p < .001$; $\eta^2 = .032$].

Table 5.37. Mean Scores of Having Children on Affiliative Style

| | 0-2 Siblings | 3 and More Siblings |
|-------------------|--------------|---------------------|
| Affiliative Style | 40.90 | 37.28 |

According to mean scores, participants who had less than 3 siblings ($M = 40.90$) reported using affiliative style significantly more than participants who had at least 3 siblings ($M = 37.28$) (as shown in Table 5.37 and Figure 5.15).

Figure 5.15. Mean Scores of Number of Siblings on Affiliative Style



5.5.7. Differences of Attachment Security on Humor Styles

In order to determine possible differences of Attachment Security on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables.

Table 5.38. Differences of Attachment Security on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|----------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Attachment Security | .88 | 17.65* | 4,514 | .121 | - | - | - |
| AF | - | - | - | - | 26.99** | 1,517 | .050 |
| SeE | - | - | - | - | 13.83** | 1,517 | .026 |
| AG | - | - | - | - | 26.40** | 1,517 | .049 |
| SeD | - | - | - | - | 18.25** | 1,517 | .034 |

* $p < .001$, ** $p < .0125$

Note: AF: Affiliative Style, SeE: Self-enhancing Style, AG: Aggressive Style, SeD: Self-defeating Style

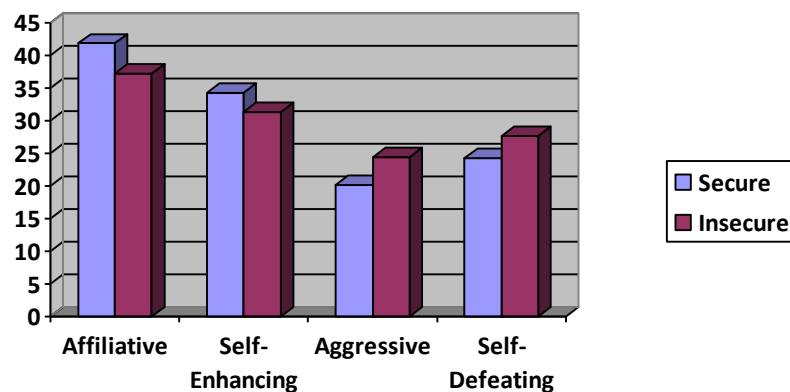
Results revealed significant Attachment Security effect (as shown in Table 5.38) [Multivariate $F(4, 514) = 17.65, p < .001$; Wilks' $\lambda = .88$; $\eta^2 = .121$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .0125 (i.e. $.05/4$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Attachment Security yielded a significant effect for all Humor Styles: [$F(1, 517) = 26.99, p < .0125$; $\eta^2 = .050$] for Affiliative style, [$F(1, 517) = 13.83, p < .0125$; $\eta^2 = .026$] for Self-Enhancing style, [$F(1, 517) = 26.40, p < .0125$; $\eta^2 = .049$] for Aggressive style, and [$F(1, 517) = 18.25, p < .0125$; $\eta^2 = .034$] for Self-Defeating style.

Table 5.39. Mean Scores of Attachment Security on Affiliative, Self-Enhancing, Aggressive and Self-Defeating Styles

| | Secure | Insecure |
|-----------------------------|--------|----------|
| Affiliative Style | 41.83 | 37.15 |
| Self-Enhancing | 34.23 | 31.31 |
| Aggressive Style | 20.17 | 24.44 |
| Self-Defeating Style | 24.23 | 27.65 |

According to mean scores, participants who were securely attached ($M = 41.83$) scored significantly higher than insecure group ($M = 37.15$) on Affiliative style. Similarly, secure group ($M = 34.23$) reported using self-enhancing style more than insecure group ($M = 31.31$). However, insecure group ($M = 24.44$) reported using aggressive style more than securely attached group ($M = 20.17$). Also, insecure group ($M = 27.65$) scored significantly more than secure group ($M = 24.23$) in Self-Defeating style (as shown in Table 5.39 and Figure 5.16)

Figure 5.16. Mean Scores of Attachment Security on Affiliative, Self-Enhancing, Aggressive and Self-Defeating Styles



5.5.8. Differences of Attachment Styles on Humor Styles

In order to determine possible differences of Attachment Styles on Humor Styles, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 4 humor styles (Affiliative, Self-Enhancing, Aggressive, and Self-Defeating style) as dependent variables.

Table 5.40. Differences of Attachment Styles on Humor Styles

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|--------------------------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Attachment Styles | .76 | 12.68* | 12,1354 | .09 | - | - | - |
| AF | - | - | - | - | 21.82** | 3,515 | .113 |
| SeE | - | - | - | - | 5.43** | 3,515 | .031 |
| AG | - | - | - | - | 18.09** | 3,515 | .095 |
| SeD | - | - | - | - | 16.93** | 3,515 | .090 |

* $p < .001$, ** $p < .0125$

Note: AF: Affiliative Style, SeE: Self-enhancing Style, AG: Aggressive Style, SeD: Self-defeating Style

Results revealed significant Attachment Styles main effect (as shown in Table 5.40) [Multivariate $F(12, 1354) = 12.68, p < .001$; Wilks' $\lambda = .76$; $\eta^2 = .09$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .0125 (i.e. $.05/4$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Attachment Styles yielded a significant effect for all Humor Styles: [$F(3, 515) = 21.82, p < .0125$; $\eta^2 = .113$] for Affiliative style, [$F(3, 515) = 5.43, p < .0125$; $\eta^2 = .031$] for Self-Enhancing style, [$F(3, 515) = 18.09, p < .0125$; $\eta^2 = .095$] for Aggressive style, and [$F(3, 515) = 16.83, p < .0125$; $\eta^2 = .090$] for Self-Defeating style

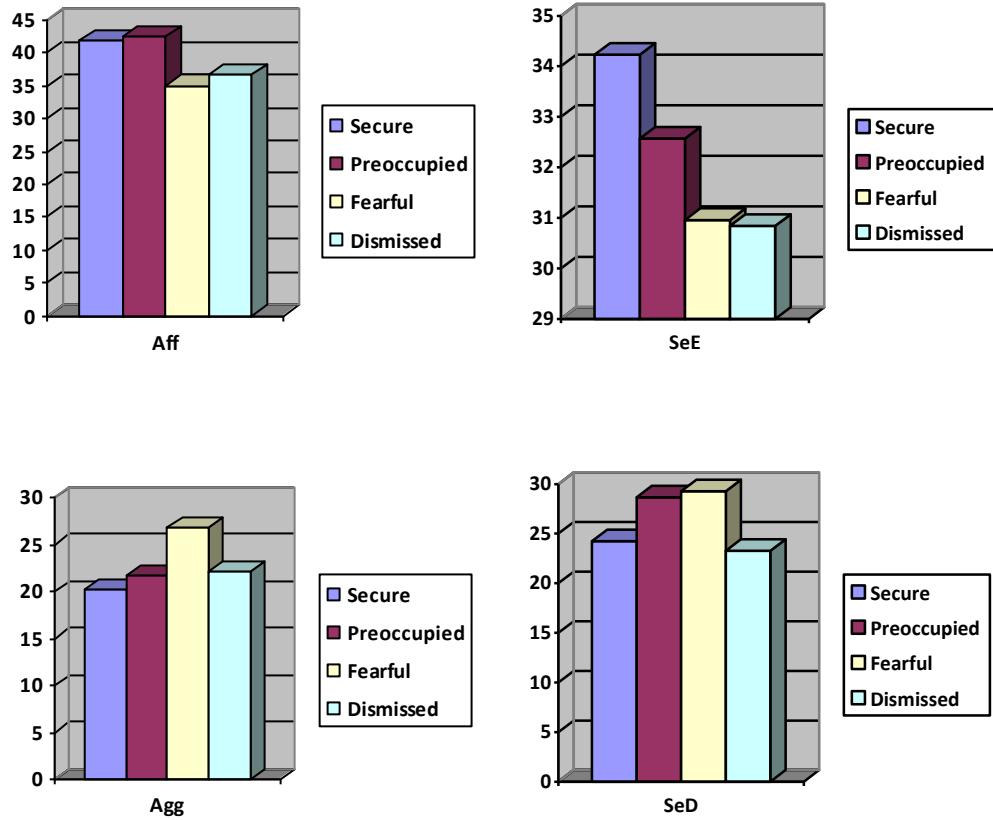
Table 5.41. Mean Scores of Attachment Styles on Affiliative, Self- Enhancing, Aggressive and Self-Defeating Styles

| | Secure | Preoccupied | Fearful | Dismissed |
|--------------------|--------------------|---------------------|--------------------|--------------------|
| Affiliative | 41.83 _a | 42.48 _a | 34.93 _b | 36.65 _b |
| Self- | 34.23 _a | 32.57 _{ab} | 30.96 _b | 30.84 _b |
| Aggressive | 20.17 _a | 21.77 _a | 26.79 _b | 22.13 _a |
| Self- | 24.23 _a | 28.67 _b | 29.28 _b | 23.28 _a |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, participants who were securely attached ($\underline{M} = 41.83$) and preoccupied ($\underline{M} = 41.83$) scored significantly higher than fearful group ($\underline{M} = 34.93$) and dismissed group ($\underline{M} = 36.65$) on Affiliative style. Also, secure group ($\underline{M} = 34.23$) reported using self-enhancing style more than fearful group ($\underline{M} = 30.96$) and dismissed group ($\underline{M} = 30.84$). Fearful group ($\underline{M} = 26.79$) reported using aggressive style significantly more than the other three groups. Furthermore preoccupied participants ($\underline{M} = 28.67$) and fearful participants ($\underline{M} = 29.28$) scored significantly more than secure group ($\underline{M} = 24.23$) and dismissed group ($\underline{M} = 23.28$) on Self-Defeating style (as shown in Table 5.41 and Figure 5.17).

Figure 5.17. Mean Scores of Attachment Styles on Affiliative, Self-Enhancing, Aggressive and Self-Defeating Styles



Note: AFF: Affiliative Style, SeE: Self-enhancing Style, AGG: Aggressive Style, SeD: Self-defeating Style

5.6. Differences of Demographic Variables and Attachment on Coping Based Humor

Differences of demographic variables and the attachment were examined on coping based humor.

5.6.1. Differences of Gender on Coping Based Humor

In order to determine possible effects of Gender on Coping Based Humor, independent t-test was conducted with Coping Based Humor as the dependent variable. Results did not reveal significant Gender effect [$t(517) = 1.41, p > .05$].

5.6.2. Differences of Age on Coping Based Humor

In order to determine possible effects of Age on Coping Based Humor, one-way ANOVA was conducted with Coping Based Humor as the dependent variable. Results did not reveal a significant effect for Age on Coping Based Humor (as shown in Table 5.42).

Table 5.42. Analysis of Variance for Age

| Source | df | SS | MS | F |
|---------|-----|---------|-------|------|
| Between | 3 | 39.99 | 13.33 | 1.51 |
| Within | 515 | 4548.41 | 8.83 | |

5.6.3. Differences of Relationship Duration on Coping Based Humor

In order to determine possible differences of Relationship Duration on Coping Based Humor, one-way ANOVA was conducted with Coping Based Humor as the dependent variable. Results did not reveal a significant effect for Relationship Duration on Coping Based Humor (as shown in Table 5.43).

Table 5.43. Analysis of Variance for Relationship Duration

| Source | df | SS | MS | F |
|---------|-----|---------|------|-----|
| Between | 3 | 24.72 | 8.24 | .92 |
| Within | 434 | 3867.58 | 8.91 | |

5.6.4. Differences of Education Level on Coping Based Humor

In order to determine possible effects of Education Level on Coping Based Humor, independent t-test was conducted with Coping Based Humor as the dependent variable. Results did not reveal significant effect for Education Level [$t(512) = -.17, p > .05$].

5.6.5. Differences of Having Children on Coping Based Humor

In order to determine possible effects of Having Children on Coping Based Humor, independent t-test was conducted with Coping Based Humor as the dependent variable. Results did not reveal significant effect for Having Children [$t(491) = -.87, p > .05$].

5.6.6. Differences of Number of Siblings on Coping Based Humor

In order to determine possible effects of Number of Siblings on Coping Based Humor, independent t-test was conducted with Coping Based Humor as the dependent variable. Results did not reveal significant effect for Number of Siblings [$t(513) = -.07, p > .05$].

5.6.7. Differences of Attachment Security on Coping Based Humor

In order to determine possible effects of Attachment Security on Coping Based Humor, independent t-test was conducted with Coping Based Humor as the dependent variable. Results revealed significant group differences in Attachment Security [$t(517) = 2.46, p < .05$]. According to mean scores, participants who

were securely attached ($M = 15.68$) reported using humor to cope with problems significantly more than participants who were insecurely attached ($M = 14.99$)

5.6.8. Differences of Attachment Styles on Coping Based Humor

In order to determine possible differences of Attachment Styles on Coping Based Humor, one-way ANOVA was conducted with Coping Based Humor as the dependent variable. Results did not reveal a significant effect for Attachment Styles on Coping Based Humor (as shown in Table 5.44).

Table 5.44. Analysis of Variance for Relationship Duration

| Source | df | SS | MS | F |
|---------------|-----------|-----------|-----------|----------|
| Between | 3 | 57.8 | 19.27 | 2.19 |
| Within | 515 | 4530.6 | 8.80 | |

5.7. Differences of Demographic Variables and Attachment Styles on Components of Love

Differences of demographic variables and the attachment styles were examined three components of love: Intimacy, Passion, and Commitment.

5.7.1. Differences of Gender and Components of Love

In order to determine possible differences of Gender on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3

components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.45. Differences of Gender on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Gender | .99 | 1.36 | 3,515 | .008 | - | - | - |
| I | - | - | - | - | .27 | 1,517 | .001 |
| P | - | - | - | - | 1.75 | 1,517 | .003 |
| C | - | - | - | - | 2.40 | 1,517 | .005 |

Note: I: Intimacy, P: Passion, C: Commitment

Results did not reveal a significant Gender effect (as shown in Table 5.45)

[Multivariate $F(3, 515) = 1.36, p > .05$; Wilks' $\lambda = .99$; $\eta^2 = .008$].

5.7.2 Differences of Age on Components of Love

In order to determine possible differences of Age on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3 components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.46. Differences of Age on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------|------------------|----------------|--------|----------|--------------|-------|---------------------|
| Age | .90 | 6.32* | 9,1248 | .036 | - | - | - |
| I | - | - | - | - | 2.61 | 3,515 | .015 |
| P | - | - | - | - | 1.80 | 3,515 | .010 |
| C | - | - | - | - | 5.38** | 3,515 | .030 |

* $p < .001$, ** $p < .017$

Note: I: Intimacy, P: Passion, C: Commitment

Results revealed significant Age effect (as shown in Table 5.46) [Multivariate $F(72, 1471) = 3.77, p < .05$; Wilks' $\lambda = .60$; $\eta^2 = .16$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .017 (i.e. $.05/3$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Age yielded a significant effect for Commitment [$F(3,515) = 5.38, p < .017$; $\eta^2 = .03$].

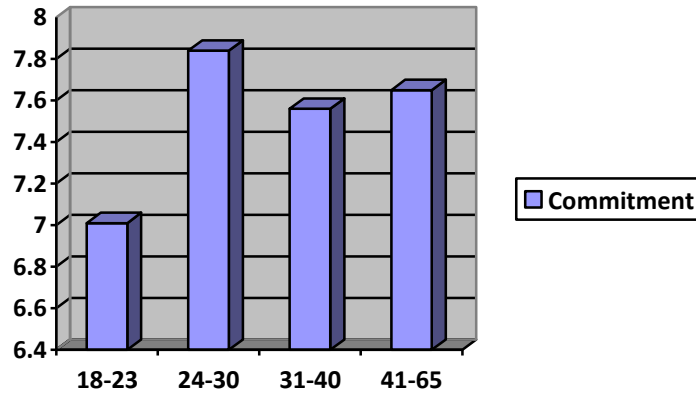
Table 5.47. Mean Scores of Age on Commitment

| | 18-23 | 24-30 | 31-40 | 41-65 |
|-------------------|-------------------|-------------------|-------------------|-------------------|
| Commitment | 7.01 _a | 7.84 _b | 7.56 _b | 7.65 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, the youngest group ($M = 7.01$) scored significantly less than the three older groups in Commitment. There was no significant difference between the other groups in Commitment (as shown in Table 5.47 and Figure 5.18).

Figure 5.18. Mean Scores of Age Groups on Commitment



5.7.3. Differences of Relationship Duration on Components of Love

In order to determine possible differences of Relationship Duration on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3 components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.48. Differences of Relationship Duration on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------------|------------------|----------------|--------|----------|--------------|-------|---------------------|
| Relationship Duration | .89 | 5.95* | 9,1051 | .039 | - | - | - |
| I | - | - | - | - | 2.02 | 3,434 | .014 |
| P | - | - | - | - | 1.38 | 3,434 | .009 |
| C | - | - | - | - | 7.00** | 3,434 | .046 |

* $p < .001$, ** $p < .017$

Note: I: Intimacy, P: Passion, C: Commitment

Results revealed significant effect of Relationship Duration (as shown in Table 5.48) [Multivariate $F(0, 1051) = 5.95, p < .05$; Wilks' $\lambda = .89$; $\eta^2 = .039$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .017 (i.e. $.05/3$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Relationship Duration yielded a significant effect on Commitment [$F(3, 434) = 7.00, p < .017$; $\eta^2 = .046$].

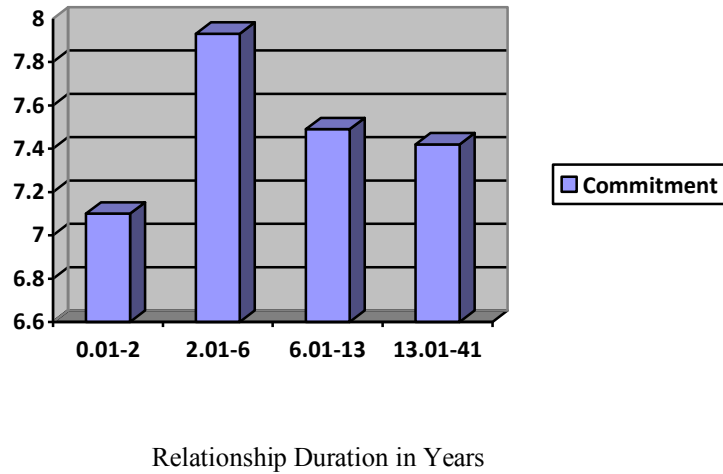
Table 5.49. Mean Scores of Relationship Duration on Commitment

| | .01-2 Years | 2.25-6 | 6.25-13 Years | 13.25-41 |
|-------------------|--------------------|-------------------|----------------------|-------------------|
| Commitment | 7.10 _a | 7.93 _b | 7.49 _b | 7.42 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, the participants having relationship for .01-2 years ($\underline{M} = 7.10$) scored significantly less than participants having relationship for 2.01-6 years ($\underline{M} = 7.93$), participants having relationship for 6.01-13 years ($\underline{M} = 7.49$) and participants having relationship for 13.01-41 years ($\underline{M} = 7.42$) in Commitment (as shown in Table 5.49 and Figure 5.19).

Figure 5.19. Mean Scores of Relationship Duration on Commitment



5.7.4. Differences of Education Level on Components of Love

In order to determine possible differences of Education Level on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3 components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.50. Differences of Education Level on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Education Level | .97 | 4.64* | 3,510 | .027 | - | - | - |
| I | - | - | - | - | 2.61** | 3,515 | .015 |
| P | - | - | - | - | 1.80 | 3,515 | .010 |
| C | - | - | - | - | 5.38** | 3,515 | .030 |

* $p < .01$, ** $p < .017$

Note: I: Intimacy, P: Passion, C: Commitment

Results revealed significant education level effect (as shown in Table 5.50)

[Multivariate $F(3, 510) = 4.64, p < .05$; Wilks' $\lambda = .97$; $\eta^2 = .027$]. After the

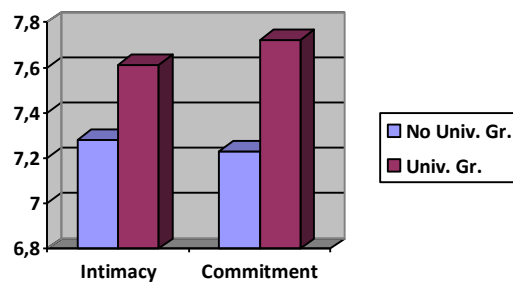
multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .017 (i.e. .05/3) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for main effect of Age yielded a significant effect for Intimacy [$F(3,515) = 2.61, p < .017; \eta^2 = .03$] and for Commitment [$F(3,515) = 5.38, p < .017; \eta^2 = .03$]

Table 5.51. Mean Scores of Education Level on Components of Love

| | No University Graduation | At Least University |
|-------------------|--------------------------|---------------------|
| Intimacy | 7.28 | 7.61 |
| Commitment | 7.23 | 7.72 |

According to mean scores, participants who were graduated at least from university ($M = 7.61$) scored significantly higher than participants who did not have university graduation ($M = 7.28$) on Intimacy. Similarly, the group graduated from university reported higher scores than the group with no university graduation ($M = 7.23$) on Commitment (as shown in Table 5.51 and Figure 5.20).

Figure 5.20. Mean Scores of Education Level on Intimacy and Commitment



5.7.5. Differences of Having Children on Components of Love

In order to determine possible differences of Having Children on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3 components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.52. Differences of Having Children on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Having Children | .92 | 14.03* | 3,489 | .079 | - | - | - |
| I | - | - | - | - | 4.60 | 1,491 | .009 |
| P | - | - | - | - | 2.60 | 1,491 | .005 |
| C | - | - | - | - | 3.31 | 1,491 | .007 |

* $p < .001$

Note: I: Intimacy, P: Passion, C: Commitment

Results revealed significant effect for Having Children (as shown in Table 5.52) [Multivariate $F(3, 489) = 14.03, p < .05; \text{Wilks' } \lambda = .92; \eta^2 = .079$]. However, when univariate analyses with Bonferroni correction was conducted for main effect, there was no significant effect on the Components of Love.

5.7.6. Differences of Number of Siblings on Components of Love

In order to determine possible differences of Number of Siblings on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3 components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.53. Differences of Number of Siblings on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Number of Siblings | .99 | 1.75 | 3,511 | .010 | - | - | - |
| I | - | - | - | - | .33 | 1,513 | .001 |
| P | - | - | - | - | .004 | 1,513 | .000 |
| C | - | - | - | - | .965 | 1,513 | .002 |

Note: I: Intimacy, P: Passion, C: Commitment

Results did not reveal a significant effect for Number of Siblings (as shown in Table 5.53) [Multivariate $F(3, 511) = 1.75, p > .05$; Wilks' $\lambda = .99$; $\eta^2 = .010$].

5.7.7 Differences of Attachment Security on Components of Love

In order to determine possible differences of Attachment Security on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3 components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.54. Differences of Attachment Security on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|----------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Attachment Security | .84 | 32.89* | 3,515 | .161 | - | - | - |
| I | - | - | - | - | 98.53** | 1,517 | .160 |
| P | - | - | - | - | 60.83** | 1,517 | .105 |
| C | - | - | - | - | 51.16** | 1,517 | .090 |

* $p < .001$, ** $p < .017$

Note: I: Intimacy, P: Passion, C: Commitment

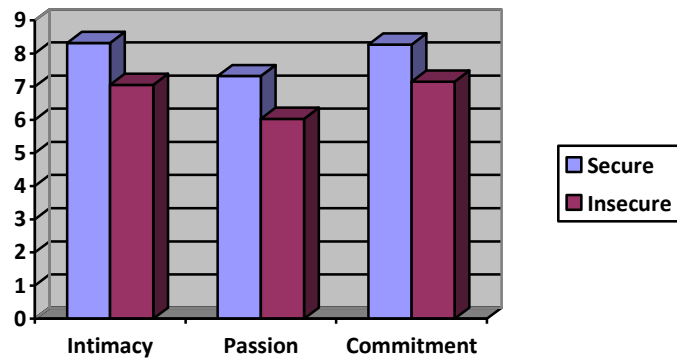
Results revealed significant effect for Attachment Security (as shown in Table 5.54) [Multivariate $F(3, 515) = 32.89, p < .001$; Wilks' $\lambda = .84; \eta^2 = .161$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .017 (i.e. $.05/3$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Attachment Security yielded a significant effect for Intimacy [$F(1, 517) = 98.53, p < .017; \eta^2 = .16$], for Passion [$F(1, 517) = 60.83, p < .017; \eta^2 = .105$] and for Commitment [$F(1, 517) = 51.16, p < .017; \eta^2 = .09$].

Table 5.55. Mean Scores of Attachment Security on Components of Love

| | Secure | Insecure |
|-------------------|--------|----------|
| Intimacy | 8.32 | 7.05 |
| Passion | 7.32 | 6.03 |
| Commitment | 8.27 | 7.15 |

According to mean scores, participants who were securely attached ($\underline{M} = 8.32$) scored significantly higher than participants who were insecurely attached ($\underline{M} = 7.05$) on Intimacy. Similarly, the secure group ($\underline{M} = 7.32$) reported higher scores than the insecure group ($\underline{M} = 6.03$) on Passion. Also, securely attached participants ($\underline{M} = 8.27$) had higher scores than insecure participants ($\underline{M} = 7.15$) on Commitment (as shown in Table 5.55 and Figure 21).

Figure 5.21. Mean Scores of Education Level on Intimacy and Commitment



5.7.8. Differences of Attachment Styles on Components of Love

In order to determine possible differences of Attachment Styles on Love, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 3 components of love (Intimacy, Passion, and Commitment) as the dependent variables.

Table 5.56. Differences of Attachment Styles on Components of Love

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|--------------------------|------------------|----------------|--------|----------|--------------|-------|---------------------|
| Attachment Styles | .79 | 14.37* | 9,1248 | .077 | - | - | - |
| I | - | - | - | - | 40.43** | 3,515 | .191 |
| P | - | - | - | - | 27.62** | 3,515 | .139 |
| C | - | - | - | - | 20.13** | 3,515 | .105 |

* $p < .001$, ** $p < .017$

Note: I: Intimacy, P: Passion, C: Commitment

Results revealed significant effect for Attachment Styles (as shown in Table 5.56) [Multivariate $F(9, 1248) = 14.37, p < .001$; Wilks' $\lambda = .79$; $\eta^2 = .077$]. After the multivariate analyses, univariate analyses were performed for

significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .017 (i.e. .05/3) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Attachment Styles yielded a significant effect for Intimacy [$F(3, 515) = 40.43, p < .017; \eta^2 = .191$], for Passion [$F(3, 515) = 27.62, p < .017; \eta^2 = .139$] and for Commitment [$F(3, 515) = 20.13, p < .017; \eta^2 = .105$].

Table 5.57. Mean Scores of Attachment Styles on Components of Love

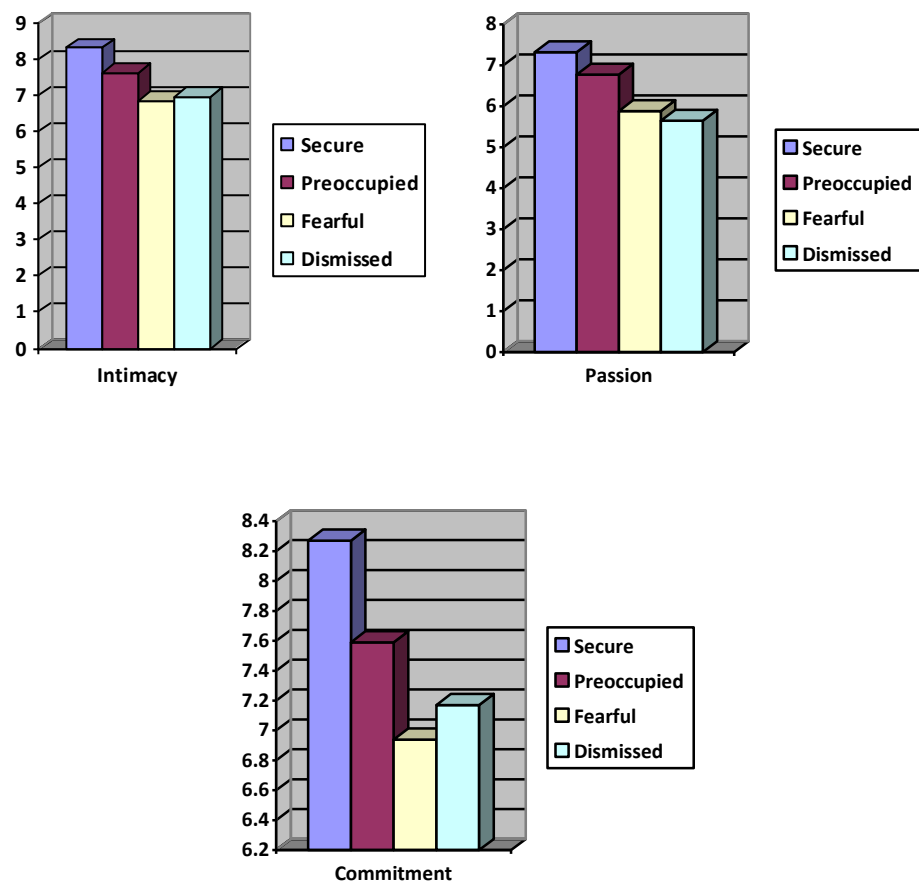
| | Secure | Preoccupied | Fearful | Dismissed |
|-------------------|-------------------|-------------------|-------------------|--------------------|
| Intimacy | 8.32 _a | 7.62 _b | 6.84 _c | 6.95 _c |
| Passion | 7.32 _a | 6.77 _b | 5.88 _c | 5.65 _c |
| Commitment | 8.27 _a | 7.59 _b | 6.94 _c | 7.17 _{bc} |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, participants who were securely attached ($\underline{M} = 8.32$) scored significantly higher than preoccupied participants ($\underline{M} = 7.62$), who were also scored significantly more than fearful participants ($\underline{M} = 6.84$) and dismissed participants ($\underline{M} = 6.95$) in Intimacy. Similarly, the secure group ($\underline{M} = 7.32$) reported higher scores than preoccupied group ($\underline{M} = 6.77$) in Passion. Also, these two groups were significantly higher than fearful group ($\underline{M} = 5.88$) and dismissed group ($\underline{M} = 5.65$). Securely attached participants ($\underline{M} = 8.27$) had higher scores than preoccupied participants ($\underline{M} = 7.59$), fearful participants ($\underline{M} = 7.59$) and dismissed participants ($\underline{M} = 7.17$) in Commitment. Also preoccupied participants scored

significantly higher than fearful participants. However, dismissed participants did not differ from preoccupied and fearful participants (as shown in Table 5.57 and Figure 5.22).

Figure 5.22. Mean Scores of Attachment Styles on Intimacy, Passion and Commitment



5.8. Differences of Demographic Variables and Attachment on Anger

Differences of demographic variables and the attachment were examined on anger.

5.8.1. Differences of Gender on Anger

In order to determine possible differences of Gender on Anger, Independent t-test was conducted with Anger as the dependent variable. Results did not reveal significant Gender main effect [$t(517) = .105, p > .05$].

5.8.2. Differences of Age on Anger

In order to examine Age differences on Anger, one-way ANOVA was conducted. No significant main effect for Age was observed, [$F(3, 515) = 1.45, p > .05$], as shown in Table 5.58.

Table 5.58. Analysis of Variance for Age

| Source | df | SS | MS | F |
|--------|-----|----------|-------|------|
| Age | 3 | 209.20 | 69.73 | 1.45 |
| Error | 515 | 24737.39 | 48.03 | |

5.8.3. Differences of Relationship Duration on Anger

In order to examine differences of Relationship Duration on Anger, one-way ANOVA was conducted. Results did not reveal an effect of Relationship Duration, [$F(3, 434) = 1.86, p > .05$], as shown in Table 5.59.

Table 5.59. Analysis of Variance for Relationship Duration

| Source | df | SS | MS | F |
|-----------------------|-----|----------|-------|------|
| Relationship Duration | 3 | 209.80 | 69.94 | 1.86 |
| Error | 434 | 16309.78 | 37.58 | |

5.8.4. Differences of Education Level on Anger

In order to determine possible differences of Education Level on Anger, Independent t-test was conducted with Anger as the dependent variable. Results revealed no significant group differences for Education Level [$t(512) = -1.83, p < .05$].

5.8.5. Differences of Having Children on Anger

In order to determine possible differences of Having Children on Anger, Independent t-test was conducted with Anger as the dependent variable. Results did not reveal significant effect for Having Children [$t(491) = .15, p > .05$].

5.8.6. Differences of Number of Siblings on Anger

In order to determine possible differences of Number of Siblings on Anger, Independent t-test was conducted with Anger as the dependent variable. Results did not reveal significant effect for Number of Siblings [$t(513) = -.24, p > .05$].

5.8.7. Differences of Attachment Security on Anger

In order to determine possible differences of Attachment Security on Anger, Independent t-test was conducted with Anger as the dependent variable. Results revealed significant group differences for Anger [$t(513) = -5.64, p < .001$]. According to mean scores, secure participants ($M = 11.76$) reported significantly less Anger than insecure participants ($M = 15.30$).

5.8.8. Differences of Attachment Styles on Anger

In order to examine Attachment Styles differences on Anger, one-way ANOVA was conducted. Significant effect of Attachment Styles was observed, [$F(3, 515) = 21.61, p < .001$], as shown in Table 5.60.

Table 5.60. Analysis of Variance for Attachment Styles

| Source | df | SS | MS | F |
|------------|-----|----------|--------|---------|
| Attachment | 3 | 2789.12 | 929.71 | 21.61** |
| Error | 515 | 22157.48 | 43.02 | |

* $p < .001$

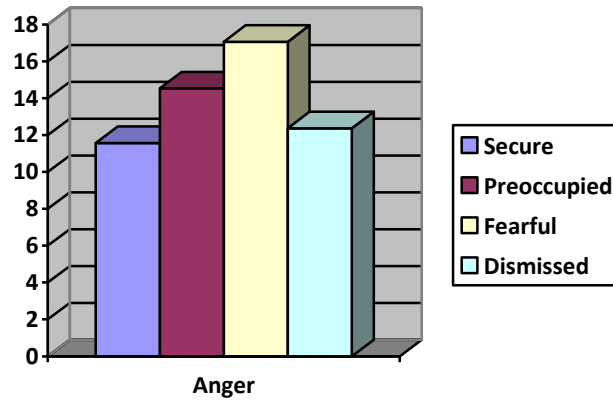
According to post-hoc comparisons, participants who were fearful ($M = 17.07$) scored significantly higher than secure group ($M = 11.76$), preoccupied group ($M = 14.54$), and dismissed group ($M = 12.37$) on Anger. Preoccupied group reported higher scores than secure group and dismissed group whereas there was no significant difference between secure and dismissed groups, as shown in Table 5.61 and Figure 5.23.

Table 5.61. Mean Scores of Attachment Styles on Anger

| | Secure | Preoccupied | Fearful | Dismissed |
|--------------|--------------------|--------------------|--------------------|--------------------|
| Anger | 11.58 _a | 14.54 _b | 17.07 _c | 12.37 _a |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other

Figure 5.23. Main Effect of Attachment Styles in terms of Anger



5.9. Differences of Demographic Variables and Attachment on Relationship Satisfaction

Differences of demographic variables and the attachment were examined on relationship satisfaction.

5.9.1. Differences of Gender on Relationship Satisfaction

In order to determine possible differences of Gender on Relationship Satisfaction, Independent t-test was conducted with Relationship Satisfaction as the dependent variable. Results did not reveal significant effect for Gender [$t(517) = .06, p > .05$].

5.9.2. Differences of Age on Relationship Satisfaction

In order to examine Age differences on Relationship Satisfaction, one-way ANOVA was conducted. Results did not reveal significant Age effect (as shown in Table 5.62).

Table 5.62. Analysis of Variance for Age

| Source | df | SS | MS | F |
|--------|-----|----------|---------|------|
| Age | 3 | 406.131 | 135.377 | 2.23 |
| Error | 515 | 31304.56 | 60.79 | |

5.9.3. Differences of Relationship Duration on Relationship Satisfaction

In order to examine differences of Relationship Duration on Relationship Satisfaction, one-way ANOVA was conducted. Results did not reveal significant Relationship Duration effect (as shown in Table 5.63).

Table 5.63. Analysis of Variance for Relationship Duration

| Source | df | SS | MS | F |
|-----------------------|-----|----------|-------|-----|
| Relationship Duration | 3 | 63.96 | 21.32 | .46 |
| Error | 434 | 19985.37 | 46.05 | |

5.9.4. Differences of Education Level on Relationship Satisfaction

In order to determine possible differences of Education Level on Relationship Satisfaction, Independent t-test was conducted with Relationship Satisfaction as the dependent variable. Results did not reveal significant effect for Education Level [$t(512) = .15, p > .05$].

5.9.5. Differences of Having Children on Relationship Satisfaction

In order to determine possible differences of Having Children on Relationship Satisfaction, Independent t-test was conducted with Relationship

Satisfaction as the dependent variable. Results did not reveal significant effect for Having Children [$t(491) = .30, p > .05$].

5.9.6. Differences of Number of Siblings on Relationship Satisfaction

In order to determine possible differences of Number of Siblings on Relationship Satisfaction, Independent t-test was conducted with Relationship Satisfaction as the dependent variable. Results did not reveal significant effect for Number of Siblings [$t(5173) = .65, p > .05$].

5.9.7. Differences of Attachment Security on Relationship Satisfaction

In order to determine possible differences of Attachment Security on Relationship Satisfaction, Independent t-test was conducted with Relationship Satisfaction as the dependent variable. Results revealed significant group differences for Relationship Satisfaction [$t(517) = 9.13, p < .001$]. According to mean scores, secure participants ($M = 35.91$) reported significantly more Relationship Satisfaction than insecure participants ($M = 29.73$).

5.9.8. Differences of Attachment Styles on Relationship Satisfaction

In order to examine Attachment Styles differences on Relationship Satisfaction, one-way ANOVA was conducted. Results revealed significant Attachment Styles effect (as shown in Table 5.64) on Relationship Satisfaction.

Table 5.64. Analysis of Variance for Attachment Styles

| Source | df | SS | MS | F |
|------------|-----|----------|---------|---------|
| Attachment | 3 | 6380.8 | 2126.93 | 43.24** |
| Error | 515 | 25329.89 | 49.18 | |

* $p < .001$

According to the post-hoc comparisons, participants who were securely attached ($M = 35.91$) and preoccupied ($M = 33.57$) scored significantly higher than dismissed group ($M = 30.28$), and fearful group ($M = 27.69$) in Relationship Satisfaction. Dismissed group also scored significantly higher than fearful group, as shown in Table 5.65 and Figure 5.24.

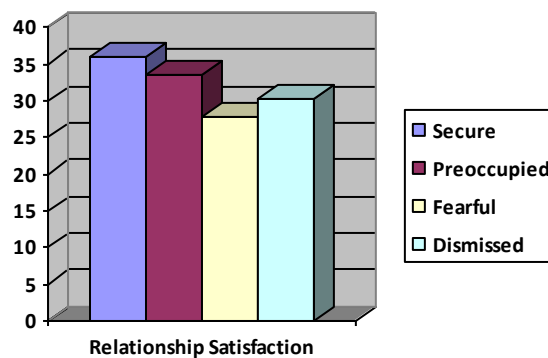
Table 5.65. Mean Scores of Attachment Styles on Relationship Satisfaction

| | Secure | Preoccupied | Fearful | Dismissed |
|----------|--------------------|--------------------|--------------------|--------------------|
| Relation | 35.91 _a | 33.57 _a | 27.69 _b | 30.28 _c |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other

Figure 5.24 Main Effect of Attachment Styles in terms of Relationship

Satisfaction



5.10. Differences of Demographic Variables and Attachment on Psychological Problems

Differences of demographic variables and the attachment were examined on psychological problems.

5.10.1. Differences of Gender on Psychological Problems

In order to determine possible differences of Gender on Psychological Problems, Independent t-test was conducted with Psychological Problems as the dependent variable. Results revealed significant group differences in Psychological Problems [$t(517) = -3.09, p < .01$]. According to mean scores, females ($M = 55.14$) reported significantly more symptoms than males ($M = 45.49$).

In order to determine possible differences of Gender on Psychological Problems, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.66. Differences of Gender on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Gender | .92 | 8.65* | 5,513 | .078 | - | - | - |
| Anx | - | - | - | - | 4.82 | 1,517 | .009 |
| Dep | - | - | - | - | 20.46** | 1,517 | .038 |
| NS | - | - | - | - | 1.74 | 1,517 | .003 |
| S | - | - | - | - | 12.61** | 1,517 | .024 |
| H | - | - | - | - | 3.84 | 1,517 | .007 |

* $p < .001$, ** $p < .01$

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

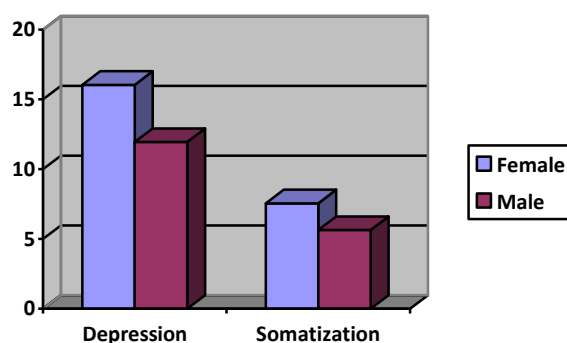
Results revealed significant effect for Gender (as shown in Table 5.66) [Multivariate $F(5, 513) = 8.65, p < .001$; Wilks' $\lambda = .92$; $\eta^2 = .078$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .01 (i.e. $.05/5$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Gender yielded a significant effect for Depression [$F(1, 517) = 20.46, p < .01$; $\eta^2 = .038$], and for Somatization [$F(1, 517) = 12.61, p < .01$; $\eta^2 = .024$].

Table 5.67. Mean Scores of Gender on Depression and Somatization

| | Females | Males |
|---------------------|---------|-------|
| Depression | 16.04 | 11.95 |
| Somatization | 7.56 | 5.65 |

According to mean scores, females ($\underline{M} = 16.04$) scored significantly higher than males ($\underline{M} = 11.95$) on Depression. Similarly, females ($\underline{M} = 7.56$) reported higher scores than males ($\underline{M} = 5.65$) on Somatization (as shown in Table 5.67 and Figure 5.25).

Figure 5.25. Mean Scores of Gender on Depression and Somatization



5.10.2. Differences of Age on Psychological Problems

In order to determine possible differences of Age on Psychological Problems, one-way ANOVA was conducted with Psychological Problems as the dependent variable. Results revealed significant group differences in Psychological Problems, [$F(3, 515) = 8.72, p < .001$] as shown in Table 5.69.

Table 5.68. Analysis of Variance for Age

| Source | df | SS | MS | F |
|--------|-----|----------|----------|-------|
| Age | 3 | 602686.4 | 10202.67 | 8.72* |
| Error | 515 | 633294.4 | 1170.27 | |

* $p < .001$

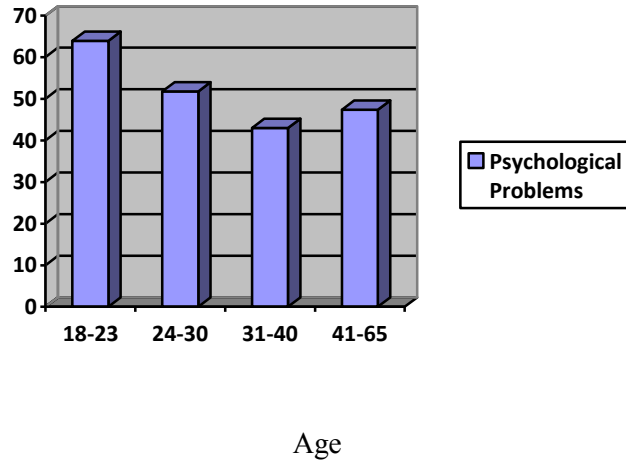
Accordingly, the youngest group ($M = 63.89$) got higher scores compared to the other three groups, as shown/can be seen in Table 5.69 and Figure 5.26.

Table 5.69. Mean Scores of Age on Psychological Problems

| | 18-23 | 24-30 | 31-40 | 41-65 |
|-------------------------------|--------------------|--------------------|--------------------|--------------------|
| Psychological Problems | 63.89 _a | 51.74 _b | 42.99 _b | 47.33 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

Figure 5.26. Main Effect of Age in terms of Psychological Problems



In order to determine possible differences of Age on Psychological Problems, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.70. Differences of Age on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|-----------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Age | .89 | 4.13** | 15,1411 | .039 | - | - | - |
| Anx | - | - | - | - | 7.85* | 3,515 | .044 |
| Dep | - | - | - | - | 14.47* | 3,515 | .078 |
| NS | - | - | - | - | 5.53* | 3,515 | .031 |
| S | - | - | - | - | 3.01 | 3,515 | .017 |
| H | - | - | - | - | 4.73* | 3,515 | .027 |

* $p < .01$, ** $p < .001$

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

Results revealed significant effect for Age (as shown in Table 5.70) [Multivariate $F(15, 1411) = 4.13, p < .001$; Wilks' $\lambda = .89$; $\eta^2 = .039$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha

values lower than .01 (i.e. .05/5) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Age yielded a significant effect for Anxiety [$F(3, 515) = 7.85, p < .01; \eta^2 = .044$], Depression [$F(3, 515) = 14.47, p < .01; \eta^2 = .078$], for Negative Self [$F(3, 515) = 5.53, p < .01; \eta^2 = .031$], and for Hostility [$F(3, 515) = 4.73, p < .01; \eta^2 = .027$].

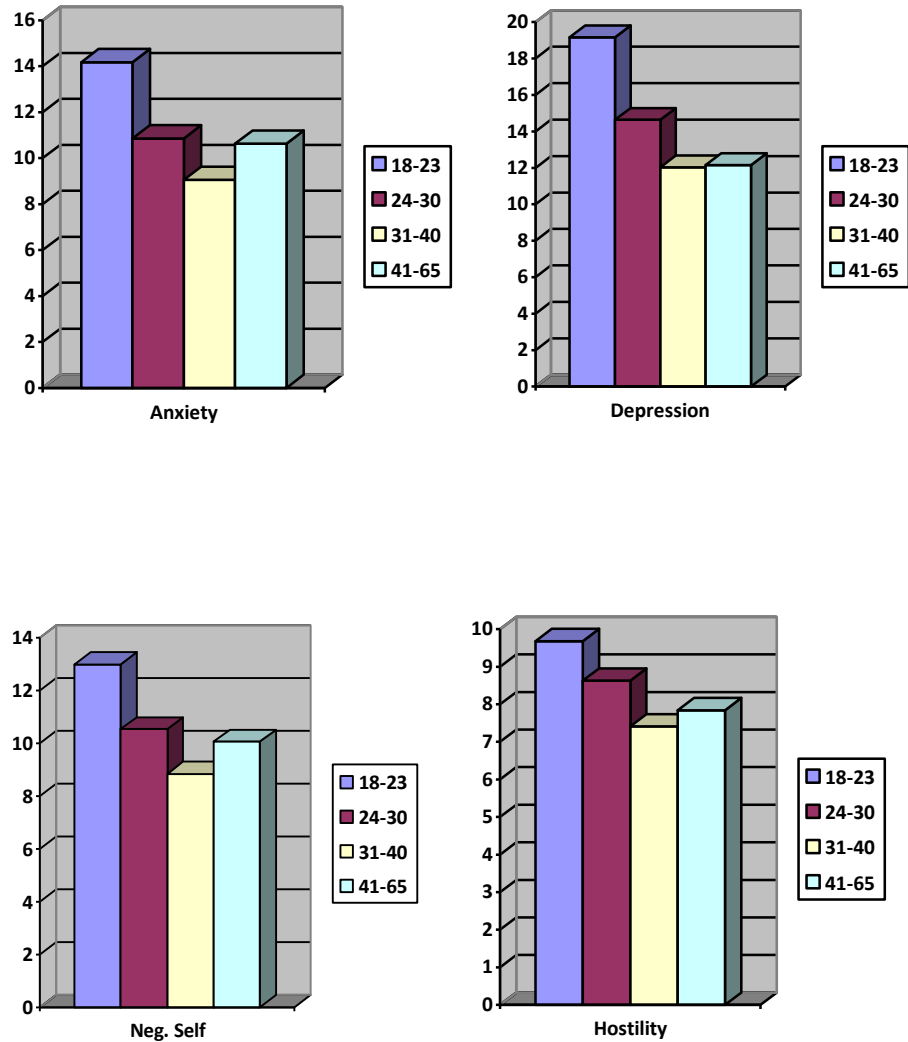
Table 5.71. Mean Scores of Age on Anxiety, Depression, Negative Self and Hostility

| | 18-23 | 24-30 | 31-40 | 41-65 |
|----------------------|--------------------|--------------------|--------------------|--------------------|
| Anxiety | 14.18 _a | 10.86 _b | 9.05 _b | 10.63 _b |
| Depression | 19.16 _a | 14.64 _b | 12.03 _c | 12.15 _c |
| Negative Self | 12.98 _a | 10.52 _b | 8.84 _b | 10.06 _b |
| Hostility | 9.68 _a | 8.63 _{ab} | 7.41 _b | 7.84 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, the youngest group aging between 18-23 ($\underline{M} = 14.18$) scored significantly higher than the other groups in Anxiety. Similarly, the youngest participants ($\underline{M} = 12.98$) reported higher scores than the older participants in Negative Self. The Depression scores were significantly higher for the youngest group ($\underline{M} = 19.16$). The group aging between 24-30 ($\underline{M} = 14.64$) was the next group who scored higher. The youngest group ($\underline{M} = 9.68$) reported Hostility significantly more than the older groups aging between 31-40 ($\underline{M} = 7.41$) and between 41-65 ($\underline{M} = 7.84$), as shown in Table 5.71 and Figure 5.27.

Figure 5.27. Mean Scores of Age on Anxiety, Depression, Negative Self and Hostility



5.10.3. Differences of Relationship Duration on Psychological

Problems

In order to determine possible differences of Relationship Duration on Psychological Problems, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.72. Differences of Relationship Duration on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Relationship Duration | .91 | 2.62** | 15,1187 | .030 | - | - | - |
| Anx | - | - | - | - | 2.46 | 3,434 | .017 |
| Dep | - | - | - | - | 5.91* | 3,434 | .039 |
| NS | - | - | - | - | 2.00 | 3,434 | .014 |
| S | - | - | - | - | .73 | 3,434 | .005 |
| H | - | - | - | - | .82 | 3,434 | .006 |

* $p < .01$, ** $p < .001$;

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

Results revealed significant effect of Relationship Duration (as shown in Table 5.72) [Multivariate $F(15, 1187) = 2.62, p < .001$; Wilks' $\lambda = .91$; $\eta^2 = .03$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .01 (i.e. $.05/5$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Relationship Duration yielded a significant effect for Depression [$F(3, 434) = 5.91, p < .01$; $\eta^2 = .039$].

Table 5.73. Mean Scores of Relationship Duration on Depression

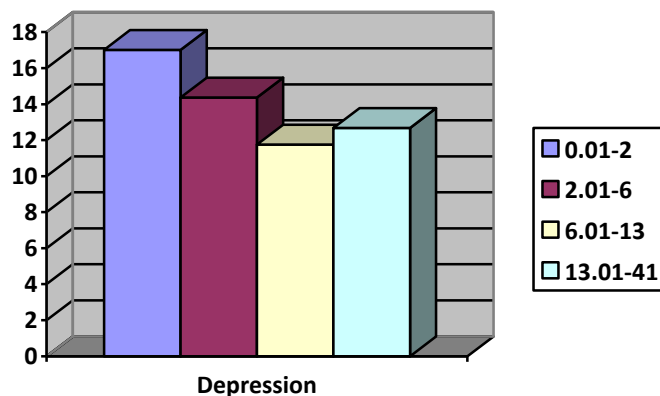
| | 0.01-2 Years | 2.01-6 Years | 6.01-13 Years | 13.01-41 Years |
|-------------------|--------------------|--------------------|--------------------|--------------------|
| Depression | 17.01 _a | 14.37 _b | 11.76 _b | 12.67 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post hoc comparisons conducted with Bonferroni analysis, the group having relationship for 0.01-2 years ($M = 17.01$) scored

significantly higher than the other groups in Depression, as shown in Table 5.73 and Figure 5.28. However, the other three groups did not show any differences from each other in terms of depression.

Figure 5.28. Mean Scores of Relationship Duration on Depression



5.10.4. Differences of Education Level on Psychological Problems

In order to determine possible differences of Education Level on Psychological Problems, Independent t-test was conducted with Psychological Problems as the dependent variable. Results revealed significant group differences in Psychological Problems [$t(512) = 3.36, p = .001$]. According to mean scores, participants who did not have university graduation ($M = 57.82$) reported significantly more symptoms than participants who were graduated from university ($M = 47.32$).

In order to determine possible differences of Educational Level on Psychological Problems, a one-way Multivariate Analysis of Variance

(MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.74. Differences of Education Level on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Education Level | .96 | 3.87* | 5,508 | .037 | - | - | - |
| Anx | - | - | - | - | 14.50* | 1,512 | .028 |
| Dep | - | - | - | - | 11.24* | 1,512 | .021 |
| NS | - | - | - | - | 8.97* | 1,512 | .017 |
| S | - | - | - | - | 6.78* | 1,512 | .013 |
| H | - | - | - | - | 2.82 | 1,512 | .005 |

* $p < .01$

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

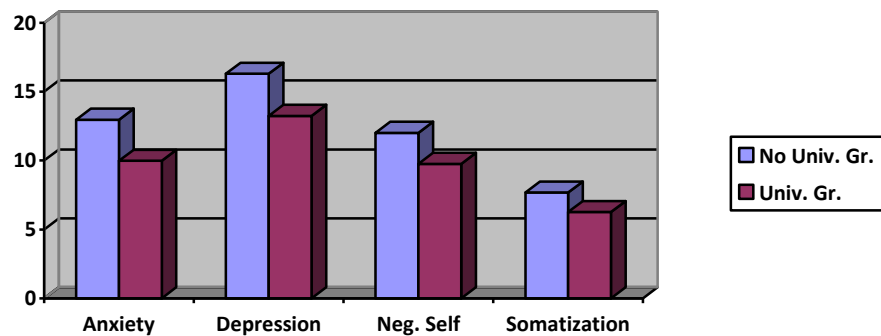
Results revealed significant effect for Education Level (as shown in Table 5.74) [Multivariate $F(5, 508) = 3.87, p < .05$; Wilks' $\lambda = .96$; $\eta^2 = .037$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .01 (i.e. $.05/5$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Education Level yielded a significant effect for Anxiety [$F(1, 512) = 14.50, p < .01$; $\eta^2 = .028$], Depression [$F(1, 512) = 11.24, p < .01$; $\eta^2 = .021$], Negative Self [$F(1, 512) = 8.97, p < .01$; $\eta^2 = .017$], and for Somatization [$F(1, 512) = 6.78, p < .01$; $\eta^2 = .013$].

Table 5.75. Mean Scores of Education Level on Anxiety, Depression, Negative Self and Somatization

| | No Univ. Grad. | Univ. Grad. |
|----------------------|----------------|-------------|
| Anxiety | 12.96 | 9.98 |
| Depression | 16.29 | 13.24 |
| Negative Self | 12.01 | 9.75 |
| Somatization | 7.68 | 6.26 |

According to mean scores, participants who did not have university graduation scored significantly higher than participants with university graduations in Anxiety ($\underline{M} = 12.96$), Depression ($\underline{M} = 16.29$), Negative Self ($\underline{M} = 12.01$) and Somatization ($\underline{M} = 7.68$), as shown in Table 5.75 and Figure 5.29.

Figure 5.29 Mean Scores of Education Level on Anxiety, Depression, Negative Self and Somatization



5.10.5. Differences of Having Children on Psychological Problems

In order to determine possible differences of Having Children on Psychological Problems, Independent t-test was conducted with Psychological

Problems as the dependent variable. Results revealed significant group differences in Psychological Problems [$t(491) = 3.25, p = .001$]. According to mean scores, participants who did not have any children ($M = 56.38$) reported significantly more symptoms than participants who had children ($M = 46.28$).

In order to determine possible differences of Having Children on Psychological Problems, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.76. Differences of Having Children on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Having Children | .95 | 5.53** | 5,587 | .054 | - | - | - |
| Anx | - | - | - | - | 7.68* | 1,491 | .015 |
| Dep | - | - | - | - | 20.68* | 1,491 | .040 |
| NS | - | - | - | - | 5.35 | 1,491 | .011 |
| S | - | - | - | - | 2.3 | 1,491 | .005 |
| H | - | - | - | - | 7.43* | 1,491 | .015 |

* $p < .01$, ** $p < .001$;

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

Results revealed significant effect for Education Level (as shown in Table 5.76) [Multivariate $F(5, 587) = 5.53, p < .001$; Wilks' $\lambda = .95$; $\eta^2 = .054$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .01 (i.e. $.05/5$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Having Children yielded a significant effect for Anxiety [$F(1, 491) = 7.68, p <$

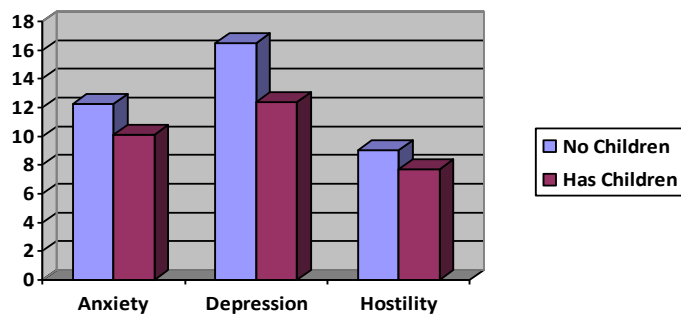
.01; $\eta^2 = .015$], Depression [$F(1, 491) = 20.68, p < .01; \eta^2 = .040$], and for Hostility [$F(1, 491) = 7.43, p < .01; \eta^2 = .015$].

Table 5.77. Mean Scores of Having Children on Anxiety, Depression, and Hostility

| | No Children | Has Children |
|------------|-------------|--------------|
| Anxiety | 12.28 | 10.10 |
| Depression | 16.50 | 12.40 |
| Hostility | 9.01 | 7.73 |

According to mean scores, participants who did not have children ($M = 12.28$) scored significantly higher than participants with children ($M = 10.10$) in Anxiety. Similarly, participants who had no children ($M = 16.50$) had higher scores than participants with children ($M = 12.40$) in Depression. Also, childless group ($M = 9.01$) reported more hostility than the group with children ($M = 7.73$), as shown in Table 5.77 and Figure 5.30.

Figure 5.30. Mean Scores of Having Children on Anxiety, Depression and Hostility



5.10.6. Differences of Number of Siblings on Psychological Problems

In order to determine possible differences of Number of Siblings on Psychological Problems, Independent t-test was conducted with Psychological Problems as the dependent variable. Results did not reveal a significant effect in Psychological Problems [$t(513) = .45, p > .05$].

In order to determine possible differences of Number of Siblings on Psychological Problems, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.78. Differences of Number of Siblings on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|---------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Number of Siblings | .98 | 2.42* | 5,509 | .023 | - | - | - |
| Anx | - | - | - | - | 7.68 | 1,491 | .015 |
| Dep | - | - | - | - | 20.68 | 1,491 | .040 |
| NS | - | - | - | - | 5.35 | 1,491 | .011 |
| S | - | - | - | - | 2.3 | 1,491 | .005 |
| H | - | - | - | - | 7.43 | 1,491 | .015 |

* $p < .05$

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

Results revealed significant effect for Number of Siblings (as shown in Table 5.79) [Multivariate $F(5, 509) = 2.42, p < .05$; Wilks' $\lambda = .98$; $\eta^2 = .023$]. However, when univariate analyses with Bonferroni correction was conducted for main effect, there was no significant effect for symptom clusters of Psychological Problems.

5.10.7. Differences of Attachment Security on Psychological Problems

In order to determine possible differences of Attachment Security on Psychological Problems, Independent t-test was conducted with Psychological Problems as the dependent variable. Results revealed significant group differences in Psychological Problems [$t(517) = -9.27, p < .001$]. According to mean scores, participants who were insecurely attached ($M = 60.75$) reported significantly more symptoms than securely attached participants ($M = 32.77$).

In order to determine possible differences of Attachment Security on Psychological Problems, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.79. Differences of Attachment Security on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|----------------------------|------------------|----------------|-------|----------|--------------|-------|---------------------|
| Attachment Security | .85 | 17.81** | 5,513 | .148 | - | - | - |
| Anx | - | - | - | - | 75.95* | 1,517 | .128 |
| Dep | - | - | - | - | 65.81* | 1,517 | .113 |
| NS | - | - | - | - | 84.09* | 1,517 | .140 |
| S | - | - | - | - | 49.03* | 1,517 | .087 |
| H | - | - | - | - | 62.09* | 1,517 | .107 |

* $p < .01$, ** $p < .001$

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

Results revealed significant effect for Attachment Security (as shown in Table 5.79) [Multivariate $F(5, 513) = 17.81, p < .001$; Wilks' $\lambda = .85$; $\eta^2 = .148$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses

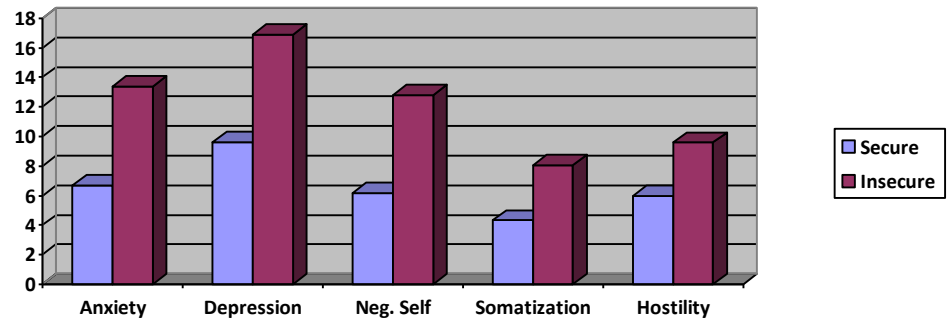
the alpha values lower than .01 (i.e. .05/5) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Attachment Security yielded a significant effect for Anxiety [$F(1, 517) = 75.95, p < .01; \eta^2 = .128$], Depression [$F(1, 517) = 65.81, p < .01; \eta^2 = .113$], for Negative Self [$F(1, 517) = 84.09, p < .01; \eta^2 = .140$], for Somatization [$F(1, 517) = 49.03, p < .01; \eta^2 = .087$], and for Hostility [$F(1, 517) = 62.09, p < .01; \eta^2 = .107$].

Table 5.80. Mean Scores of Attachment Security on Anxiety, Depression, Negative Self, Somatization and Hostility

| | Secure | Insecure |
|----------------------|--------|----------|
| Anxiety | 6.71 | 13.39 |
| Depression | 9.61 | 16.89 |
| Negative Self | 6.16 | 12.80 |
| Somatization | 4.32 | 8.08 |
| Hostility | 5.97 | 9.59 |

According to mean scores, participants who were insecurely attached scored significantly higher than securely attached participants in Anxiety ($\underline{M} = 13.39$), in Depression ($\underline{M} = 16.89$), in Negative Self ($\underline{M} = 12.80$), in Somatization ($\underline{M} = 8.08$), and in Hostility ($\underline{M} = 9.59$), as shown in Table 5.81 and Figure 5.31.

Figure 5.31. Mean Scores of Attachment Security on Anxiety, Depression, Negative Self, Somatization and Hostility



5.10.8. Differences of Attachment Styles on Psychological Problems

In order to determine possible differences of Attachment Styles on Psychological Problems, one-way ANOVA was conducted with Psychological Problems as the dependent variable. Results revealed significant group differences in Psychological Problems, [$F(3, 515) = 40.43, p < .001$] as shown in Table 5.81.

Table 5.81. Analysis of Variance for Attachment Styles

| Source | df | SS | MS | F |
|------------|-----|----------|----------|--------|
| Attachment | 3 | 120728 | 40242.68 | 40.43* |
| Error | 515 | 512566.4 | 995.28 | |

* $p < .001$

Accordingly, fearful group ($\underline{M} = 69.8$) got higher scores compared to the preoccupied group ($\underline{M} = 52.77$), dismissed group ($\underline{M} = 49.62$), and secure group ($\underline{M} = 32.77$). Preoccupeid participants and dismissed participants scored significantly higher than secure partiipants, however they did not differ from each other, as can be seen in Table 5.82 and Figure 5.32.

Table 5.82. Mean Scores of Attachment Styles on Psychological Problems

| | Secure | Preoccupied | Fearful | Dismissed |
|-------------------------------|--------------------|--------------------|-------------------|--------------------|
| Psychological Problems | 32.77 _a | 52.77 _b | 69.8 _c | 49.62 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

Figure 5.32. Main Effect of Attachment Styles in terms of Psychological Problems



In order to determine possible differences of Attachment Styles on Psychological Problems, a one-way Multivariate Analysis of Variance (MANOVA) was conducted with 5 groups of symptoms (Anxiety, Depression, Negative Self, Somatization and Hostility) as the dependent variables.

Table 5.83. Differences of Attachment Styles on Psychological Problems

| Variables | Wilks' λ | Multivariate F | df | η^2 | Univariate F | df | Univariate η^2 |
|--------------------------|------------------|----------------|---------|----------|--------------|-------|---------------------|
| Attachment Styles | .79 | 8.24** | 15,1411 | .074 | - | - | - |
| Anx | - | - | - | - | 36.36* | 3,515 | .18 |
| Dep | - | - | - | - | 30.42* | 3,515 | .15 |
| NS | - | - | - | - | 40.92* | 3,515 | .19 |
| S | - | - | - | - | 22.66* | 3,515 | .12 |
| H | - | - | - | - | 26.54* | 3,515 | .13 |

* $p < .01$, ** $p < .001$

Note: Anx: Anxiety, Dep: Depression, NS: Negative Self, S: Somatization, H: Hostility

Results revealed significant effect for Attachment Styles (as shown in Table 5.83) [Multivariate $F(15, 1411) = 8.24, p < .001$; Wilks' $\lambda = .79$; $\eta^2 = .074$]. After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses the alpha values lower than .01 (i.e. $.05/5$) were considered to be significant with this correction. Univariate analyses with Bonferroni correction for effect of Attachment Styles yielded a significant effect for Anxiety [$F(3, 515) = 36.36, p < .01$; $\eta^2 = .18$], Depression [$F(3, 515) = 30.42, p < .01$; $\eta^2 = .15$], for Negative Self [$F(3, 515) = 40.92, p < .01$; $\eta^2 = .19$], for Somatization [$F(3, 515) = 22.66, p < .01$; $\eta^2 = .12$], and for Hostility [$F(3, 515) = 26.54, p < .01$; $\eta^2 = .13$].

Table 5.84. Mean Scores of Attachment Styles on Anxiety, Depression, Negative Self, Somatization and Hostility

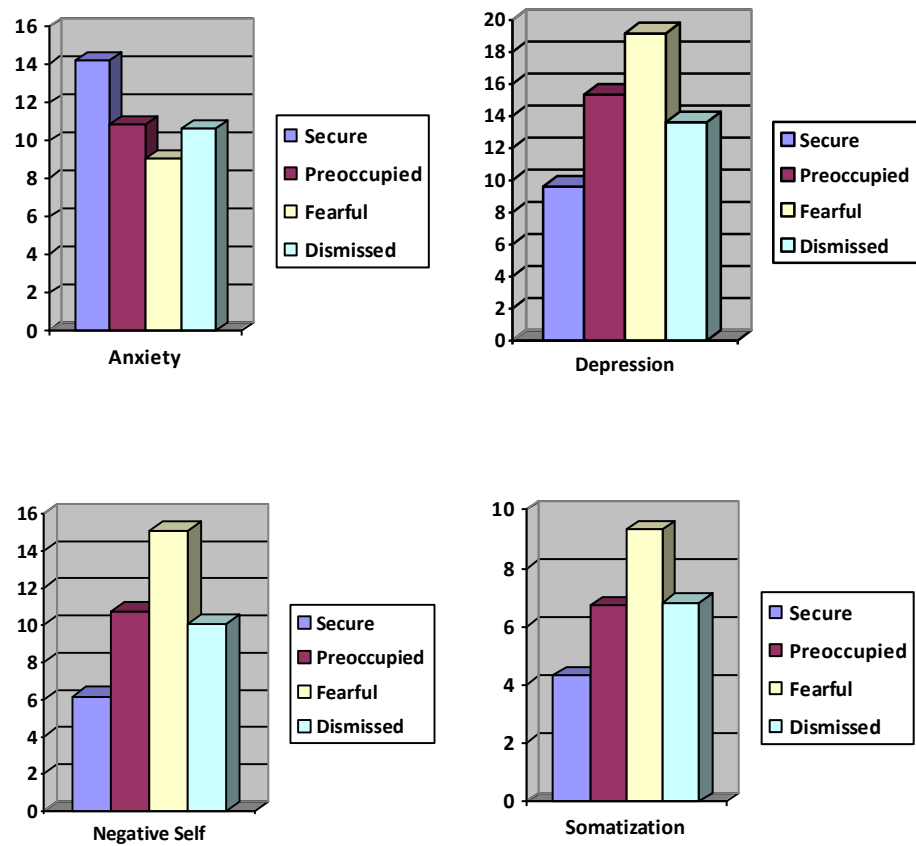
| | Secure | Preoccupied | Fearful | Dismissed |
|----------------------|-------------------|--------------------|--------------------|--------------------|
| Anxiety | 6.71 _a | 11.16 _b | 15.65 _c | 10.84 _b |
| Depression | 9.61 _a | 15.35 _b | 19.17 _c | 13.63 _b |
| Negative Self | 6.16 _a | 10.73 _b | 15.07 _c | 10.07 _b |
| Somatization | 4.32 _a | 6.72 _b | 9.32 _c | 6.8 _b |
| Hostility | 5.97 _a | 8.81 _b | 10.59 _c | 8.28 _b |

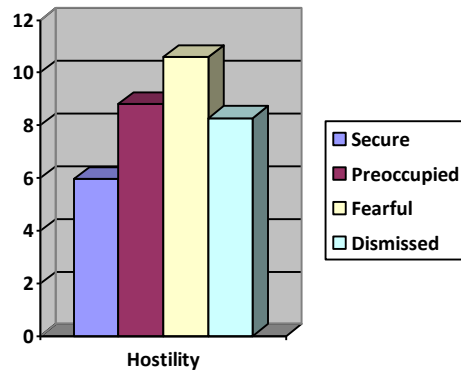
Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

According to the post-hoc comparisons conducted with Bonferroni analysis, fearful participants scored significantly higher than other three groups in Anxiety, Depression, Negative Self, Somatization, and Hostility. Preoccupied and

Fearful group did not differ from each other whereas they scored significantly more than secure participants in Anxiety, Depression, Negative Self, Somatization and Hostility, as shown in Table 5.84 and Figure 5.33.

Figure 5.33. Mean Scores of Age on Anxiety, Depression, Negative Self and Hostility





5.11. Differences of Demographic Variables and Attachment on Life Satisfaction

Differences of demographic variables and the attachment were examined on life satisfaction.

5.11.1. Differences of Gender on Life Satisfaction

In order to determine possible differences of Gender on Life Satisfaction, Independent t-test was conducted with Life Satisfaction as the dependent variable. Results did not reveal significant Gender main effect [$t(517) = 1.12, p > .05$].

5.11.2. Differences of Age on Life Satisfaction

In order to examine Age differences on Life Satisfaction, one-way ANOVA was conducted. Results did not reveal significant Age main effect (as shown in Table 5.85).

Table 5.85. Analysis of Variance for Age

| Source | df | SS | MS | F |
|--------|-----|----------|-------|-----|
| Age | 3 | 59.74 | 19.91 | .44 |
| Error | 515 | 23225.01 | 45.10 | |

5.11.3. Differences of Relationship Duration on Life Satisfaction

In order to examine differences of Relationship Duration on Life Satisfaction, one-way ANOVA was conducted. Results did not reveal significant Relationship Duration main effect (as shown in Table 5.86).

Table 5.86. Analysis of Variance for Relationship Duration

| Source | df | SS | MS | F |
|-----------------------|-----|----------|-------|------|
| Relationship Duration | 3 | 149.83 | 49.94 | 1.23 |
| Error | 434 | 17611.49 | 40.58 | |

5.11.4. Differences of Education Level on Life Satisfaction

In order to determine possible differences of Education Level on Life Satisfaction, Independent t-test was conducted with Life Satisfaction as the dependent variable. Results did not reveal significant main effect of Education Level [$t(512) = -.66, p > .05$].

5.11.5. Differences of Having Children on Life Satisfaction

In order to determine possible differences of Having Children on Life Satisfaction, Independent t-test was conducted with Life Satisfaction as the dependent variable. Results did not reveal significant main effect of Having Children [$t(491) = -1.43, p > .05$].

5.11.6. Differences of Number of Siblings on Life Satisfaction

In order to determine possible differences of Number of Siblings on Life Satisfaction, Independent t-test was conducted with Life Satisfaction as the dependent variable. Results did not reveal significant main effect of Number of Siblings [$t(513) = .83, p > .05$].

5.11.7. Differences of Attachment Security on Life Satisfaction

In order to determine possible differences of Attachment Security on Life Satisfaction, Independent t-test was conducted with Life Satisfaction as the dependent variable. Results revealed significant group differences in Life Satisfaction [$t(517) = 7.06, p < .001$]. According to mean scores, securely attached participants ($M = 25.79$) reported more satisfaction than insecurely attached participants ($M = 21.58$).

5.11.8. Differences of Attachment Styles on Life Satisfaction

In order to examine Attachment Styles differences on Life Satisfaction, one-way ANOVA was conducted. Results revealed significant effect of Attachment Styles (as shown in Table 5.87).

Table 5.87. Analysis of Variance for Attachment Styles

| Source | df | SS | MS | F |
|------------|-----|-----------|--------|--------|
| Attachment | 3 | 2156.79 | 718.93 | 17.52* |
| Error | 515 | 21.127.98 | 41.03 | |

* $p < .001$

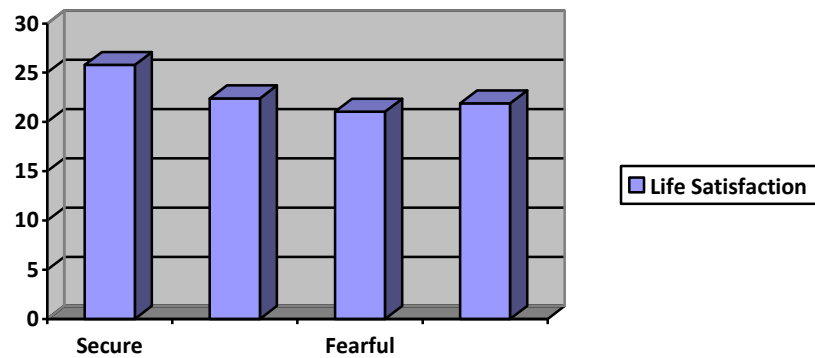
Depending on the post-hoc comparisons, secure group ($\underline{M} = 25.79$) got higher scores compared to the preoccupied group ($\underline{M} = 22.39$), fearful group ($\underline{M} = 21.05$), and dismissed group ($\underline{M} = 21.88$), as can be seen in Table 5.88 and Figure 5.34.

Table 5.88. Mean Scores of Attachment Styles on Life Satisfaction

| | Secure | Preoccupied | Fearful | Dismissed |
|--------------------------|--------------------|--------------------|--------------------|--------------------|
| Life Satisfaction | 25.79 _a | 22.39 _b | 21.05 _b | 21.88 _b |

Note: The mean scores that do not share the same subscript on the same row are significantly different from each other.

Figure 5.34. Main Effect of Attachment Styles in terms of Life Satisfaction



5.12. Inter-Correlations between Attachment, Basic Personality Traits, Humor Styles, Coping Based Humor, Intimacy, Anger, Relationship Satisfaction, Psychological Problems, and Life Satisfaction

Avoidance dimension was correlated with openness to experience ($r = -.11$), agreeableness ($r = -.13$), and negative valence ($r = .09$) when personality traits were considered. This dimension of attachment was highly correlated with affiliative ($r = -.46$) and aggressive ($r = .39$) humor styles. Also self-enhancing ($r = -.20$) and self-defeating ($r = .17$) styles are correlated with avoidance showing that the more avoidant individual is, the less affiliative and self-enhancing humor styles are used whereas aggressive style and self-defeating styles are positively correlated. Coping humor was also negatively correlated with avoidance dimension which means that the more avoidant a person is, the less humor is used to cope with stress. Avoidance dimension was also correlated with intimacy ($r = -.41$) which shows that the less avoidant a person is, the more intimate relationships are. Avoidance dimension was also correlated with psychological problems ($r = .33 - .42$) showing that the more avoidant people are, the more symptoms are reported. Similarly, avoidance dimension was positively correlated with anger ($r = .21$). Relationship satisfaction ($r = -.60$) and ($r = -.35$) were negatively correlated with avoidance meaning that the more people are avoidant, the less satisfied they feel in terms of relationships and life.

Anxiety dimension was correlated with personality traits ($r = -.19 - .26$) except agreeableness. There were positive correlation with neuroticism and negative valence whereas negative correlations existed with openness to

experience, conscientiousness, and extraversion. Anxiety dimension was correlated with affiliative ($r = -.20$), aggressive ($r = .29$), and self-defeating ($r = .31$) humor styles. The higher scores in anxiety dimension are, the more maladaptive humor styles are used whereas affiliative style is less used. Also, intimacy was negatively correlated with anxiety dimension ($r = -.27$) meaning that the higher people score in anxiety dimension, the less intimacy is felt in romantic relationships. Anxiety dimension was highly correlated with psychological problems ($r = .36 - .47$) and anger ($r = .31$) similar to avoidance meaning that the higher anxiety is, the more symptoms are reported. Relationship satisfaction ($r = -.36$) and life satisfaction ($r = -.29$) are negatively correlated with anxiety dimension which shows that the higher people score in anxiety, the less satisfaction is felt.

When personality traits are considered, openness to experience was correlated with conscientiousness ($r = .34$), extraversion ($r = .35$), and agreeableness ($r = .49$). Agreeableness was also highly correlated with conscientiousness ($r = .39$) and extraversion ($r = .39$). These four personality traits which are openness to experience, conscientiousness, extraversion, and agreeableness were negatively correlated with neuroticism ($r = -.33 - -.18$) and negative valence ($r = -.40 - -.24$) whereas neuroticism and negative valence were highly positively correlated ($r = .38$). Negative valence was also highly correlated with agreeableness ($r = -.40$). Considering the psychological problems, neuroticism showed high correlations ($r = .25 - .48$) showing that the higher the neuroticism is, the more psychological problems are reported.

Affiliative style was correlated with self-enhancing humor ($r = .39$) and relationship satisfaction ($r = .30$) which means that the more affiliative style is used, the more satisfaction is attained from the relationship. Affiliative style is also correlated with anger ($r = -.34$) meaning that the more affiliative style is used, the less anger is experienced. Self-enhancing humor style was highly correlated with coping based humor ($r = .59$) showing that the more self-enhancing humor is used, the more humor is applied as a way of coping.

Aggressive humor style was correlated with self-defeating style ($r = .44$) and anger ($r = .49$) which means that the more aggressive style is used the more anger is experienced. Aggressive style was correlated with relationship satisfaction ($r = -.38$) as well, showing that the more aggressive style is used, the less satisfaction is attained from relationship. Self-defeating humor was highly correlated with anxiety ($r = .30$), negative self ($r = .34$), and anger ($r = .30$) meaning that the more self-defeating humor is used, the more anxiety symptoms, negative self symptoms and anger are reported.

Intimacy was significantly correlated with relationship satisfaction ($r = .55$) and life satisfaction ($r = .35$) which shows that the higher intimacy is, the more satisfaction is attained from relationship and life.

Anger was correlated with psychological problems ($r_s = .37 - .48$) which shows that the more anger is experienced, the more psychological problems are reported. Furthermore, anger and relationship satisfaction were negatively correlated ($r = -.45$). The more anger is experienced, the less relationship satisfaction is reported. Similarly, psychological problems were correlated with

relationship satisfaction ($r_s = -.41 - -.35$) and life satisfaction ($r_s = -.36 - -.25$). Relationship satisfaction was related to life satisfaction ($r = .49$) as well. The higher the relationship satisfaction is, the more satisfaction is attained through life.

Table 5.89 Pearson Correlations

| | AV | AN | O | C | E | A | N | NV | AF | SE | AG | SD |
|-----|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| AV | | | | | | | | | | | | |
| AN | .47** | | | | | | | | | | | |
| O | -.11** | -.12** | | | | | | | | | | |
| C | -.06 | -.19** | .34** | | | | | | | | | |
| E | -.08 | -.17** | .55** | .28** | | | | | | | | |
| A | -.13** | -.08 | .49** | .39** | .39** | | | | | | | |
| N | .02 | .26** | -.20** | -.23** | -.33** | -.18** | | | | | | |
| NV | .09* | .17** | -.24** | -.27** | -.31** | -.40** | .38** | | | | | |
| AF | -.46** | -.20** | .09* | -.05 | .14** | .17** | -.01 | -.01 | | | | |
| SE | -.20** | -.15 | .12** | .02 | .17** | .07 | -.17 | -.01 | .39** | | | |
| AG | .39** | .29** | -.01 | -.16** | .03 | -.11* | .13** | .15** | -.22** | -.04 | | |
| SD | .17** | .31** | -.07 | -.19** | .01 | -.07 | .09* | .18** | .13** | .28** | .44** | |
| I | -.41 | -.27** | .15 | .14** | .12** | .15** | -.11* | -.19** | .09 | .14** | -.10* | -.05 |
| CH | -.08 | -.07 | .14** | -.03 | .23** | .05 | -.15** | -.02 | .19** | .59** | .13** | .26** |
| ANX | .39** | .46** | -.19** | -.26 | -.22 | -.12** | .40** | .25** | -.20** | -.18 | .25** | .30** |
| D | .33** | .41** | -.25** | -.25** | -.28** | -.07 | .38** | .21** | -.16** | -.21** | .15** | .23** |
| NS | .42** | .47** | -.21** | -.24 | -.23** | -.16** | .35** | .27** | -.24** | -.13** | .27** | .34** |
| S | .35** | .38** | -.06 | -.12** | -.07 | -.01 | .25** | .17** | -.18** | -.06 | .24** | .26** |
| H | .33** | .36** | -.11* | -.21** | -.14** | -.09* | .48** | .23** | -.19** | -.15** | .24** | .23** |
| ANG | .21** | .31** | -.01 | -.10* | -.04 | -.15** | .34** | .15** | -.34** | -.16** | .49** | .30** |
| RS | -.60** | -.36** | .10* | .14** | .06 | .09 | -.08 | -.09* | .30** | .18** | -.38** | -.23** |
| LS | -.35** | -.29** | .23* | .16** | .18** | .11** | -.11* | -.10* | .20** | .18** | -.19** | -.17** |

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

Table 5.89. Continued.

| | I | CH | ANX | D | NS | S | H | ANG | RS | LS |
|-----|--------|--------|--------|--------|--------|--------|--------|--------|-------|----|
| AV | | | | | | | | | | |
| AN | | | | | | | | | | |
| O | | | | | | | | | | |
| C | | | | | | | | | | |
| E | | | | | | | | | | |
| A | | | | | | | | | | |
| N | | | | | | | | | | |
| NV | | | | | | | | | | |
| AF | | | | | | | | | | |
| SE | | | | | | | | | | |
| AG | | | | | | | | | | |
| SD | | | | | | | | | | |
| I | | | | | | | | | | |
| CH | .11* | | | | | | | | | |
| ANX | -.28** | -.10* | | | | | | | | |
| D | -.28** | -.18** | .84** | | | | | | | |
| NS | -.29** | -.08 | .87** | .80** | | | | | | |
| S | -.25** | .01 | .75** | .69** | .70** | | | | | |
| H | -.27** | -.09* | .77** | .74** | .74** | .67** | | | | |
| ANG | -.07 | -.05 | .46** | .37** | .45** | .41** | .48** | | | |
| RS | .55** | .05 | -.39** | -.39** | -.41** | -.35** | -.35** | -.45** | | |
| LS | .35** | .06 | -.33** | -.36** | -.32** | -.25** | -.33** | -.27** | .49** | |

p* < .05, p** < .01 AV: Avoidance Dimension, AN: Anxiety Dimension, O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative Valence, AF: Affiliative Style, SE: Self-enhancing Style, AG: Aggressive Style, SD: Self-defeating Style, I: Intimacy, P: Passion, D/C: Decision/Commitment, CH: Coping Based humor, PP: Psychological Problems, ANX: Anxiety, D: Depression, NS: Negative Self, S: Somatization, H: Hostility, ANG: Trait Anger, RS: Relationship Satisfaction, LS: Life Satisfaction

5.13. Regression Analyses

5.13.1. Six Sets of Hierarchical Multiple Regressions

Six sets of hierarchical multiple regression analyses were conducted to examine the associations among the variables of the study. Following the model presented in the Introduction section, hierarchical multiple regression analyses were performed in six sets to reveal the associates of the (i) Humor (Coping Based Humor and Humor Styles), (ii) Intimacy, (iii) Anger, (iv) Relationship Satisfaction, (v) Psychological Problems, and (vi) Life Satisfaction.

5.13.2. Variables Associated with Coping Based Humor

Separate hierarchical multiple regression analyses were conducted to reveal the significant associates of Coping Based Humor.

Variables were entered into the equation via two steps. In the first step, attachment variables (Anxiety and Avoidance) were hierarchically entered into the equation which were not significantly associated with the dependent variable. Next, basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) were hierarchically entered into the equation.

Hierarchical regression analyses run for Coping Based Humor revealed that none of the attachment dimensions had significant association with Coping Based Humor. Thus, these variables did not enter in the equation on the second step. Among basic personality traits, Extraversion ($\beta = .23$, $t [517] = 5.28$, $p < .001$) was significantly associated with Coping Based Humor. Extraversion

explained 5 % of the variance ($F [1, 517] = 27.86, p <.001$). Following this personality trait, Conscientiousness ($\beta = -.10, t [516] = -2.34, p <.05$) had significant association with Coping Based Humor and the explained variance increased to 6 % ($F_{change} [1, 516] = 5.49, p <.05$). After these two personality traits, Neuroticism ($\beta = -.11, t [515] = -2.32, p <.05$) significantly associated with Coping Based Humor and increased the explained variance to 7 % ($F_{change} [1, 515] = 5.39, p <.05$). Self-Enhancing Humor ($\beta = .56, t [514] = 15.77, p <.001$) and Aggressive Humor ($\beta = .14, t [513] = 4.08, p <.001$) significantly associated with Coping Based Humor. Self-Enhancing Humor increased the explained variance to 37 % ($F_{change} [1, 514] = 248.57, p <.001$) whereas Aggressive Humor increased the explained variance to 39 % ($F_{change} [1, 513] = 16.67, p <.001$). Results are presented on Table 5.90.

Totally, three personality traits as Extraversion, Conscientiousness and Neuroticism, Self-Enhancing and Aggressive Humor Styles had significant associations with Coping Based Humor. That is, participants who were more extraverted, less conscientious and less neurotic using self-enhancing and aggressive humor more were more likely to use humor as a coping mechanism compared to participants who were less extraverted, more conscientious, more neurotic, using self-enhancing and aggressive humor less.

Table 5.90. Variables Associated with Coping Based Humor

| | F_{change} | df | β | t (within set) | R² |
|----------------------------|---------------------------|-----------|---------------------------|-----------------------|----------------------|
| Dependent Variable | | | | | |
| Coping Based Humor | n. s. | | | n.s. | |
| Step 1: Attachment | | | | | |
| Step 2: Personality | | | | | |
| Extraversion | 27.86** | 1,517 | .23 | 5.28** | .05 |
| Conscientiousness | 5.49* | 1,516 | -.10 | -2.34* | .06 |
| Neuroticism | 5.39* | 1,515 | -.11 | -2.32* | .07 |
| Step 3: Humor | | | | | |
| Self-Enhancing | 248.57** | 1,514 | .56 | 15.77** | .37 |
| Aggressive | 16.67** | 1,513 | .14 | 4.08** | .39 |

* $p < .05$, ** $p < .001$

5.13.3. Variables Associated with Intimacy

Separate hierarchical multiple regression analyses were conducted to reveal the significant associates of Intimacy.

Variables were entered into the equation via three steps. In the first step, attachment variables (Anxiety and Avoidance) were entered hierarchically into the equation. Next, basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) were hierarchically entered into the equation. After that, Coping Based Humor and humor styles (Affiliative Humor, Self-Enhancing Humor, Aggressive Humor, and Self-Defeating Humor) were entered into the equation.

Hierarchical regression analyses run for Intimacy revealed that among attachment dimensions, both Avoidance ($\beta = -.41$, $t [517] = -10.15$, $p < .001$) and Anxiety ($\beta = -.10$, $t [516] = -2.31$, $p < .05$) were significantly associated with

Intimacy. Avoidance explained 17 % of the variance ($F [1, 517] = 103.04, p <.001$). Following this dimension, Anxiety increased the variance to 18 % ($F_{change} [1, 516] = 5.31, p <.05$). After these two attachment dimensions, Negative Valence ($\beta = -.15, t [515] = -3.63, p <.001$) was significantly associated with Intimacy and increased the explained variance to 20 % ($F_{change} [1, 515] = 13.14, p <.001$). Affiliative Humor ($\beta = -.12, t [514] = -2.73, p <.01$) was associated with Intimacy and the explained variance was increased to 21 % ($F_{change} [1, 514] = 7.43, p <.01$). After that, Self-Defeating Humor ($\beta = .11, t [513] = 2.52, p <.05$) was associated with Intimacy, increasing the explained variance to 22 % ($F_{change} [1, 513] = 6.36, p <.05$). Results are presented on Table 5.91.

Totally, two attachment dimensions as Avoidance and Anxiety with a personality trait as Negative Valence and two humor styles (Affiliative and Self-Destructive styles) had significant associations with Intimacy. That is, participants who were less avoidant and anxious, with less negative valence using affiliative style less whereas using self-defeating humor style more were more likely to be intimate than participants who were more avoidant and anxious with higher negative valence, using affiliative style more and self-defeating style less.

Table 5.91. Variables Associated with Intimacy

| | F_{change} | df | β | t (within set) | R^2 |
|------------------------------------|--------------|-------|---------|------------------|-------|
| Dependent Variable Intimacy | | | | | |
| Step 1: Attachment | | | | | |
| Avoidance | 103.04*** | 1,517 | -.41 | -10.15*** | .17 |
| Anxiety | 5.31* | 1,516 | -.10 | -2.31* | .18 |
| Step 2: Personality | | | | | |
| Negative Valence | 13.14*** | 1,515 | -.15 | -3.63*** | .20 |
| Step 3: Humor | | | | | |
| Affiliative Style | 7.43** | 1,514 | -.12 | -2.73** | .21 |
| Self-Defeating Style | 6.36* | 1,513 | .11 | 6.36* | .22 |

* $p < .05$, ** $p < .01$, *** $p < .001$

5.13.4. Variables Associated with Psychological Problems

Separate hierarchical multiple regression analyses were conducted to reveal the significant associates of Psychological Problems.

Variables were entered into the equation via four steps. In the first step, attachment variables (Anxiety and Avoidance) were hierarchically entered into the equation. Next, basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) were hierarchically entered into the equation. After that, Coping Based Humor and humor styles were entered into the equation. Following that, Intimacy was entered into the equation as the fourth step.

Hierarchical regression analyses run for Psychological Problems revealed that among attachment dimensions, both Anxiety ($\beta = .47$, t [517] = 11.98, $p < .001$) and Avoidance ($\beta = .24$, t [516] = 5.58, $p < .001$) were significantly associated with Psychological Problems. Anxiety explained 22 % of the variance (F [1, 517] = 143.55, $p < .001$). Following this dimension, Avoidance increased the variance to 26 % (F_{change} [1, 516] = 31.08, $p < .001$). After these two

attachment dimensions, Neuroticism ($\beta = .34$, $t [515] = 9.35$, $p <.001$) was significantly associated with Psychological Problems and increased the explained variance to 37 % ($F_{change} [1, 515] = 87.49$, $p <.001$). Next, Conscientiousness ($\beta = -.11$, $t [514] = -3.17$, $p <.01$) was significantly associated with Psychological Problems and increased the explained variance to 38 % ($F_{change} [1, 514] = 10.02$, $p <.01$). After these two personality traits, Self-Defeating Humor ($\beta = .15$, $t [513] = 4.02$, $p <.001$) and Affiliative Humor ($\beta = -.09$, $t [512] = -2.35$, $p <.05$) were associated with Psychological Problems. Self-Defeating Humor increased the explained variance to 40 % ($F_{change} [1, 513] = 16.12$, $p <.001$) whereas Affiliative Humor increased the explained variance to 41 % ($F_{change} [1, 512] = 5.54$, $p <.05$). Following these humor styles, Intimacy ($\beta = -.12$, $t [511] = -3.06$, $p <.01$) was also significantly associated with Psychological Problems increasing the explained variance to 42 % ($F_{change} [1, 511] = 9.37$, $p <.01$). Results are presented on Table 5.92.

Totally, two attachment dimensions as Avoidance and Anxiety, two personality traits as Neuroticism and Conscientiousness, Self-Defeating and Affiliative Styles, and Intimacy had significant associations with Psychological Problems. That is, participants who were highly avoidant, anxious, and neurotic, with less conscientiousness and intimacy, using self-defeating humor more and affiliative style less were likely to report more symptoms than participants who were less avoidant, anxious, and neurotic, with more conscientiousness and intimacy, using self-defeating humor less and affiliative humor more.

Table 5.92. Variables Associated with Psychological Problems

| | F_{change} | df | β | t (within set) | R^2 |
|----------------------------|---------------------|-------|---------|------------------|-------|
| Dependent Variable | | | | | |
| Psychological Problems | | | | | |
| Step 1: Attachment | | | | | |
| Anxiety | 143.55*** | 1,517 | .47 | 11.98*** | .22 |
| Avoidance | 31.08*** | 1,516 | .24 | 5.58*** | .26 |
| Step 2: Personality | | | | | |
| Neuroticism | 87.49*** | 1,515 | .34 | 9.35*** | .37 |
| Conscientiousness | 10.02** | 1,514 | -.11 | -3.17** | .38 |
| Step 3: Humor | | | | | |
| Self-Defeating | 16.12*** | 1,513 | .15 | 4.02*** | .40 |
| Affiliative | 5.54* | 1,512 | -.09 | -2.35* | .41 |
| Step 4: Intimacy | | | | | |
| Intimacy | 9.37** | 1,511 | -.13 | -3.61** | .42 |

* $p < .05$, ** $p < .01$, *** $p < .001$

5.13.5. Variables Associated with Anger

Separate hierarchical multiple regression analyses were conducted to reveal the significant associates of Anger.

Variables were entered into the equation via five steps. In the first step, attachment variables (Anxiety and Avoidance) were entered hierarchically into the equation. Next, basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) were hierarchically entered into the equation. After that, Coping Based Humor and humor styles were entered into the equation. Following that, Intimacy and later psychological problems (Anxiety, Depression, Negative Self, Somatization, Hostility) were entered into the equation as the last step.

Hierarchical regression analyses run for Anger revealed that among attachment dimensions, both Anxiety ($\beta = .39$, $t [517] = 9.64$, $p < .001$) and Avoidance ($\beta = .25$, $t [516] = 5.65$, $p < .001$) were significantly associated with

Anger. Anxiety explained 15 % of the variance ($F_{change} [1, 517] = 92.95, p <.001$). Following this dimension, Avoidance increased the variance to 20 % ($F_{change} [1, 516] = 31.92, p <.001$). After these two attachment dimensions, Neuroticism ($\beta = .29, t [515] = 7.38, p <.001$) was significantly associated with Anger and increased the explained variance to 28 % ($F_{change} [1, 515] = 54.53, p <.001$). Following Neuroticism, Extraversion ($\beta = .12, t [514] = 3.13, p <.01$) was significantly associated with Anger increasing the explained variance to 29 % ($F_{change} [1, 514] = 4.91, p <.01$). After these two personality traits, Agreeableness ($\beta = -.11, t [513] = -2.73, p <.01$) was also significantly associated with Anger increasing the explained variance to 30 % ($F_{change} [1, 513] = 7.46, p <.01$). Lastly, Openness to Experience ($\beta = .12, t [512] = 2.44, p <.05$) was significantly associated with Anger and increased the explained variance to 31 % ($F_{change} [1, 512] = 5.94, p <.05$). Next, Aggressive Humor ($\beta = .33, t [511] = 8.49, p <.001$), Affiliative Humor ($\beta = -.21, t [510] = -5.41, p <.001$), and Self-Defeating Humor ($\beta = .14, t [509] = 3.61, p <.001$) were significantly associated with Anger. Aggressive Humor increased the explained variance to 40 % ($F_{change} [1, 511] = 72.07, p <.001$). Explained variance was increased to 43 % by Affiliative Humor ($F_{change} [1, 510] = 29.22, p <.001$) and to 44 % by Self-Defeating Humor ($F_{change} [1, 509] = 13.06, p <.001$). After humor styles, Intimacy Humor ($\beta = .09, t [508] = 2.29, p <.05$) was significantly associated with Anger and increased the explained variance to 45 % ($F_{change} [1, 508] = 5.25, p <.05$). As the last step, Hostility Humor ($\beta = .24, t [507] = 5.95, p <.001$) was significantly associated with Anger and increased the explained variance to 48 % ($F_{change} [1, 507] = 35.36, p <.001$). Results are presented on Table 5.93.

Totally, two attachment dimensions as Avoidance and Anxiety, four personality traits as Neuroticism, Extraversion, Agreeableness, and Openness to Experience, three humor styles (Aggressive Style, Affiliative Style, and Self-Defeating Style), Intimacy and Hostility had significant associations with Anger. That is, participants who were less avoidant, anxious, neurotic, extraverted, and open to new experiences, more agreeable, using aggressive and self-defeating style less with the usage of affiliative style, reporting more hostility were more likely to feel anger than participants who were more avoidant and anxious with higher neuroticism, extraversion, and openness to experience using aggressive and affiliative styles more whereas using affiliative style less and high in agreeableness.

Table 5.93. Variables Associated with Anger

| | F_{change} | df | β | t (within set) | R^2 |
|---------------------------------------|---------------------|-------|---------|------------------|-------|
| Dependent Variable Anger | | | | | |
| Step 1: Attachment | | | | | |
| Anxiety | 92.95*** | 1,517 | .39 | 9.64*** | .15 |
| Avoidance | 31.92*** | 1,516 | .25 | 5.65*** | .20 |
| Step 2: Personality | | | | | |
| Neuroticism | 54.53*** | 1,515 | .29 | 7.38*** | .28 |
| Extraversion | 9.77** | 1,514 | .12 | 3.13** | .29 |
| Agreeableness | 7.46** | 1,513 | -.11 | -2.73** | .30 |
| Openness to Experience | 5.94* | 1,512 | .12 | 2.44* | .31 |
| Step 3: Humor | | | | | |
| Aggressive Humor | 72.07*** | 1,511 | .33 | 8.49*** | .40 |
| Affiliative Humor | 29.22*** | 1,510 | -.21 | -5.41*** | .43 |
| Self-Defeating H. | 13.06*** | 1,509 | .14 | 3.61*** | .44 |
| Step 4: Intimacy | | | | | |
| Intimacy | 5.25* | 1,508 | .09 | 2.29* | .45 |
| Step 5: Psychological Problems | | | | | |
| Hostility | 35.36*** | 1,507 | .24 | 5.95*** | .48 |

* $p < .05$, ** $p < .01$, *** $p < .001$

5.13.6. Variables Associated with Relationship Satisfaction

Separate hierarchical multiple regression analyses were conducted to reveal the significant associates of Relationship Satisfaction.

Variables were entered into the equation via six steps. In the first step, attachment variables (Anxiety and Avoidance) were hierarchically entered into the equation. Next, basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) were hierarchically entered into the equation. After that, Coping Based Humor and humor styles were entered into the equation. Following that, Intimacy

was entered into the equation as the fourth step. In the fifth step psychological problems (Anxiety, Depression, Negative Self, Somatization, Hostility) were entered. In the last step, anger experience and expression styles (Trait Anger, Anger Control, Suppressed Anger, Negatively Expressed Anger) were added to the equation.

Hierarchical regression analyses run for Relationship Satisfaction revealed that among attachment dimensions, both Avoidance ($\beta = -.60$, $t [517] = -16.89$, $p < .001$) and Anxiety ($\beta = -.11$, $t [516] = -2.65$, $p < .01$) were significantly associated with Relationship Satisfaction. Avoidance explained 35.6 % of the variance ($F [1, 517] = 285.315$, $p < .001$). Following this dimension, Anxiety increased the variance to 36.4 % ($F_{change} [1, 516] = 7.02$, $p < .01$). After these two attachment dimensions, Conscientiousness ($\beta = .09$, $t [515] = 2.41$, $p < .05$) was significantly associated with Relationship Satisfaction and increased the explained variance to 37 % ($F_{change} [1, 515] = 5.79$, $p < .05$). After this personality trait, Aggressive Humor ($\beta = -.16$, $t [514] = -4.18$, $p < .001$) was significantly associated with Relationship Satisfaction increasing the explained variance to 39 % ($F_{change} [1, 514] = 17.51$, $p < .001$). Following Aggressive Humor, Intimacy ($\beta = .38$, $t [513] = 10.94$, $p < .001$) was also significantly associated with Relationship Satisfaction, and the explained variance was increased to 51 % ($F_{change} [1, 513] = 119.58$, $p < .001$). Next, Depression ($\beta = -.16$, $t [512] = -4.46$, $p < .001$) was significantly associated with Relationship Satisfaction increasing the explained variance to 54 % ($F_{change} [1, 512] = 19.90$, $p < .001$). Negatively Expressed Anger ($\beta = -.16$, $t [511] = -4.25$, $p < .001$) and Anger Control ($\beta = -.09$, $t [510] = -2.91$, $p < .01$) were significantly associated with Relationship Satisfaction. Negatively

Expressed Anger increased the explained variance to 54 % (F_{change} [1, 511] = 18.05, $p < .001$) whereas Anger Control increased the explained variance to 55 % (F_{change} [1, 510] = 8.48, $p < .01$) Results are presented on Table 5.94.

Totally, two attachment dimensions as Avoidance and Anxiety, Conscientiousness, Aggressive Humor Style, Intimacy, Depression, Negatively Expressed Anger, and Anger Control had significant associations with Relationship Satisfaction. That is, participants who were less avoidant, anxious, depressive, expressing anger less negatively with less anger control, more conscientiousness and intimacy using less aggressive humor were likely to have more relationship satisfaction than participants using aggressive humor who were more avoidant, anxious, depressive, expressing anger in more negative ways, with less conscientiousness and intimacy.

Table 5.94 Variables Associated with Relationship Satisfaction

| | F_{change} | df | β | t (within set) | R^2 |
|---------------------------------------|--------------|-------|---------|------------------|-------|
| Dependent Variable | | | | | |
| Relationship Satis. | | | | | |
| Step 1: Attachment | | | | | |
| Avoidance | 285.32*** | 1,517 | -.60 | -16.89*** | .356 |
| Anxiety | 7.02** | 1,516 | -.11 | -2.65** | .364 |
| Step 2: Personality | | | | | |
| Conscientiousness | 5.79* | 1,515 | .09 | 2.41* | .37 |
| Step 3: Humor | | | | | |
| Aggressive Humor | 17.51*** | 1,514 | -.16 | -4.18*** | .39 |
| Step 4: Intimacy | | | | | |
| Intimacy | 119.58*** | 1,513 | .38 | 10.94*** | .51 |
| Step 5: Psychological Problems | | | | | |
| Depression | 19.90*** | 1,512 | -.16 | -4.46*** | .53 |
| Step 6: Anger | | | | | |
| Negatively Expressed Anger | 18.05*** | 1,511 | -.16 | -4.25*** | .54 |
| Anger Control | 8.48** | 1,510 | -.09 | -2.91** | .55 |

* $p < .05$, ** $p < .01$, *** $p < .001$

5.13.7. Variables Associated with Life Satisfaction

Separate hierarchical multiple regression analyses were conducted to reveal the significant associates of Life Satisfaction.

Variables were entered into the equation via six steps. In the first step, attachment variables (Anxiety and Avoidance) were hierarchically entered into the equation. Next, basic personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Negative Valence) were hierarchically entered into the equation. After that, Coping Based Humor and humor styles were entered into the equation. Following that, Intimacy was entered into the equation as the fourth step. In the fifth step, psychological problems (Anxiety, Depression, Negative Self, Somatization, Hostility) were entered. In the last step, anger experience and expression styles (Trait Anger, Anger Control, Suppressed Anger, Negatively Expressed Anger) were added to the equation.

Hierarchical regression analyses run for Life Satisfaction revealed that among attachment dimensions, both Avoidance ($\beta = -.35$, $t [517] = -8.53$, $p < .001$) and Anxiety ($\beta = -.16$, $t [516] = -3.40$, $p < .01$) were significantly associated with Life Satisfaction. Avoidance explained 12 % of the variance ($F [1, 517] = 72.74$, $p < .001$). Following this dimension, Anxiety increased the variance to 14 % ($F_{change} [1, 516] = 11.54$, $p < .01$). After these two attachment dimensions, Openness to Experience ($\beta = .18$, $t [515] = 4.49$, $p < .001$) was significantly associated with Life Satisfaction and increased the explained variance to 18 % ($F_{change} [1, 515] = 20.15$, $p < .001$). Self-Enhancing Humor ($\beta = .09$, $t [514] = 2.19$,

$p < .05$) and Self-Defeating Humor ($\beta = -.12$, $t [513] = -2.67$, $p < .01$) were associated with Life Satisfaction. Self-Enhancing Humor increased the explained variance to 18.2 % ($F_{change} [1, 514] = 4.81$, $p < .05$) whereas Self-Defeating Humor increased the explained variance to 19.4 % ($F_{change} [1, 513] = 7.12$, $p < .01$). Intimacy ($\beta = .21$, $t [512] = 4.94$, $p < .001$) was also significantly associated with Life Satisfaction increasing the explained variance to 23 % ($F_{change} [1, 512] = 24.38$, $p < .001$). Next, Depression ($\beta = -.18$, $t [511] = -3.90$, $p < .001$) was significantly associated with Life Satisfaction. Depression increased the explained variance to 25 % ($F_{change} [1, 511] = 15.17$, $p < .001$). Results are presented on Table 5.95.

Totally, two attachment dimensions as Avoidance and Anxiety, Openness to Experience, Self-Enhancing and Self-Defeating Humor Styles, Intimacy, and Depression had significant associations with Life Satisfaction. That is, participants who were less avoidant, anxious, and depressive with more openness to experience and intimacy, using self-enhancing humor more whereas using self-defeating humor less were likely to report more life satisfaction than participants who were more avoidant, anxious, and depressive with less openness to experience and intimacy, using self-defeating humor more and self-enhancing humor less.

Table 5.95. Variables Associated with Life Satisfaction

| | F_{change} | df | β | t (within set) | R² |
|---------------------------------------|---------------------------|-----------|---------------------------|-----------------------|----------------------|
| Dependent Variable | | | | | |
| Life Satisfaction | | | | | |
| Step 1: Attachment | | | | | |
| Avoidance | 72.74*** | 1,517 | -.35 | -8.53*** | .12 |
| Anxiety | 11.54** | 1,516 | -.16 | -3.40** | .14 |
| Step 2: Personality | | | | | |
| Openness to Experience | 20.15*** | 1,515 | .18 | 4.49*** | .18 |
| Step 3: Humor | | | | | |
| Self-Enhancing | 4.81* | 1,514 | .09 | 2.19* | .182 |
| Self-Defeating | 7.12** | 1,513 | -.12 | -2.67** | .19 |
| Step 4: Intimacy | | | | | |
| Intimacy | 24.38*** | 512 | .21 | 4.94*** | .23 |
| Step 5: Psychological Problems | | | | | |
| Depression | 15.17*** | 511 | -.18 | -3.90*** | .25 |
| Step 6: Anger | n.s. | | | n.s. | |

* $p < .05$, ** $p < .01$, *** $p < .001$

5.14. Test of the Model

Due to the regression analyses, the relations between the constructs have been proposed to be as in the hypothesized model (see Figure 5.35). A sample consisting of 200 males and 319 females (N = 519) who were between 18 and 65 years old participated in the present study.

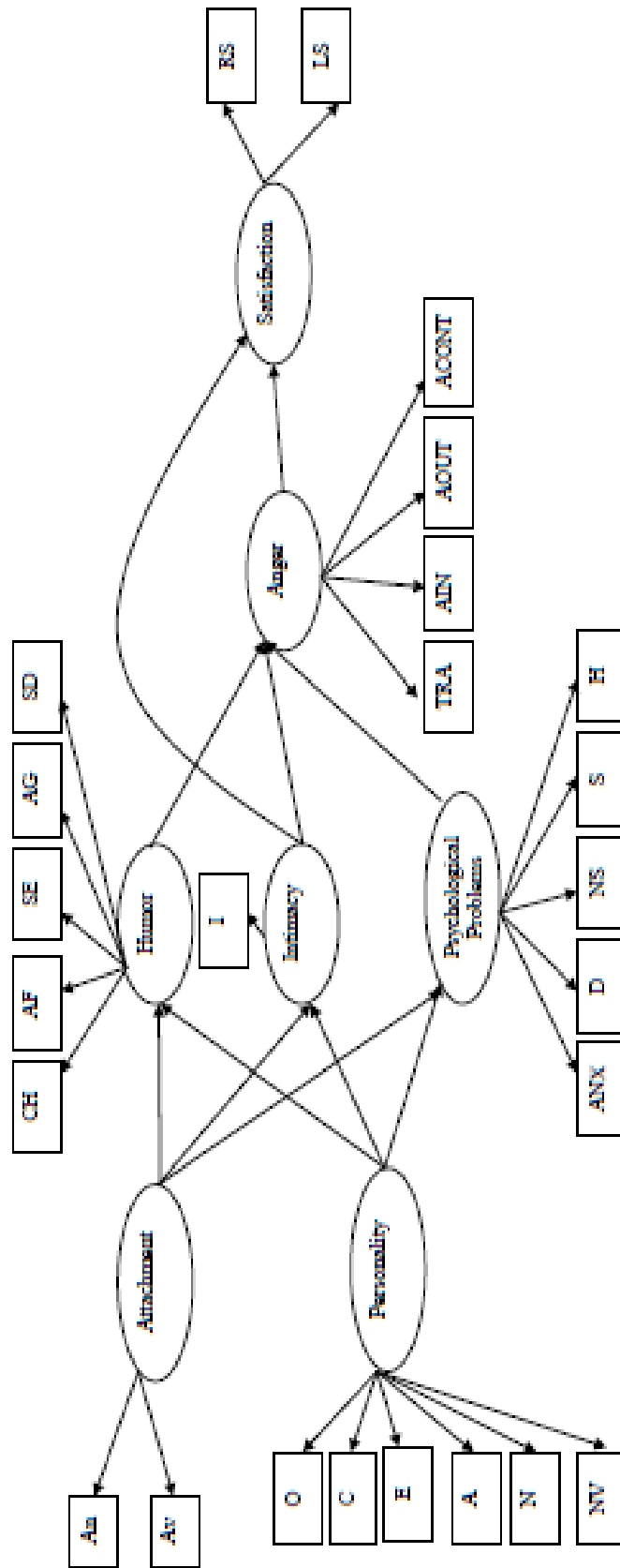
5.14.1. The Hypothesized Model

The hypothesized model is presented in Figure 5.35. Circles represent latent variables, and rectangles represent measured variables. Absence of a line connecting variables implies no hypothesized direct effect.

The hypothesized model examined the predictors of humor, intimacy, and psychological problems which were also supposed to predict anger and satisfaction. Attachment was a latent variable with two indicators which were

anxiety and avoidance dimensions. Personality was a latent variable with six indicators which were openness to experience, conscientiousness, extraversion, agreeableness, neuroticism, and negative valence. It was hypothesized that personality was predicted by attachment. Furthermore attachment and personality were supposed to predict humor (a latent variable with 5 indicators: coping based humor, affiliative humor style, self-enhancing humor style, aggressive humor style, and self-defeating humor style), intimacy (a latent variable with one indicator), and psychological problems, a latent variable with 5 indicators which were depression, anxiety, somatization, negative self, and hostility. Humor, intimacy, and psychological problems were supposed to predict anger (a latent variable with 4 indicators: trait anger, anger control, anger suppression, and anger expression). Satisfaction, a latent variable with 2 indicators which were relationship satisfaction and life satisfaction, was supposed to be predicted by anger and intimacy.

Figure 5.35. Hypothesized Model



AV: Avoidance Dimension, AN: Anxiety Dimension, O: Openness to Experience, C: Conscientiousness, E: Extraversion, A: Agreeableness, N: Neuroticism, NV: Negative
 Valence, AF: Affiliative Style, SE: Self-enhancing Style, AG: Aggressive Style, SD: Self-defeating Style, I: Inimicity, CH: Coping Based Humor, ANX: Anxiety, D:
 Depression, NS: Negative Self, S: Socialization, H: Hostility, TRA: Trait Anger, ADN: Suppressed Anger, ACOUT: Negatively Expressed Anger, ACCONT: Anger Control, RS:
 Relationship Satisfaction, LS: Life Satisfaction

5.14.2. Model Estimation

A confirmatory factor analysis (CFA) was performed by structural equation modeling through LISREL 8.80. In the application of CFA, covariance matrix attained from twenty-six indicators was used. The loadings for attachment were .60 for anxiety dimension and .78 for avoidance dimension. For personality, the loadings range from .45 (neuroticism) to .67 (openness to experience and extraversion). For humor, the loadings were between .04 (coping based humor) and -.63 (self-defeating humor). Intimacy was a latent variable with one indicator and the error variance was set to zero. For psychological problems the loadings were between .78 (somatization) to .95 (anxiety). The loadings for anger range from .08 (anger control) to .90 (trait anger). For satisfaction, the loadings were .56 (life satisfaction) and .89 (relationship satisfaction). The relationships between individual factors, relationship styles, psychological problems, anger, and satisfaction were shown in Table 2.

First analysis of measurement model shows that the fitness of model was fair, $\chi^2(255, N = 519) = 1706.833, p < .001$. The modification indices suggested to add an error covariance between anger control and anger suppression (with a decrease of 118.0 in chi-square) and between coping based humor and self-enhancing humor (with a decrease of 182.4 in chi-square). As the anger control and coping based humor were found to have low reliability, modifications were performed in an attempt to develop a better fitting and more parsimonious model by deleting these indicators. Furthermore, it was suggested to add an error covariance between self-defeating humor and affiliative humor (with a decrease of 68.3 in chi-square), self-enhancing humor (with a decrease of 74.1 in chi-square),

and aggressive humor (with a decrease of 65.8 in chi-square). Adding an error covariance between self-enhancing humor and affiliative humor was also suggested (with a decrease of 62.3 in chi-square). After the modifications, the model has a better fit although the chi-square is significant, $\chi^2 (207, N = 519) = 979.575, p < .05$, RMSEA = .090, GFI = .85, AGFI = .80, CFI = .94, NFI = .92; $\chi^2/df = 4.73$. The chi-square difference test indicated that the model was significantly improved by the modifications, $\chi^2_{\Delta} (48, N = 519) = 727.258, p < .05$.

Table 5.96. Latent Variables, Indicators and Loadings

| Latent Variable | Indicator | Loading |
|------------------------|---------------------------|----------------|
| Attachment | Anxiety Dimension | .60 |
| | Avoidance Dimension | .78 |
| Personality | Openness to Experience | .67 |
| | Conscientiousness | .52 |
| | Extraversion | .67 |
| | Agreeableness | .64 |
| | Neuroticism | -.45 |
| | Negative Valence | -.53 |
| Humor | Coping Based Humor | .04 |
| | Affiliative Humor | .44 |
| | Self-Enhancing Humor | .20 |
| | Aggressive Humor | -.54 |
| | Self-Defeating Humor | -.63 |
| Intimacy | Intimacy | 1.00 |
| Anger | Trait Anger | .90 |
| | Anger Control | .08 |
| | Anger Suppression | .64 |
| | Negative Anger Expression | .88 |
| Psychological Problems | Anxiety | .95 |
| | Depression | .88 |
| | Negative Self | .91 |
| | Somatization | .78 |
| | Hostility | .82 |
| Satisfaction | Relationship Satisfaction | .89 |
| | Life Satisfaction | .56 |

Table 5.97. Correlation Coefficients of Latent Variables

| | Attachment | Personality | Humor | Psychological Problems | Anger | Intimacy |
|-------------------------------|------------|-------------|-------|------------------------|-------|----------|
| Attachment | | | | | | |
| Personality | -.280 | | | | | |
| Humor | -.796 | .223 | | | | |
| Psychological Problems | .640 | -.379 | -.509 | | | |
| Anger | .686 | -.207 | -.846 | .533 | | |
| Intimacy | -.433 | .235 | .345 | -.302 | -.170 | |
| Satisfaction | -.565 | .229 | .590 | -.419 | -.564 | .639 |

The direct effect model was tested and the results indicated the model fit well whereas the paths from personality to satisfaction and anger, the paths from humor, and psychological problems to satisfaction were not significant (χ^2 (211, N = 519) = 1045.451, $p < .05$, RMSEA = .091, GFI = .84, AGFI = .79, CFI = .93, NFI = .92; $\chi^2/df = 4.96$). Structural model was tested and the goodness of fit statistics revealed a good fit (χ^2 (215, N = 519) = 1038.306, $p < .05$, RMSEA = .092, GFI = .84, AGFI = .79, CFI = .93, NFI = .92; $\chi^2/df = 4.83$). However the path from personality to humor ($r = .03$, $t < 1.96$) was not significant. The difference between the direct effect model and structural model was not significant, χ^2_{Δ} (4, N = 519) = -7.145, $p > .05$. After deleting the path from personality to humor in order to improve the fit of the model, the structural model (see Figure 5.36) was tested (χ^2 (216, N = 519) = 1038.530, $p < .05$, RMSEA =

.091, GFI = .84, AGFI = .79, CFI = .93, NFI = .92; $\chi^2/df = 4.81$). The difference between the structural models was not significant, $\chi^2_{\Delta}(1, N = 519) = .224, p > .05$.

5.14.3. Direct Effects

Personality traits (unstandardized coefficient = .28, $p < .05$) and humor styles used (unstandardized coefficient = .80, $p < .05$) were predicted by attachment. Intimacy was predicted by attachment (unstandardized coefficient = -.40, $p < .05$) and personality traits (unstandardized coefficient = .12, $p < .05$). Similarly, attachment (unstandardized coefficient = .58, $p < .05$) and personality traits (unstandardized coefficient = -.22, $p < .05$) predicted psychological problems. Anger was predicted by humor styles (unstandardized coefficient = -.82, $p < .05$), intimacy (unstandardized coefficient = .16, $p < .05$), and psychological problems (unstandardized coefficient = .17, $p < .05$). Anger predicted satisfaction (unstandardized coefficient = -.47, $p < .05$) which was also predicted by intimacy (unstandardized coefficient = .56 $p < .05$).

5.14.4. Indirect Effects

Personality served as a mediating variable between attachment and intimacy (unstandardized indirect effect coefficient: -.04, $p < .05$). 9 % of the variance on intimacy explained by attachment is via personality. Also, the relationship between attachment and psychological problems is mediated by personality, explaining a 9 % of the variance on psychological problems (unstandardized indirect effect coefficient: .06, $p < .05$). Only an indirect effect of attachment on anger was hypothesized and 99 % of the variance on anger predicted by attachment was through personality, humor, intimacy, and psychological problems (unstandardized indirect effect coefficient: .69, $p < .05$). Majority of the effect of attachment on anger occurred through humor which

accounted for 52 % of the effect. The effect of attachment on satisfaction was 100 % indirect as hypothesized and the effect of personality was almost zero. The paths via anger accounted for the indirect effect of attachment on satisfaction. 28 % of the indirect effect was accounted for by the incorporation of humor whereas 26 % of the indirect effect was accounted for by the incorporation of intimacy. The incorporation of psychological problems explained 3 % of the indirect effect. The relationship between personality and anger was not significant (unstandardized indirect effect coefficient: $-.02, p >.05$). However, personality predicted satisfaction with the incorporation of intimacy, anger, and psychological problems. 100 % of the effects of humor (unstandardized indirect effect coefficient: $.38, p <.05$) and psychological problems (unstandardized indirect effect coefficient: $-.08, p <.05$) on satisfaction were through anger. 17 % of the variance on satisfaction caused by intimacy was through anger as well (unstandardized indirect effect coefficient: $.06, p <.05$).

The differentiation between adaptive and maladaptive humor styles and the possible different effects of positive (openness to experience, conscientiousness, extraversion, and agreeableness) and negative (neuroticism, negative valence) personality traits, the model was modified as shown in Figure 5.37.

The results indicated the model fit well ($\chi^2(214, N = 519) = 1028.211, p <.05, RMSEA = .090, GFI = .84, AGFI = .80, CFI = .93, NFI = .92; \chi^2/df = 4.81$). The difference between the structural models was significant, $\chi^2_{\Delta}(2, N = 519) = 10.319, p <.05$; so the model significantly improved with the modifications applied to personality traits and humor. Due to the model adaptive humor styles were

predicted by only attachment whereas positive personality traits were not effective on adaptive humor styles. Maladaptive humor styles were predicted by both attachment and negative personality traits. Adaptive humor styles predicted both intimacy and anger.

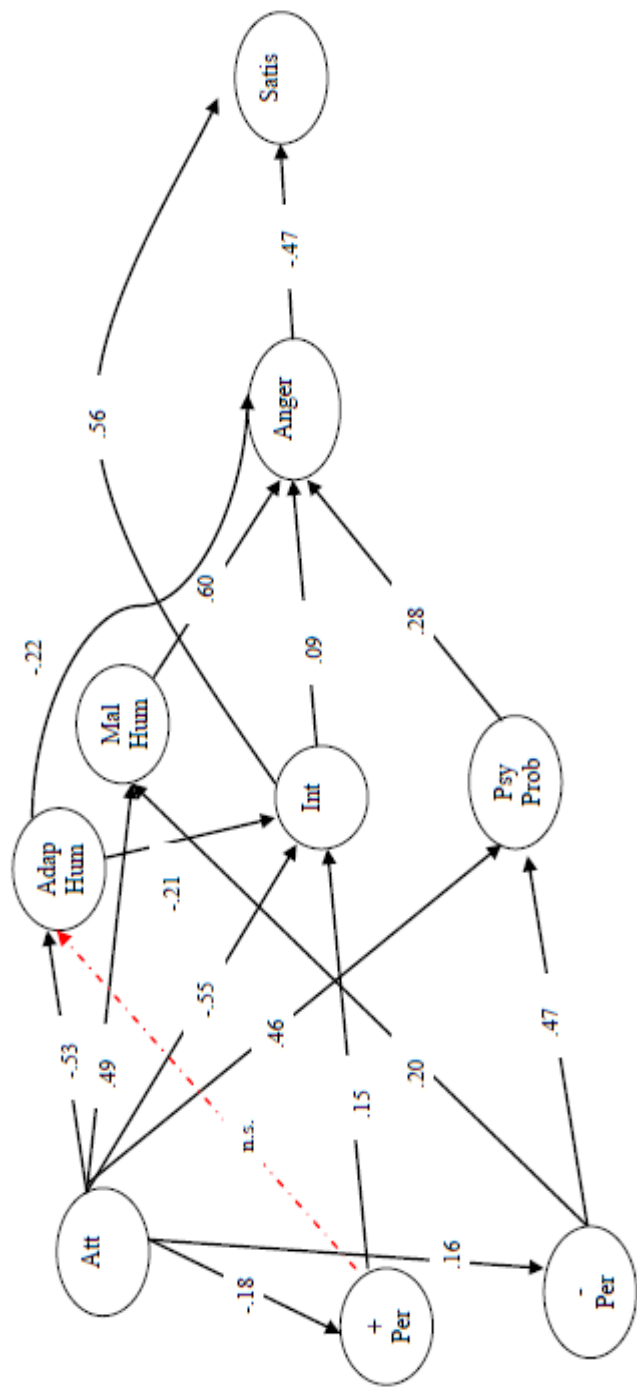


Figure 5.37. Modified Model (Last Version)

Att: Attachment, + Per: Positive Personality Traits, - Per: Negative Personality Traits, Adap Hum: Adaptive Humor, Mal Hum: Maladaptive Humor, Int: Intimacy, Psy Prob: Psychological Problems, Satis: Satisfaction

CHAPTER 6

DISCUSSION

This study examined the roles of attachment styles, personality traits and relationship satisfaction on psychological problems and life satisfaction with humor, intimacy and anger as moderators. Individuals having a romantic relationship were the focus of the study. The first chapter of the present thesis introduced the information about the study whereas the second chapter included the previous research that has focused on humor, attachment, personality, intimacy, psychological problems and relationship and life satisfaction. In the third chapter the process of adaptation of Sternberg's Triangular Love Scale has been reflected. The fourth chapter introduced the information about the sample and the method of the main study. In the fifth chapter, the results of the analyses were presented. In this chapter the results of the study will be discussed in the light of previous research, and limitations of the study, implications for future research and clinical applications will be provided.

6.1. General Evaluation of the Results

6.1.1. General Evaluation of Results in terms of Demographic Information

In order to meet the aims of the main study, first of all the differences were tested in terms of demographic information. Considering the attachment dimensions, differences have been found between groups depending on age, education level and relationship duration. According to the results, the oldest

group scored higher than the youngest group in avoidance whereas the two middle-age groups did not show any difference. This may be due to the preferences of aging people to avoid in order to hold the current position of their lives fixed. Furthermore, since they have settled their “intimate” relationships, forming new social connections is not their interest. So, avoiding more may be a preferred strategy to stay away from disappointment. The solidity of beliefs and expectations caused by their experience may be a reason for the label of “stubborn” used for older people. Because of this solidity, they may need to avoid contacts that would be problematic or difficult for them leading to the preference of standing on their own feet by not trusting on others.

Besides age, educational level is also effective on attachment dimension. Individuals with a university degree scored lower in anxiety dimension than individuals without a university degree. In a success-oriented culture such as Turkish culture, university graduates are more likely to have a positive self-view. Since anxiety dimension is self-focused (Cann et.al., 2008), not having a university degree might be feeding the negative self-view. Relationship duration also seemed to be important. Individuals in the longest relationship group and the shortest relationship group were the most avoidant groups. Since avoidance dimension is about “the trustable other”, this difference may be explained in terms of this lack of trust. An avoidant attached individual is expected to have difficulty in forming new relationships. Not being able to depend on another might lead to short but many relationships, since avoidant individuals withdraw from their partners easily (Simpson et.al., 1992), so that they can break up without trying to solve the problem. Another expectation would be long but fewer relationships in

case the avoidant individual may have a positive view of another. As the others are “untrustable”, being able to trust someone will lead to the tendency to continue with the relationship.

The genders were not different from each other in terms of attachment which is not consistent with Bartholomew and Horowitz’s (1991) finding that women were more preoccupied whereas men were more dismissively attached. This may be due to the changing roles in society that women and men have. As more women have been recruited, the roles in business and domestic life have been modified. The responsibilities and expectancies relevant to the relationships have been also reviewed. Depending on this process, males and females have become closer in terms of attachment styles and relationships.

In terms of personality traits, gender differences were observed for openness to experience. Males were more open to experience than females. This may be due to the cultural roles assigned to males and females. Although there have been changes in roles of males and females, there are still certain expectancies in Turkish culture. Introvert people are calm and quiet (Hewstone et.al.,2005) which are the expected characteristics from females in Turkey. The label “hanım hanımcık” that is used in Turkish for women having these characteristics is an example. However, extravert people look assertive, fun-loving, affectionate, and sociable which are more acceptable for males in our culture. This finding may be showing the tendency of reporting in the line of cultural expectations, not the real characteristics of the sample.

When age differences are considered, the youngest group aging between 18-23 was the least conscientious group that may be expected since this group is

in the late adolescence. Especially university students are included in this group and the responsibilities of the individuals are generally shared by their families. The older groups are responsible especially to work and earn which will add other responsibilities.

Furthermore, neuroticism was higher for the individuals aging between 18-30 than individuals aging 40 or more. The nervous, anxious and depressed characteristics might be more visible in these ages since the settling of life and increasing responsibilities are the stress-evoking situations in these years. As the individuals have to evaluate their coping mechanisms and develop new ones for the new problems, more neuroticism might be expected. The oldest group aging 40 or more seemed to be significantly less neurotic since they are better in coping as they have had more experience and adaptable coping mechanisms.

Having children is also important in terms of personality traits. Openness to experience and conscientiousness were higher whereas neuroticism was lower in individuals who had children. Raising children bring more responsibilities and being well-organized is sufficient. Although the responsibilities of having a child are more, it seems that the bonds and novelty brought up with a young one are more effective. Having siblings fewer than 3 is similar to not having children in terms of openness to experience and conscientiousness. The larger age difference in case of having more siblings may have the same results.

When humor styles are considered, males reported using aggressive style more compared to females. This finding is generally consistent with previous studies (Crawford & Gressley, 1991; Cann et.al., 2008) although in some studies males and females reported using aggressive style at a similar level (Campbell

et.al.,2008). This difference might be related to the cultural roles as well. Females might have reported using aggressive style less due to the expectations from females to stay calm although males are allowed to show their aggression in any way with some restrictions. Also, due to the superiority theories (Ferguson & Ford, 2008), males might be using aggressive humor style as a way to attain their self-esteem with the help of others' misfortunes. Besides, different needs for humor may exist between genders (Ziv & Gadish, 1989) and females may be in no need of using aggressive humor style whereas males do.

Age is also effective on humor styles. The youngest individuals aging from 18 to 23 reported using affiliative style more than the older individuals. There was no difference between the age groups in other humor styles. This may mean that starting from young adulthood, people use affiliative style less. However, since the present study is not a longitudinal study, this conclusion might be misleading. Despite, it can be stated that this difference may be related to the life stage that this age group is in. It can be concluded that as individuals start to work and get other responsibilities leaving the family's support, using affiliative style might be deficient or harder.

Having children and number of siblings are the other factors affecting the humor styles used. Individuals who had no children reported using affiliative and self-defeating style more. Generally, individuals having no children are younger and this effect may be related to the age differences. However, self-defeating humor style usage might be related to the psychological problems (Kazarian & Martin, 2004), low self-esteem (Martin et.al, 2003; Kazarian & Martin, 2004) and intrapersonal skills (Tümekaya et.al., 2008). As will be mentioned later, individuals

who had no children reported more psychological problems which are anxiety, depression, and hostility which might be related to the higher usage of self-defeating humor style. When number of siblings is considered, individuals having siblings less than three reported using affiliative style more. As the number of siblings increase, the material and immaterial sources to cope might be harder so that affiliative style is used less.

There has been a difference between groups in terms of relationship duration as well. The group with the shortest relationship duration (up to 2 years) reported the highest usage of affiliative style whereas the group with the longest relationship duration (14 – 41 years) reported using the least. This may show that using affiliative style decline as the time passes since the group with the longest relationship is expected to be the oldest group as well. Coping based humor does not change due to any demographic information. However, Chen and Martin (2007) have reported that in China males use coping based humor more than females whereas there has been no difference in Canada. They have stated that culture is an important factor. Similarly Oguz-Duran and Yuksel (2010) have stated that male and female university students have not been different in terms of using humor as a coping strategy. However, compared to the studies conducted in Western countries, Turkish students have reported using humor less which has been concluded as if humor is not important in oriental cultures. Since there has been no difference between males and females in coping based humor similar to Canada sample with the difference in the reported level of coping based humor compared to the Western countries, the question “Is Turkish culture an oriental culture?” remains. Turkey has been named as a developing country and although

oriental style of culture still exists, Western culture has effects on our culture as well. This may show that though humor is used as a coping mechanism, a hesitation of reporting of this usage still exists.

The three components of love, intimacy, passion, and decision/commitment are taken into account as well. The age groups differed only in terms of decision/commitment. The youngest group reported less commitment than the other three groups which might be expected since decision/commitment component is a matter of time in relationships. The beginning of relationships is related to passion and as time passes individuals decide whether to commit or not. Similarly, the individuals with the shortest relationship duration (up to 2 years) reported less decision/commitment. Also, education level was effective on intimacy and decision/component with individuals having university degree reported higher intimacy and decision/commitment. There was no difference in terms of passion which includes the sexual/physical matter that is innate rather than something learned.

When age groups were compared in terms of anger, interestingly the group aging between 24-30 and the group aging between 41-65 reported higher anger than the group aging between 18-23 and the group aging between 31-40. This difference may be due to the stages that they are in. For example, individuals graduated from university try to settle their lives and cope with unfamiliar problems as a step to adulthood. This stage is one of the most stressful durations in life which may lead higher anger and other negative feelings. However, at the age of 30s, generally life has been settled and regular problems are coped with which may lead less anger.

Psychological problems are also a matter of concern. Females reported more depression and somatization symptoms than males consistent with the previous research findings. Also, the youngest group aging between 18-23 reported more depression symptoms. Furthermore, this group had more hostility, anxiety and negative self. This group might be expected to show more symptoms depending on their preparation to settle their lives. Especially the future challenges such as finding a job, leaving family support, forming a family, and decisions concerning these topics are stress-evoking for this age group which might be leading more reports of symptoms.

Individuals with no university graduation reported more anxiety, depression, negative self and somatization as well. The reason might be similar to the previous group who age between 18-23 since most of this non-university graduate group would be at these ages. For relationship duration, the same conclusion can be made since the individuals having the shortest duration of relationship (up to 2 years) are generally at the same ages.

Interestingly, individuals not having children reported more symptoms concerning anxiety, depression, and hostility. Generally the responsibilities and stress of raising children might be expected to increase symptoms, however it seems to be opposite. This may be explained due to the focus of parents. As individuals become parent, they have to focus on their children and the problems concerning them rather than themselves. This may cause a declination of symptom reporting.

In conclusion, males are more open to experience, using aggressive style more, and reporting symptoms fewer compared to females. This may show that

males tend to live and have new experiences, however they show their anger through humor when they face a stressful situation. They may be reporting fewer symptoms maybe because of their coping strategies and focus on new experiences.

Individuals at the end of adolescence or beginning of the young adulthood are less conscientious, more neurotic, using affiliative style more, less committed to romantic relationships. Although they are less angry, more anxiety, negative self, depression and hostility symptoms are reported. Being at the stage of settling life and leaving the guarantee of family support, they may be feeling more anxious and related to this anxiety other symptoms may accrue.

Individuals with university graduation are less anxious attached, feeling more anger, intimacy and commitment, reporting less anxiety, depression, negative self, and somatization symptoms compared to non-university graduates. Since individuals with no university graduation are generally youngest group in the sample, these results may be due to the age and the stage of life they are in.

Having children is also an effective factor. Individuals with no children are less conscientious, open to experience and more neurotic, using affiliative and self-defeating humor styles and reporting anxiety, depression and hostility symptoms more compared to the individuals having children. This may show that having children enhance people's sense of responsibility, self-esteem to face novelty, and psychological health. With similar characteristics, individuals who have siblings more than two are more open to experience and conscientious, using affiliative humor style less than individuals who have fewer siblings. In the light of these two factors, which are having children and having siblings more than two, it

can be concluded that taking responsibilities for younger ones lead to more openness to experience, conscientiousness and usage of affiliative style more up to a degree.

The duration of relationship is also important. Individuals having relationship up to 2 years are more avoidant attached, less committed, using affiliative style and reporting psychological symptoms more. Similarly, individuals with relationship duration of at least 14 years are avoidant attached. However, this group use the affiliative style the least. Also they are more committed and reporting less psychological symptoms. In terms of commitment, it is expected to have more commitment in longer relationships whereas incline in affiliative style usage and psychological symptom reporting may leave question marks. Considering the difference for age groups in avoidance dimension (the oldest group is significantly more avoidant attached than the youngest group), the discrepancy caused by relationship duration on avoidance dimension should be evaluated. Avoidance dimension should be assessed separately for age and relationship duration.

6.1.2. General Evaluation of Results in terms of Attachment

When attachment is taken into account, openness to experience, conscientiousness, extraversion and agreeableness were higher for secure group whereas neuroticism and negative valence were higher for insecure group as hypothesized. In terms of the four styles of attachment, secure individuals were more open to experience and extraverted than preoccupied, fearful and dismissed individuals. Since secure individuals explore environment more confidently

(Cassidy & Berlin, 1994) because they are sure that the attachment figure is available in cases of need, new experiences lead them to look for new coping ways. With a higher self-knowledge and self-esteem, unfamiliar things are challenging rather than stressing for them. Social interactions are also easy for them. However, insecure groups are unavailable to explore and they perceive more threat so that they try to cope by avoiding social contacts, staying in familiar circle, obeying whatever said or other ways. Furthermore, negative valence was higher for preoccupied and fearful individuals than secure individuals. Preoccupied people view others more positive whereas they have a negative view of themselves (Cassidy, 2001). Similarly, fearful individuals view themselves negative. In a problematic situation, it is easier for them to make negative self-attributions. However, a securely attached individual would be more solution focused and adaptive.

Agreeableness was higher for secure and preoccupied individuals whereas neuroticism was lower compared to the fearful and dismissive individuals. Since preoccupied people care for others' view and approval of them (Bartholomew & Horowitz, 1991), being more agreeable would be an expected characteristic. However, dismissive and fearful individuals hold a negative view of other which would lead to less agreeableness. Social relations of preoccupied and secure individuals might be stronger and more important compared to dismissive and fearful individuals depending on this difference in view of others. This might be an explanation for the neuroticism which would be related to the social support attained from the social relationships.

Secure and dismissive individuals are similar in terms of conscientiousness. They are more conscientious than preoccupied and fearful individuals. The negative views for the self held by preoccupied and fearful individuals (Bartholomew & Horowitz, 1991) leading to low self-confidence might be an explanation for the difference in conscientiousness. High self esteem of secure and dismissive individuals (which is not realistic for dismissive people exactly) may lead to more conscientiousness. Preoccupied individuals need others a lot and although fearful individuals avoid, they need others as well.

In terms of humor styles and coping based humor, secure attached people reported affiliative and self-enhancing styles more whereas aggressive and self-defeating styles less which affirmed the hypothesis. This is consistent with the classification of humor styles as “adaptive” and “maladaptive” (Martin et.al., 2003). Secure individuals use adaptive styles whereas insecure individuals use maladaptive styles more. For coping based humor, only difference was found between secure and insecure individuals stating that secure individuals use humor to cope with problems more than insecure individuals. This may show that humor usage as a coping mechanism brings the sufficiency of secure attachment; however, no difference was found between the four attachment styles which might let us continue to ask questions about the relationship of attachment and coping based humor.

Considering the four attachment styles, secure and preoccupied individuals were similar in affiliative style usage. In fact, since preoccupied individuals idealize other and have low self-esteem, this is unexpected. However, as preoccupied people try to get other’s approval, their reports might be affected

by this wish reporting more usage of affiliative style. Preoccupied people did not differ from other attachment groups in self-enhancing style whereas secure individuals reported using this style more than fearful and dismissive groups. However, dismissive and fearful individuals were similar which may be interpreted depending on their negative views of other. They try to cheer themselves up by using humor not depending or taking others into account. Though, it is interesting for fearful style since they have a negative view for themselves as well. The higher usage of self-defeating style of fearful individuals (similar to preoccupied individuals) compared to the secure and dismissive groups might be a compensation for the negative view of self. They also use aggressive style more than the other groups. In other words, fearful individuals might be using aggressive style in order to protect themselves from the negative others whereas they use self-defeating humor because of their negative view of self with self-enhancing humor in order to cope and feel better.

Interestingly, secure individuals were higher in all three components of love (intimacy, passion, and decision/commitment) compared to insecure individuals. When attachment styles compared, secure group reported the highest intimacy, passion and decision/commitment, whereas fearful and dismissive groups reported the least intimacy and passion. Preoccupied group felt intimacy and passion less than secure group and more than fearful and dismissive group. This finding has been consistent with Bartholomew and Horowitz's (1991) finding that dismissive and fearful individuals have less intimacy, capacity to rely on others and use others as a secure base. As their view of others is negative, it is not easy for them to feel close to others and feel intimacy. In fact, dismissive

individuals believe that they even do not need others (Cassidy, 1988). Their negative view of others might be affecting the physical closeness as well leading to less report of passion. The insecure attachment style groups also reported less decision/commitment which may be due to the interrelation of the three components of love. Since they have problems in forming intimate relationship and feeling passion, they also have difficulty in making decisions about commitment.

Attachment styles were also considered in terms of trait anger. Insecure individuals reported more trait anger than secure individuals. Fearful individuals were the highest in trait anger which is consistent with their negative view of self and others. Since they would be uncertain about the reaction of the other and low self-esteem, anger would be suppressed leading to higher experience and expression later. This would result in a vicious circle that culminates in the support of the negative views for the self and the other.

Cann et.al. (2008) have stated that attachment affects relationship satisfaction. In consistent with this statement, secure individuals reported higher satisfaction than insecure individuals in relationships. Preoccupied individuals were similar to secure attached group in terms of relationship satisfaction which might be explained with their relationship-focused view and other-oriented evaluations. Fearful individuals reported the least relationship satisfaction as they want to form intimate relationships with negative views for self and the other, which makes it difficult to relate to others. However, in terms of life satisfaction secure individuals were more satisfied than the preoccupied, fearful and dismissive individuals. This may be related to the other material constructs in life

that do not involve interpersonal relations which may be a source of satisfaction such as cars for men and shoes for women. Relationship satisfaction is more related to attachment since the early interactions with caregivers systematically affect later relationships (Collins & Read, 1990). Although relationships are important in life satisfaction, there are other concerns which may have effect.

Psychological symptoms were also affected by attachment. In all symptom clusters, insecure attached individuals reported more than secure individuals. Especially fearful attached individuals reported more symptoms than other groups. Preoccupied and dismissive individuals were similar to each other. This may be due to the absence of something to rely on of fearful people since they view both themselves and others negatively. More threat is perceived for fearful individuals whereas preoccupied individuals and dismissive individuals get support from themselves or others.

In conclusion, if secure and insecure groups are compared, secure individuals are more open to experience, conscientious, extraverted and agreeable, using adaptive humor styles (affiliative and self-enhancing styles) and coping based humor more. However, neuroticism and negative valence was higher for insecure individuals, using maladaptive humor styles (aggressive and self-defeating styles) more. Secure individuals experience intimacy, passion and commitment more in their relationships. They also tend to experience more anger, relationship satisfaction, life satisfaction and have a better psychological health.

When the four styles of attachment are taken into account, preoccupied individuals are more agreeable and less neurotic similar to secure individuals. Conscientious and negative valence are higher for preoccupied and fearful

individuals. Fearful and dismissive individuals use affiliative and self-enhancing styles less. Fearful individuals use aggressive style the most whereas they are using self-defeating style more similar to preoccupied individuals. Less usage of adaptive styles by fearful and dismissive individuals may be related to their negative view of other, which may suggest that adaptive humor styles are important especially in relationships with others. The fearful individuals' usage of aggressive humor style may be a result of their anxiety of expressing themselves and reaction of others leading to suppression of anger and expression in a maladaptive manner. Preoccupied individuals use self-defeating style similar to fearful individuals which may be due to their negative views of self.

Preoccupied individuals also experience intimacy, passion more than fearful and dismissive individuals which may be the reflection of different views of others. They also are committed more than fearful group and less than secure group because the relationships and approval of others are important for them. Dismissive and fearful individuals do not differ from each other but report less commitment than secure and preoccupied individuals due to their avoidance of others to stay away from threats. Preoccupied individuals feel anger less than fearful individuals; however, they are not different than dismissive individuals. They are also satisfied of their relationships as much as secure individuals. Fearful individuals are the least satisfied whereas dismissive individuals are more satisfied than fearful group. This may be related to the fearful group's negative view of self and others which may contribute to dissatisfaction in two directions: they are not happy with themselves and not happy with others. However, dismissive individuals have high self-esteem and introduce themselves

unrealistically perfect (Mikulincer et.al., 1993). Since they are happy with themselves, it is easier for them to be satisfied. However, preoccupied, dismissive and fearful individuals are satisfied with their lives at the same level whereas secure individuals have more life satisfaction. Since attachment is a matter of relationship, more differences have been observed between attachment styles in terms of relationship satisfaction compared to life satisfaction. However, though relationships are important to each individual, life satisfaction is determined by many aspects besides relationships.

When psychological health is the matter of concern, fearful individuals report more psychological symptoms. Preoccupied and dismissive individuals report psychological problems are at similar levels whereas secure individuals report the least symptoms. Again, the resemblance between preoccupied and dismissive individuals might be related to their positive view of self or other whereas fearful individuals who also report less relationship satisfaction than the other groups will experience more difficulties.

6.1.3. General Evaluation of Regressions

After evaluating the differences in terms of demographic information and attachment styles, the relationship between humor, attachment, personality, intimacy, anger, relationship satisfaction, life satisfaction and psychological problems have been assessed. Coping based humor was not predicted by any attachment dimensions. Although previous analyses of the present study showed that secure individuals used humor more as a coping strategy compared to insecure individuals, the two dimensions of attachment which are anxiety and

avoidance did not predict coping based humor significantly. Extraversion was the strongest personality trait predicting coping based humor whereas conscientiousness and neuroticism were the other predictor personality traits. Howrigan and MacDonald (2008) have stated that because of the exploratory behaviors, cognitive flexibility and desire for novelty are the characteristics of extraversion which is effective in humor production. Consistent with this statement, high extraversion, low conscientiousness and neuroticism predicted high usage of humor as a coping mechanism. The best predictor of coping based humor was self-enhancing humor explaining 30 % of variance. Aggressive humor was also related to coping based humor. Higher usage of self-enhancing humor and aggressive humor was related to higher usage of humor as a coping strategy. However, Kuiper et.al. (2004) and Martin et.al. (2003) reported that affiliative and self-enhancing humor styles were related with coping based humor. No relation was reported between coping based humor with aggressive and self-defeating style. This difference may be due to preference of using aggressive humor to cope with stress caused by interrelational problems since coping with stress predicts aggressive style (Tümekaya et.al., 2008), whereas preferring self-enhancing humor style to cope with intrapersonal stress in Turkish culture. It can also be concluded that the function of using humor as a coping strategy depends on the humor style used.

Intimacy was predicted by both dimensions of attachment. Avoidance was the strongest predictor for feelings of intimacy. More avoidant and anxious attachment was related to less intimacy in relationships. Since avoidant individuals avoid disappointment and withdraw easily (Shi, 2003), the intimate

relationships last shorter or there are more difficulties in forming intimate relationships. However, anxiously attached individuals want to be sure that others are available, which may lead to detractive behaviors decreasing intimacy. Negative valence was the only predictor personality trait of intimacy. Gençöz and Öncül (submitted manuscript) have stated that negative valence similar to neuroticism has been highly related with depression, anxiety and low self-esteem. Many studies have reported that neuroticism is the most effective trait on relationships (Karney & Bradburry, 1997; Robins et.al, 2000). Due to these implications, negative valence may be expected to affect intimacy which is an important component of relationships. Affiliative style and self-defeating styles are the humor styles predicting intimacy after attachment and negative valence. Higher negative valence, more usage of affiliative stlye and less usage of self-defeating style were related with less intimacy. Interestingly higher self-defeating humor style predicted higher intimacy. Since the intimacy in romantic relationships has been the focus of concern, self-defeating humor style predicted intimacy in romantic relationships. This can be due to the easiness of usage self-defeating humor in romantic relationships because of the needlessness of defences. An individual may behave in a more stricted way so that s/he can prevent his/her self from being weak or exploited. However, in a romantic relationship a partner is generally the one who can be trusted more so that s/he can stop being alerted and use self-defeating humor style.

Psychological problems were predicted by anxiety dimension of attachment the most. Avoidance dimension was also predicting the psychological problems. Insecure individuals reported more symptoms (Kidd & Sheffield,

2005). Related to this, high anxiety and high avoidance are associated with more psychological problems. Metz and Borgen (2010) stated that extraversion, conscientiousness and neuroticism were salient in the assessment of healthy personality. Consistent with this finding, neuroticism and conscientiousness were the two personality traits predicting psychological problems in the present study. Higher neuroticism and lower conscientiousness were associated with more psychological problems. The insecure, nervous and anxious characteristics of neuroticism and unreliability of conscientiousness may be associated with psychological problems. Kazarian and Martin (2004) stated that self-defeating humor was related to psychological problems because of reflecting low self-esteem; compatible with this finding, higher self-defeating humor predicted more psychological problems. Also, affiliative style was the other humor style predicting psychological problems. Higher usage of affiliative style was predicting less psychological problems. Less intimacy was associated with more psychological problems, since insecure individuals are more vulnerable to physical and psychological problems because of less satisfaction in intimate relationships (Pielage et.al., 2005).

Attachment dimensions, especially anxiety predicted trait anger. High anxiety and avoidance were related to more feelings of anger. Because of anxiety of expressing anger, Mikulincer (1998) has stated that anxiously attached individuals feel anger more. Similarly, anxiety dimension seems to be predicting 15 % of variance in anger. The association of avoidance may be explained by avoidance of the disappointing situations without solving problems which may cause an accumulation of difficulties leading to experiencing and expressing more

anger. Neuroticism, extraversion, agreeableness, and openness to experience were predictive personality traits of anger. High neuroticism, extraversion, low agreeableness and high openness to experience were related to more feeling of anger. Because of uncooperativeness, nervousness and lack of ability to cope with stress of high neuroticism, dominance of extraversion and suspicious and cold characteristics of low agreeableness, anger may be related with these three personality traits. However the relation with openness to experience is not clear and should be evaluated. More usage of aggressive and self-defeating styles, which are maladaptive styles, and less usage of affiliative humor were related to more anger. Usage of maladaptive humor styles are reflection of insufficient coping strategies which may be a sign of tendency to feel anger and this may lead to experiencing and expressing anger more. However, using affiliative style seems to be a good coping strategy to get over tendency to feel anger. High intimacy was also associated with low tendency to feel anger. As the intimacy brings the facilitations of understanding and sharing, less anger may be expected to be experienced. The last predictor of anger was hostility which includes negative feelings towards others with a clear desire to do harm (Ramirez & Andreu, 2005).

Relationship satisfaction was predicted by avoidance and anxiety dimensions. High anxiety and especially high avoidance, focus of which was others, were associated with less relationship satisfaction. Avoidance and leaving problems unsolved of avoidant attached individuals and efforts of anxious attached individuals to be sure that others are available (Shi, 2003) may be effective on relationship satisfaction in a similar way they were effective on intimacy. Martin et.al. (2007) have stated that personality affects relationship

satisfaction. Conscientiousness was the only personality trait predicting relationship satisfaction in the present study. A romantic relationship is different from other relationships in terms of expectations and components. A romantic relationship leads to the necessity of having more responsibilities to another. If there is a marriage bond, these responsibilities change and increase which makes the trait of being conscientious more important. This may be the reason for this trait to be a predictor of relationship satisfaction. In many studies (Ziv & Gadish, 1989; Driver & Gottman, 2004), it was stated that humor affects relationship satisfaction, as well. Adaptive humor styles were associated with high relationship satisfaction whereas maladaptive humor styles were associated with less relationship satisfaction (Cann et.al, 2008) which was important for the duration of romantic relationships (Kenrick et.al., 1990). Howrigan and MacDonald (2008) have also stated that high affiliative style and low aggressive style have been associated with high relationship satisfaction for dating couples. In the present study only high aggressive humor style was associated with low relationship satisfaction. Campbell et.al. (2008) have stated that using aggressive style leads to feeling less close to the other which would result in dissatisfaction. Intimacy was also a very strong predictor of relationship satisfaction. Thériault (1998) has stated that high intimacy will lead to emotional closeness and support associated with relationship and life satisfaction which is consistent with the present findings. Depression and anger were predicting relationship satisfaction, as well. More depression, expression of anger in a negative way and anger control were associated with less relationship satisfaction. Depression and negative expression of anger may affect the intimacy in relationship since a depressed person would

withdraw from relationships with dissatisfaction. Expressing anger in a negative way may also lead to distance between partners causing them to dissolve problems and feel less intimacy.

Life satisfaction was predicted by avoidance and anxiety dimensions of attachment. Higher avoidance and anxiety were associated with lower life satisfaction. Openness to experience was the only personality trait associated with life satisfaction. More openness to experience predicted more life satisfaction. Generally extraversion and neuroticism were found to be predicting life satisfaction (De Neeve & Cooper, 1998; Costa & McCrae, 1980). Even the combination of neuroticism and extraversion were proposed to be taken into account. For example Costa and McCrae (1980) suggested that introverts with low neuroticism would be satisfied with their lives similar to extraverts with high neuroticism. However, openness to experience was associated with life satisfaction in the present study. When avoidance and openness to experience are taken into account, the satisfaction of life seems to be coming from novelty. Avoiding from people and things which are perceived as dangerous and staying with the familiar may be leading to less pleasure in life. Self-focused humor styles were predicting life satisfaction. High self-enhancing humor style and low self-defeating humor style were associated with more life satisfaction. This shows that life satisfaction is not an issue related to the others, rather than it is related to the view of self. Positive view with admittance of self and the ability to laugh even when others are not available are the main characteristics of self-enhancing humor which is also a strong predictor of coping based humor. McAdams and Bryant (1987) have stated that intimacy is the major factor that makes life meaningful. In

the present study, intimacy was a predictor of life satisfaction, as well. High intimacy was associated with more life satisfaction. Lawson (1988; cited in Baumeister & Leary, 1995) has stated that secure attachment was associated with high intimacy, life satisfaction and low depression. Similar to secure children exploring environment (Cassidy & Berlin, 1994) and seeking care (Cassidy, 2001), secure adults seek care and foster their capacities to form intimate relationships. This exploring may be the basis for the openness to experience which also predicts life satisfaction. So, intimacy and openness to experience are important in terms of being satisfied with life. Depression was the only psychological problem predicting life satisfaction. Since a characteristic of depression is not getting satisfaction from life, this finding is expected. Experiencing and expressing anger was not a significant predictor of life satisfaction. However, since the way anger is expressed and controlling anger are predicting relationship satisfaction and romantic relationships may influence the life satisfaction, experience and express of anger should be considered.

6.1.4. General Evaluation of the Model

In the model, it was proposed that dimensions of attachment significantly influenced personality traits which in turn predicted psychological problems. Attachment and personality were also hypothesized to affect psychological problems, intimacy and humor directly, which were in turn hypothesized to influence anger. Satisfaction was hypothesized to be predicted by anger and intimacy directly. Attachment and personality were expected to have indirect

effects on anger and satisfaction via humor, intimacy, psychological problems and anger. The analyses showed that the model fits were satisfactory. The predictions were confirmed except personality's effect on humor. The humor styles used were not predicted by personality traits but attachment dimensions. Personality directly influenced intimacy in romantic relationships and psychological problems. However, personality did not have a significant indirect effect on anger. The indirect effect of personality on satisfaction was through intimacy (some of its effect was through anger) and psychological problems (which was influential through anger). Intimacy also directly predicted satisfaction. Attachment had indirect effect on anger through humor generally. Intimacy, psychological symptoms and personality were also effective. Personality mediated attachment-intimacy and attachment-psychological problems relationships.

The effects of personality on humor may be contradictory in terms of the negative or positive aspects of traits. Depending on this proposition, personality traits were divided into groups as positive and negative personality traits. Adaptive and maladaptive humorstyles were also categorized in the second proposed model. The effects of personality were interesting in terms of the prediction of adaptive and maladaptive humor styles. Adaptive humor styles were not predicted by positive personality traits whereas attachment was a strong predictor of adaptive humor styles. Still, adaptive humor styles were predicting anger and intimacy. Using adaptive humor styles, less anger can be experienced. However, adaptive humor styles are associated negatively with intimacy. Intimacy was expected to be positively associated with adaptive humor styles. The question of cultural understanding of humor comes out as the adaptive humor

styles may be evaluated as maladaptive since in Turkish culture humor is used to defend or attack to another. Maladaptive humor styles are predicted by negative personality traits which can be seen a more reliable connection depending on the negative evaluation and usage of humor. Both attachment and negative personality traits predict the usage of maladaptive humor styles.

Due to model, humor, intimacy and anger play a significant role in the relationships of attachment and personality with relationship and life satisfaction. However, the errors in measurement of intimacy, self-enhancing humor and personality are challenging. Furthermore, the effect of attachment on many constructs should be considered.

In conclusion, early relationships are effective in many aspects of present lives as well as in romantic relationships. The attachment dimensions influence the personality traits which are important in terms of the usage of humor as a coping mechanism, psychological health and intimacy felt in romantic relationships. Personality does not predict which humor style is used but whether humor is used as a coping mechanism or not. On the contrary, attachment dimensions predict which humor style is used more. High extraversion, less conscientiousness and neuroticism predict usage of humor as a coping mechanism more. High anxiety and avoidance predict usage of maladaptive humor styles whereas secure individuals, who have low anxiety and avoidance, use adaptive styles more. Furthermore, insecure attachment (high anxiety and avoidance) predict neuroticism and negative valence whereas secure attachment predicts more openness to experience, conscientiousness, extraversion, and agreeableness. The intimacy felt in romantic relationships is related to attachment and negative

valence. Secure attachment and low negative valence predict more intimacy felt in romantic relationships. Psychological problems are generally related to anxiety dimension of attachment. Insecure attached individuals reported a worse psychological health. Attachment styles effected psychological problems through high neuroticism and low conscientiousness as well. Attachment was effective on anger through especially humor and hostility. Anger was an important factor since humor and psychopathology influence satisfaction through anger. The humor style used and psychological problems affect the expression of anger which in turn influences the satisfaction in relationship. Aggressive humor, hostility and negative expression of anger cause decrease in relationship and life satisfaction. Intimacy, however, influence satisfaction directly generally. Higher intimacy in relationships leads to more satisfaction. Anger has a small role in this relationship as well. More intimacy leads to less experience of anger which increases the satisfaction.

6.2. Limitations of the Study

The present study aims to assess the relation of various constructs for different groups in romantic relationships. Groups with different age ranges, education levels, relationship durations, number of children and siblings and attachment styles were compared. Gender differences were also assessed. The variety of results and relationships between the constructs based on a sample having a wide range of age is the strongest characteristic of the study. However, there are some limitations that should be taken into account while evaluating the results of the present study.

First of all, one of the key constructs in the study is intimacy which has been assessed using the subscale of Sternberg's Triangular Love Scale. The scale was adapted to Turkish by the researchers. Although the reliability and validity of the scale was high, the factorial structure of the scale was problematic and it should be reassessed.

Besides the Sternberg's Triangular Love Scale, the other measures were also self-reports which may cause problem, as well. Since the participants evaluated themselves, they might have answered in a way that would be appreciated. Furthermore, the answers reflect their own views which might be adherent and unrealistic. In order to overcome this situation, participants may be evaluated by using different techniques such as observation or by different people such as partners, friends...etc.

Another limitation is that the study compares different age groups; however a longitudinal study would be more reliable in terms of age differences. Also, the participants were in a romantic relationship but their partners were not included in the study. Conducting the study with partners from the same couples will lead to more reliable results. Furthermore, the participants were selected from six different cities which are generally in the eastern part of Turkey. Participants from the other regions of Turkey will increase the variety of results depending on different subcultural characteristics.

Groups were compared depending on the relationship duration, as well. One of the main constructs was attachment and attachment is a process that takes place with the same person through a stable caring and attention (Baumeister & Leary, 1995). However, some participants reported to have a relationship for

about a month. This period may be insufficient to assess the attachment process in the current relationship. Participants with longer relationship duration should be included.

Single and married individuals were not compared with each other due to the great difference in the number. There may be many differences between married and single couples in terms of intimacy, satisfaction, and psychological problems. In fact, newly married couples would even differ from couples having longer relationships. So, these differences should also be assessed.

Trait anger was taken as a construct. However, state anger should be included and assessed in terms of humor styles, attachment styles, psychological problems, and satisfaction. Also, the relationship between trait anger and state anger may be included in the study as well.

The sample contains participants from different backgrounds. Assessing the results after controlling the effects of demographic variables is also proposed. For some constructs such as intimacy and anger, the results may be different if age is controlled.

The model may be changed by adding or deleting some constructs and paths. For example, when some indirect effects are assessed, personality was found to have very little or no effect. Also, the direct effect of attachment on anger may be better to take into account.

6.3. Future Research

Humor has recently been the focus of studies although it exists in almost everything. Using appropriate styles in the right place and right time can be

critical (Cann et.al., 2008). Especially concerning the romantic relationships, there have been many questions to be answered. According to the research conducted up to now, humor seems to be affective in mate selection (McGee & Shevlin, 2009) and love felt for the partner (Murstein & Burst, 1985). Assessment of the role of humor in mate selection and components of love are recommended. Besides, the differences of humor styles in these aspects and functions of the usage of humor as a coping strategy should be taken into account as well.

Early models of others which are formed before may also be important in assessing the attachment styles and their effects on humor styles and relationship satisfaction. The relationships with the caregivers and partners can also be evaluated by attaining information from them so that perceived differences of relationships may also be taken into account. The effects of traumatic experiences may be another critical point to evaluate the effects of attachment and changes in the dimensions of attachment in romantic relationships. For example, divorce may be an important factor to evaluate. Remarriages may be evaluated in terms of attachment, personality, humor styles and intimacy.

Since cultural effects are important in some constructs such as usage of humor, samples from different countries and different regions of Turkey can be compared. Besides actual reports of constructs, ideal responses due to the culture may also be asked so that the expected and real answers can be differentiated. For an assessment, examples of humorous stories specific to the culture may be collected and evaluated combining with attachment and parenting styles.

Intimacy is a component of love similar to passion and commitment. Only the subscale of intimacy has been used in some analyses; however after improving

the Sternberg's Triangular Love Scale so that factors can be differentiated much better, the two components of passion and decision/commitment may be taken into account.

6.4. Implications for Clinical Applications

Personality traits seem to be effective in romantic relationships in many ways. Assessing personality traits and using to predict the other constructs would be helpful to get information about humor styles used, intimacy felt, psychological problems, experience and expression of anger, reported relationship and life satisfaction. Especially the negative valence, which has been found as a sixth trait in Turkish culture seems to be important in terms of intimacy, whereas neuroticism seems to give information about psychological problems. The effect of negative personality traits on the usage of maladaptive humor styles may be important in terms of social and romantic relationships. The understanding and usage of humor in a negative way in our culture may be blocking communications and solution of problems. Assessing the negative personality traits in clinical applications would help in treatment of problems related to social interactions as well as the communication between the therapist and the client.

Humor is in everyday life and sometimes takes place in clinical settings as well. However, the importance of humor usage is not emphasized. Furthermore, how to use humor is not concerned. When the results of the present study are concerned, the effects of culture in usage of humor as a coping mechanism, its effectiveness and the humor style that is used should be evaluated. Since attachment styles and dimensions of attachment are closely related to the humor

styles, this may bring a different view in terms of relationships through a more funny way. The usage of humor as an adaptive mechanism may be induced and enhanced whereas the usage of maladaptive humor styles may be discussed. The effects of negative usage of humor may be easily seen in communications and misunderstandings especially in family and couple therapies. Also, how humor can be used in a positive manner may be taught and implied as a device to heal communication problems and misunderstanding. The interaction between the therapist and the client may also be improved with the usage of humor in an adaptive manner. Furthermore, to cope with stressful experiences individually usage of humor adaptively may be discussed. Interventions including adaptive usage of humor may be prepared.

Intimacy is also a topic that has not been concerned sufficiently. However, the results showed that it is effective in many ways. Especially in clinical applications with couples, assessing and improving intimacy would be effective to help them share and understand. The individual effect of intimacy on satisfaction shows that in therapy and counseling, interventions concerned with increasing intimacy and intimacy blockers may be applied. Humor may be used as a part of these interventions.

Anger is an emotion that has not been welcome generally. Anger management programs help individuals to understand the functions of anger; however how to express anger is a serious topic to be discussed. Although the client did not complain about feeling of anger, it should be searched and taken into account. Usage of both adaptive and maladaptive humor styles may be an important subject in anger management. How the individual use humorthethe

overcome anger, whether they are effective in a positive or negative way may be questioned.

Life satisfaction seems to be based upon different constructs other than relationships. So, in therapeutic assessments, life and relationship satisfactions should be evaluated separately. New experiences and having a positive view related to self are related to getting satisfaction from life whereas expressing anger in a negative way, anger control, and conscientiousness are related to getting satisfaction from relationship. These two areas should be considered in relation and separately in therapeutic processes. Usage of humor and intimacy should also be included in the therapeutic processes when concerned with relationship satisfaction and life satisfaction. Individually coping by using humor and having intimate relationships might be effective in getting satisfied with life. Similarly, using humor in an adaptive way to solve problems instead of using humor to express anger in a negative way and increasing intimacy to get have more satisfied relationships might be important especially in couple and marriage therapies.

Psychological problems are also related to negative personality traits and attachment. Especially the usage of self-defeating humor style shows that the view of self plays an important role in an individual's life. The negative view of self and causing others to share that view are dysfunctional especially in terms of social relationships. In romantic relationships, using humor in this manner may cause more problems. Furthermore, the negative association with the affiliative style supports these conclusions since it is a style that enhances the social connections holding a respect for the self and the others as well.

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APPENDIX A

Intimacy

- I have a warm and comfortable relationship with my partner
- I experience intimate communication with my partner
- I strongly desire to promote the well-being of my partner
- I have a relationship of mutual understanding with my partner
- I received considerable emotional support from my partner
- I am able to count on my partner in times of need
- My partner is able to count on me in times of need
- I value my partner greatly in my life
- I am willing to share myself and my possessions with my partner
- I experience great happiness with my partner
- I feel emotionally close to my partner
- I give considerable emotional support to my partner

Passion

- I cannot imagine another person making me as happy as my partner does
- There is nothing more important to me than my relationship with my partner
- My relationship with my partner is very romantic
- I cannot imagine life without my partner
- I adore my partner
- I find myself thinking about my partner frequently during the day
- Just seeing my partner is exciting for me
- I find my partner very attractive physically
- I idealize my partner
- There is something almost 'magical' about my relationship with my partner
- My relationship with my partner is very 'alive'
- I especially like giving presents to my partner

Commitment

- I will always feel a strong responsibility for my partner
- I expect my love for my partner to last for the rest of my life
- I can't imagine ending my relationship with my partner
- I view my relationship with my partner as permanent
- I would stay with my partner through the most difficult times
- I view my commitment to my partner as a matter of principle
- I am certain of my love for my partner
- I have decided that I love my partner
- I am committed to maintaining my relationship with my partner
- I view my relationship with my partner as, in part, a thought-out decision
- I could not let anything get in the way of my commitment to my partner
- I have confidence in the stability of my relationship with my partner

APPENDIX B

Aşağıda duygusal ilişkilerinize yönelik bazı ifadeler verilmiştir. Her ifadeyi dikkatlice okuyunuz ve, yaşadığınız ilişkinizi düşünerek her bir ifadeye ne kadar katıldığınızı 9 puanlık ölçek üzerinde değerlendiriniz. Bu değerlendirmede 1 = “Kesinlikle Katılmıyorum”, 5 = “Orta Derecede Katılıyorum”, 9 = “Tamamen Katılıyorum” kararlarına denk gelmektedir. Değerlendirmenizi yaparken, ara değerleri de kullanarak, her bir madde için en doğru değeri o maddenin yanındaki boşluğa yazınız. Değerlendirmelerinizde aşağıda verilen ölçekten yararlanabilirsiniz.

| | | |
|---|---------------|-------------|
| 1-----2-----3-----4-----5-----6-----7-----8-----9 | | |
| Kesinlikle | Orta Derecede | Tamamen |
| Katılmıyorum | Katılıyorum | Katılıyorum |

1. Sevgilimin/eşimin mutluluğunun her zaman destekleyicisiyimdir. ____
2. Sevgilimle/eşimle sıcak bir ilişkim vardır. ____
3. İhtiyacım olduğunda sevgilime/eşime güvenebilirim. ____
4. Sevgilim/eşim ihtiyacı olduğunda bana güvenebilir. ____
5. Kendimle ilgili şeyleri ve sahip olduklarımı sevgilimle/eşimle paylaşmak için gönüllüyümdür. ____
6. Sevgilimden/eşimden bir hayli duygusal destek alırım. ____
7. Sevgilime/eşime bir hayli duygusal destek veririm. ____
8. Sevgilimle/eşimle iyi iletişim kurarım. ____
9. Sevgilime/eşime hayatımda çok değer veririm. ____
10. Sevgilime/eşime kendimi yakın hissederim. ____
11. Sevgilimle/eşimle rahat bir ilişkim vardır. ____
12. Sevgilimi/eşimi gerçekten anladığımı hissederim. ____
13. Sevgilimin/eşimin beni gerçekten anladığını hissederim. ____
14. Sevgilime/eşime gerçekten güvenebileceğimi hissederim. ____
15. Sevgilimle/eşimle, kendimle ilgili derin kişisel bilgilerimi paylaşıyorum. ____
16. Sevgilimi/eşimi sadece görmek bile beni heyecanlandırıyor. ____
17. Gün içinde sık sık kendimi sevgilimi/eşimi düşünürken buluyorum. ____
18. Sevgilimle/eşimle ilişkim çok romantiktir. ____
19. Sevgilimi/eşimi kişisel olarak çok çekici bulurum. ____

20. Sevgilimi/eşimi gözümde idealleştiririm. ____
21. Beni sevgilim/eşim kadar mutlu eden başka bir kişiyi hayal edemiyorum. ____
22. Başka biriyle olmaksızın, sevgilimle/eşimle birlikte olmayı tercih ederim. ____
23. Benim için sevgilimle/eşimle olan ilişkimden daha önemli bir şey yok. ____
24. Sevgilimle/eşimle fiziksel teması özellikle seviyorum. ____
25. Sevgilimle/eşimle ilişkimde adeta "sihirli" bir şey var. ____
26. Sevgilime/eşime hayranım. ____
27. Sevgilim/eşim olmadan bir hayat düşünemiyorum. ____
28. Sevgilimle/eşimle ilişkim tutkuludur. ____
29. Romantik filmler seyrettiğimde ve romantik kitaplar okuduğumda sevgilimi/eşimi düşünürüm. ____
30. Sevgilimle/eşimle ilgili fantezi kurarım. ____
31. Sevgilimi/eşimi önemsemiğimi bilirim. ____
32. Sevgilimle/eşimle ilişkim sürdürmeye oldukça kararlıyım. ____
33. Sevgilime/eşime bağlılığım nedeniyle diğer insanların aramıza girmesine izin vermem. ____
34. Sevgilimle/eşimle ilişkimin istikrarına güvenim vardır. ____
35. Herhangi bir şeyin sevgilime/eşime olan bağlılığıma engel olmasına izin vermem. ____
36. Sevgilime/eşime olan sevgimin hayatım boyunca sürmesini bekliyorum. ____
37. Sevgilim/eşim için her zaman güçlü bir sorumluluk hissedeceğim. ____
38. Sevgilime/eşime olan bağlılığımı güçlü bir bağlılık olarak görüyorum. ____
39. Sevgilimle/eşimle ilişkim bitirdiğimi hayal edemiyorum. ____
40. Sevgilim/eşim için olan sevgimden eminim. ____
41. Sevgilimle/eşimle olan ilişkimin sürekli olmasını beklerim. ____
42. Sevgilimle/eşimle olan ilişkim iyi bir karar olarak görüyorum. ____
43. Sevgilime/eşime karşı sorumluluklarım olduğunu hissederim. ____
44. Sevgilimle/eşimle ilişkime devam etmeyi planlıyorum. ____
45. Sevgilimin/eşimin idare edilmesi zor olduğu zamanlarda bile, ilişkimize bağlı kalıyorum. ____

APPENDIX C

| | | | | | | | | | |
|---|--|--------------------|---|---|---|---|---|---|-------------------|
| | | Hiç sevmiyorum | | | | | | | Çok seviyorum |
| 1 | Eşinizi ne kadar seviyorsunuz? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | Hiç mutlu değilim | | | | | | | Çok mutluyum |
| 2 | İlişkinizde ne kadar mutlusunuz? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | Hiç düşünmem | | | | | | | Çok sık düşünürüm |
| 3 | Genellikle ne sıklıkta eşinizle aranızdaki ilişkinin iyi gittiğini düşünürsünüz? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | Hiç ciddi değildir | | | | | | | Çok ciddidir |
| 4 | İlişkinizdeki sorunlar ne kadar ciddidir? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | Hiç almıyorum | | | | | | | Çok alıyorum |
| 5 | Tüm yönleriyle düşündüğünüzde ilişkinizden ne kadar doyum alıyorsunuz? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | Hiç değilim | | | | | | | Çok bağıyım |
| 6 | Genelde, ilişkinize ne kadar bağlısınız? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |

APPENDIX D

İnsanlar mizahı çok farklı biçimlerde yaşar ve dışa vururlar. Aşağıda mizahın yaşanabileceği farklı biçimleri ifade eden cümleler yer almaktadır. Lütfen her bir cümleyi dikkatle okuyarak o ifadeye ne ölçüde katıldığınızı ya da katılmadığınızı belirtin. Lütfen mümkün olduğunca dürüst ve tarafsız olarak yanıtlamaya çalışın. Yanıtlarınız için aşağıdaki değerlendirme ölçeğini temel alın.

| | | Kesinlikle katılmıyorum | Katılmıyorum | Biraz Katılmıyorum | Kararsızım | Biraz Katılıyorum | Katılıyorum | Tamamıyla Katılıyorum |
|----|---|-------------------------|--------------|--------------------|------------|-------------------|-------------|-----------------------|
| 1 | Genellikle çok fazla gülmem ya da başkalarıyla şakalaşmam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | Moralim bozuk olduğunda genellikle kendimi mizahla neşelendirebilirim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | Birisi hata yaptığında çoğunlukla onunla bu konuda dalga geçerim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | İnsanların benimle dalga geçmelerine ya da bana gülmelerine gereğinden fazla izin veriyorum. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | İnsanları güldürmek için çok fazla uğraşmam gerekmez - doğuştan esprili bir insan gibiyimdir. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | Tek başıma bile olsam çoğunlukla yaşamın gariplikleriyle eğlenirim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | İnsanlar asla benim mizah anlayışım yüzünden gücenmez ya da incinmezler. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | Kendimi yermem ailemi ya da arkadaşlarımı güldürüyorsa eğer, çoğunlukla bu işi kendimden geçerek yaparım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | Başımdan geçen komik şeyleri anlatarak insanları pek güldürmem. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | Üzgün ya da mutsuzsam, kendimi daha iyi hissetmek için genellikle o durumla ilgili gülünç bir şeyler düşünmeye çalışırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11 | Esprili yaparken ya da komik bir şey söylerken genellikle karşımdakilerin bunu nasıl kaldıracağını pek önemsemem. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12 | Çoğunlukla kendi güçsüzlüklerim, gafalarım ya da hatalarımla ilgili gülünç şeylerden söz ederek, insanların beni daha çok sevmesini ya da kabul etmesini sağlamaya çalışırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13 | Yakın arkadaşlarımla çok sık şakalaşır ve gülerim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14 | Yaşama karşı takındığım mizahi bakış açısı, benim olaylar karşısında aşırı derecede üzülmemi ya da kederlenmemi önler. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | Kesinlikle katılmıyorum | Katılmıyorum | Biraz Katılmıyorum | Kararsızım | Biraz Katılıyorum | Katılıyorum | Tamamıyla Katılıyorum |
|----|---|-------------------------|--------------|--------------------|------------|-------------------|-------------|-----------------------|
| 15 | İnsanların, mizahı başkalarını eleştirmek ya da aşağılamak için kullanmalarından hoşlanmam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16 | Çoğunlukla kendi kendimi kötüleyen ya da alaya alan espriler yapmam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17 | Genellikle fıkra anlatmaktan ve insanları eğlendirmekten hoşlanmam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18 | Tek başınsam ve mutsuzsam, kendimi neşelendirecek gülünç şeyler düşünmeye çalışırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19 | Bazen öyle komik şeyler gelir ki aklıma bunlar insanları incitebilecek, yakışık almaz şeyler olsa bile, kendimi tutamam söylerim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20 | Espriler yaparken ya da komik olmaya çalışırken çoğunlukla kendimi gereğinden fazla eleştiririm. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21 | İnsanları güldürmekten hoşlanırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22 | Kederli ya da üzgünsem genellikle mizahi bakış açımı kaybederim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23 | Bütün arkadaşlarım bunu yapıyor olsa bile, bir başkasıyla alay edip ona gülerlerken asla onlara eşlik etmem. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24 | Arkadaşlarımla ya da ailemle birlikteyken çoğunlukla hakkında espri yapılan ya da dalga geçilen kişi ben olurum. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 25 | Arkadaşlarımla çok sık şakalaşmam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26 | Tecrübelerime göre bir durumun eğlendirici yanlarını düşünmek, sorunlarla başa çıkmada çoğunlukla etkili bir yoldur. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27 | Birinden hoşlanmazsam çoğunlukla onu küçük düşürmek için hakkında espri yapar ya da alay ederim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28 | Sorunlarım varsa ya da üzgünsem, çoğunlukla gerçek duygularımı, en yakın arkadaşlarım bile anlamasın diye, espriler yaparak gizlerim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29 | Başkalarıyla birlikteyken genellikle aklıma söyleyecek esprili şeyler gelmez. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30 | Neşelenmek için başkalarıyla birlikte olmam gerekmez, genellikle tek başımayken bile gülecek şeyler bulabilirim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 31 | Bir şey bana gerçekten gülünç gelse bile, birini gücendirecekse eğer, buna gülmem ya da bununla ilgili espri yapmam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 32 | Başkalarının bana gülmesine izin vermek; benim, ailemi ve arkadaşlarımı neşelendirme tarzımdır. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

APPENDIX E

Bu ölçek mizahı yaşama ve ifade etme tarzınızla ilgilidir. Lütfen aşağıda yer alan maddeleri dikkatle okuyarak o maddede yer alan ifadeye ne ölçüde katıldığınızı uygun kutucuğu işaretleyerek belirtiniz.

| | | Kesinlikle katılmıyorum | Katılmıyorum | Katılıyorum | Tamamıyla Katılıyorum |
|---|--|-------------------------|--------------|-------------|-----------------------|
| 1 | Sorunlarım olduğunda çoğunlukla mizah duygumu kaybederim. | 1 | 2 | 3 | 4 |
| 2 | Genellikle içinde komik bir şeyler bulmaya çalıştığımda, sorunlarımın önemli ölçüde küçüldüğünü fark etmişimdir. | 1 | 2 | 3 | 4 |
| 3 | Gergin durumlarda genellikle söyleyecek komik bir şeyler bulmaya çalışırım. | 1 | 2 | 3 | 4 |
| 4 | Kabul etmeliyim ki, daha fazla mizahi bakış açısına sahip olsaydım yaşamım daha kolay olabilirdi. | 1 | 2 | 3 | 4 |
| 5 | Beni ya ağlatacak ya da güldürecek bir durumda olduğumda çoğunlukla gülmenin daha iyi olduğunu düşünmüşümdür. | 1 | 2 | 3 | 4 |
| 6 | Zor durumlarda bile genellikle gülecek ya da espri yapacak bir şeyler bulabilirim. | 1 | 2 | 3 | 4 |
| 7 | Deneyimlerim bana mizahın problemlerimle baş etmede çoğunlukla çok etkili bir yol olduğunu göstermiştir. | 1 | 2 | 3 | 4 |

APPENDIX F

Aşağıda romantik ilişkilerinize yönelik bazı ifadeler verilmiştir. Her ifadeyi dikkatlice okuyunuz ve yaşadığınız ilişkinizi düşünerek her bir ifadenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını 7 puanlık ölçek üzerinden değerlendiriniz (1 = Hiç katılmıyorum, 7 = Tamamen katılıyorum).

| | | | | | | | | |
|----|--|---|---|---|---|---|---|---|
| 1 | Yakın olduğum kişinin sevgisini kaybetmekten korkarım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissedirim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği duygusuna kapılırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | Romantik ilişkilerde olduğum kişilerin beni, benim onları önemsemediğim kadar önemsemeyeceklerinden endişe duyarım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | Romantik ilişkilerde olduğum kişilere inanıp güvenmek bana zor gelir. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | Romantik ilişkilerde olduğum kişilere yakın olma konusunda çok rahatımdır. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | Romantik ilişkide olduğum kişilere açılma konusunda kendimi rahat hissetmem. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11 | İlişkilerimi kafama çok takarım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12 | Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13 | Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14 | Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15 | Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16 | Birlikte olduğum kişiyle kolayca yakınlaşabilirim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17 | Birlikte olduğum kişinin beni terk edeceğinden pek endişe duymam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18 | Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19 | Romantik ilişkide olduğum kişi kendime olan güvenimi sarsar. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20 | Genellikle birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21 | Terk edilmekten pek korkmam. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22 | Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | | | | | | |
|----|---|---|---|---|---|---|---|---|
| 23 | Birlikte olduğum kişinin, bana istediğim kadar yakın olmadığını düşünürüm. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24 | Birlikte olduğum kişiye hemen hemen herşeyi anlatırım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 25 | Romantik ilişkide olduğum kişiler bazen bana olan duygularını sebepsiz yere değiştirirler. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26 | Başımдан geçenleri birlikte olduğum kişiyle konuşurum. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27 | Çok yakın olma arzum bazen insanları korkutup uzaklaştırır. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28 | Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29 | Romantik ilişkide olduğum bir kişi beni yakından tanıdıkça, benden hoşlanmayacağından korkarım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30 | Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 31 | Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görmemek beni öfkelenendir. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 32 | Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 33 | Başka insanlara denk olamamaktan endişe duyarım. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 34 | Birlikte olduğum kişiye şefkat göstermek benim için kolaydır. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 35 | Birlikte olduğum kişi beni sadece kızgın olduğumda fark eder. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 36 | Birlikte olduğum kişi benim ihtiyaçlarımı gerçekten anlar. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

APPENDIX G

Aşağıda kişilerin kendilerine ait duygularını anlatırken kullandıkları bir takım ifadeler verilmiştir. Her ifadeyi okuyun, sonra da **genel** olarak nasıl hissettiğinizi düşünün ve ifadelerin sağ tarafındaki sayılar arasında sizi en iyi tanımlayanı seçerek üzerine (X) işareti koyun. Doğru ya da yanlış cevap yoktur. Herhangi bir ifadenin üzerinde fazla zaman sarfetmeksizin, **genel** olarak nasıl hissettiğinizi gösteren cevabı işaretleyin.

0 : Hiç

1 : Biraz

2 : Oldukça

3 : Tümüyle

Sizi ne kadar tanımlıyor?

| | | | | | |
|----|--|---|---|---|---|
| 1 | Çabuk parlam. | 0 | 1 | 2 | 3 |
| 2 | Kızgın mizaçlıyım. | 0 | 1 | 2 | 3 |
| 3 | Öfkesi burnunda bir insanım. | 0 | 1 | 2 | 3 |
| 4 | Başkalarının hataları, yaptığı işi yavaşlatınca kızarım. | 0 | 1 | 2 | 3 |
| 5 | Yaptığım iyi bir işten sonra takdir edilmemek canımı sıkar. | 0 | 1 | 2 | 3 |
| 6 | Öfkelenince kontrolümü kaybederim. | 0 | 1 | 2 | 3 |
| 7 | Öfkeli olduğumda ağzıma geleni söylerim. | 0 | 1 | 2 | 3 |
| 8 | Başkalarının önünde eleştirilmek beni çok hiddetlendirir. | 0 | 1 | 2 | 3 |
| 9 | Engellendiğimde içimden birilerine vurmak gelir. | 0 | 1 | 2 | 3 |
| 10 | Yaptığım iyi bir iş kötü değerlendirildiğinde çılgına dönerim. | 0 | 1 | 2 | 3 |

Herkes zaman zaman kızgınlık veya öfke duyabilir. Ancak, kişilerin öfke duygularıyla ilgili tepkileri farklıdır. Aşağıda, kişilerin öfke ve kızgınlık tepkilerini tanımlarken kullandıkları ifadeleri göreceksiniz. Her bir ifadeyi okuyun ve öfke ve kızgınlık duyduğunuzda genelde ne yaptığınızı düşünerek o ifadenin yanında sizi en iyi tanımlayan sayının üzerine (X) işareti koyarak belirtin. Doğru veya yanlış cevap yoktur. Herhangi bir ifadenin üzerinde fazla zaman sarf etmeyin.

0 : Hiç

1 : Biraz

2 : Oldukça

3 : Tümüyle

ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA...

Sizi ne kadar tanımlıyor?

| | | | | | |
|----|-------------------------------|---|---|---|---|
| 11 | Öfkemi kontrol ederim. | 0 | 1 | 2 | 3 |
| 12 | Kızgınlığımı gösteririm. | 0 | 1 | 2 | 3 |
| 13 | Öfkemi içime atarım. | 0 | 1 | 2 | 3 |
| 14 | Başkalarına karşı sabırlıyım. | 0 | 1 | 2 | 3 |
| 15 | Somurtur ya da surat asarım. | 0 | 1 | 2 | 3 |

ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA...

Sizi ne kadar tanımlıyor?

| | | | | | |
|----|---------------------------------------|---|---|---|---|
| 16 | İnsanlardan uzak durun. | 0 | 1 | 2 | 3 |
| 17 | Başkalarına iğneli sözler söylerim. | 0 | 1 | 2 | 3 |
| 18 | Soğukkanlılığımı korurum. | 0 | 1 | 2 | 3 |
| 19 | Kapıları çarpmak gibi şeyler yaparım. | 0 | 1 | 2 | 3 |
| 20 | İçin için köpürürüm ama gösteremem. | 0 | 1 | 2 | 3 |

ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA...**Sizi ne kadar tanımlıyor?**

| | | | | | |
|----|---|---|---|---|---|
| 21 | Davranışlarımı kontrol ederim. | 0 | 1 | 2 | 3 |
| 22 | Başkalarıyla tartışırım. | 0 | 1 | 2 | 3 |
| 23 | İçimde, kimseye söyleyemediğim kinler beslerim. | 0 | 1 | 2 | 3 |
| 24 | Beni çileden çıkaran herneyse saldırırım. | 0 | 1 | 2 | 3 |
| 25 | Öfkem kontrolden çıkmadan kendimi durdurabilirim. | 0 | 1 | 2 | 3 |

ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA...**Sizi ne kadar tanımlıyor?**

| | | | | | |
|----|--|---|---|---|---|
| 26 | Gizliden gizliye insanları epeyce eleştiririm. | 0 | 1 | 2 | 3 |
| 27 | Belli ettiğimden daha öfkeliyimdir. | 0 | 1 | 2 | 3 |
| 28 | Çoğu kimseye kıyasla daha çabuk sakinleşirim. | 0 | 1 | 2 | 3 |
| 29 | Kötü şeyler söylerim. | 0 | 1 | 2 | 3 |
| 30 | Hoşgörülü ve anlayışlı olmaya çalışırım. | 0 | 1 | 2 | 3 |

ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA...**Sizi ne kadar tanımlıyor?**

| | | | | | |
|----|---|---|---|---|---|
| 31 | İçimden insanların fark ettiğinden daha fazla sinirlenirim. | 0 | 1 | 2 | 3 |
| 32 | Sinirlerime hakim olamam. | 0 | 1 | 2 | 3 |
| 33 | Beni sinirlendirene, ne hissettiğimi söylerim. | 0 | 1 | 2 | 3 |
| 34 | Kızgınlık duygularımı kontrol ederim. | 0 | 1 | 2 | 3 |

APPENDIX H

Aşağıda size uyan ya da uymayan pek çok **kişilik özelliği** bulunmaktadır. Bu özelliklerden her birinin **sizin için ne kadar uygun olduğunu** ilgili rakamı işaretleyerek belirtiniz.

Örneğin; **Kendimi biri olarak görüyorum.**

Hiç uygun değil
1

Uygun değil
2

Kararsızım
3X

Uygun
4

Çok Uygun
5

| | | Hiç uygun değil | Uygun | Kararsızım | Uygun | Çok Uygun | | | Hiç uygun değil | Uygun | Kararsızım | Uygun | Çok Uygun |
|----|------------------|-----------------|-------|------------|-------|-----------|----|---------------|-----------------|-------|------------|-------|-----------|
| 1 | Aceleci | 1 | 2 | 3 | 4 | 5 | 23 | Sevecen | 1 | 2 | 3 | 4 | 5 |
| 2 | Yapmacık | 1 | 2 | 3 | 4 | 5 | 24 | Pasif | 1 | 2 | 3 | 4 | 5 |
| 3 | Duyarlı | 1 | 2 | 3 | 4 | 5 | 25 | Disiplinli | 1 | 2 | 3 | 4 | 5 |
| 4 | Konuşkan | 1 | 2 | 3 | 4 | 5 | 26 | Açgözlü | 1 | 2 | 3 | 4 | 5 |
| 5 | Kendine güvenen | 1 | 2 | 3 | 4 | 5 | 27 | Sinirli | 1 | 2 | 3 | 4 | 5 |
| 6 | Soğuk | 1 | 2 | 3 | 4 | 5 | 28 | Canayakın | 1 | 2 | 3 | 4 | 5 |
| 7 | Utangaç | 1 | 2 | 3 | 4 | 5 | 29 | Kızgın | 1 | 2 | 3 | 4 | 5 |
| 8 | Paylaşımçı | 1 | 2 | 3 | 4 | 5 | 30 | Sabit fikirli | 1 | 2 | 3 | 4 | 5 |
| 9 | Geniş-rahata | 1 | 2 | 3 | 4 | 5 | 31 | Görgüsüz | 1 | 2 | 3 | 4 | 5 |
| 10 | Cesur | 1 | 2 | 3 | 4 | 5 | 32 | Durgun | 1 | 2 | 3 | 4 | 5 |
| 11 | Agresif | 1 | 2 | 3 | 4 | 5 | 33 | Kaygılı | 1 | 2 | 3 | 4 | 5 |
| 12 | Çalışkan | 1 | 2 | 3 | 4 | 5 | 34 | Terbiyesiz | 1 | 2 | 3 | 4 | 5 |
| 13 | İçten pazarlıklı | 1 | 2 | 3 | 4 | 5 | 35 | Sabırsız | 1 | 2 | 3 | 4 | 5 |
| 14 | Girişken | 1 | 2 | 3 | 4 | 5 | 36 | Yaratıcı | 1 | 2 | 3 | 4 | 5 |
| 15 | İyi niyatlı | 1 | 2 | 3 | 4 | 5 | 37 | Kaprisli | 1 | 2 | 3 | 4 | 5 |
| 16 | İçten | 1 | 2 | 3 | 4 | 5 | 38 | İçine kapanık | 1 | 2 | 3 | 4 | 5 |
| 17 | Kendinden emin | 1 | 2 | 3 | 4 | 5 | 39 | Çekingen | 1 | 2 | 3 | 4 | 5 |
| 18 | Huysuz | 1 | 2 | 3 | 4 | 5 | 40 | Alıngan | 1 | 2 | 3 | 4 | 5 |
| 19 | Yardımsız | 1 | 2 | 3 | 4 | 5 | 41 | Hoşgörülü | 1 | 2 | 3 | 4 | 5 |
| 20 | Kabiliyetli | 1 | 2 | 3 | 4 | 5 | 42 | Düzenli | 1 | 2 | 3 | 4 | 5 |
| 21 | Üşengeç | 1 | 2 | 3 | 4 | 5 | 43 | Titiz | 1 | 2 | 3 | 4 | 5 |
| 22 | Sorumsuz | 1 | 2 | 3 | 4 | 5 | 44 | Tedbirli | 1 | 2 | 3 | 4 | 5 |
| | | | | | | | 45 | Azimli | 1 | 2 | 3 | 4 | 5 |

APPENDIX I

Aşağıda belirtilen semptomları son bir ay içinde ne kadar yaşadığınızı aşağıdaki rakamları kullanarak belirtiniz.

0: Hiç Yok İleri Derecede **1: Çok Az** **2:Orta Derecede** **3:Oldukça Fazla** **4:**

| | MADDELER | CEVAPLAR |
|----|--|----------|
| 1 | İçinizdeki sinirlilik ve titreme hali | |
| 2 | Baygınlık, baş dönmesi | |
| 3 | Bir başka kişinin sizin düşüncelerinizi kontrol edeceği fikri | |
| 4 | Başınıza gelen sıkıntılardan dolayı başkalarının suçlu olduğu duygusu | |
| 5 | Olayları hatırlamada güçlük | |
| 6 | Çok kolayca kızıp öfkelenme | |
| 7 | Göğüs (kalp) bölgesinde ağrılar | |
| 8 | Meydanlık (açık) yerlerden korkma duygusu | |
| 9 | Yaşamınıza son verme düşüncesi | |
| 10 | İnsanların çoğuna güvenilmeyeceği hissi | |
| 11 | İştahta bozukluklar | |
| 12 | Hiçbir nedeni olmayan ani korkular | |
| 13 | Kontrol edemediğiniz duygu patlamaları | |
| 14 | Başka insanlarla beraberken bile yalnız hissetme | |
| 15 | İşleri bitirme konusunda kendini engellenmiş hissetme | |
| 16 | Yalnızlık hissetme | |
| 17 | Hüzünlü, kederli hissetme | |
| 18 | Hiçbir şeye ilgi duymamak | |
| 19 | Kendini ağlamaklı hissetme | |
| 20 | Kolayca incinebilme, kırılma | |
| 21 | İnsanların sizi sevmediğine, size kötü davrandığına inanma | |
| 22 | Kendini diğer insanlardan daha aşağı görmek | |
| 23 | Mide bozukluğu, bulantı | |
| 24 | Diğer insanların sizi gözlediği ya da hakkınızda konuştuğu duygusu | |
| 25 | Uykuya dalmada güçlük | |
| 26 | Yaptığınız şeyleri tekrar tekrar doğru mu diye kontrol etmek | |
| 27 | Karar vermede güçlükler | |
| 28 | Otobüs, tren, metro gibi umumi vasıtalarla seyahatlerden korkma | |
| 29 | Nefes darlığı, nefessiz kalma | |
| 30 | Sıcak, soğuk basmaları | |
| 31 | Sizi korkuttuğu için bazı eşya, yer ya da etkinliklerden uzak kalmaya çalışmak | |
| 32 | Kafanızın bomboş kalması | |
| 33 | Bedeninizin bazı bölgelerinde uyuşmalar, karıncalanmalar | |
| 34 | Hatalarınız için cezalandırılmanız gerektiği düşüncesi | |
| 35 | Gelecekle ilgili umutsuzluk duyguları | |
| 36 | Dikkati bir şey üzerinde toplamada güçlük | |
| 37 | Bedenin bazı bölgelerinde zayıflık, güçsüzlük hissi | |

| | | |
|----|---|--|
| 38 | Kendini gergin ve tedirgin hissetme | |
| 39 | Ölme ve ölüm üzerine düşünceler | |
| 40 | Birini dövme, ona zarar verme, yaralama isteği | |
| 41 | Birşeyleri kırma, dökme isteği | |
| 42 | Diğerlerinin yanındayken yanlış bir şeyler yapmamaya çalışmak | |
| 43 | Kalabalıklarda rahatsızlık duymak | |
| 44 | Bir başka insana hiç yakınlık duymamak | |
| 45 | Dehşet ve panik nöbetleri | |
| 46 | Sık sık tartışmaya girmek | |
| 47 | Yalnız bırakıldığında / kalındığında sinirlilik hissetmek | |
| 48 | Başarılarınız için diğerlerinden yeterince takdir görmemek | |
| 49 | Yerinde duramayacak kadar tedirgin hissetmek | |
| 50 | Kendini değersiz görmek / değersizlik duyguları | |
| 51 | Eğer izin verirsiniz insanların sizi sömüreceği duygusu | |
| 52 | Suçluluk duyguları | |
| 53 | Aklınızda bir bozukluk olduğu fikri | |

APPENDIX J

Aşağıdaki ifadelere katılıp katılmadığınızı görüşünüzü yansıtan rakamı maddenin başındaki boşluğa yazarak belirtiniz. Doğru ya da yanlış cevap yoktur. Sizin durumunuzu yansıttığını düşündüğünüz rakam bizim için en doğru yanıttır. Lütfen, açık ve dürüst şekilde yanıtlayınız.

- 7 = Kesinlikle katılıyorum
- 6 = Katılıyorum
- 5 = Çok az katılıyorum
- 4 = Ne katılıyorum ne de katılmıyorum
- 3 = Biraz katılmıyorum
- 2 = Katılmıyorum
- 1 = Kesinlikle katılmıyorum

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

APPENDIX K
CIRRUCULUM VITAE

Personal Information

Surname, Name: Sevim, Burcu

Nationality: Turkish (TC)

Date and Place of Birth: 29 July 1982, Istanbul

Marital Status: Single

Phone: +90 216 505 17 58

E-mail: brcsvm@gmail.com

Education

- (2007-2011) Middle East Technical University, Ph. D. in Clinical Psychology
- (2004-2007) Middle East Technical University, M.S. in Clinical Psychology
- (1999-2004) Middle East Technical University, B.S. in Psychology
- (1994-1999) Balıkesir Sırrı Yırçalı Anatolian High School

Professional Experience

- (2011-Present) Part-time instructor in Yeditepe University, Istanbul
- (2007-2011) Private Gulesin Special Education Center, Psychologist
- (2005-2007) National Intelligence Organization, Psychologist

Other Experiences

- (2010-Present) Editor and writer in the Psinema e-journal
- (2008) Writer of the CinemaTherapy column in Cinemascope
- (2008-2010) Presenter in Radio ODTU, presenting Psinema
- (2002-2003) METU Psychology Club, Vice Chair
- (2000-2002) Organizing Committee Member for EFPSA Congress in Turkey
- (2000-2001) Turkish Psychological Association, Student Translation Group Delegate

Externship

- Hacettepe University Hospital, Child Mental Health Center, Ankara (2010)
- Ankara University Hospital, Department of Psychiatry, Ankara (2010)
- Gazi University Hospital, Child Mental Health Center, Ankara (2006)
- METU Medical Center, Psychology Counselling, Ankara (2006)
- Gulhane Military Medical Academy, Department of Psychiatry, Ankara (2003)

Internship

- Middle East Technical University, UYAREM, Ankara (2008-2009)

Teaching

- PSY 101 Introduction to Psychology
- PSY 241 Social Psychology

International Publications

Sevim, B. (2009). Suicide films about adolescents. In Stack, S. & Lester, D. (Eds), *Suicide and the Creative Arts* (pp.79-91). New York: Nova Science Publishers.

National Publications

Sevim, B. (2007). Cinsel İşlev Bozuklukları. A. Nuray Karancı, Faruk Gençöz & Özlem Bozo (Ed.), *Psikolojik Sağlığını Nasıl Koruruz? – II : Yetişkinlik ve Yaşlılık* (s.70-75). Ankara: ODTÜ Yayıncılık.

Sevim, B. (2010). Masumiyetin intiharı. *Psinema: Sinema Filmleri ile Psikolojik Bozukluklar ve Sinematerapi Tartışmaları*,1(1), 3-9.

Sevim, B. (In Progress). Mutluluk. In Soykan, Ç. (Eds), *Book Chapter*. (Forthcoming 2012)

National Seminars

Sevim, B. (2009). Analyse of "Wings of Desire" in Middle East Technical University, Ankara.

Sevim, B., Çenesiz, G. Z., & Aka, B. T. (2009). Cinematherapy: Cinema in Therapy Room. 4th Işık Savaşır Clinical Psychology Symposium, Izmir.

Sevim, B., Çenesiz, G. Z., & Aka, B. T. (2010). *Psinema and Star Wars*, in Middle East Technical University Alumni Association, Ankara.

Master Thesis

Sevim, B. (2004). Stress, Depression, Anxiety, and Suicide Probability of the Mothers of Children with Autism (Master Thesis). Ankara

Areas of Interest

- Movies and psychology
- Humor styles and effects of humor on relationships
- Intimacy in relationships
- Attachment and personality
- Satisfaction and problems in romantic relationships

Computer Skills

- SPSS
- LISREL
- MS Office Applications
- Internet Applications

Memberships

- Turkish Psychological Association
- Psinema

Language Skills

- English (Fluent)
- German (Intermediate)
- Italian (Intermediate)

Non-professional Activities and Interests

- Playing guitar
- Latin Dances
- Writing
- Puzzles

APPENDIX L

TURKISH SUMMARY

Mizah, hayatın her alanında çeşitli şekillerde karşımıza çıksa da araştırmaların yakın zamanda odaklanmaya başladığı bir konudur. Pek çok toplumda önemli bir yeri bulunmaktadır (Buss, 1998). Fikir uyuşmazlığı olduğunda, bağı güçlendirmek amacıyla, yaşanan anlaşmazlığı daha sakin halletmek adına veya gruptan olmayan birini dışlamak gibi pek çok sosyal amaçla kullanılabilir (Martin, 2007). Kısacası mizahi ilişkilerde hem olumlu hem de olumsuz şekillerde ve çeşitli amaçlar doğrultusunda kullanılabilir.

Martin (2007) mizahı tanımlarken, söylenen veya yapılan herhangi bir şeyin dahil olabileceğini, hem zihinsel hem duygusal süreçlerin bulunduğunu belirtmektedir. Ayrıca insanların oyuncu bir şekilde birbirleriyle iletişim kurmalarının bir yolu olduğunu da ifade etmektedir. Apter (1982) de bu görüşü desteklemekte ve ayrıca mizahın gerçek dünyanın ciddi sorunlarından kaçmak için bir yol olduğunu belirtmektedir.

Yapılan çalışmalar, gülümseme veya kahkaha gibi davranışsal tepkileri, mizahın nasıl algılandığı, mizahın üretilmesi ve başa çıkma mekanizması olarak kullanılması gibi konuları incelemektedir. Bunların yanında, kişilik, bağlanma ve psikolojik sorunlar gibi konularla bağlantılı olan değişik mizah tarzları incelenmektedir. Martin ve arkadaşları (2003), sosyal ortamlarda kullanılan dört çeşit mizah tarzı bulunduğunu belirtmişlerdir. Kendine veya başkasına odaklı ya da adaptif olan ve olmayan şeklinde iki gruba ayrılmaktadırlar.

Katılımcı mizah tarzı, kişinin kendine ve başkalarına saygıyı korunduğu, gerginliği azaltıp ilişkileri geliştirmek amacıyla kullanılan bir tarzdır (Campbell, Martin, & Ward, 2008). Kişi kendisiyle ilgili şaşırtıcı şeyler söylerken onlarla gülebilmekte ve kendisinin kabulünün devamını sağlayabilmektedir. Bu mizah tarzı, dışadönüklük, yakınlık, ilişki doyumu, özgüven ve olumlu duygularla bağlantılı bulunmuştur (Martin ve ark., 2003).

Diğer bir mizah tarzı, kişinin çevrede bir başkası bile yokken kullanarak eğlenebildiği kendini geliştirici mizah tarzıdır (Kuiper, Martin, & Olinger, 1993). Stres yaratan bir durumda kişi bu mizah tarzını kullanabilir. Böylelikle öfke, depresyon gibi olumsuz duygulara karşı kişi kendini koruyabilir (Campbell ve ark., 2008). “Bardağın dolu tarafını görmek” veya “İyi tarafından bakmak” gibi deyimler bu tarz için kullanılabilir.

Başka bir mizah tarzı, adaptif olmayan ve alay etmeyi içeren saldırgan mizahtır. Bu tarz, özgüvenin başkalarının yaşadığı şanssızlıklardan elde edildiği görüşüne dayanan üstünlük teorileri ile açıklanabilmektedir (Ferguson & Ford, 2008). Cinsel ayrıma ya da ırkçılığa dayanan şakalar, saldırgan mizahın örnekleri olarak sınıflandırılabilir. Bu tarzın yordayıcıları olarak kişiler arası ilişkiler, uyum sağlama ve stresle başa çıkma bulunmuştur (Tümekaya ve ark., 2003).

Dördüncü mizah tarzı, kişinin diğerleri tarafından küçük düşürülür ve alay edilirken onlarla güldüğü kendini yıkıcı mizah tarzıdır. Amacı kişinin kendini küçük düşürmesi pahasına da olsa sevimlik, kabul görmektir. İnsanlar bu mizah tarzını kullanan kişilerle değil, bu kişilere gülerler (Martin ve ark., 2003). Kişinin gerçek duygularını sakladığı bir savunma durumunda da bu mizah tarzının

kullanıldığı varsayılmaktadır. Psikolojik sağlık ve özgüvenle ters ilişkisi olduğu bulunmuştur (Kazarian & Martin, 2004).

Bu tarzların yanında, yapılan çalışmalar mizahın bir stresle başa çıkma mekanizması olarak da kullanıldığını göstermektedir. Dixon (1980), mizah ile oluşan bilişsel kaymaların etkisiyle kişinin stres ve olumsuz duygulardan uzaklaştığını belirtmiştir. Kişi böylelikle uyarıyı daha olumlu şekilde değerlendirebilmekte ve başa çıkabilmektedir (Abel, 1998). Kültürel farklılıkların mizahı başa çıkma stratejisi olarak kullanmada etkili olduğu belirtilmektedir. Chen ve Martin (2007), Kanada’da erkekler ve kadınlar arasında bir farklılık belirtilmezken, Çin’de erkeklerin kadınlara göre mizahı başa çıkmada daha çok kullandığını belirtmişlerdir. Ayrıca Kanadalılar, Çinlilere göre mizahı başa çıkma stratejisi olarak daha çok kullanmaktadırlar. Türkiye’de yapılan bir çalışmada ise (Oğuz-Duran & Yüksel, 2010), Kanadalılarda olduğu gibi herhangi bir cinsiyet farkı tespit edilememiştir. Ancak batı ülkelerinde elde edilen sonuçlarla karşılaştırıldığında Türklerin mizahı başa çıkma stratejisi olarak daha az kullandığı belirtilmiştir.

Karşı cinsle ilişkilerde de hangi mizah tarzının ne şekilde kullanıldığı çalışmaların odak konusu olmaktadır. Ancak yapılan araştırmalar farklı sonuçlar vermektedir. Crawford ve Gressley (1991) erkeklerin kadınlara göre saldırgan ve kendini yıkıcı mizah tarzlarını daha çok kullandıklarını belirtirken, Campbell ve arkadaşları (2008), kadınlarla erkeklerin aynı derecede saldırgan mizah tarzını kullandıklarını, ancak erkeklerin katılımcı tarzı kullandıklarını daha çok rapor ettiklerini belirtmişlerdir. Bunun yanında olumlu mizah tarzlarının (katılımcı ve kendini geliştirici) ilişki doyumunu arttırdığı, olumsuz mizah tarzlarının ise

(saldırgan ve kendini yıkıcı) ilişki doyumunu olumsuz yönde etkilediği belirtilmiştir (Cann ve ark., 2008).

Mizah tarzları ile iligisi olduğu düşünölen bir konu, bağlanma tarzlarıdır. Erken yaşta bakım veren kişiyle kurulan ilişkilerin, yetişkinlikte kurulan ilişkileri etkilediği belirtilmektedir (Bowlby, 1973). Bartholomew ve Horowitz (1991), kişinin kendisi ve başkalarıyla ilgili görüşlerine dayanan iki boyuttan yola çıkarak dört kategoriden oluşan bir bağlanma teorisi öne sürmüşlerdir. Bu boyutlardan biri, kişinin kendi değerinden yola çıkarak başkasına yaklaşmasını içeren kaygılı bağlanmadır. Diğer boyut ise kişinin diğerlerinin ne kadar güvenilir olduğuna dair inancını içeren kaçınan bağlanmadır. Bu iki boyuta göre belirlenen bağlanma stilleri güvenli bağlanma, saplantılı bağlanma, kayıtsız bağlanma ve korkulu bağlanmadır.

Erken dönemde bakım veren kişiyle yaşanan deneyimlerin kişiliğin oluşmasında da etkili olduğundan yola çıkılırsa (Bowlby, 1979), bağlanma stillerinin kişilik özellikleri ile de bağlantılı olması beklenmektedir. Beş faktör modeline göre beş temel kişilik özelliği bulunmaktadır. Bunlar deneyime açıklık, sorumluluk, dışa dönüklük, uyumluluk ve duygusal dengedir. Bu beş factor kültürler arasında genel olarak kabul edilmiş olsa da, kültürel farklılıklar kişilik üzerinde etkili olabilmektedirler (Katigbak, Church, & Akamine, 1996). Türkiye’de yapılan bir çalışmada (Gençöz & Öncül, Yayın Aşamasında) bu beş faktöre ek olarak olumsuz değerlik altıncı bir factor olarak belirlenmiştir. Genelde yapılan çalışmaların batı ölkelerinde gerçekleştirilmesi nedeniyle, kültürel farklılıklara dayalı olarak olumsuz değerlik gibi bir başka faktörün ortaya çıkması aslında şaşırtıcı görünmemektedir.

İlişki memnuniyetinde önemli etmenlerden ikisi de yakınlık ve öfkedir. Yapılan çalışmalar bu kavramların da mizahla bağlantısı olduğunu göstermektedir. Örneğin Cann ve arkadaşları (2008), bağlanma tarzlarının ilişki doyumunu etkilediğini ve mizah tarzlarının bu ilişkide aracı etkisi olduğunu belirtmişlerdir. Martin ve arkadaşları (2003), kendini geliştirici mizah tarzının, dışa dönüklük, özgüven, yakınlık ve psikolojik sağlıkla, saldırgan mizah tarzının ise nevroitiklik, öfke ve düşmanlıkla bağlantılı olduğunu belirtmişlerdir. Kazarian ve Martin (2004) de kendini yıkıcı mizahın özgüven ve psikolojik sağlıkla ters yönde bir ilişkisi olduğunu bulmuşlardır. Kendini yıkıcı mizahın güvenli bağlanma, nevroitiklik ve sorumluluk ile de ters bir ilişkisi olduğu, saldırgan mizah tarzının ise uyumluluk ve sorumluluk ile ters ilişkisi olduğu belirtilmiştir (Saroglou & Scariot, 2002). Ancak katılımcı ve kendini geliştirici mizah tarzlarının uyumluluk ve deneyime açıklık ile olumlu yönde bir ilişkisi olduğu bulunmuştur.

Sonuç olarak psikolojide iki ana konu olan bağlanma ve kişiliğin, mizah tarzları, psikolojik sorunlar, yakınlık ve öfke ile de bağlantılı olduğu, ilişki ve yaşam doyumunu yordayabileceği düşünülerek bu çalışma yapılmıştır. Güvenli bağlananların olumlu mizah tarzlarını daha çok kullanacağı, pozitif kişilik özelliklerinin daha fazla olacağı, ilişkilerinde yakınlık ve memnuniyeti daha çok hissedecekleri, daha az psikolojik prolem ve öfke yaşayacakları düşünülmüştür. Güvensiz bağlananların ise olumsuz kişilik özelliklerinin daha fazla olması, adaptif olmayan mizah tarzlarını daha çok kullanmaları, ilişki memnuniyeti ve yakınlığı daha az hissetmeleri, daha çok psikolojik sorun ve öfke yaşamaları, yaşam doyumlarının düşük olması beklenmiştir.

Yapılan çalışmada ilk aşamada yakınlığı ölçmek amacıyla Sternberg'in üçgen aşk teorisinden yola çıkarak oluşturduğu ölçek Türkçe'ye uyarlanmıştır. On beşer maddelik yakınlık, tutku ve bağlanma alt ölçeklerinden oluşan kırk beş maddelik bu ölçeğin çevirisi sonrası uygulanması sonucu yapılan analizlerde teorik temeli baz alınarak üç faktörlük çözüm uygulanmış ve her maddenin en çok ait olduğu factored yük aldığı gözlenmiştir. Ancak maddelerin diğer faktörlerde de .30'un üzerinde yük almış olması, bu üç boyutun birbirinden çok iyi ayrılmadığını göstermektedir. Bununla birlikte İlişki Doyum Ölçeği kullanılarak yapılan güvenirlik ve geçerlik değerlendirmeleri tatmin edici düzeydedir.

Asıl çalışmada on beş maddeden oluşan yakınlık alt ölçeği kullanılmıştır. 519 kişiye ulaşılan ana çalışmada, katılımcılara internet yoluyla ya da elden zarflarla şu ölçekler verilmiştir: Mizah Tarzları Ölçeği, Mizah Yoluyla Başa Çıkma Ölçeği, Yakın İlişkilerde Yaşantılar Envanteri II, Sternberg'in Üçgen Aşk Ölçeği, Durumluk Öfke Ölçeği, Temel Kişilik Özellikleri Envanteri, İlişki Doyum Ölçeği, Kısa Semptom Envanteri, ve Yaşam Doyum Ölçeği verilmiştir. Katılımcıların en az 18 yaşında olması ve halen süren bir ilişkilerinin bulunması gerekmektedir.

Yapılan analizler sonunda erkeklerin kadınlara göre deneyime daha açık olduğu, saldırgan mizah tarzını daha çok kullandığı, kadınların ise erkeklere göre depresyon ve somatizasyon şikayetlerinin daha fazla olduğu belirlenmiştir. Yaş gruplarına bakıldığında gençlerin yaşlılara göre daha az sorumluluk sahibi olduğu, nevrotik oldukları ve ilişkilerinde daha az bağlı oldukları görülmüştür. Aynı zamanda yaşlılara göre daha az kaçındıkları, daha çok psikolojik semptom rapor ettikleri ve katılımcı mizahı daha çok kullandıkları dikkati çekmiştir.

İlişki süresine göre değerlendirildiğinde süre uzadıkça sorumluluk özelliğinin ve ilişkiye bağlanmanın daha çok olduğu, daha az depresif semptom rapor edildiği ve katılımcı mizahın daha az kullanıldığı görülmüştür. Eğitim durumları karşılaştırıldığında üniversite mezunlarının ilişkilerinde daha çok yakınlık hissettikleri, bağlandıkları, daha az psikolojik semptom rapor ettikleri belirtilmiştir. Çocukları olanlarla olmayanlar karşılaştırıldığında olanların deneyime daha açık olduğu, daha sorumluluk sahibi olduğu ve daha az nevrotik özellikleri olduğu görülmektedir. Bunun yanında katılımcı ve kendini yıkıcı mizahı daha az kullandıklarını, daha az psikolojik semptomları olduğunu rapor etmişlerdir. Benzer şekilde üç ve daha fazla kardeşi olanlar deneyime açıklık ve sorumlulukta daha yüksek skorlar almış, katılımcı mizahı ise daha az kullandıklarını belirtmişlerdir.

Bağlanmaya bakıldığında güvenli bağlananların deneyime açıklık, sorumluluk, dışa dönüklük ve uyumluluk özelliklerinin daha fazla olduğu, katılımcı ve kendini geliştirici mizahı daha çok kullandıkları, mizahı başa çıkma aracı olarak daha çok değerlendirdikleri, ilişkilerinde daha çok yakınlık, bağlanma, tutku, ve doyum yaşadıkları, yaşamlarından daha memnun oldukları görülmektedir. Güvensiz bağlananların ise nevrotiklik ve olumsuz kendilikte daha yüksek puan aldığı, olumsuz mizah tarzlarını daha çok kullandıkları, daha çok öfke hissettikleri ve psikolojik semptom rapor ettikleri belirlenmiştir. Bağlanma tarzlarına bakıldığında korkulu bağlananların oğunlukla olumsuz raporlarının daha fazla olduğu dikkati çekmektedir.

Regresyon analizlerine bakıldığında, mizahı başa çıkma mekanizması olarak kullanmanın bağlanma ile bir ilgisinin olmadığı, kendini geliştirici mizah

tarzı başta olmak üzere, dışa dönüklük ve saldırgan mizah tarzı ile pozitif bir ilişkisi olduğu, ancak sorumluluk ve nevrotiklik ile negative bir ilişkisi olduğu dikkati çekmiştir. Yakınlık ise özellikle kaçınma boyutu tarafından yordanmakta, bunun yanında kaygılı bağlanma, olumsuz kendilik, ve katılımcı mizah tarzları ile de negative bir ilişkisi bulunmaktadır. Kendini yıkıcı mizah tarzı ile ise olumlu bir ilişkisi olduğu görülmektedir.

Psikolojik rahatsızlıkların daha çok kaygılı bağlanma ile ilişkisinin olduğu, bunun dışında kaçınan bağlanma boyutu, nevrotiklik, ve kendini yıkıcı mizah tarzı ile olumlu bir ilişkisi olduğu belirlenmiştir. Sorumluluk, yakınlık ve katılımcı mizah tarzı ile ise olumsuz yönde bir ilişkisi bulunmaktadır. Öfke ,se öncelikle kaygılı bağlanma tarafından yordanmakta, kaçınan bağlanma, dışa dönüklük, nevrotiklik, deneyime açıklık, saldırgan mizah tarzı, kendini yıkıcı mizah tarzı, yakınlık ve düşmanlık ile olumlu yönde bir ilişkisi bulunmaktadır. Uyumluluk ve katılımcı mizah tarzı ile ise ters yönde bir ilişkisi bulunmaktadır.

İlişki doyumu, kaçınma boyutu ve yakınlık başta olmak üzere, kaygılı bağlanma, sorumluluk, saldırgan mizah, depresyon, olumsuz öfke ifadesi ve öfke kontrolü ile ilişkilidir. Yaşam doyumu ise kaçınma, kaygılı bağlanma, deneyime açıklık, kendini geliştirici mizah, kendini yıkıcı mizah, yakınlık ve depresyonla bağlantılı bulunmuştur. Öfke ile anlamlı bir ilişkisi yoktur.

Yapılan regresyon analizleri sonucunda oluşturulan model test edilmiştir. Öfke kontrolü ve mizah yoluyla başa çıkmanın düşük yükü nedeniyle indicator olarak değerlendirilmemesine karar verilmiştir. Olumlu ve olumsuz kişilik özellikleriyle adaptif olan ve olmayan mizah tarzları ayrımının yapılması sonucu test edilen modelde, olumlu kişilik özelliklerinin olumlu mizah tarzlarını

yordamadığı, ancak olumsuz kişilik özelliklerinin adaptif olmayan mizah tarzlarını yordadığı, olumlu yani adaptif mizah tarzlarının ise bağlanma tarzları tarafından yordandığı belirlenmiştir. Hem olumlu hem olumsuz mizah tarzlarının ise öfke ile ilişkili olduğu, özellikle adaptif olmayan mizah tarzlarının öfkenin güçlü bir yordayıcısı olduğu, bunun yanında yakınlığın ilişki ve yaşam doyumu üzerinde dolaylı etkisinin yanında güçlü bir direct etkisinin de olduğu anlaşılmıştır.

Genel olarak sonuçlar değerlendirildiğinde, mizahın hem klinik uygulamalarda hem de gündelik yaşantıda önemli bir yeri olduğu, ancak mizahın ayırımının toplumumuzda nasıl yapıldığına ve mizahın yapıcı bir başa çıkma yolu olarak da kullanılabileceğinin vurgulanması ihtiyacına dikkat edilmesi gerektiği görülmektedir. Özellikle çift ve aile terapilerinde iletişim sürecinde kullanılan mizah tarzlarının değerlendirilmesi, mizahın ne şekilde daha işlevsel olarak kullanılabileceğine dair uygulamaların geliştirilmesi faydalı olacaktır. Bunların yanında ilişkide hissedilen yakınlığın da önemli bir etken olduğu dikkat çekmektedir. Bu nedenle yakınlığı değerlendirmek, yakınlık hissini arttıracak uygulamalarla sorunların çözümüne yönelik çalışmalar yapmak terapi sürecinde faydalı olacaktır. Kişilik özellikleri ve bağlanma stillerinin de değerlendirmelere katılması, öfke deneyim ve ifade şeklinin de göz önünde bulundurulmasıyla yaşanan psikolojik sıkıntıların tedavisinin kolaylaşacağı, ilişki ve yaşam memnuniyetinin artacağı düşünülmektedir.